

IMPACT OF NUTRITION ON THE MIND, HEALTH AND LIFE

INTRODUCTION

Most of people don't realize how much nutrition have impact on every area of life. Body and mind are closely connected. The human spiritual, physical and mental health is in huge measure determined with our kind of diet which we choose for ourselves. True, it is not only factor but is certainly among of all most important. There is a lot of statements, debates, information, counsels, suggestions, opinions, beliefs about what is ideal way of diet. Bakeries, restaurants, full supermarket shelves, overcrowded tables and refrigerators along with endless lists and a selection of foods, types of dishes and recipes, are part of the usual every day's nutrition of this world. Meat lovers will vigorously advocate for their favorite foods. On the other hand, raw vegans will recommend their simple diet. For someone who like "Asian kitchen", it is the best. People from the Mediterranean will claim that food from their climate area is the most delicious and unavoidable for good health. And on the internet are thousands of articles about what is healthy, what is not healthy, what should be consumed and what should be avoided. Sure, everything full of contradictions because everyone claims something different. For example, there are many articles with explanations about why the coffee is not healthy and is harmful, while at the same time one can easily find many articles saying opposite and that coffee is actually beneficial or healthy. If we add fact that everyone has a personal vision of what is the best and what is not good, a huge vast "ocean" of opposite information will emerge. How to find the truth? There is always only one and same way to do this. We must go to search only the facts, these proved irrefutable arguments which something confirms or deny. Truth is always only just one and the facts are her "universal key."

Beside mass of theories there is one special and different perspective. If we take Bible in our hands and open first book "Genesis", there can be found report about the God, Creator of the Universe and our world too. He finished creating all kind of lives on this planet with humans and for the diet, He gave to them a plant based food. It means: fruits, cereals, vegetables, nuts and seeds. If report is true, it must be two facts which will confirmed that. First, man must have physiognomy as a herbivore. Secondly, plant world and food must contain all vitamins, minerals, carbohydrates, fats proteins, amino acids, and chemical compounds which are necessary for the human organism. Together must be enough, complete, nourishing and modifcated for all needs of our body. Now is the question, what the facts says?

If we do even a short research, we will realize that our anatomy is the same as that of herbivores. From the adaptation of the teeth to the digestive system, man is a herbivore. Regarded to the second point, in many studies is confirmed that grains, seeds, nuts, fruits and vegetables contains all what is requirement of health our organism. Even better, the structure of the compounds and nutrients in these foods is in ideal proportions when the right combinations are made. Their quality is best possible too. For example, there is difference between structure in fats of animal and fats of plant origin. Of Course, there is thousands of species of plants and their fruits and everything is not intended for our our consummation even if some ingredients are in usual and widespread use. So, whatever we think or want as humankind, the facts are telling us that we are naturally herbivores and that a plant food is complete, most nutritious food which is enough for all body functions. Therefore, we know that report in the Bible is true - proved. From the hands of the Creator, man came out with perfect organism, health and beauty. Morally and physically, first couple was completely in harmony with the One who made them perfect and happy. But, this human happy condition have changed because of fall in sin. Today, wherever we look, can be see iniquity, disease, physical and moral degradation. Moral diseases are consequences of transgression of God's Law - 10 commandments. Physical diseases are consequences of transgression of natural laws. Ignorance of natural laws which govern in our body is in most of cases cause of diseases. Together with bad habits, profit and selfishness too. Appetite is one of the strongest temptations a person faces. From the first subordination to appetite, the human race increasingly yielded to itself, until health was brought to the altar of appetite, a "god" whom many worship. Man is not created to eat but to eat to live. The intemperance in eating and drinking was the first great evil. Men and women became slaves to the urge to eat. They do many very difficult jobs to get food for the dining room, which does great damage to an already overworked body. The base sins of this century are gluttony and drunkenness. Natural became subdued to every kind of extravagance. Harm extravagance. For most, appetite is guide. But, taste alone is totally subjective because something can be extraordinary delicious and in same time extremely damaging for body. Important is just is it something tasteful or not and in same time, small attention is given to the quality of nutrition and temperance in quantity according to the real body needs. And seems that we are completely uninterested for our health. We are doing all what we can that get sick. Then we go to the doctors for drugs to poisoning to death. Indulging in a crippled appetite by using various slow-acting poisons, damaging blood, and undermining nerve power, many have been drawn to illness and death. Thousands have given in to their perverted appetite. They ate a so-called good meal and, as a consequence, acute acute illness and some death. It was an enjoyment paid at a huge price. God will not intervene to save people from consequences of transgressing natural laws. For every transgression, exist natural penalty which will sooner or later became our

experience. We are marvelously built. Masterpiece of Highest Genius. Our body is incredible even today after a few thousands years of sin.

Complexity of just our one cell outstrips all man made invents. Then what about the whole organism? The anatomical atlas will "leave breathless". But also, everything is determined with laws which govern by all functions. And just like gravity, they are always same. Ignorance can't prevent consequences. Misery, disease, degenerating and dying are results of transgressions. This is especially strongly expressed in this "modern" time in which we live. Our spiritual, mental and physical condition is particularly exposed to increased stress, unnatural, artificial living conditions in crowded metropolises and cities, speed, unclean air, unclean water, unhealthy food, various fashionable - harmful habits, vices... To all that we must to be add all our personal innate and acquired habits that we have in our practice, which directly conflict with the laws of life, health, moral and spiritual well-being. In generations after the fall into sin one after another, there was a constant tendency to weaken. Good physical faculties increases our mental faculties. There is no coincidence. Whatever our personal physical state is, we are increase it or decrease it trough flow of time. What we eat, from that we are constructed. If our "build material" with which we are building our construction is "straw", of same quality will be a "house."It is crucial to choose best material. Sure, if we don't want to be victims of uncontrolled, wrong directed appetite. The loss of virtue and the degeneration of humanity can be largely attributed to the indulgence of perverted appetite. Jesus Christ warned His disciples that just before His second coming (which is unspeakable very near), a condition would be very similar to that which preceded the flood. The world will indulge in sinful enjoyments and exaggerate in food and drink. This is picture of the world today and a fondness for worldly customs will lead us into enslavement to perverted habits - habits that will make us to become like condemned inhabitants of Sodom And Gomorrah. How much nutrition and our relationship to it, have impact on our lives, most clearly can be understood if we pay attention to the warnings Christ gave about it in Scripture. He clearly warned of the state of the world before His second coming:

“And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. For as a snare shall it come on all them that dwell on the face of the whole earth. Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.”

(Luke 21: 34-36)

“And as it was in the days of Noe, so shall it be also in the days of the Son of man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all. Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed.”

(Luke 17:27-30)

The inhabitants of the pre-submerged world were totally occupying with eating and drinking. Instead temperance which is crucial for health moral and spirituality, was prevailed licentious overeating and drunkenness. They ate and drank so much that yielding to the perverse need for food had no limit. They also ate meat, although at that time God gave no permission to man to eat such food. Consequences of that were violence, vices, and all possible evils. At the end, they became so corrupt that God could no longer suffer them. Their cup of iniquity was full, and He had to purify the earth with a flood because of it's full moral degradation. The same thing was true with Sodom and Gomorrah. The first time, the world was destroyed by water, and there will be second destruction. This time, Scripture announcing that world will be destroyed by fire. The Bible record of the flood was given to us as the example of God's righteousness that if we wanted, we could be able to avoid the terrible destruction that is coming soon. The Redeemer of the world knows that letting go of appetite brings about physical incapacity and so much that it impairs the ability to comprehend, so that one cannot discern what is holy and eternal. Christ gave us life to redeem sinners, but every kind of extravagance, dulls our conscience from that most important fact of life. He knew that yielding to oneself had perverted the moral powers and that there is a great need of man for the conversion of heart, mind, and soul from a life of self-restraint to a life of self-denial and self-sacrifice.

Plant - based food is not only healthy but most tasteful when extravagance successfully subdue to simplicity. Knowledge is increasing and there is a much greater awareness of healthy food than even just a decade ago or less. However, prejudices according to plant food are not disappeared. Strongest prejudices are present among those who eat a lot of meat or "fast food". The biggest reason of prejudice is ignorance, and then also and wrong shaped taste habits which feels disgust according to right, natural ones. However, this way of diet has a huge amount of variety and possibility for a lot of tasteful combinations. When at the same time attention is paid to the quality of foods and to be prepared on simple way, body is very thankful. And satisfied is taste too.

All mentioned is in very high measure directly opposite to the offer and choice in the supermarkets, shops and restaurants. Food which can be found there is designed to "kill" natural needs and health. And we will see that clearly in the continuation of this brochure. Unfortunately, money and profit became second "god" in this deviant generation. Food industry don't care for you or me at all. Their only interest is - sell! For them, it is not important how bad impact this food will have for our health. Most part of finished and semi-finished products on the stores shelves with its chemical structure, quality, ingredient combinations, additives and way of preparing are totally unfit for human health and good because that foods:

- Don't contain nutritive value which can provide organism all what is necessary for him.

- Contain huge amount of poisons, synthetic and other damaging compounds.

- In the long run, it has multiple destructive effects, especially on the sensitive digestive organs, the brain and the organs responsible for blood production.

Problem is that most of this food have a nice taste. And that is the biggest trap because additives, spices, emulgators and other, makes it to be so. Without that, this food is tasteless and it would eat nobody. On the other side, God in His love and mercy gave us beautiful foods which is in same time healthy and naturally delicious. This is hard for recognized when taste and appetite are accustomed on artificial, spicy, irritating and overly complex foods. When we eat usual diet, simple and natural diet looks repulsive. Logical. How to expect from gourmand whom eating heavy, rich cakes to be attracted with plain dry apricotes or plumes prepared on some far more simple way? However, when extravagance once be successfully subdued to simplicity, all former, unhealthy, heavy, and artificial "delicacies" completely lose their appeal. As with most things, it's just a matter of one word called - habit! All food which was eaten going to organs which produces blood. And blood flows through every part of the body. If it is filthy and contaminated with toxins, how many of our organism will have problems because of it? Surely whole. In blood is life. Or death. The quality of blood and its composition especially impacts on the brain which is one of the most "blood consumer", as well as most sensitive organ. For his health and maximal potential, same as for reason and healthy moral condition, blood must be of best possible quality. Everything is connected with brain. And most important part of brain is frontal lobe. There is sitting of our thoughts, reasoning, conscience and place where we make all decisions. God with His Spirit also affects just to that part of our brain. But how many habits we have that obscures, darken and distracts just that essential part. It is most sensitive part of brain on everything what putting ourselves.

ORGANIC OR CONVENTIONAL?

Probably everyone could easily answer to this question. Organic food is far more better than food which is of conventional way cultivation. There are several reasons. There are many benefits of organic food because conventional farming is extremely harmful. In conventional way use a lot of pesticides, herbicides, fungicides and other damage chemical compounds. Foods treated like that is full of toxins and it is proved that provoke neurological, reproductive and endocrine problems. Also they provoke cancers, lot of allergies and propensity to allergies. But it is even worse. Because of cheap way of cultivation which wants quantity and not quality, food loses its nutritional value. One of most known foods in stores which is considered healthy is banana. With some research in Sweden, it has been found that conventionally grown bananas are full of pesticides and poisons of various kinds. It was not just the bark but also the fruit. Some of most chemically treated foods on which is necessary pay attention are; potato, corn, spinach, green salad, celery, apple and similar fruit..etc. Organic food is more expensive but that is not lost money. It is investment in our health. If we do not do that, organism will through time somewhere break down under a burdens of harmful substances. The highest and by God's given ideal of how to get food, would be when a man had his own garden, sown old varieties of seeds with cultivation in the most natural way possible with the help of existing techniques that give the best results. This is just one of the reasons why life outside the city and in the most natural environment is a huge advantage.

CEREALS

They are an very important part of a well-chosen diet. Spelt, oats, millet, rice, buckwheat, barley, rye, sorghum, teff or kamut. The cereal that stands out the most by quality and nutritional value is - oats .It have structure which gives endurance and strength for long time. It is well known that work animals like horses are feeding with this sort of cereal. Oats is very suitable for salt and sweet combinations equally. Bran, flakes, porridge or flour ... however, as with all foods of a similar type, it is not the same composition given the shape in which it is found. In bran there will be a large percentage of carbohydrates while coarse flakes will have a more of protein. Flour and porridge are especially quality. It is useful knowledge because it helps to strike the best balance given the needs that a particular organism has. Also, whole grains are much healthier than those that are stripped of their shell. This part of grain often contains most of the nutrients. That's why integral rice is always a much better choice than plain white rice. The same goes for flour.

In special category are wheat and corn. Today in a large extent, both are genetically manipulated. Today's wheat is not same what is original wheat. Some microbiologists warns that today's wheat among other, contain enzyme suppressors which provoke damages on liver and even can cause death. This enzyme in GMO wheat, attacks human enzyme which produce glycogen. Which is why the liver is unable to produce glycogen, this hormone molecule that serves the body to regulate blood sugar. This wheat provoke hypothyroidism and diabetes. Also, it has been changed percent of gluten which wheat naturally have. The gluten ratio has been increased several times and causes among other and inflammation of the intestines. Gluten contains for digestion irritating compounds that bind to minerals in the body. He then collects the minerals that are taken in with other foods and binds them to himself. This prevents the body from extracting them from food so that the body can absorb them. Wheat with such a high gluten ratio especially "steals" important minerals that the body needs. It is also established that gluten is associated with the cause of schizophrenia. When sick people eliminate wheat from their diet, their symptoms almost disappear. Therefore, the plant that is now called "wheat" has almost nothing in common with it except the name. How harmful is for use, is shown by the fact that today there is no person who does not have some kind of intolerance to wheat. All in all, this GMO hybrid has been proven to cause over 40 types of diseases. However, thank God, there is still an ideal substitute for wheat. An intact replacement. In terms of taste and structure, there is almost no difference except that "wheat" has much more gluten. It's a - "spelt". Spelt flour is an excellent and sufficient substitute for lost wheat. His only complaint is that it a few time more expensive then wheat. Anyway, it is also certainly not a waste of money because the harmfulness of wheat is huge, and the usefulness of spelt is proportional to that. A similar thing was done with corn. He is genetically changed and products of corn are therefore of very questionable quality.

Bread

Due to the mentioned "wheat", but also a large number of additives, dyes, emulsifiers, and yeast, unfortunately bread from stores, and especially from bakeries, is terribly harmful. Therefore, the most ideal return is to old-fashioned homemade bread. True, it requires some more effort from going to the bakery, but going to the bakery is a great injustice to oneself and to one's neighbors. There are several variants of homemade breads. Options are from standard bread from the oven to unleavened bread from the pan. The latter is especially noteworthy. It's the fastest, easiest, and probably the tastiest option. For bread, it is best use mixed flour. For example, could be mix spelt with oats or spelt with buckwheat or some kind. Integral is as is mentioned before, always a much better choice for digestion than white flour in all grain variants.

For the "bread" on pan, receipt is following:

Need to be make a dough from flour, water, a little salt (oil is not necessary). The dough should be compact and not sticky. Then should be divided into several smaller pieces and rolled into thin though not too thin.

Then, need to take the heaviest pan that exists in the house, and it is ideal if there is of cast iron.

Put then on a moderate heat and bake each piece for 2-3 minutes on each side (and shorter if the fire is strong). The only important thing is to be careful not to get "black burnt spots". It is normal to get some brown spots from baking, but it must not burn.



This "bradley pancakes" are really delicious and could use in all variants.

When it is word about bread, something more also needs to be mentioned. The problem is in the yeast too. In modern bakery, in use is industrially obtained yeast. It is used because raises the dough unnaturally fast - in about 1 hour. A whole study has been done on what effect this has on the human body. In the intestines, these fungi attack and kill beneficial microorganisms. Beside intestines, live fungi of this yeast also enter into the blood. When they get there, they start to reproduce. They feed on the nutrients from it, and release their products that are toxic to us. More precisely, industrial yeast is a live fungus that is a parasite in our digestive tract in which it kills healthy microbes and multiplies in the bloodstream. It causes immune disorders and various diseases, including chronic illnes and tumors. Doesn't that sound awful? There are about 500 species of yeast, and 30 species are harmful to humans. In the group of harmful fungi are today's common yeast.

Unfortunately, baking powder is also bad. It contains phosphates - a type of additive. These are artificially derived phosphorus derivatives. They are found in cheeses as emulsifiers for mixing water and oil, in carbonated drinks, iced teas, in powdered milk, coffee, pudding or pork, as well as in seafood. They are found in thousands of foods, with many not even mention that are contain them or how much. They have been shown to adversely affect the bloodstream, kidneys and cardiovascular system. Therefore, it is undoubtedly the healthiest make homemade bread without the use of soda (which contains harmful aluminum), industrial yeast and baking powder. There are old homemade ways of making yeast that are not harmful even though their preparation takes longer. They can be obtained from potatoes, apples, etc. There are several techniques.

One of way to get homemade yeast is the following:

Organic rye flour is poured over with warm water until it has a texture like yogurt. It is left in a warm place in a half-liter jar. After 24 hours, add more flour to "feed" it and a little warm water and leave in a warm place. On the third day, bubbles will appear and this is a sign that the yeast is ready to use. Then put it in a deeper bowl. 1/3 jar is enough for 2 loaves. Spelt flour (because it contains gluten), warm water and salt, is then added. Mix well and leave to rise somewhere warm. After a couple of hours, knead again until it stops sticking completely and leave it to rise for another 2-4 hours. Before putting it in the oven, put a little water on top of the bread to make the crust softer. Bake in the oven at 250 C for about 40 minutes.

If homemade bread is made, it should be light and "sweet". It must not contain any trace of any acidity. It should be smaller so that the yeast fungi are completely destroyed by baking, which is impossible to achieve when the bread is too large. When hot, bread with yeast of any kind is difficult to digest. That is why he should never appear on the table so fresh and warm until he has cooled completely, or better yet, only the next day. This rule does not apply to unleavened bread or rolls that are great to use even while warm (not hot).

FRUIT

God has wonderfully endowed us in His great love with this diverse, colorful, healthy and delicious gift. Fresh and dried, it represents the best possible form of sugar necessary for our energy and the work of the brain in particular. Fresh fruit is rich in vitamins, and dried is rich in minerals and contains many times more sugar than fresh. Dried fruit is one of the healthiest foods in the world that gives strength to all categories of workers and is just as suitable for people who work hard physically as it is for people who do mental work and sit a lot.

It goes perfectly with nuts and seeds. And the same goes for fresh fruit. No any heat treatment is necessary if you want to get the most out of this food. It is enough to have an ordinary blender. Raisins with almonds or sunflower seeds with perhaps ground carob are an example of a quality spread ready in 2 minutes. The fruit is a carbohydrate, the seeds and nuts are fats and proteins, and together with the grains they give a whole meal in well-balanced proportions. The healthiest fruits and one of the most complete and valuable foods are dates. This God-given pearl, is richly adapted to the poor dry climates of the Middle East. The best are fresh. They contain a high proportion of B vitamins, vitamin A, phosphorus, magnesium, calcium, iron, 23 amino acids, omega fatty acids, some vitamin C and with all that, they have a low glycemic index and few calories. They are ideal for spreads, as a sweetener or as a meal with for example oats, with other fruits such as apples and some nuts. They can be used freely even by diabetics. And children with that can not only have a worthy replacement, but in fact sweets cannot be compared to this "sweet gold mine". Of course, need to pay attention to be organic. Also, it should be noted that fruits should never be mixed with vegetables for the same meal. The reason is that fruits are digested faster than vegetables and thus harmful boils occur. This often causes digestive problems. Therefore, we should also pay attention to one lesser-known fact. Some fruits are culinarily classified as vegetables, while certain fruits, according to botanical characteristics, belong to vegetables. An example of is a tomato that is formed by fertilizing a flower. From a botanical point of view, this is the basic characteristic of the fruit. Also, zucchini, eggplant, olives, cucumbers, peas or peppers are ... hard to believe, but by botanical characteristics - fruits. On the other hand, strawberries, watermelons and melons are actually botanical - vegetables. Therefore, for digestion, it is not best to have combinations in the same meal, such as lentils with peppers or apples with melons. The worst thing that can be done with fruit is long heat treatment because most of the vitamins and minerals are destroyed and remains only "f" of fruit. The best example is jams cooked for hours. When white cane sugar is added to them, they are nothing but empty, caloric, worthless - "nothing", only beautiful colors. However, there are more advanced ways to make far better quality jams that are time-saving, rich in nutrients, with fewer calories and much tastier than the aforementioned artificial "nothings". Example: homemade plum jam, instead of a traditional recipe that destroys everything what plum is, there is one much better method of preparation.

Boil organic plums (if possible) just enough to soften, which would mean about max 10-12 minutes (without added water). If desired (although not necessary), a tablespoon of coconut flower sugar (one of the healthy substitutes for white refined sugar) can be added to 350 g. When it boils briefly, dry prunes are added inside. Due to prunes and possibly a spoonful of some healthy sugar, it is suitable for longer standing without spoiling.

Then, one possibility more is add in 3- 4 spoons of chia seeds. But, can and without. It need to be placed in pre-sterilized jars at over 100 C in the oven. The same can be done with apple, apricots, figs or cherries.



All of these fruits have their own dried varieties that are rich in sugars and minerals that when mixed with this softened fruits, give everything the body and palate can ask for from sweet. When everything is cooled, put it shortly into blender and that's it. From that moment, the purchase of standard ones jams never comes to mind again.

VEGETABLES

Here should start with legumes. The reason is that they are not just proteins but strong proteins. Peas or soy have more percent of protein than meat. Then following lentils, chickpeas and beans. For people who eat plant-based foods, this group is indispensable. The method of preparation is important because due to certain compounds, if they are not prepared in an adequate way and not cooked enough, they can cause indigestion (except for young peas, which can be eaten raw). Unlike fruit, this category is very fond of heat treatment that does not harm it. Legumes such as chickpeas should be soaked for 10 to 12 hours, which shortens the cooking time and extracts some enzymes that cause digestive problems.

And then it need to be cook for about 45 minutes, and if an espresso pot is used, even less. Some legumes do not need soaking and are cooked shorter, such as lentils.

Simplicity will always give the most, so chickpeas or lentils go great with quinoa, oatmeal or rice, and it is recommended to add spoon of some organic healthy oil and some walnuts or seeds (in limited quantities) that will further enrich the meal with nutrients. When it comes to soy, it is an "official" substitute for meat. It is a much stronger protein than meat and is suitable for many ways of preparation. Tofu, medallions, spreads or usually cooked with potatoes. It is known that there is a controversy related to the fact that it is a GMO food. It is true that soy is one of the GMO processed crops and has a lot of GMO soy. But in this case, it is also about malice of the meat and dairy industry to which this food is a serious threat. It is necessary to buy soy that is not GMO, which is available, and it is clearly indicated on such items. Many countries that use soy a lot, such as African countries, have far fewer diseases than Western society. An example is osteoporosis, which, for example, is almost non-existent in South Africa. Women who have hypothyroidism should not use soy because of certain ingredients that work in a way that worsens the condition (just like millet or cabbage). As with fruits, too long heat treatment is generally not recommended for other vegetables. Especially not for greens like spinach, nettles or mangle. They do not need to be cooked "indefinitely". Up to 10 minutes in boiling water is quite enough (and too much when it comes to losing some vitamins).

NUTS AND SEEDS

Since these are very strong foods by terms of calories and fat and in terms of composition, they are here to complement other foods. They should not be used in unlimited quantities because the body cannot use them that way. Also, not all types of nuts are equally good. There are differences in quality. Almonds are the best, here are also pistachios, then cashews, Brazil nuts, hazelnuts and peanuts. Although in terms of quality among the latter, peanut is the richest in protein and quite easily digestible, so is good for moderate use with cereals and other similar things. The daily dose is about 100 g of walnuts if the diet is balanced (up to about 130 in some who are more active). The problem with them is that they are quite expensive, and they are especially if they are organic. Although they are not, because if you buy a kilo of a walnut and follow the rule of about 100 grams, that kilo can be quite enough for 10 times. However, there is a cheaper and equally good option - seeds. Chia, flax, sesame, sunflower, or pumpkin. Each has a unique composition and elements with which it is especially abundant. As with nuts, around 100 grams a day is quite enough, and even too much if oil is using. Sesame, sunflower, and pumpkin seeds are great for making fruit or vegetable spreads and sauces.

Sesame and flax because of their hard membrane are not ideal for the body to best use them in such a form. They need to either be chewed very well, ground or use the flours that are most easily absorbed. As for sesame, there are 3 types. The "weakest" is plain white sesame. Nutritionally, the integral is better, and the strongest is black sesame. It is valid rule here as well as with rice, quinoa or lentils.

There is one type of seed that should be considered more closely. It is industrial hemp. There are two types of hemp. *C. sativa* and *C. indica*. *Sativa* is industrial and *indica* is Indian. Indian hemp or marijuana is often used as a drug because it contains large amounts of the psychoactive compound THC. Industrial hemp is a little different even though they are "sisters". It contains much less THC, and by its characteristics it is one of the most useful plants in the world. It is suitable for making thousands of types of items. More recently, it has come on the market as a foodstuff. It is extremely rich in protein and is one of the most protein-rich foods. However, it is not completely devoid of THC, although in small amounts, it contains it. Most will say that in those quantities it does not have side effects, but is it really so? CBD oil is produced from industrial hemp, with allegedly extremely small amounts of THC. This oil is often used in the treatment of various diseases today. But the side effects which are possible are dry mouth, fainting, nausea, low blood pressure, changes in weight and appetite ... all of the above are characteristic side effects associated with the use of THC. While it is true that in small amounts in seeds it cannot act psychoactively like cannabis which contains large amounts of THC, even in small amounts it can cause physical side effects. Therefore, despite the many recommendations of this plant today and despite its medicinal properties and rich nutritional value, it should be borne in mind that it is still the "twin sister" of the marijuana. In nature, there is a sufficient variety of nuts and seeds that industrial hemp is not necessary for consumption and can be done without it, so the question arises, why make food from it? The potential possibility of using industrial hemp in production is really amazing. Ropes, canvases, fabrics, papers, clothes, building materials etc. It seems that for this purpose it was given by God because the food that He intended for diet never contains any harmful substances, not even in small quantities or in traces. Another seed that should be mentioned because it is often consumed, but in its natural state contains many very harmful alkaloids is - poppy. There are over 100 species of poppies, but they all have the same effect of opium (more or less depends on whether the poppy is fresh or dried and which part of the plant is in question). Wild poppy seeds are used in the kitchen, which is essentially and always toxic. In large quantities, poppy poisoning can occur. Drowsiness occurs and body temperature begins to drop. With severe poisoning, even coma can occur. That is why the best option is to get it out of use because is not something really necessary.

Amaranth - belongs to pseudo cereals, ie seeds. He is originally from South America. It is very nutritious. It is a source of B complex, potassium and phosphorus and is extremely rich in manganese. Need to be boil it in water until it becomes something like "pudding". It is great for breakfast with fruit and the like.

Quinoa - also belongs to the pseudo cereal and seeds. It also has origins in South America. It has a very rich composition and a complete composition of all protein amino acids. It keeps satiated a long time, and at the same time it is light and quickly digested. It has good amounts of magnesium, potassium, calcium, iron and phosphorus. It goes well with all kinds of vegetables, especially legumes, and has the same purpose as rice. There are white, red and black.

OIL

Olive oil is of the highest quality. It should be noted that exists a "scam" that is common in the market. When buying olive oil, it is often a mixture of sunflower and olive oil. To check if it is really real olive oil or not, it is necessary to put it in the refrigerator overnight. Real olive oil will squeeze and become on cold place like a paste. The counterfeit will remain in a liquid state. When it comes to cheap versions except with the "organic" certificate, in most cases it is a hoax. Organic sunflower oil, rapeseed oil, pumpkin oil and sesame oil are also very good. Palm oil is harmful, just like all existing fats of animal origin. A tablespoon of palm oil is enough for more than half of the body's daily need for fat. The problem arises that this oil is added to almost all processed products because it is the cheapest. Especially in sweets and snacks which makes them extra fatty, caloric and harmful. Of all the oils, it is the most harmful. Palm oil raises bad LDL cholesterol and causes cardiovascular disease. Worst of all, it is carcinogenic. When it reaches the digestive tract, it releases the compound "glycidol". This compound has been laboratory proven to damage DNA and cause cancer. Now, need to concern with a margarine. It is produced from vegetable oils. It is extremely harmful, inedible and unnatural. The method of production creates a product that ranks it among the most unhealthy existing foods. With a high temperature in the process of pressing the oil, free radicals are formed which can cause great damage to the cells and increase the risk of cancer. It is then cooled abruptly to allow the oils to harden (with hydrogenation and esterification) which creates molecules that do not exist in natural fats. As fats are involved in a number of important biochemical processes in the body, so these distorted fats cause various disorders in body and lead to disease. for example, hardened palm oil, which is unhealthy in itself, is a common ingredient in margarine which promotes the formation of thrombosis. Dangerous chemicals are also used. Due to cooling, trans fats are formed which are very harmful to the body.

Industrial trans fats increase the risk of diabetes, cancer, cardiovascular disease and fetal damage in pregnant women. In addition to margarine, they are also found in some types of purchased pastries, biscuits and cakes, ice cream, chocolate and chips. When the margarine hardens, they say it has an unpleasant odor and is gray in color. It is then bleached with caustic soda and chemical bleaching agents. In the end remains an impersonal mass to which an artificial taste and color of butter is finally added. Margarine is a poison full of dangerous chemicals, manipulated at the molecular level and contains fats unknown to the human body. Finally, when margarine is chemically analyzed, it will contain: extraction gasoline hexane (explosive in a certain amount) - damages nerves, acetone - a flammable substance, harmful to the brain and nerves, phosphoric acid, strong and dangerous acid, caustic soda, metal nickel as a catalyst for hydrogenation, methanol, bleach and polyaromatic hydrocarbons. Unfortunately, this "crime" brings millions in profits to producers, which contributes to successful marketing manipulations that encourage people to buy it. And what really is margarine, certainly no one will tell us in markets where this "battle poison" is on offer.

SALT AND SUGAR

With too greasy, spicy and very sour, also too sweet and too salty they definitely fall into the category - bad. The problem with sweets is not that sweet is but the usual white sugar, which causes horror in the body (like all artificial sweeteners). Sugar disrupts calcium absorption, reduces the ability of white blood cells to destroy germs, interferes with thinking and darkens the brain, causes tooth decay and stomach ulcers. It is especially harmful to the brain, increases the level of stress hormones, and reduces the level of calming hormones and minerals in the body. It stimulates the secretion of dopamine in the brain for a short time. This instantly and transiently increases sharpness and concentration in thinking, but in the long run it leads to a decrease in the amount of dopamine in the brain (it has a similar effect as for example, caffeine). People can only be sensitive to or addicted to sugar. The difference is big. In the first case, a person can resist the desire for sweets and the like, but in the second one feels an obsessive need for sugar due to disturbed chemistry in the brain. One who is addicted to sugar will eat a whole chocolate, a whole bag of candy or a whole pack of biscuits. And there is no end to the desire for sweet ... harmful sweet. This accustoms the body, and the brain, to everything that is bad. The taste is accustomed, the brain is addictive and is it any wonder that people who often and a lot eat processed sweets, refined, artificial and complicated have almost no desire for simple, natural and non-irritating food?

It has also been found that sugar, due to its bad effect on the brain, has a particularly bad effect on children and encourages them to be hypertensive, irritable and reduce their attention. Also, the usual cakes, puddings, toppings that contain harmful ingredients, will disrupt the digestive organs and create problems for them.

Combinations of milk, sugar, and eggs are especially bad (and in large quantities) because that combination together causes the formation of toxic boils in the stomach that makes the blood bad. Thank God, for those who think they can't do without sugar, today there are numerous and more than better natural substitutes - from dates (syrup) to coconut flower sugar. As for salt, there's probably no man who doesn't realize that too much salt isn't good. Salt is a necessary health supplement, but in moderation. The highest quality salt is Himalayan salt. It contains the greatest variety of minerals and for blood essential substances.

SPICES

There are beneficial spices that enrich food and have beneficial substances in them and there are those harmful ones that spoil the blood and do damage to the organs. Useful include herbal ones such as fresh or dried basil, dill, chives and the like.

Harmful are those which are strong and irritating. Pepper in all variants is not good in any quantities, it is the same with hot pepper and chili, mustard, ordinary cinnamon and everything else of a similar character. Spices (strong) are pure uselessness, a waste of money and let's call it the perversion that our appetite demands when it is uncontrollably given to the will to ask for what it wants. Despite some beneficial compounds, the problem is that cause a problem to the stomach, digestion and blood. Also, pickled vegetables fall into this category.

It is harmful because vinegar is used. Vinegar is anything but good. Wine vinegar is especially bad. It can be used effectively (as well as coca cola) in household cleaning, disinfection and the like. And if it is able to clean or remove various deposits from some metals such as bronze, what does it do in the stomach? Blood? Cinnamon is also problematic. There are two types of cinnamon. The common one in stores which we usually call cinnamon and Ceylon cinnamon which is actually real cinnamon. This common cinnamon on the shelves of large stores is not real cinnamon, it is a Chinese Cassia tree. This "cinnamon" contains large amounts of a harmful organic compound - "coumarin" which is toxic to the liver and kidneys. Frequent use can also cause cancer. That cinnamon is toxic. It contains dozens of times more coumarin than Ceylon (real cinnamon). Ceylon cinnamon contains much lower doses of coumarin and does not have as many harmful effects as Chinese Cassia, although it itself contains other compounds that can have harmful effects if consumed in large quantities.

It is true that Ceylon cinnamon is useful as a medicine in small doses in sick conditions such as diabetes because it can regulate insulin in the blood or as a means of disinfecting wounds, treating inflammation and the like. Spicy and strong spices have a similar effect as alcohol. The stomach of people who use abundant and long-term strong, irritating spices, does not differ much from that of a person who is an alcoholic.

MILK AND DAIRY PRODUCTS

When it comes to dairy and animal origin, things get even more complicated. First, should be pointed out that milk today and milk before e.g. 30 plus years ago cannot be compared. Milk in itself is not our primary food but once upon a time, if it was from healthy cows and completely sterile, it was (relatively) safe to use although for digestion it was never best. This category is considered as one of the most important ... but, let's go a little deeper. First, a cow is a mammal. Mammals are created as creatures that raise their offspring on milk. Each species has its own specific milk. One of the main differences that makes milk different between species is the protein casein. There are several variations on the theme. In human milk it is such that a child can easily digest it with ease because it is designed for him and his needs. In human milk are substances necessary for the development of the child's brain and the protein casein (which is responsible for growth) is in the ratio needed for the child to can develop properly cognitively and physically. When we take cow's milk, it has 3 times more casein than human milk. And not only that, it is also of a different structure. Why? Very simple. The cow has milk so that calf can grow on it. Calf! A cow produces her milk not for a man but for her calf.

Therefore, when children are given cow's milk, it is true that they grow quickly precisely because the casein in cow's milk is 3 times stronger than in human milk, which, among other things, contributes to the development of the disease. Cow's milk does not have a milk composition that is intended for the cognitive development of the calf but only for its physical growth. Therefore, feeding a small child with cow's milk - is huge mistake. Except for man, no other species drinks milk when it grows up, and especially it does not do so from another species. Does that tell us anything? Type 1 diabetes, postpartum depression, circulatory disorders, food allergies and autism have also been linked to cow's milk consumption. Casein from milk is very difficult for the body to digest. While lactose is indigestible for most of people. After the end of the breastfeeding phase, most people lose the enzymes for digesting lactose. And consummation of milk and dairy creates problems to the digestive system, and to the whole body. One of the worst foods it takes in — cheese.

It is completely inadequate and non-degradable for our system therefore comes to make rot in the intestines. How harmful it is, tells the fact that it is only casein and fat in his structure. Casein is hard for us to digest and the cheese stays in the digestive system for 8-10 hours, which creates problems. By comparison, for digestion of fruit, is needed to between half an hour to an hour. The liver and kidneys especially suffer when is present a large amount of protein such as casein. Also, cheese contains certain substances that have been proven to be addictive. It is phenylethylamine. It is a compound that is similar to amphetamine which is also found in chocolate or sausages. Consumption of cheese causes atherosclerosis, can cause chronic diseases such as heart disease, arthritis and migraines. Likewise, dairy products contain estrogen from cows. This female hormone is associated with an increased risk of breast cancer. When milk becomes cheese, estrogens are more concentrated and the chance of tumor growth increases. As for calcium and the supposed necessity to use dairy for it, is no less than - untrue. How did cows get calcium in their body? She ate herbs that had it in abundance. Calcium from milk is barely digestible. And the best and largest sources of calcium are found in herbs (spinach, chard, sesame, broccoli, kale, almonds, walnuts ...). In fact, the truth is that when milk and dairy products are consumed, they extract natural calcium from the body, so diseases occur: osteoporosis, osteoarthritis, prostate cancer, pneumonia, colds, gout, cholesterol, plaque forms in the veins, due to inability to digest inorganic substances. Osteoporosis does not exist in countries where milk is not used or is used less such as Africa. Also, the animal world is getting sicker. Many experiments, as well as the world's largest study of all time conducted in China on a sample of over 20,000 people, have proven that casein, which makes up at least 80 percent of cow's milk protein, stimulates the development of various diseases, especially cancer. In addition, animals are getting sicker and sicker.

If we take the Bible, she also tells us that this will be the situation near the end of this world. And the animal world will suffer too because of human evil. And that is true. The cattle are sick. Part of the argument against consuming dairy products is the same as against consuming meat. Animals are full of toxins, harmful fats, excess protein, hormones, pesticides and viruses. Today's milk not only has nothing to do with cows that are properly treated in the best conditions, but what is actually happening is frightening. Only if we look at some facts about what is done to poor cows for profit can a man be ashamed because it seems as if he is really an "animal" that is bigger than an animal.

- 60-75% of cows are artificially inseminated (new technology allows the introduction of the entire embryo, not just seeds)

- the weight of a cow's udder can be up to 50 kg

- cows are milked 2-3 times a day and 7-10 months a year even during pregnancy; instead of producing 3 liters of milk a day for her calves, she produces 30 of them

- the cow is fed protein concentrates (sometimes with ground bones) to increase milk production

- due to poor hygiene and control conditions, caused because desire to speed of production and the quantity of milk, metal tubes that suck milk often transmit infections and injure cows

- Most of cows suffer from inactivity every day, and 25% suffer from infections such as mastitis

- the natural lifespan of a cow would last about 20 years, but tortured, tired and sick cows forced beyond their natural capacities, finally they end up on slaughter when have approximately 5 year

Fortunately, there is more than an adequate substitute for milk and dairy products ... it is vegetable milk. A drink made from oats, spelt, almonds, hazelnuts, coconut or rice not only replaces milk with dignity but is far better than it. In addition, anyone can make own "milk" in 2 minutes. Soak a handful of almonds, sunflower seeds or walnuts in water for about 6 hours (not necessary, but it gives even better results). Add water to the blender (about 500-700 ml), a small pinch of salt, a handful of nuts of any kind, and if you like maybe carob powder or some raisins, etc. and the milk is ready. Such a drink goes great for breakfast and in all variants with oats, buckwheat , amaranth ... with everything.

EGGS

As for the eggs, they are not in the same category as dairy products, however, due to the aforementioned increasingly sick animal world, they are no longer safe for use. Hens from which eggs are obtained for mass consumption do not treat much better than cows and eggs are therefore harmful. If we add the fact that they are rich in cholesterol, that is another minus. One large egg yolk contains about 237 milligrams of cholesterol, which is close to 65% of the daily intake. Eating eggs in large quantities therefore causes cardiovascular diseases such as atherosclerosis.

If we add the fact that eggs are most often used in harmful combination with milk and sugar, we come to the point that they become harmful. Eggs are used as a binder in making, say, pancakes, but the same effect can be achieved with chia seeds (ground), tapioca starch, etc. Therefore, the consumption of eggs today has no reason why they would be good or necessary. The situation used to be different. The chickens were healthier and ran happily around the farms, fed adequately and lived in natural conditions that suited them best. The eggs of that hens had some good properties that helped to remove some toxins from the body. But today almost everything is sick and they go away irretrievably with that and eggs as a relatively good food. And therefore, in addition to all the various foods available in the world today, is it really necessary to eat someone's embryo? Why?

MEAT

If milk creates a problem (big) for the body, what can be expected from the use of meat? Meat lovers will try to justify its consumption in any way, but in doing so go directly into conflict with what facts says. Meat has been in human use for hundreds or even thousands of years, but what does the human body have to say about it? The physiognomy of herbivores in itself makes this food something foreign. God gave plant food because He never wanted anyone to eat anyone or that His creatures killing each other. Since the fall into sin, that happy state has changed. Man began to eat meat, and animals in the wild that were also originally herbivores, began to eat each other. It should be pointed out again that man is composed and built from what he eats. If we eat meat, we are thereby supporting the wild and the rougher part of our nature,- On that way we weakening what is nobler and tenderer. It should be taken into account that meat is not only unnecessary but also damaging for our body. It has nothing what we can't get from the plant world. That includes the controversy over vitamin B12. It is true that it cannot be found in many foods, but there are foods that contain it such as unfermented - delicatessen yeast. Also, our body itself produces certain amounts of vitamin B12 (proven). If we eat properly and adequately, the body will meet only all the needs it has for vitamin B12. And if you add a delicatessen yeast, there is absolutely no problem at all with it. The most common "argument" that is falsely put under the fact, and so often pointed out is that proteins can be found only in meat. If we recall vegetables, the composition of legumes will say that they are many times richer in protein than meat. To make things even more interesting, if we look at the animals that are used for food (except for pigs, some fish species, shellfish, crabs and mussels), they are all originally - herbivores. A chicken become hen because its

natural diet is plant-based. Calf become cattle because they naturally graze the grass on which they become strong cattle. In addition, some of the most powerful animals in the world are herbivores. Elephant, rhino, gorilla, giraffe, bison, ox, horse, etc. these are what they are precisely thanks to their plant diet. In other words, if we eat meat, we are actually getting proteins from "second-hand". Isn't it incomparably better to take pure protein from nature without someone dead? What gives the meat its taste and aroma that make it so overrated are: blood, fat, spices, additives ... and sometimes urine. Let's remove it all together, and we will get a tasteless, insipid mass. Beside hundreds of kinds of fruits, vegetables, grains and nuts, is there really nothing better for eat then the meat of slaughtered animals? Again as with dairy, animals are sick and they are more than ever, If once there was a time not to consume meat it is certainly today. Once upon a time, when there was not so much industrialization (and so much moral corruption), meat, although never ideal, was not as harmful as it is today. Animal meat is often full of toxins, impurities, hormones, antibiotics, parasites, bacteria, secretions, viruses ... Those who use meat food know little about what they actually eat. If people often saw the conditions in which animals are kept and the quality of the meat they eat, they would reject it with disgust. In America alone, about 9 billion chickens, 300 million turkeys, 100 million pigs, and 35 million cows die each year. In addition to the fact that the meat industry literally torments them all their lives and that they are fed completely wrong, they are treated extremely inhumanely even during the slaughter. Animals have a premonition when their end is coming and know that they will end their lives. In those moments, they literally get mad. During the death struggle, their body secretes huge amounts of stress hormones. It stays in the meat and goes to market in it. When we eat meat, we take into our bodies, among other things, the stress hormones that the animal released in its last and stressful moments. How does it affect the body? Let logic answer for itself. Also, when the animals are already dead, steroids are often injected into them to make the meat as "attractive" as possible. That is the reason for those "beautiful" big chicken breasts in supermarkets that are so gladly and massively bought. If one can't imagine or believe what an animal and its meat go through from the beginning of its life to the moment it is put on store shelves, it can be searched on youtube. Meat foods strongly impact on the value of blood. It is impossible that if we use meat abundantly, have an undisturbed and an effective mind. It is also true that not all types of meat, regardless of their harmfulness, are equally harmful. There are harmful, very harmful and most harmful. Chicken breasts are harmful, although less so because you don't have blood in them, beef thigh is very harmful as well as red meat in general, and pork is the most harmful. And here the biblical report and facts meet again.

God as a rule throughout the Old Testament and the Bible in general, forbids the use of pork. Thus in the Leviticus we have a division into clean and permitted

animals and unclean, prohibited animals. The pig has always been especially forbidden.

God said about her:

"You shall not eat of their flesh, nor touch their carcass , for it is unclean to you."

Leviticus 11: 8

Is it because of God's showing His authority, or is that food in itself so harmful that He defends it for that reason and for man's good? Let's check out! A pig is an omnivore. In other words, she will very gladly and easily eat the biggest garbage and waste. Of all the domestic animals, only the pig has teeth as in carnivores. This puts her in a beast family, not in domestic animals. In areas where there are them, the pig is able to devour even the rattlesnake. It feeds on carrion, even those that decay (like a hyena, griffon vulture, etc.). Pig is also a coprophagus, which means that it eats its own feces (and anyone else's), and it will even eat its cubs if she is hungry. Her habitat is mud and dirt. In the meat of pigs, a large number of parasites, larvae, worms, eggs can often be found, for which her (dirty) meat is an ideal habitat. There are a number of dangerous worms, and parasites that pose a serious threat to our life and health.

If we mention some, these are; *The Trichinella worm that causes severe Trichinosis. Balantidium Coli is a parasite that is a normal resident of porcine intestines and causes severe and not infrequently fatal dysentery in humans. Hook worms that cause anemia and inflammation of the bowels because they suck blood from the intestines. Paragonimus is a parasite that lives in the lungs of pigs, and for which there is still no way to be killed in the tissue of pigs - it causes jaundice. Toxoplasma gondii, a parasite that causes Toxoplasma infection. Clonorsis sinensis, a parasite that causes liver and breast diseases. Tapeworm, Human worm, gnatosomes (group of fungi) ... In addition, pork can be infected from the outside through beetles cockroaches. These insects often lay eggs on it, which causes disease, ie hymenolepiasis, in humans.*



Someone can try take comfort with the fact that meat for consumption undergoes inspections before going to market, but this is not always a guarantee that it is not infected.

In one study, out of 200 samples, 69% of the tested meat was infected with something. Eating pork is the cause (proven) of over 70 types of diseases, most of which are severe and deadly.



Pork is always the meat of an extremely dirty animal and in terms of its characteristics and chemical composition - the body is always a huge problem. It is also the largest distractor that can be measured with testing. Everything that is taken into the body with the consumption of the same burdens the lymphatic system for another four weeks after a meal. The meat as well as the fat of these animals are by far of the worst possible qualities. With eating this dirty flesh, man greatly making damage to himself. What makes this food even worse is that a lot of flavor enhancers, additives and spices are added to it. God justifiably forbade even touching pork carrion and its meat. Infections and diseases can be obtained even through cutlery and the like. Pork consists of what it eats and what it lives in. If pork is eaten, the bloodstream becomes unclean and diseased. Also, eating this unclean animal dulls the brain, morals and mind which is one of the biggest problems with this food. As with pork, there are undoubtedly well-founded reasons for all other unclean animals why they have been declared unclean. In the same category are, for example, shellfish, mussels (squid, cuttlefish, octopuses), eels (and sea snakes), sharks, crabs ... Anything that does not have a peelings and separated fins at the same time, is marked as unclean. All animal "cleaners" are listed because their meat is full of harmful substances. Therefore, it is completely unsuitable for human health and well-being. That is the only reason why God forbade it so strictly.

As for fish in general, unfortunately fish is no longer what it used to be when better and more natural conditions prevailed. The seas are more and more polluted. Mass

fish deaths are not uncommon around the world. This is especially the case in recent years. Sometimes there are millions of fish which are found dead. And this is the case in the seas, but also in lakes and rivers.



“Therefore shall the land mourn, and every one that dwelleth therein shall languish, with the beasts of the field, and with the fowls of heaven; yea, the fishes of the sea also shall be taken away.”

Hosea 4:3

As the water gets dirtier, the fish is increasingly full of toxic compounds. Different fish species can also contain elevated concentrations of toxic mercury, arsenic, cadmium, lead as well as the elements zinc, copper (in excessive amounts) which can cause a number of adverse health effects to those who eat fish. In the aquatic environment, microorganisms inhabiting sediments convert inorganic mercury originating from natural sources into methyl-mercury. It accumulates in the tissue of fish and other living organisms in increasing quantities which is more species in the food chain of the marine ecosystem. A particularly high concentration of mercury was found in tuna. Methyl-mercury has the strongest toxic effect on the central nervous system. Symptoms can be: cramps, memory loss, dementia, narrowing of the visual field, effects on hearing, fatigue, tremor and depression ... and also, the various compounds that occur with methyl-mercury are carcinogenic. A common argument in favor of eating fish is omega fatty acids. However, thank God, fish is not needed for this at all because chia seeds or pumpkin seeds are enough rich in omega fatty acids.

COFFEE AND “RELATIVES”

Coffee, ciappuccino, cocoa, black tea, green tea, energy drinks or Coca Cola ... What do they have in common? Substances of similar action. Toxic substances. These are alkaloids. This group includes cocaine, morphine, quinine, nicotine,

theophylline, caffeine, theine, theobromine, piperine, etc. Caffeine in coffee and Coca Cola, caffeine + a combination of milk and sugar in cappuccino, theobromine, theophylline and caffeine in cocoa, theine in black and green tea.

These are substances that work in a similar way to, say, nicotine in cigarettes. Almost all are more or less toxic, although not all are equally highly toxic. Alkaloids act on a lot of functions of the body because they affect the nervous system. Caffeine is an alkaloid found in coffee beans, green or black tea leaves, and in cocoa beans. The deception is that foods like coffee, which contain caffeine, work in a way that ostensibly gives a person more energy. For this reason, it is a common opinion that employed people or students should drink coffee. Which most do. But the question arises, what happens in the body to causing such a condition? Caffeine, theobromine, theine, etc. work in a way that unnaturally strongly stimulates the nerves. This means that the body gets energy from the future that it does not currently possess. These substances are forcibly stimulating the nervous system by excessive stimulation to unnaturally strong work. What happens after that is a fall of energy. In proportion to how much it "raise up", there is a later drop in energy when they stop working. They will tell us that there are daily allowable doses of eg caffeine. The question arises, if something in itself is a toxic stimulant that unnaturally irritates the nervous system in large and small amounts (always) what means the allowable daily amount for taking this toxin? Why? It always has some detrimental effect because it is harmful compound itself. Cocaine is a stronger alkaloid than caffeine, but they are in the same group and have a similar action. Can it also fit in with some "allowed daily doses" in everyday life? All these substances also create addiction, which creates a strong habit unfavorable for the brain and nervous system, and thus for the whole organism. So it is not surprising that one can be addicted to coffee as much as one can be addicted to chocolate. This is a special addictive food. And special detrimental. In addition with cocoa that contains at least three alkaloids, it also contains very addictive sugar and bad combination of milk and sugar that causes harmful fermentations. And there are also all the additives which are added. Chocolate itself is extremely bitter before industrial processing and there is nothing similar in it to what chocolate is after processing. For prove that this is really the case, it is enough to try pure cocoa beans. They are terribly bitter, inedible and completely unusable for food. Such a taste is usually associated with harmful alkaloids and other toxic substances. If something tastes so intensely bad, and logic itself saying that something is really wrong with it. Covering with sugar does not remove the harmfulness but only increases. Theobromine from chocolate is its basic alkaloid. It causes abnormal gland growth, central nervous system stimulation, insomnia, depression and nervousness. The kidneys and liver are involved in excreting this substance from the body out. If the kidneys work weaker, theobromine accumulates in the blood. Other and harmful alkaloids present in chocolate are caffeine and theophylline.

Also, in cocoa beans there is a compound called "aflatoxin". It is one of the most famous compounds known to cause cancer.

Chemists have reported the presence of aflatoxins in cocoa.



It is true that cocoa also has good, ie useful substances, as well as, say, green tea, however, the problem is in the effects of those bad compounds that they contain. The problem is multiple when these foods are an integral part of the diet and when they are consumed in the long run. It is best and most desirable to find replacements for all of the above. Healthy and delicious substitutes. They thanks to God exist. For all who have the will and moral strength to do themselves a favor, there are similar but healthy foods that can successfully replace these bad ones. Cocoa, has a worthy replacement in healthy, finely ground carob. Apart from being reminiscent of cocoa in food, it is full of minerals and is healthy. For coffee lovers, harmless "coffee" from chicory and barley can serve quite well without harmful irritations of brain and nervous system. And as for energy, if a person first feeds and respects the other natural laws of his body, will have energy and will not have the need for stimulants. And also will have a much clearer mind.

WATER

The most precious liquid in the world. But as man has corrupted all God-given good, so it is with water. Unfortunately, standard tap water is harmful. This water is severely treated with chlorine. From a sanitary point of view, attempts will be made to justify this. However, chlorine is a poison. And it is a strong poison. Chlorine destroys all trace elements that water itself contains. This makes it devoid of all the elements and nutrients found in groundwater. Tap water contains over 300

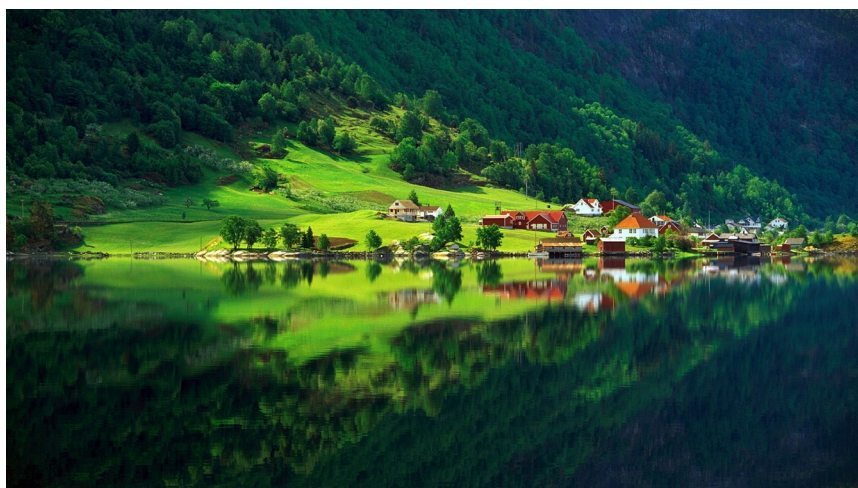
organochlorine harmful compounds. That's really bad. Although at the same time, this does not mean that health will deteriorate immediately after drinking that water.

The fact of the matter is that harmful and carcinogenic substances gradually accumulate and deposit in the body over time when other compounds from tap water combine with chlorine - "trihalomethanes." It is not just a problem in chlorine because there are also other harmful compounds like aluminum sulfate and sodium fluoride or these which are deposited as calcium and magnesium salts . It is a common opinion that this is why boiled water is cleaner. High temperature destroys bacteria and viruses that live in water and reduces the content of impurities with a low boiling point. For this it is necessary to boil water for about 40 minutes. However, reducing the volume of the liquid leads to an increase in the concentration of impurities with a high boiling point and toxins, so that in the end, boiled water is no better than ordinary tap water at all. Bottled water can be made seem as a solution because the water with which the bottles are filled is mostly spring and of very good quality.

But the problem now is in the plastic packaging.



Water in plastic bottles is intended for standing for a long time and is often exposed to higher temperatures (in warehouses, shops, during transport ...). So called. "PET" packaging is one of the most commonly used types of plastic in consumer products. This type of plastic is also used for most water bottles. It contains heavy chemicals that are released in proportion to the standing time. This leads to the release of toxins such as methyl - chloride, and xenoestrogen, and the chemical compound diethylhexyl - fumarate, which strongly disrupts the hormonal balance in the body and has a detrimental effect on the endocrine glands. So, in conclusion, tap water is harmful, boiled water is no better, and bottled water in PET plastic bottles has a bad impact on our hormones. What to do? It is best to have your own water, but this is impossible in urban areas. It is possible only if one goes to live in some hamlet in nature. And this is only solution and in all respects ideal if there is an awareness of many important and key religious and health facts. Creator calls people to leave cities because soon, according to prophecies, every possible catastrophe will befall cities. Huge cities will be destroyed by earthquakes, fire and water. There will be famines, deaths, plagues and diseases that will take thousands of lives. Corona was the beginning of the end and the situation will be worse and worse. There will also soon be a big problem and an economy that will be brought down. Both the Church and the state will thus force the conscience to obey the provision directly contrary to God's in Decalogue (Exodus 20:8-11).



So, everyone who wants save life and avoid destruction, will came out in some place in nature with God's help and have own food and water. Anyway, the only

thing that is offered as solution beside as an option apart from that, is the purchase of a better quality water purifier (preferably portable). Given the harmfulness of the water we are served, this certainly cannot be a badly spent money.

ALCOHOL AND CARBONATED BEVERAGES

As for other beverages such as alcohol, carbonated or artificial, it is probably not necessary to speak specifically about how harmful, bad and unsuitable they are for use in any quantities. Not without multiple moral - intellectual - health consequences. All beverages obtained by fermentation do not have a single justifiable reason why they should be used. And also not a single benefit. Natural fresh grape juice, apple juice, raspberry juice or cherry juice are incomparably better options than any alcohol or irritating drink. The harmfulness of carbonated beverages to the body is great. Tooth decay, liver, kidney, diabetes, insomnia, stomach and esophageal corrosion, hyperactivity in children, or an increased risk of breast cancer in women are just a few mentioned. Carbonated drinks contain more than 30 different additives, from dyes, preservatives and flavor enhancers. Water and sugar are the basic ingredients of artificial drinks in a ratio of 90% water and 10% sugar. Take Coca Cola for example. It is estimated that over a billion and a half people in the world drink at least one glass of Coca Cola daily. That's terrible! Coca Cola is water, carbon dioxide, caramel aroma, orthophosphoric acid, sweeteners such as aspartame and caffeine. Coca Cola contains at least 5 dangerous carcinogenic compounds, one of which is sodium cyclamate (artificial sugar). It is often used to clean the engine on a car, to remove rust stains on brominated surfaces and to remove corrosion from batteries and other iron objects. In India, farmers use it instead of pesticides for their crops because it is cheap and effective. It can be used to unclog pipes and drains. If we consider what it can all be used for (successfully) let's just imagine what this do to the sensitive organs in the human body. Besides, where did the name Coca Cola come from? In the original recipe, that drink contained - cocaine. They claim it has not been put on for more than a century. However, 370 kg of cocaine was recently found in a Coca Cola factory in France. Profit. Profit. Profit. If we care about anything, we will not consume such poisons, nor give financial support to criminal and genocidal companies such as Coca Cola and all others who are not only not interested for our health but are deliberately making deadly products that severely damage health and subtly they are destroying humanity. And not only that. It is known that large food corporations are responsible for the exploitation of children and the system of slavery. These include Mars or Nestle, which are responsible for torturing and exploiting children with hard work. This is generally common for the chocolate industry and cocoa plantations. Every time we buy the products of these evil companies, we support and encourage their moral depravity.

COOKING UTENSILS

A lot of time is spent on cooking. Too much. Just because is habit eat too complicated and complex food. In addition, as such it is bad for digestion because often harmful combinations are used, such as the mentioned milk - sugar, etc. Long-term heat treatment deprives many (most) foods most of nutritional value. The result - a nutrient-deprived organism. In reality, a lot of cooking is completely superfluous. That doesn't mean it's not necessary at all. Good bread, lentils, potatoes or rice, require cooking or heat treatment. Real superfluous cooking includes all complicated, harmful, irritating dishes such as one Schwarzwald cake or gnocchi with a spicy cream sauce of beef and mushrooms with cheese. An additional problem with cooking is something that is often given very little attention. The material of which the dishes are made. Materials such as Teflon, aluminum or any utensils with anti-stick coatings release carcinogenic and very harmful compounds into food by cooking. That is a known fact. The best and safest materials are; cast iron (guss), inox (stainless steel) and from natural materials like ceramic cookware (uncoated). Also are not bad enamelled dishes and silicone.



They do not release harmful substances and whoever has any thoughts on their health, will replace harmful dishes with quality ones.

True, the price is proportional to the quality in this case. Like for a few stuff mentioned before, that is not a waste of money if you buy reasonably only what is and how much is necessary to prepare the best quality food, having in mind the facts about the body's needs. Money is lost if too many good dishes are procured and for bad food too. The fruit does not need any heat treatment unless for preserved as a healthy jam or sauce (up to 10 minutes). The exception is tomatoes. It is of better quality when it is heat-treated, because then it is full of lycopene,

which is secreted more during cooking. It is a red pigment that is useful because, among other things, it protects the body from cancer, asthma, etc ... Green vegetables need heat treatment, but only as much as it takes to be cooked, not overcooked. Legumes need to be cooked longer to cook well.

Cereals are suitable for any type of heat treatment. Walnuts are much better raw, as are the seeds. The exception is raw peanuts, which are better in terms of quality if they are heat-treated, and even more so because raw peanuts can also have some harmful fungi. As for the heat treatment of food, it is important to mention the use of a microwave oven. It is known that this is the worst possible form of heat treatment of food that we can choose. If we put garlic in the microwave for just 1 minute, it will lose absolutely all the medicinal compounds and most of the nutrients. Food in the micro. oven due to micro-waves also encourages the creation of toxic substances in food. Plastic packaging used in microwave ovens is especially harmful. They release; dioxins (cause cancer) and benzene, polyethylene, xylene ... (poisons for humans). In conclusion, it is best to eat fresh, light cooked as is needed, or slightly heated food in dishes that do not release carcinogenic compounds and without the use of a microwave oven.

ADDITIVES

They are added to food to color it, preserve it, to stabilize its taste, etc. There are natural and artificial additives. Natural as beeswax generally does not impair health although there are exceptions too. The problem is mostly artificial and synthetic ones. In this case, too, man tries to be wiser than God, who gave perfect food that does not need any artificial additives. Many are toxic and adversely affect the organs. There are 1520 additives. They are marked with the letter E. None of them are healthy, but some of them are not harmful to the extent that others are.

What makes foods with additives even more uncertain is that most additives have not been sufficiently tested at all yet and little is actually known about their full impact on health. Which just means that the harmfulness can be even worse than is known. How bad they are, let everyone judge for themselves from the following examples.

E957 Thaumatin - Replaces sugar. The supplement is banned in many countries. Negative effect on the hormonal state of the body.

E951 Aspartame - a substitute for sugar. An artificial sweetener produced from a genetically modified bacterium - Escherichia coli. It also contains the poison methanol which is already in very small doses can be deadly. It is widely used instead of sugar and in products for diabetics. It contains many drinks such as

multivitamin juices, etc., chewing gum, spices, biscuits ... It is a sweet poison without calories. This sweetener has been proven to be the cause of tumors and numerous neurological - disorders. The composition of aspartame includes "phenylalanine".

It is a substance that with accumulation in the body causes the development of panic attacks and depressive states. Aspartame is sugar by the American company "Monsanto" (a criminal, genocidal organization responsible for GMO food).

Aspartame is one of the most dangerous substances people have ever consumed. It is 200 times sweeter than sugar. Through a hundred laboratory studies, over 90 side effects have been confirmed, including: blindness, epilepsy, ringing in the ears, blurred vision, dizziness, headache, convulsions, depression, fatigue, irritability, insomnia, thyroid effects, etc. But in spite of everything - It's legal. and more than that, it is contained in about 6,000 foods that are widely used around the world every day.

E950 Potassium acesulfame - also an artificial sugar, which causes skin lesions and destruction of tooth enamel. The use of potassium acesulfame leads to kidney diseases, including malignant changes too. It promotes the formation of tumors in the lungs, chest, rare forms of tumors on other organs, several forms of leukemia and chronic respiratory disease. This has been confirmed in several studies in rodents, even when they were given lower doses than the maximum. It is widely used in the production of sweet drinks, sweets, bread, ready meals, etc. Some drug manufacturers add the sweetener E950. It wasn't tested on humans (animals only), but this still did not prevent its widespread addition to foods.

E924 Potassium bromate - It is added to baking powder, in flour and bakery products. It has been experimentally proven to be a substance that causes the development of malignant tumors and has a negative effect on thyroid hormones. In addition, this additive is additionally toxic because it also causes kidney damage.

E621 Monosodium glutamate - one of the worst additives, and at the same time one of the most common. It is obtained by the process of fermentation from certain products, such as sugar cane or some cereals. When accumulated in the body it can cause erosive damage to the digestive organs. However, the main danger of using monosodium glutamate is something else. Glutamate is addictive to certain types of food that are generally very harmful to health. For people who regularly consume foods that contain this substance, any other food seems tasteless. They act on the nerve endings of the sensory bodies in the mouth by enhancing the sense of basic taste. Monosodium glutamate has an effect on cells - bringing them into an excited state that can result in their serious damage or stimulation of diseases such as Alzheimer's, Parkinson's or Lou Gehrig. Although the FDA dares to claim that

monosodium glutamate is safe for use in the diet, many in the scientific circles disagree. They claim that monosodium glutamate is associated with the occurrence of neurological diseases (which has been proven in laboratory animals), obesity, eye damage, headaches, nausea, depression.

After testing with MG injections, changes in endocrine organs, sterility and obesity were observed. Symptoms of sensitivity to MG: deafness, burning sensation, pressure in the head area, difficulty breathing and chest pain, headache, nausea, rapid heartbeat, weakness ...

Ingredients that contain it are: *salad dressing or spices such as vegeta, ready-made sauces (soy sauce, meat sauces, ketchup, mustard, horseradish, mayonnaise), canned, frozen and dried processed foods, meat products (hot dog and dried meat products), snacks, chips, spice mixes, Chinese and Japanese cuisine, bakery products, pasta, crackers, cheese and processed cheese foods, chewing gum, soups in bags.*

E330 Citric acid - found naturally in many types of fruit. By itself from these sources it is not harmful however, there is a problem in the fact that the frequently used and represented citric acid is not at all that from the fruit. The one that is added to food is citric acid which is obtained from mutated black molds - *Aspergillus Niger*.

In 1893, chemist C. Whemer discovered that penicillin molds produced citric acid with adding little sugar. Chemist James Currie discovered in 1894 that black mold produced 70% more citric acid than penicillin. One of the strongest pharmaceutical companies, Pfizer, when it found out about it, paid Currie to devise the first industrial way to get citric acid. In 1917, that plant was put into operation. This mold is often present on onions, peanuts, apricots, etc. as a parasite. Or it is formed on bread when it stands for a long time on the dark, warm and humid place. Most subspecies of black mold produce toxins that are dangerous to health.

They create digestive and neurological disorders, breathing problems, allergies, serious lung diseases, headaches, hearing loss due to serious ear infections - in chronic cases of damage to the eardrum and middle ear, vomiting, nausea and diarrhea. E574 Glycolic acid is also obtained from the same mold. In the production of citric acid, black mold feeds on GMO corn, ie, glucose syrup obtained from it.

In 2009, scientists proved that the amount of mercury in the same varies approximately 0.005 to 0.570 micrograms per gram of fructose corn syrup. Thus, in addition to the secretions of black mold, mercury can also be found in it because of the medium with which it is fed. Also, citric acid should not be mixed with carbonated beverages as they contain the compound sodium benzoate. When the two are mixed, benzene is formed. It destroys DNA and causes tumors. Most carbonated and energy drinks contain exactly these components.

Add toxic additives to foods rich in spices or, for example, foods that already contain harmful compounds such as cocoa and products or products of animal origin, and what do we do to ourselves with the use of such food? Slow suicide.

And only because something is "delicious" to us?

Will we so easily sacrifice even our life to perverted, unnatural appetite just because it suits us or something is delicious to us? The reason why something bad is usually fine is precisely these additives and flavor enhancers.

When is made a rough summary of what just some of all additives are, it looks like this:

E629 - may cause gout. E905 - Possible gastrointestinal cancer. E1520 - may cause heart attack, adversely affect the nervous system, cause dermatitis. E407 - causes ulcer. E319 - nausea, vomiting, delirium, lethal dose is 5g. E220 - asthma, destroys vitamin B1. E553 - can cause stomach cancer, banned in Australia. E375 - bad for the liver, raises uric acid levels, gastritis. E320 - allergies, hyperactivity. E311 irritates the nerves. E252 - hyperactivity, potentially carcinogenic, anemia, harmful to the kidneys, banned in some countries. E421 - nausea, vomiting, bad for kidneys. E954 - causes cancer in animals. E514 - disturbs the water balance in the body. E413 - causes allergies. E363 - banned in some countries. E250 - potential carcinogen. E210 - asthma, neurological difficulties, hyperactivity in children. E252 - hyperactivity, potentially carcinogenic, anemia, harmful to the kidneys, banned in some countries. E554 - difficulties in pregnancy, Alzheimer's disease. E952 - migraine, potentially carcinogenic, banned in the USA and England.

GMO FOOD

We've all heard of GMO - s, but unfortunately few people are aware of what it actually is and how bad it is from a health and moral point of view. In the first place, it is again man's attempt to play God. Of course, such attempts cannot, as a rule, end in anything other than bad. Very bad. When it comes to genetically modified food, several facts must be taken into account. Genetic modification is the process of changing the DNA of some organism. It would be more accurate to say, genetic manipulation through a process called genetic engineering for creating something that does not happen in nature. To organize the addition of certain genetic material that he not naturally posses to "improve" it.



In other words, this would mean adding, for example, fish genes to tomatoes (which is indeed the case). Of course, like everything that is not good, GMO - s will be presented to the public by the media, "experts" and leaders as something very good, modern, advanced, safe and actually very useful. But it will tell us same about milk, wheat, aspartame, pork, monosodium glutamate, margarine, and palm oil, or Coca Cola. Is there anything more surprising then? Or worse, are we will really allow ourselves to believe general public opinion and media propaganda? As until now, let's just look at what just the facts say.

In animal studies and experiments, it was found that rats fed GMO tomatoes get stomach bleeding and die after two weeks. In a 2012 study, it was proven that rats fed by GMO corn developed tumors. A group of rats fed a GMO strain (females) gave birth to dead offspring. Furthermore, thousands of cows, pigs, bulls and rats, remained sterile after being given GMO corn, and within 30 days of switching to GMO food, thousands of chickens, sheep and cows died. When they were on autopsy, severe inflammation and black spots on the intestines and liver were found in these animals. Foods with GMO ingredients gradually change the DNA in the body and cause a gradual mutation of cells creating tumors and other diseases in the body. Until now, some of most spread GMO-derived foods are; *corn, wheat, potato, soy, pumpkin, bean, apple, plum, chicory, tomato, sugar cane, canola oil, rice, flax, melon and papaya*. GMO hybrids were created to tolerate direct spraying with heavy herbicides and pesticides and to automatically resist insects. This means that farmers can spray them unhindered and vigorously with these dangerous chemicals, which is exactly what they are doing. The most dangerous herbicides contain a compound - "glyphosate". He destroys everything green that is sprayed on him. It destroys plants by binding all the nutrients and minerals from the soil to itself and thus deprives the plant of the substances it needs for life and development.

Glyphosate causes cancer, endocrine disorders and autoimmune diseases, it causes Autism, Parkinson's and Alzheimer's disease. The world's leading mover and producer of GMO seeds is the American corporation Monsanto. It is a diabolical, criminal organization that systematically and systematically poisoning humanity. One of Monsanto's products is Aspartame, which is their

protected sweetener. In addition to GMO seeds, their patent is the widely used herbicide Roundup, which is full of glyphosate. Such food is rich in toxins and poor in nutrients. Once it enters a human or animal, it does the same as what does to plants. It prevents the body from absorbing nutrients from food (those that are still left). Glyphosate has also been shown to cause a variety of diseases - tumors, endocrine diseases, problems with the reproductive system, neurological diseases, cardiovascular diseases, allergies and predispositions to them.

It also destroys the ecosystem. It is associated with the growing disappearance of bees, a decline in the number of butterflies and birds. The data says that almost every American has glyphosate in their urine. Herbicides are widely used not only in crops related to GMO hybrids of wheat, rape or corn, but also in conventional cultivation of fruits and vegetables. Corn has been modified to produce an insecticide called "Bt toxin". This toxin is produced by every cell of genetically modified corn. Then it ends up in corn chips, tortillas and any other food derived from corn or in food to which such corn is added in some form such as malt or corn starch which can be found in almost every refined food. Food sprayed with herbicides and GMO food are one of the greatest crimes against man. One of the typical examples of GMO food that is eaten but that might be never remembered in that context is - mayonnaise. Harmful due to too much fat, eggs and additives together in itself, but the fats that are often used are, GMO soybean oil or rapeseed oil. The result is mayonnaise full of pesticides, ie. glyphosate. An even worse food (and generally on top of the worst existing foods), which all the ingredients are made of GMO is - chips. About 80% of the world's total food (and perhaps more) is GMO. It has been proven that most well-known world producers of food and beverages use GMO foods (with additives). And when we buy and eat that food, we kill ourselves ... and the children who depend on the choices parents make for them.

Some of the companies associated with GMO technology are:

Snickers, Mars, Twix, Milky Way, Bounty Chocolates, Cadbury Chocolates and Cocoa, Ferrero, Nutella, Kinder, Nestle, Oetker, Nesquik, Coca-Cola, Sprite, Fanta, Pepsi, Knorr, Kraft Products, Milka, Jacobs, Heinz Foods, Helman 's, McDonalds restaurant chain, Hipp (baby food), Danone, Uncle Ben' s rice ...

Unfortunately, the man in his perversion and his greed goes even further. The first GMO animal which is on the market obtained. It's about salmon. That salmon has a gene that allows it to grow two to three times faster than natural fish and to use 20 to 25 percent less food.

SUMMARY

If we sum it all up so far, we will get the following summary. Conventionally grown food is incomparably worse than organic (bio) which certainly has an adverse effect on health due to the great lack of nutrients and chemicals used in cultivation. Wheat today is a dangerous hybrid that causes over 40 types of diseases. Wheat products in shops and bakeries are immeasurably bad, especially in the long run, because in addition to the GMO hybrid, they contain harmful baking powder, industrial parasite yeast, monosodium glutamate, dyes ... etc. We are poisoned with GMO food that is present in almost all refined foods. We don't have to buy GMO corn or potatoes, but if we eat mayonnaise, nutella or chips, we eat GMO products. Frequent consumption of cereals (such as rice), which are not integral makes these foods much poorer in nutrients than when they are integral and from whole grains. The fruit is often consumed as a conventionally grown or processed by products such as jam that is made by industrial (GMO) cane sugar, additives and by long cooking, completely loses its value and becomes a tragedy for the body. Vegetables are often marginalized and are considered as just as a meat supplement. This is often the case due to the common misconception that only meat contains the proteins which we need. But true is that the best proteins are in vegetables, ie legumes, seeds and nuts. Margarine is a "battle poison" with an extremely harmful effect on the body. Palm oil causes cancer. Common irritating spices have an extremely adverse effect especially on the blood and stomach. Vinegar is not suitable for oral use or for our stomach, however, not one article on the internet will talk about the benefits of consuming vinegar. Milk and dairy products are "silent killers" both because of sick animals, because of additives, and because of harmful compounds that in combination with other compounds and additives become destructive. This is especially true in combinations with which typical cakes and desserts are made. Cheese is completely unfit for consumption, makes addiction, barely digestible and causes cancer. Eggs, milk and meat are obtained from often sick animals that have been deprived of the most basic necessary living conditions, fed in the wrong way, and killed without any compassion, which makes the meat full of stress hormones. Meat is among the most harmful foods in the world. It is full of carcinogens, bacteria, steroids, fungi, stress hormones, viruses, etc. and among the first causes of disease. If we add a common ingredient - additives with spices, it

becomes additionally carcinogenic and harmful in the fullest sense of the word. It has a particularly harmful effect on the brain. The worst of all meats is pork, which is often full of dangerous parasites, dirt, viruses and causes over 70 diseases, most of which are deadly. Next to it, also the worst meat is of unclean sea organisms. These are squid, cuttlefish, octopus, sea snakes, sharks, shellfish and crabs. The sea is becoming more and more polluted and fish is no longer something that is safe to use. Often fish meat is full of heavy metals such as mercury.

Coffee, cocoa, tea, poppy and their products contain dangerous and harmful alkaloids that are addictive, disrupt bodily functions, damage nerves and have a bad effect on the brain. Over 1500 additives are added to food, some of which are among the heaviest toxins such as Aspartame or Potassium acelsufam. This makes almost all processed industrial food additionally unacceptable for consumption if we want take care about our health. Tap water is full of chlorine and other harmful ingredients. We cannot successfully replace it with bottled either because the packaging is made of a specific PET plastic that releases compounds that act directly badly on hormones in the body. If we do not pay attention to the dishes, we will additionally contaminate food with carcinogenic compounds released by Teflon, aluminum or dishes with anti-stick coatings. Gmo food is everywhere. Add to that the often too complex combinations of foods such as rich cakes, unusable puddings, sweet jellies of animal origin, abundant meat, spicy dishes and the like, which in themselves create major problems for the digestive system and what we can get? Then, a long-term heat treatment that kills vitamins and minerals like vitamin C. And if we use micro. ovens, food is more then empty of nutrients and full of toxins. Fortunately, everything bad has its good replacement. More precisely, everything good is often replaced by bad. This world is functioning upside down since falling into sin. Mankind makes light out of light, light out of darkness. Sweet from bitter, and bitter from sweet. From good to evil, from evil to good. From black to white, and from white to black. From the original a forgery, and from the forgery an original. Unfortunately, exactly that is the case here as well. There remains only one more question to which everyone should give himself a personal answer to it. What our intellect and our common sense can only conclude after all?

VITAMINS AND MINERALS

SOURCES OF - **CALCIUM**

Soybeans, almonds, chia seeds, dates, dried figs, chickpeas, white beans, sunflower seeds, broccoli, sesame, sweet potatoes ...

SOURCES OF - **POTASSIUM**

Banana, dried figs, potatoes, oranges and juice, grapefruit and juice, tomato and juice, peas, dates, legumes, whole grains, sweet potatoes, mango, papaya, apricots, peaches, carrots, raisins ...

SOURCES OF - **IRON**

Legumes, tofu, pumpkin seeds, walnuts - especially Indian and almond, whole grains such as oats, wholemeal rice, quinoa, amaranth, dried apricots, kale, broccoli, spinach ...

SOURCES OF - **IODINE**

Alga Kelp, Alga Wasabi, iodized salt, iodine, prunes, Lima beans, whole grains, kale, strawberries, organic potatoes with shell .. (iodine in drops)

SOURCES OF - **PHOSPHORUS**

The daily need of the organism is about 700. µg which will satisfy less than 100 g of pumpkin seeds full of phosphorus ..

Pumpkin seeds, oats, chickpeas, lentils, Azuki beans, tofu, sunflower seeds ..

SOURCES OF - **MAGNESIUM**

Whole grains, spinach, quinoa, almonds, peanuts, cashews, black beans, avocados, pumpkin seeds ...

SOURCES OF - **MANGANESE**

Oats, coconut, soy, dates, pecans, barley, quinoa, wholemeal rice...

SOURCES OF - **SELEN**

Brazil nut, brown and green lentils, sunflower seeds, cashew nuts, coconut, red Kidney beans ...

SOURCES OF - **COPPER**

Cashews, tomatoes, blueberries, coconut, dried dates, plums, cherries, cherries, raisins, peas, beans ...

SOURCES OF - **ZINC**

Chickpeas, lentils, oats, almonds, chia seeds, oats, sunflower seeds, tofu, cashew nuts, pumpkin seeds ...

SOURCES OF- **VITAMIN E**

Sunflower seeds, spinach, chard, almonds, hazelnuts, peanuts, mango, avocado, pistachios, blackberries, black beans, eggplant, apricots, cranberries, quinoa, nectarines, pears ...

SOURCES OF **VITAMIN B COMPLEX**

B1: delicatessen yeast, soy milk, whole grains, watermelon, soy, rice, sunflower seeds, sesame and tahini paste, peas, beans, asparagus, artichokes, spirulina ...

B2: whole grains, almonds, sesame, quinoa, buckwheat, spinach, prunes ...

B3: delicatessen yeast, peanuts, raisins, dates, wholemeal rice, barley, potatoes, millet, tomato, chia, sesame, buckwheat, peas, avocado, sunflower seeds ...

B5: delicatessen yeast, dates, peppers, broccoli, sunflower seeds, pomegranate, whole grains, avocado, tomato, sweet potato ..

B6: soy, banana, watermelon, peanut butter, almonds, chickpeas, sweet potatoes, peas, chia, beans, apricots, pineapple, artichokes, pistachios, kale, avocados, rice, cashews ...

B12: delicatessen yeast, soy milk and vegetable milk with the addition of B12, the body itself produces some quantity of vitamin B12

FOODS SOURCES - **VITAMIN C**

Vitamin c should be combined with iron for absorption, ie sufficient iron intake from foods rich in it.

Kale, broccoli, strawberries, spinach, lemon, cauliflower, pineapple, orange, peas, cabbage, mango, grapefruit, chard ...

SOURCES OF - **VITAMIN A**

Dried apricots, carrots, goji berries, cherries, sweet potatoes, leafy vegetables, pumpkin, tomatoes, mangoes, apricots, olives ...

SOURCES OF - **OMEGA 3,6,7,9**

Chia seeds, walnuts, flax, Brussels sprouts, wild rice, pumpkin seeds, dog thorn plant ...

VITAMIN D

sun exposure

OTHER COUNCILS ABOUT NUTRITION

For the same meal, fruits and vegetables should never be mixed. Fruits are digested faster than vegetables and then there is putrefaction in the intestines and harmful boils in stomach. It is a common cause of indigestion.

The first meal of the day should be the strongest. The body is then best able to digest food and receive the largest amount of food. The second meal should be weaker and lighter than the first. The third, if it is, should not be stronger than the first. The experience and practice of not one man, showed that it is much better to have two meals than three. Of course, when the nutrition is proper. The body then has much more energy and is not burdened with the frequent excess that is ingested with many meals that are actually unnecessary to the body. The third meal if taken, really should be very light and not before going to bed. A meal before bed disrupts sleep and the body does not rest while digestion is performed.

The minimum interval between meals should be 5 hours. It should never have a snack. In that interval, nothing should be put in the mouth. This disrupts digestion and leads to indigestion. The digestive system cannot get rest on that way which it needs. Digestion requires a lot of work and he needs a renewal of strength.

Therefore, in this way, the digestive organs are depleted, consumed and consequently develop unhealthy conditions in the body.

It is necessary to chew food thoroughly so that the body can make the best use of it. You should eat slowly and in peace. Satiety does not depend so much on the amount of food that is ingested in the stomach but on the quality of the food and the length of chewing. Equally, the satisfaction of taste does not depend on swallowing food as soon as possible, but also of chewing for as long as possible. Digestion begins in the mouth and therefore it is necessary that as a first step, the food is chewed and be mixed well with saliva.

It is not good to eat too many kind of foods for one meal. Three to four species are quite sufficient. Make a change for the next meal. The biggest enemies of the brain and digestive organs are too complicated dishes and too much variety for one meal.

The body will make much better use of certain foods if taken for one meal with a limited number of foods. Then make a change for the next meal. This would mean (ideally) for one meal eg. some cereal or two with some kind of fresh and dried fruit with some kind of walnut / seed (and a tablespoon-two of oil) ... or eg. some cereal, legume, plus something green with a little lemon juice and oil such as avocado or cabbage.

Not every food suits everyone because organisms are different. Everyone should listen to the organism and in such a wide God-given spectrum, choose what best suits the needs of the organism with regard to the type of work, opportunities and so on. Therefore, it is necessary to pay individual attention to what suits the body and what does not. In any case, everyone can find themselves somewhere ideally on that path of diverse possibilities.

One should choose foods that contain the most nutrients to build the body. In this choice, appetite and taste are not a sure guide. By bad habits, they became perverted and often demands for foods that impair health and that create weakness instead of strength. And even social customs cannot guide us for sure because there is great suffering everywhere due to favorite dietary mistakes. The only sure guide here is the doing because of principle with reason. Interestingly, even unreasonable animals would never take lot of complex compounds that humans often take in their stomachs.

It is not good to drink water or lemonade during a meal. This dilutes gastric juices and makes digestion difficult because the stomach must first absorb all the fluid. The same goes for eating too much and too often soups or liquid, soft porridge. Solid food that must be chewed thoroughly satisfies the body much better than liquid. Water half an hour before or an hour and a half after a meal is best option.

It is wrong to eat food just to satisfy taste and uncontrolled appetite, but at the same time, food should never be carelessly prepared, tasteless, scarce or poor in nutrients. Foods with the highest nutritional value and should be carefully selected their various combinations. It takes some effort with skill to make the food simple and delicious at the same time. But if there is the will, and God Himself than gives man the intellect and ability that he can make simple, delicious and most nutritious combinations.

With an improper diet, a disturbed stomach creates a disorderly and unreliable state of mind. This often causes irritability, rudeness and injustice. Many plans that would be a blessing to the world have been rejected, and many unjust and even cruel measures have been implemented as a result of a disease condition caused by bad

eating habits.

One of the serious problems from falls in sin is the excessive intake of food in the body. It is very easy for us to overeat when something is delicious if reason is not involved and if man has no control over himself. It is the abuse of the stomach that causes the whole body to suffer.

The brain is confused because the stomach sends signals for help and he then activates the nerves, which are very tense and help digestion. This is the reason for the not infrequent numbness after a heavy lunch. And beside that, if meal was of poor quality, it's no wonder someone can't move off the table and feels tired. Moderation is key. With simplicity. We should never eat more than we need, but no less than we need because the body should definitely get everything it needs. This means eating until the cessation of hunger and before any heaviness in the stomach. No more than that.

No one who eats copious, spicy and irritating foods tailored just to suit just a taste cannot and should not expect change to be quick and easy. It is not easy. We are addicted to many foods and many unhealthy nourishment which we love. However, as in many things, it is a matter of habit but first and foremost, it is matter of decision. If there is decision, surely will be and God's help too. When making this change, it is always necessary to be careful and considerate. Everything that will be leave or changed must be replaced with the better one, but also knowing why it is done. There is a certain period that is not easy when it comes to food reform. It is like when an alcoholic longs for his glass, but once the body gets used to healthy and successfully adapts to natural food along with natural taste, the reward will be great victory with a much better physical, mental and spiritual condition.

People who have made the reform, take their food with far greater enjoyment and gratitude than the greatest gourmets. For the simple reason that this food is really the most tastiest, most nutritious and it is the real "gasoline" on that our body works on. Everything else is "water mixed with gasoline." Wrong fuel.

(some parts from the book "Counsels for food, diet and on life" - Ellen G. White)

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

(1.CORINTHIANS 3:16-17)

Body and spirit (mind) are closely related. And Satan knows it too. He knows it very well. And he gives and will do his best to ruin us physically because then we will

not be able to resist him spiritually. We will remain paralyzed, deadly trapped in his eternally fatal webs. Appetite is his strongest stronghold in man.

If we are defeated here with intemperance, harmful indulgences to ourselves, etc. (and we are by ourselves), all other deadly passions will be dominant and vividly present. Self-control, spirituality and the desire for eternity, then - are dead. Satan has made a great effort to completely destroy the diet and to lead people to be slaves to appetite, to eat the most unhealthy food, and to physically and morally thus degrade and goes to ruin, enchanted with a subjective sense of comfort. It is wonderful with God that He never forces anyone to do anything. He has given us an abundance with which we can successfully satisfy the needs by wishing us only the best. At the same time, this food is tasty and useful. Satan is the one who always forces the will to obey to him. He must invents, for example, additives that will make a man addicted and a slave to something that harms him. He will easily succeed if he meets only one condition - it must be comfortable. Evil must always do to man physically pleasure, because only in this way does evil subjective act as if it were good. It is so in everything. We do not see the spiritual component of sin for which we are blind without God because it is our natural state. However, our subjective perception and God's objective perception of sin are as different as heaven and earth. Sin is realistically terrible, disgusting, and dark. Our senses and lack of spiritual "sight" makes it to be natural for us and so easily they subdue man to the will of satan. Otherwise, we would be filled by despair and fear if we knew the reality of sin and who satan really is. The only thing that could reveal this invisible and hidden reality to us is - Golgotha.



Only Christ's sacrifice can tell what sin is and what it is like, who the devil is and who we are. And that is why only Him who personally beared the sins of every man, knows all our sufferings, temptations, struggles, pains of hardship and is the Only One who has the power and can help save from all the bad in us and around us. Everything else and different from that is - a fateful lie. The truth is that without

God's help, we have no chance to get out of this state on our own. None. But it is also true that God has no way of getting us out if our own will is what we listen instead of reason which is subdued to His will. That kind of intellect, can be given to us only by His Word written in the Bible and His Spirit. God's grace always forgives us and accepts us as we are if we repent and turn from our all evil ways.

My prayer is that God mercifully helps to me - first among sinners, and that He equally do for you precious and dear reader. :)