

Richardson Studies Health Anthologies Vol. 1

Nutrition

Hidden Health Wisdom & Science



By Nate Richardson



Topics in this Volume

The Spiritual Importance of Physical Health, Highlighting Jane Birch's Discovering the Word of Wisdom WFPB, Minimizing Animal Products, Highlighting Game Changers on Vegan Athletes, Recipes & Substitutions, Natural Cures

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IMPORTANCE OF HEALTH

The Why of Health: Preciousness of the Body



We are created after the image of God.

We are not our own but are bought with a price.

Men are that they might have joy.

Fullness of joy comes only when body and spirit are united.

Spiritual receptivity is enhanced with the body is taken care of

Caring for the body is a reflection of self-control.

God has given laws concerning the body and rejecting those laws councils and standards is an act of rebellion against God, or in other words, pride.

Gain focus and retention power in studies.

Gain persuasion for exponential missionary work

Enjoy and relax in social settings, the which you hope to have much more of.

Avoid diabetes & heart failure.

Pure joy from health leads a person to be motivated to excel in all other duties of life, enthusiastically!

Have more energy to pursue your calling in life, including family time

Emulating God Through Health

Brigham Young said of the kingdom of heaven, how each person there is as breathtakingly beautiful as the next. That one would gasp and per adventure faith upon each sight if persons there. He taught they would be as beautiful as the angels that surround the throne of God if they merit the great attainment of exaltation in the kingdom of God.

President Nelson said those who have studied the body have seen God moving in his majesty and glory.

While it's wasteful to spend all one's time honing the body in the gym, and rude to show off the body too much in public, we can learn from healthy people. Let us consider health. This gives glory to God. This inspires faith in God.

Show them you are chaste not because you are obese, but because you deliberately chose to be. Be attractive to show all the more that the Lord Jehovah is your God.

The health gods make good choices about food every time, or darn near close to it. They couldn't be so healthy if they didn't. Surely God makes good health choices.

They emulate God in this, and thus more closely emulate and show his form and grandeur. The beauty of a fully healthy person is truly astonishing, it is a reflection of the image of God.

Obesity is usually an indicator of lack of self-control, and over indulgence in one or more areas of life. It also represents a lack of values, cynicism, and isolationism. Sometimes it's from genetic disease, usually from poor management. I'm not judging, just teaching.

We can emulate God by seeking health, though not too ambiguously lest we forget our other duties. The character of Christ us several fold, and this is one of those folds.

The inspired person will seek to be beautiful and set aside trends which are not beautiful when it comes to dress and appearance.

There is something significant about the fact that our bodies correlate with our spirits, and that we must tame not only our spirits, but our bodies. Indeed, the taming of the body, the appetites, the lusts etc. to be channeled into holy submission with excellent health and high moral standards, these are keys of spirituality. Temporality cannot be separated from spirituality. If a righteous person does well in all with exception of the taming of his own appetites, this person indeed pleases God, but has yet sin to extinguish in his journey to the kingdom of God.

Some have said that the curse of Adam is in large the biological inheritance of the human race, the physical body appetites and instincts which are not in harmony with the perfect character of the Lord Jesus Christ. We can work toward being in control of ourselves, bringing all things in subjection through righteous restraint and priorities.

Understanding that it is the will of God that we take care of our health to a reasonable extent (reasonable perhaps meaning staying within the ‘normal’ ranges which are not pre-indications for the development of terminal illnesses) empowers us to allow ourselves the time of day and other needed resources for seeing to it that we have a clean bill of health. I suggest D&C 89 as the standard for obtaining that clean bill of health, it can help you loose weight, gain weight, gain control, etc. as your body requires. There is within good nutrition a standard of health which the body draws to, meaning that if you eat right, your body will gravitate toward an ideal healthy body weight.

Not unfrequently has Zion been called beautiful! The doctrine of beauty is shunned by many zealous religionists, but let them search their souls, and they will find that it is a true principle consistent with the heavens and citizens there. We are not to wait for the life to come to give attention to health, or to whimsically wish for a forthcoming day when despite all our neglect, we will be given a clean bill of health. Brigham Young said that we are not going to wait for Zion to descend from heaven, we are going to build it right here, and right now!

If you
body is not in
with the
suggested by



see that your
compliance
generous ranges
the scientists of

pathophysiology pertaining to the ranges of health which are predictors that you will not develop one of the many diseases of excess such as DM2 hypertension strokes etc., let that be your measuring rod to see that you aren't correctly balancing your priorities, and need to scale back on something else to give more attention to your health. Remember always that the Lord has said it is better to obey than sacrifice, meaning that your good ideas aren't as good as his commandments, and that you'll make the best use of your time by first keeping the commandments, then playing around with creative service ideas after that. Let God be praised for inspiring us with the sciences we have today which can guide us in a confident knowledge of when we are outside of a healthy range, so that we can get back on track rather than living in confusion of why certain pesky symptoms plague us. Granted some people do all the right things when it comes to health and still have issues, but I think that is the exception, not the rule. Further, when people set aside council from God on health (D&C 89) and replace it for fad health practices, they should not be surprised to see that the creation of the Creator is having a higher rate of malfunction than they had hoped.

The overweight person, the obese person, and the morbidly obese person all have something in common: they are, some faster than others, on the track toward premature death, and lethargy through life. They may appear energetic and work long hours, but compared to what they could do in good health, it is miniscule. Many heavy people have great willpower in their profession or home making, perhaps compensating for their other weaknesses by working long hours of dedicated service to some cause of interest. What they must learn is that when they take care of their bodies, though some investment of mental and physical effort and foresight will be involved, those investments will provide exponential dividends in their quality of life, and the quality of service they give to their fellow man, and thus their God.

A nutrition-based health plan instead of a constant exercise-based plan will accommodate any busy person in a journey toward health when it's hard to find an extra hour or two of spare time each day for exercise, though we cannot entirely dismiss exercise.

Is your physical health keeping you from accessing the fullness of temple blessings? One key reason I plead with people to make healthy choices is that some are so embarrassed by their health that they refuse to date and marry. This so frequently being the case, we see that their unbridled appetites have become the idol they worship. I say idol because it has reached the point where it's in the way of them getting on the covenant path. Their lack of attention to health has become a stumbling block between them and the temple, where marriages are made solemn for eternity. With such a powerful emphasis on the need for temple ordinances from the prophets, we ought to be terrified of anything that threatens to get in the way of us and the temple, and fight whoever those enemies are head on. Being obese disadvantages you from marriage creation in a few ways. First, the human body was not designed to be obese, and our biological programming sends us alert signals that create feelings of undesirability for romantic relations with obese persons, perhaps as a way of warning us that obesity leads to death. Further, when people see an obese person, for better or worse they associate that with lack of self control and lack of self esteem, and fear that these weaknesses will be manifest in other areas of life, which can be a great defect when trying to get along in a marriage, control finances, work towards goals, and raise children. I explain these things so the reader will not think that I'm intolerant and overly judgmental of obese people. To consider obesity as "just another acceptable lifestyle" (yes, I've seen it promoted that way) is actually Satanic, because it leads to the destruction of bodies, which are the temple of God. To consider that a state of obesity is a healthy state of life is to deny the laws of nature, and thereby deny the God of nature, Jesus Christ. I love everyone, Jesus Christ loves everyone too, but ignorance of these things will only lead to disappointment. Love doesn't mean condone. Love means care enough to try and warn someone that they are on a path to destruction. So take control of your health so you can be a better candidate for marriage and temple blessings. This is a hard subject for many to swallow, but in reality it's just illustrating that we cannot reject spiritual commandments and not expect them to have negative spiritual consequences. D&C 89 gives the standard of health, if we set it aside, spiritual anti-blessings / curses invariably come. The D&C teaches that blessings are always predicated on obedience to laws; the converse of this is that curses are always predicated on disobedience to laws. For those who don't like the world "cursings", we can call it 'living in the world with a lesser degree of the assistance of God.' To insist that we can ignore God's councils and still be worthy of all of his blessings is to deny the word of God. What will God say when we make a case that we

didn't have an opportunity to marry in this life but yet spent our days destroying our bodies? Some people are obese because of circumstances beyond their control, but most do not. Further, often the Satanic chains of hell are sown one thread at a time. For example, chronic conditions can develop after a while of denying health to the body. Then the chain is set, and our health is sometimes out of our control. But the chance to take control was there earlier, and we denied it. The same is true regarding addiction: some say, and rightly so, "I literally can't help it, I have to use drugs/alcohol." Yes, they may have become bound in chains of addiction and have no more choice in the matter, but earlier before they were into it that far, they did have a choice. They crossed the line, and lost their agency in that matter. Satan loves it when we lose agency, but it's never his fault, always ours. We are perfectly accountable for the messes we get ourselves into. He can tempt us sure, but it's up to us to make choices even in the midst of temptation. God is a merciful judge, but he also isn't one to be toyed with. You and I had better be able to make a strong case that we really truly did try our best, and that we never gave up, no matter how discouraged we became. A truly sad state is when someone says that they've tried to change and can't, and resign themselves to a life of bad choices. To make such a claim is to deny the power of Christ. Long have the prophets taught that he can reach deeper than any despair, so don't give up. Don't be a sideline spectator of your destiny. Make the temple the chief object of your focus, then identify roadblocks in your way, and muster all your strength to obliterate those road blocks, and rush into the house of the Lord!

You must beg your Father in Heaven through prayer in the name of Jesus Christ to give you power to overcome your health issues, to bridle your appetites, to understand revealed principles of health, to learn what the sciences have to offer in the corpus of studies on nutrition and health, to gain every principle which you lack in the righteous and obedient pursuit to be a good steward of the body given to you by Christ.

Surely one of the best ways to share the gospel of our Lord is to show that we have found genuine happiness by embracing it, so lets not let health be the thorn in the side any longer keeping us back from finding more happiness in life, happiness which God intends for us to have and share.

Some think that it is pompous and proud to spend any time dealing with the self. Joseph Smith taught, "Some people entirely denounce the principle of self-aggrandizement as wrong. But it is a correct principle, and may be indulged upon only one role or plan – and that is to elevate, benefit and bless others first. If you will elevate others, the very work itself will exalt you. Upon no other plan can a man justly and permanently aggrandize himself." (Joseph Smith, *Young Woman's Journal*, vol. 2, p. 3660). It's noteworthy that Joseph says to lift others first. President Henry B. Eyring recently spoke of Christlike service which members gave to others facing natural disaster, before even meeting their own needs. He taught that there is a time and a place to put others' needs before those of your own. However we must take caution: if you have a chronic legacy of neglecting your health in the name of helping others, you must make adjustments, you have carried out the principle of service beyond its proper bounds, and you must go now and pluck the beam from your own eye so you can see better to remove the mote from the eyes of others. You can't excuse a lifetime of neglect. From time to time, heroic efforts on your behalf will be required, and your own needs will take the back shelf. But those who ignore regular maintenance of their bodies are practicing neglect. The prophets have said that if we find anything lacking in ourselves, it is our duty to pray for the gift we lack so we can overcome whatever trial is before us. The

Book of Mormon prophet called us to do all things in wisdom and order. One of the heroic efforts which you are called upon to make is the long-term management of your body.

I speak of these things not to say that they are more important than other items, but because one doesn't need to look far, usually not farther than the mirror, to see that we as a society have fallen into gluttony in mass, and do not practice self-control. We are dying in mass from self induced causes. The D&C revelation section 89 was designed to help us avoid these plagues. Lets take good care of our health on a regular basis so we can spend less time in hospitals, less time in shame, less time in gymnasiums making frantic efforts to hide bad dietary choices under the blanket, so we can spend more time doing the work of the Lord, and thereby finding true happiness for ourselves, putting ourselves in an ideal and persuasive position to point others likewise to that happy state we enjoy.

Envision health



You are no longer overweight!

You sleep well at night and feel rested faster.

Your confidence shines and you engage in more social interactions.

Your natural talents are expanded and your mind and memory function well.

You aren't groggy, you wake up happy to be alive.

Your relationships at home and work are blossoming, and you are living without regrets, making meaningful memories.

You are better able to focus your time and energy outward rather than on yourself.

You freely enjoy sport, dance, and your daily duties do not overwhelm you or break your spirits.

You do not fear chronic illnesses, you're rarely sick, you are immune to otherwise frightful diseases.

You have newfound time energy and concentration to study vast depths of knowledge.

Your example inspires others to follow you and have joy as you do.

Your body and taste buds have become sensitive to what truly is good.

The Lord's Prayer for Your Diet

Give us this day our daily bread. Pray this. God can help.

We often overeat from fear that more food won't come soon.

We are asking for the Lord's bread, not the devil's. We NEED foods which support our bodies and spirits for the long run. We are asking for that to be provided.

The 9 Pillars of Overall Physical Health & Wellbeing

I've tried to make a brief list of things which seem most important, under which most things would fall. It is a list on what gives a person the best physical health, and yet it includes things a-typical to physical health which reach into intellectual social and spiritual realms. I believe these are all intertwined.

Prayer
Friendship
Service
Learning
Nutrition
Sleep
Exercise
Stress Management
Organization

A bit more detail:

Prayer: includes hearing God through scripture study, and pledging yourself to improved living, and asking for help in that

Friendships: be closest to those who have similar values as you do, and have positive time together regularly, primarily with those you live with.

Service: Being mindful of the needs of those around you and of issues generally and trying to help resolve those sets a person free.

Learning: Without the search for truth, no one can remain happy.

Nutrition: “Eat food. Mostly plants. Not too much.” -Michael Pollen

Sleep: Doesn’t have to be excessive but a minimal average should be had.

Exercise: How can we run and not be weary, and walk and not faint, if we never run, and we never walk?

Stress Management: We must approach our problems with peaceful solutions, and recognize what is beyond our control.

Organization: The mental disturbance of mismanagement and the decreased effectiveness resulting from chaos can be alleviated through regular efforts to be organized.

Story of a Foolish Now Dead Man

2023

Only the wise live the word of wisdom.

I knew a cook who was married to a dietician. His wife (the dietician) would approach him about his poor eating habits. Whenever she did so, he said that he would tell her to desist, and that he would eat however he wished, and that if he died young, he would die young, and enjoy life until he died. This man was morbidly obese. He was a church member, a return missionary, and contributing in the workplace. He did in fact die, and not long after recounting this tale of his wife's pleadings, and his persistent refusal to listen to her. I wonder if he knew just how soon that day would come, that he would have considered changing his ways. This was a stirring first hand reminder to me of the importance of being wise, and living the word of wisdom to the fullest.

EXERCISE

CDC on Benefits of Exercise

The Center for Disease Control lists the following as benefits of regular physical exercise:

- “Maintain weight.

- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.”

(https://www.cdc.gov/healthyweight/physical_activity/index.html)

Health Excuses of Time & Tastes, VS Things Healthy People Do Instead



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Both our physical and spiritual health require consistent efforts, moderation, balance, and dedication. We must spend significant effort in both regards. These analogies also apply to taking time out of our day for doing missionary work, and how missionary work can be successful with consistent attention to it.

Look and live: the serpent on staff: easy but need consistent. This applies to all of God’s commandments. If they are procrastinated and avoided, they become hard or impossible. I asked a friend who struggles with morbid obesity but is very active in the church, how much time they would give daily to work on their health. Before the answer, I preface this by saying we are all morbidly obese in our own way. All of us have much to improve. And some perhaps even many of cases of morbid or moderate obesity have to do with health issues. I asked my friend, how much time would you be willing to spend each day on improving your physical health? All day was the reply. Via eating patterns etc. But I said “let me rephrase it. **How much time not multitasking, just doing fitness?**” A pause and the reply, **“10 minutes”**. My nutrition professor believed we need an hour a day to maintain good health in our sedentary lifestyles.

I think at the root of this woman’s case is that she thinks she will let down God if she takes time to do things other than family history work, or some other form of

service to others. I submit it is God's will that we try to keep all his commandments. We must beware how we use our time. Missionary work takes time. Sometimes it's time scrolling Facebook. Many of us might do too much of that. But some is important. Etc.

The spirit will help us keep the word of wisdom. Sometimes however, we say exercise and missionary work for people w/ too much time on hands, like my friend with serious health issues was willing only to take only '10 min' /day on multitasking health, for example. We know we are accountable to God and we like to work lots to please God. But we have permission to take time our health and for missionary work! The admission take time to be holy includes take time to play basketball with your friends, or time to play board games with your kids or friends or neighbors!



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to

Rare do elderly with health issues have just 1 issue, but “comorbidity” multiple system failure.

Missionary work, like physical and spiritual health maintenance, also takes time.

The command to care for our health and do missionary work has this aspect, “Thou Shalt Party and make merry with thy friends.” Who are my friends? Same as who is our neighbor. These commandments are some of the more particularly happy thank-God commandments.

Like health issues, some of us have great excuses for not exercising/missionary working. Like a bad foot meaning no walking. My nutrition professor says cases where someone is so sick they can't do any type of fitness are almost nonexistent.

Elder Holland said recently that if we do not pay for health now, we will pay later.

Someone once said to me once when she saw me with a lunch brought from home ‘I can't pack homemade lunch’. I guess in some circumstance this could be true. I said “it's about priorities.” She said no I just can't, I work too much.: I don't think she got what I was saying. Perhaps her ultra-nice truck could go so she wouldn't have to work so many hours to pay for it and could put attention to her critical health issues. We don't judge others, but we do try to teach and uplift ourselves and others in the ways of wisdom, and find balance in keeping all of God's commandments.

Time & The Debt Mentality:

You'll never have more time, God will always give you plenty of assignments all through your life, and your mental obsession with doing tasks won't suddenly end just because you graduate college or get some promotion, or a kid grows up or you get more money or something.

You don't have endless tomorrows to set things straight; thousands get diabetes, what makes you so different than them? Do you think they wanted it or saw it coming? No, and neither do you, but it is coming.

You live in the debt-oriented mindset of our time, thinking that just because loans are available, that's the only way to live. You have amassed health debt. All those pounds and lack of muscle are like dollars you owe. Time to turn it around and live for not the immediate present, but for the future. Time to seriously journey toward the day

when you will be debt free and able to give greatly. Time to turn the focus from you to charity.

You think God cares about your giving or your using time to serve, but he cares about you, about your health, about how you manage your person; of all the people you're taking care of, another that you've been commanded to take care of is yourself. Don't have the hyper-savior syndrome where you think that everything will fall apart if you take some time for your own health now and then – Christ (the prototypical savior) taught temperance.

Don't think that those who do fitness are just people with too much time on their hands; if you want to talk about more time, consider the time you won't be in a hospital, and the added years of life. Consider the increased focus which will come as you make health a priority. It's the healthy people who really respect time and take time seriously. Of course, there are the occasional idiot who are healthy and yet clueless, don't let them cloud your vision to the path God has commanded you to walk.

Don't think fitness and diet are suggestions; they are commandments from God; neglect of one's body is a serious issue; just think what society would be like if all were healthy – more sensitivity to the spirit would be the key gift; now how are you going to help them be healthy if you aren't healthy first? Truly one of the evils of our time is the idea that 'everyone is doing it' on account of poor health choices. As Joel Fuhrman says, you must choose to be different than the normal.

Acquiring a Taste for Zion Culture

Taste buds adapt to lifestyle. After a while, junk food isn't even appealing. As someone said, "that guy is so healthy, he doesn't even LOOK at the McDonalds as he drives by!"

Joseph Smith spoke of doctrine, that he can taste good doctrine, he said that we can too. Pray for discernment and follow the subtle guidance of the spirit to learn the ways of the kingdom of God.

We can come away from Babylon culture and start to learn to love better culture. Like a fat person can learn to enjoy eating salad and other things which will bring savor and health, and the junk food becomes sour to his taste with time, and he weeps for the time he lost before transitioning to the higher lifestyle.

This being said, we define Babylon culture as an attitude which mocks God and his laws; multiculturalism is a beautiful thing and we can embrace each other's differences and learn from each other as we together learn to live the higher culture. I think heaven will have all sorts of song, dance, dress, etc., inasmuch as they are wholesome (and that rules out much of popular music of the last century). There is so much good out there we don't need to bother with the bad.

Things Physically Healthy People Do

Imagine the health gods, those people who give glory to god by their stunning beauty and athleticism, which effects all aspects of their lives positively.

These are characteristics of such a person:

Sleep – can't let things get in the way of this; 6-8 hours are the standard to seek, but this varies by person.

Healthy foods – have to be proactive

Destress via non procrastination and techniques

Workout and run and stretch; don't injure body in sport, so take it easy in sport until at safe weight

Take responsibility

Snacks – they have fruits veggies nuts and water

They don't eat refined foods

Decide beforehand things you will and won't eat. Find the right way, then commit.

Be willing to “offend” others who offer you or your family unhealthy food. Church President George Albert Smith brought a jar of wheat with him when traveling, and ate that not what was served at the houses he went to.

Be ok with focusing on other things than food - don't you remember Gandhi? you don't have to be flooded with a king's dish every day. Hunger isn't an emergency.

Don't let sickness or laziness of others be an excuse to not be strong

Exercise & Healthy Lifestyles – Teachings of the Prophets

“I would not want you to neglect your body. It deserves daily care. Physical conditioning through regular exercise requires self-mastery too. I marvel at Elder Joseph Anderson, now in his ninety-sixth year. For decades, the strength of his spirit over his body has induced him to swim regularly. But his motivation has never been to attain physical longevity. That has come only incidentally. His desire has been to serve God and His anointed. Elder Anderson has followed what I label as the Lord's prescription for a long and useful life. Those faithful in “magnifying their calling, are sanctified by the Spirit unto the renewing of their bodies. They become ... the elect of God.” (D&C 84:33–34.)

Elder Anderson's exercise program agrees with the perspective of Paul, who said: "Bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come." (1 Tim. 4:8.) Handsome and fit, Elder Anderson personifies this scripture: "Glorify God in your body, and in your spirit, which are God's." (1 Cor. 6:20.)

(Self Mastery, by Elder Russel M Nelson, General Conference Oct 1985)

"Take responsibility for your own physical well-being. Your soul consists of your body and spirit (see D&C 88:15). Feeding the spirit while neglecting the body, which is a temple, usually leads to spiritual dissonance and lowered self-esteem. If you are out of shape, if you are uncomfortable in your own body and can do something about it, then do it!"

(Approaching The Throne of God with Confidence by Elder Jörg Klebingat October 2014 General Conference; <https://www.lds.org/general-conference/2014/10/approaching-the-throne-of-god-with-confidence?lang=eng>)

Elder Russell M. Nelson has taught that we should "regard our body as a temple of our very own" and that we should "control our diet and exercise for physical fitness" ("We Are Children of God," Ensign, Nov. 1998, 87; Liahona, Jan. 1999, 103)."

President Boyd K. Packer has taught "that our spirit and our body are combined in such a way that our body becomes an instrument of our mind and the foundation of our character" ("The Instrument of Your Mind and the Foundation of Your Character" [Church Educational System fireside, Feb. 2, 2003], 2; speeches.byu.edu)

"please use good judgment in what and especially how much you eat, and regularly give your body the exercise it needs and deserves. If you are physically able, decide today to be the master of your own house and begin a regular, long-term exercise program, suited to your abilities, combined with a healthier diet. Spiritual confidence increases when your spirit, with the help of the Savior, is truly in charge of your natural man or woman."

(Approaching The Throne of God with Confidence by Elder Jörg Klebingat October 2014 General Conference; <https://www.lds.org/general-conference/2014/10/approaching-the-throne-of-god-with-confidence?lang=eng>)

"We will regard our body as a temple of our very own.²⁴ We will not let it be desecrated or defaced in any way.²⁵ We will control our diet and exercise for physical fitness."

(Russel M Nelson, "We are children of God", 1998 General Conference <https://www.lds.org/general-conference/1998/10/we-are-children-of-god?lang=eng>)

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? ... The temple of God is holy, which temple ye are" (1 Corinthians 3:16–17).

"Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body, just as consistent scripture study and prayer strengthen the mind and spirit."

(Thomas S. Monson, Standards of Strength https://www.lds.org/youth/article/standards-of-strength?lang=eng&_r=1)

"I remember a blessing I received when I was serving in the military. It included counsel that's good for every young person: "You have been given a body of such physical proportions and fitness as to enable your spirit to function through it. ... You should cherish this as a great heritage. Guard [it] and protect it. Take nothing into it that shall harm the organs thereof because it is sacred. It is the instrument of your mind and [the] foundation of your character."" (Boyd K Packer, 1996 May Ensign The Word of Wisdom: The Principle and the Promise <https://www.lds.org/study/ensign/1996/05/the-word-of-wisdom-the-principle-and-the-promises?lang=eng>)

"And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And again, it is expedient that he should be



diligent, that thereby he might win the prize; therefore, all things must be done in order.” (Mosiah 4:27)

“The Lord sets a high standard for us in telling us to consider our bodies a temple. . . . [He] has established some basic standards for the governance of our physical bodies” and mental health so that we may become more self-reliant and better prepared to progress personally, strengthen the family, and serve in the Church and community (see L. Tom Perry, “The Tradition of a Balanced, Righteous Life,” Liahona, Aug. 2011, 32)

“Maintaining the best possible physical health has been a gospel ideal throughout the ages—from the strict dietary laws of ancient Israel, with the example of Daniel and his associates, to the Word of Wisdom in this dispensation and the counsel of today’s prophets and apostles. The physical body is a gift from God and should be properly cared for and respected. Mental health is also important and should not be overlooked, as it can affect us both physically and spiritually. We must do all we can to take care of both our bodies and our minds.”

(Topic: Health: Intro;

<https://www.lds.org/topics/health?lang=eng&fbclid=IwAR0NwsaZoh-iAshDxS-EUIGJkdguZNw61s9o7MilPqh8t7KJodTzxMhEnJ0>)

“Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body, just as consistent scripture study and prayer strengthen the mind and spirit” (Thomas S. Monson, “That We May Touch Heaven,” Ensign, Nov. 1990, 46)

“Rest and physical exercise are essential, and a walk in the fresh air can refresh the spirit. Wholesome recreation is part of our religion, and a change of pace is necessary, and even its anticipation can lift the spirit” (Ezra Taft Benson, “Do Not Despair,” Ensign, Nov. 1974, 66)

“The Lord has commanded members to take care of their minds and bodies. They should obey the Word of Wisdom, eat nutritious food, exercise regularly, control their weight, and get adequate sleep. They should shun substances or practices that abuse their bodies or minds and that could lead to addiction. They should practice good sanitation and hygiene and obtain adequate medical and dental care...” (Handbook 2: Administering the Church [2010], 6.1.1)

“Exercising physical, mental, emotional, and spiritual abilities is required to not only maintain but also improve these abilities. Without exercise, these abilities diminish. Furthermore, fitness in one area can strongly influence fitness in another. For example, improving physical fitness enhances mental, emotional, and even spiritual acuity.

Specific exercises are designed to improve strength, flexibility, balance, and aerobic capacity. But every exercise must be tailored to meet a person’s individual requirements, such as age. Where weight bearing is a problem, water exercises are helpful. Chair and desk exercises are useful for those who spend long hours in a sitting position. There are many exercises and activities like these that are inexpensive and can fit the budget of almost anyone.” (Provident Living: Exercise and Health: Physical Fitness

https://providentliving.lds.org/self-reliance/health/exercise-and-fitness?lang=eng&fbclid=IwAR3-IcdkMEarfJta8s6jUeXkpR2DokGr5AqZnvs-_ei0ufpJZhT9fKhdXHA)

“The Lord has commanded you to take good care of your body. To do this, observe the Word of Wisdom, found in Doctrine and Covenants 89. Eat nutritious food, exercise regularly, and get enough sleep. When you do all these things, you remain free from harmful addictions and have control over your life. You gain the blessings of a healthy body, an alert mind, and the guidance of the Holy Ghost. . . .” (Elder L Tom Perry,

October 2008 General Conference, “Let Him Do It With Simplicity”
<https://www.lds.org/general-conference/2008/10/let-him-do-it-with-simplicity?lang=eng>
“Your body is a temple, a gift from God. You will be blessed as you care for your body. Choose to obey the Word of Wisdom (see D&C 89). When you are obedient to this law, you remain free from harmful addictions and have control over your life. You gain the blessings of a healthy body, an alert mind, and the guidance of the Holy Ghost. You will be prepared to serve the Lord. Never let Satan or others deceive you into thinking that breaking the Word of Wisdom will make you happier, more popular, or more attractive. To care for your body, eat nutritious food, exercise regularly, and get enough sleep. Practice balance and moderation in all aspects of your physical health.” (For the Strength of Youth: Physical and Emotional Health <https://www.lds.org/youth/for-the-strength-of-youth/physical-and-emotional-health?lang=eng>)

Here is an excellent article from the Ensign about running 20 miles a week to lose weight, since less than that doesn't really work. He has alternatives to running for heavier people such as swimming. He also addresses the diet cycle. He also has strategies for building up your exercise amount. “Running away from it all” 1981

<https://www.lds.org/study/ensign/1981/02/running-away-from-it-all?lang=eng>

Here is an excellent Ensign article on the benefits of exercising with weights. 1932 “Why Train with Weights?” by Larry Tucker, director of health promotion, Brigham Young University <https://www.lds.org/study/ensign/1993/02/random-sampler/why-train-with-weights?lang=eng>

Note: We can't just think exercise will get us healthy and that we can eat whatever we want.

“You can't out-run a bad diet!” -Dr. Michael Greger

Sport Injury Tips

Don't play the sport until you're in shape.

Get really flexible.

Look into specific prevention for the sport you want to play.

Jog warmup before sport & stretch after

Strength

Sleep

Knees:

-Knees over toes lunge (leg folds completely)

-Hindu squat (all the way down, leg folds completely)

-Kneel and go backward to laying on back, go up and down, go almost to back on the ground

-diagonal touch & reach: touch left hand to right foot, other foot up behind off the ground, lean body over your foot

-bike

-build the muscle around the knee by lunges, squats, leg press, etc.

Study on 7am Fitness Improving Sleep more than Later Fitness

– In one study, people who worked out at 7 a.m. slept longer and had deeper sleep cycles than those who exercised at 1 p.m. or 7 p.m. (Effects of exercise timing on sleep architecture and nocturnal blood pressure in prehypertensive patients. Fairbrother, K., Cartner, B., Alley, J., et al. *Vascular Health and Risk Management*, 2014; 10: 691–698.)

-red fitness clothes; red increases excitement, energy levels, and circulation (Perception of the color red enhances the force and velocity of motor output. Elliot AJ, Aarts H. *Emotion* (Washington, D.C.), 2011, Aug.;11(2):1931-1516.)

Bruce R. McConkie's Running Habit

-When his father began to have health problems, he became very concerned with watching his weight and exercising. He often walked almost 8 miles to the church office buildings. He took up jogging at age 65 and would sometimes just run then call his wife to pick him up wherever he got too tired to continue. He sometimes ran 15 miles. He wanted to run a marathon and sometimes watched those runners in July.

(Paraphrased from Bruce R McConkie biography, 'The Story of Bruce R McConkie' by Joseph Fielding McConkie, 2003)

"Evolution Running" Notes

These notes are for educational purposes only.

Overview:

- Don't land on the heel it is not elastic, it is for support not shock absorption; shock on the heel goes all the way through the knee hip etc.
- Don't run barefoot, but learn barefoot running techniques. African runners learned to run barefoot, that gives them more efficiency.
- Focus on propulsion (forward), not jumping upward. Try to duplicate a bicycle pattern of movement as you run.
- Supporting yourself takes energy, so don't raise your center of mass as you run, it makes it harder to catch yourself each time.
- Carry momentum from each cycle to the next; don't slow down and speed back up with each step; break less on each foot strike.
- If you're well balanced it'll take less energy to run fast.

Short strides:

- Find balance between stride length and stride frequency. Take short quick strides at any running speed. Most runners overstride taking too long too slow. A large stride requires an arch like throwing a baseball a long distance; short strides and you'll not lose so much energy trying to go up. If you thighs get tired you're doing too long of strides. Long strides mean more knee injuries, what goes up must come down.
- Short strides requires less muscle force.
- Our muscles are like rubber bands. Elastic recoil doesn't require energy.
- Keep your feet on the ground only a split second. Efficient runners have 180-182 foot strikes per minute regardless of running speed.

-Tall or short use the same stride length, makes sense physiologically to maximize elastic recoil.

-Long strides are not sustainable, you'll get tired quickly.

-Find what your natural turnover is, and slowly increase it to 180/min. Use a metronome from a music store to train yourself in this. Increase turnover and you'll be faster.

Strike foot under body:

-Foot strike placement: the single biggest problem is to land the foot in front of the body; you can't pull yourself forward but have to wait until you coast forward.

-You want your center of mass to go horizontally forward, but landing the foot in front of you makes the center of mass go upward. Forward foot placement means more energy expending, as momentum energy is lost.

-Foot placement forward means longer footstrike time which is bad, and it's harder to balance with the foot 6" in front of the body. Injury from forward placement as the impact stress is taken right to the knee and foot.

-Land with the foot almost directly under your body. Maximizes elastic recoil, keeps horizontal momentum up. Don't have land glide then pushoff; have all one motion of landing with stepping off all one fluid motion.

-Run in place to learn good placement. Feet should always hit the ground directly under the hips. Lift up till knee goes a bit forward, heel goes a bit backward (the knee as far in front as the heel is behind). Shift your weight from one foot to the other. Seek foot strike 6" in front of your hips. It's easy to balance so that energy goes into propulsion (where you want it).

Foot strike: What part of the foot hits first

-Most runners use the heel first. Flat is another type. Fore-foot is the last type it's the most efficient. Land on the balls of the feet, never allowing weight on the heels. If the heel touches at all, it isn't carrying weight. Fore-foot maximizes absorption.

-Feet and calves absorb shock.

-Heel is for support not cushion. Heel bypasses absorption, taking it not to the springs of foot and calf, but from heel to shin bone to knee to hips.

-2 legged hop drill: Feet together, weight shifted slightly forward bounce on balls of feet about an inch. Knees slightly bent. Very short very quick bounces. Its to use elastic recoil, not muscle. Trying it on flat foot or heel you'll find it very hard.

Propulsion:

-go horizontal not vertical.

-use major muscle groups.

-toe off and pull through are the two ways most people get propulsion.

-toe off is bad; toe off uses quadriceps to straighten knee.

don't straighten knee, it brings vertical movement; quadriceps are a small muscle group for support not propulsion on flat ground.

-for cyclist, quadriceps are primary power.

-pull-through is also bad; it is about bending the knee at foot strike; this places lots on a small muscle group. It makes hamstrings very tired.

-use large muscles of the hip more, and small muscles of the thigh less. Make propulsion at the hip not the knee. Gluteus maximus is the longest muscle. Goes from thigh to hip. Use the hamstrings and gluts combined. gluts and hamstrings are both hip extensors.

-foot drag is the best. extend the hip while having a constant slightly bent knee before foot strike, during foot strike, and until after the foot leaves the ground. this puts most of the stress of propulsion on the glut. this means less thigh muscle stress (of both quads and hamstrings).

HIGHLIGHTS FROM DISCOVERING THE WORD OF WISDOM BY JANE BIRCH: A WHOLE FOODS PLANT BASED PERSPECTIVE

Highlights From

Discovering The Word of Wisdom: A Whole Foods Plant Based Perspective

By Jane Birch

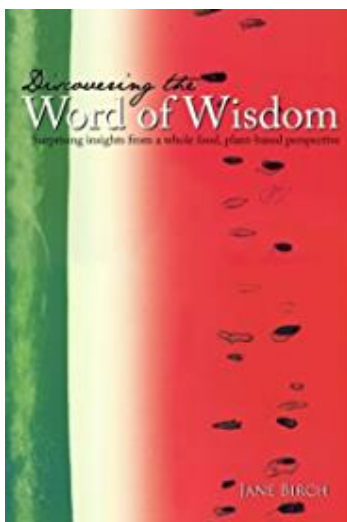
Notes by Nate Richardson

Available Free at RichardsonStudies.com

Birch Note

Disclaimer: These notes permission, but do not presented in the text.

Note: Broad application topics: could apply to focus on and what to



Introductory

are shared with represent all ideas

of these topics into other music, the idea of what to eliminate and what to use

only sparingly when needed. Can also apply to finance, avoiding debt, cutting out borrowing. How we spend our time, etc. The word of wisdom typically applies to physical health, but when we unlock it, we can find wisdom more readily in all areas. Perhaps wisdom in health is a prequel, or at least a sure key, to wisdom in other domains.

Where become certified WFPB? Pg. 47

Suggested books from the text: appendix 7; also...Collin Campbell's Whole ;Pg. 30 more Pg. 47 Pg. 52 Pg. 56 Pg. 58 Pg. 65 Pg. 89 Pg. 154

Birch Ch. 1: Awakening to the Word of Wisdom

-Dr. Grupa speaks of WFPB as the heart attack proof diet; eliminates possibility

-Dr. Caldwell Esselstyn reversed all his patient's CAD by WFPB

-Taste buds will change

-No calorie counting is needed so you never go hungry

-This is hidden in plain view, but many ignore it

-8 days in you'll enjoy it

-WFPB dramatically drops LDL and total cholesterol levels by 30% or more (which is how much a Statin drug would, perhaps even more)

-WFPB relieves knee issues and mental issues

-70% of what we believe to be regular aging is actually optional; some unhealthy elderly or late adults say 'you just wait your turn is coming!' but it doesn't have to, not like that.

-See forks over knives documentary

Birch Ch. 2 The Flesh of Beasts

-D&C, our most current revelation on health, says use meat in winter or famine to save your lives; we don't have those right now

-Plants can, unlike animals, synthesize organic materials from minerals air sunlight, thus they are the true source of nutrients (for example, cow doesn't make protein, it eats it and when we drink milk we get it second hand)

-more than enough (over 10% of calories) protein in WFPB

-D&C says plants for 'nature and constitution of man'; they should be the core

-Use meat as a backup source not a primary; disadvantages of meat (which don't apply to plants) include too much cholesterol, too much protein, too much fat, wrong type of fat, too few essential nutrients, too much of some nutrients, no phytochemicals, no fiber, too many hormones & antibiotics, give to animals to get them fat and keep them from getting sick), too many pollutants, microbes, pesticides, herbicides

-Protein like oxygen is abundant in nature, not something to worry about

-China Study showed cancer in rats from animal protein, but vegetable protein didn't lead to cancer.

-In whole foods, we get the advantage of amino acids producing precise combinations needed; this doesn't happen if you oil everything.

-Don't gamble your health by betting on some fad diet being better than the D&C

-Report: in 6 wks. of this gone from cholesterol 238 to 164 or 201 to 138 etc. and lost 15 pounds.

-Calorie for calorie broccoli has more protein than a stake

Birch Ch. 3 Wholesome herbs and every fruit

-Whole foods have many phytochemicals like alkaloids carotenoids flavonoids isoflavones organo-sulfides phenolic acids phytosterols saponins etc. even many not yet discovered;

-Phytochemicals in a whole food work together in a symbiotic way;

-Nutrition is a young science, we are just scratching the surface; we can't really improve on god's creation by our supplements, just eat the food as found in nature.

-D&C says to eat wholesome plants; that also suggests seeking a whole form not an oil form or refined or other ways.

-Real food is alive and should eventually die; preservatives thus aren't good, and sap much nutrient; D&C also speaks of using food 'in the season thereof.'

-Modern foods are too concentrated; same with cocaine, the leaves aren't addictive, it's the concentration it's sold in. Eat naturally and you can avoid addictions common in the standard American diet.

-President Packer speaks of many things not specifically listed in the word of wisdom which are harmful.

-Refined plant oils have way more calories than the whole food version; i.e. 1 cup sweet corn is 130 cal. and 10% fat; but 2 tbsp of corn oil is 250 cal. and 100% fat.

-Adding vegetable oil to a plant-based diet just adds unneeded calories.

-Eating good fats (monounsaturated, like olive oil) leads to less cholesterol than bad fats, but both lead to CAD.

-Some things resolved by WFPB eating: UTI, acne, eczema, PMS, emotional issues, Raynaud's, blood sugar imbalances, arthritis, less hypoadrenalism symptoms, restore color in cheeks, decrease pain and weight, less allergens and asthma.

Birch Ch. 4 All Grain is Good

-'Staff of life' as it says in D&C means 'staple food for life'; we're in an upside-down society that says eat lots of meat and little carbs, esp. little wheat. Wheat is endorsed by God and it's the first thing many attack.

-Some are glucose intolerant but human history shows that's the exception not the rule.

-6 foods sustained life historically: barley, corn, millet, potatoes, rice, wheat, getting a bulk of calories from starch.

-Eating starches (corn, potatoes, etc.) helps us not take all day to get enough calories like it does for grazing cattle etc.

-Paleolithic people actually got most their calories from carbs, their ancestors were nearly vegetarian; societies living on mainly animal foods are historically scarce and are exceptions not the norm.

-In China (before McDonalds/American diet came there) they were the healthiest people and they ate mostly rice and noodles and veggies and they lived longest.

-The word of wisdom was given for our day when disease is mostly from food intake; back in Joseph Smith's time most disease was communicable (spread from person to person, lack of hygiene/sterility, etc.), but the word of wisdom was focused on helping us in our day when food choices are so vast.

- The way we eat and feed our children is equivalent to how people used to mingle with others who had bubonic plague or typhoid fever.
- Chronic diseases today are preventable, yet 1.7 million die from them annually.
- Genes may load the gun, but behavior pulls the trigger.
- Noncommunicable diseases (ones that can be prevented by diet) are leading factor of death now everywhere but Africa (Africa is closely following suit however).
- When we eat more calorically dense meat, we eat less of other stuff, i.e. stuff with nutrients like grain.
- Food selection choices are highest today, more so than ever. Thus the word of wisdom is key for our time.
- 90% of turkey has disease causing organisms, which are resistant to antibiotics.
- Many antibiotics are becoming ineffective for humans because they're used so much on animals. We should instead focus on keeping antibiotics vital for when we need them and not waste them on animals. We get resistant when it's introduced to animal or human, so shift the focus away from animal eating; 23,000 die per year from antibiotic resistant infections, more so than die from HIV/AIDs.
- Even being 10 pounds overweight makes you functionally much weaker, you can't be middle ground on this.
- WFPB can help swelling and joint issues.

Birch Ch. 5 what about dairy and eggs

- Dairy is like liquid meat and isn't the source of any nutrients. It has too much protein, fat, cholesterol, calories, hormones, bacteria, and pollutants, even if it's from 'happy cows', it has pus in it too; that protein is highly carcinogenic.
- Billions of people around the world are healthy without consuming any dairy.
- US has lots of milk but a very high rate of osteoporosis; get calcium from plants, the original source with highest absorption potential.
- Dairy can neutralize needed acidity, so nutrients come out of our bones to restore it, thus we have weaker bones when we use dairy.

-Adult mammals in the wild don't consume dairy; we don't need nutrients that baby chicks need, so don't eat eggs; we have different needs than a baby cow so don't drink cow milk.

-Pres. Hinckley said don't justify eating bad stuff just because it isn't specified in the word of wisdom.

-WFPB helps fertility; brings energy you had 30 years ago.

Birch Ch. 6 Science and the Word of Wisdom

-Science is slowly catching up to the word of wisdom revelation

-Many Christian traditions have promoted a vegan diet, especially 7th Day Adventists. 35% of 7th Day Adventists are vegetarian; Hugh Nibley says they have always been better than us at living the word of wisdom. They feel God has revealed the health code, and they are outspoken about sharing it as a religious duty. We should feel the same. John Westley promoted vegetarianism. Islam Buddhism and other world religions have long promoted elimination of animal products in diet. Joseph Smith taught the need to obey God before being blessed; some things in word of wisdom are contrary to modern fads and you need to take a leap of faith; however, most of this has been around for millennia.

-We have more science now but unhealthy people; knowledge doesn't equal wisdom

-We always interpret the word of wisdom through contemporary science; for example, scientist and Apostle John Widtsoe spoke of using meat very sparingly, and even suggested eliminating animal products from the diet. He spoke of the need to heed the positives as much as the negatives in the word of wisdom, the do's not just the don'ts. He says church members aren't living up to this. He speaks of how vegetarians have often excelled in sports, and how meat proteins are more expensive and wasteful, and how all we need is found in vegetarianism.

-In the Korean war, the autopsies showed the Koreans were healthy, the American's (eating lots of meat) were all predisposed for atherosclerosis

-Get 10% calories from fat, 10 from protein, 80 from complex carbs

-Avoid irreversible diabetes related nerve damage by catching your health early on as possible; but yes you can reverse diabetes with this and many have

Birch Ch. 7 Common Objections

-It takes money to promote a message and drug companies and dairy companies don't earn money by promoting WFPB, that's why you aren't taught this as much in schools, TV, etc.; food executives call marketing unprocessed food 'a fools game'; the D&C warns us of conspiring people, this certainly applies to food companies today who will do whatever they can to get money, intentionally making foods in addictive combinations ('secret combinations' haha!)

-We ignore healthy food when unhealthy is present; a rat will die of starvation when offered both food and cocaine regularly

-Fake food leads to loss of regular self-control; we don't have to have these overpowering cravings if we detoxify our bodies; we eat unnaturally rich foods; as mentioned earlier, your taste buds will adapt to what you give them within a short period of time; junk food leads to a loss of the ability in our biological feedback systems (with leptin etc.) to tell when we are full

-Here are some myths: 1. We need meat for adequate protein. 2. Eggs are an ideal protein. 3. Milk is good for our bones. 4. Carbs are dangerous. 5. We need more 'healthy fats' in our diet. 6. Olive oil, fish oil, coconut oil are 'health foods'. 7. It can't be wrong if everyone is doing it. 8. If something is labeled 'natural' it is good for you. 9. Junk food is fun, Popular, and will make you happy. 10. Eating whatever foods you find delicious is part of living the good life. 11. Serving people rich, scrumptious foods shows you love them

-What of scientists who disagree with WFPB? The bulk of scientific evidence truly points in this direction; many who follow the USDA still have heart disease, diabetes, stroke, etc., and they blame it on factors like genetics, lack of exercise, or the environment, when really their diet is whack; even if they know of a healthier diet they don't promote it because they think people are too weak to successfully do it (*note: promote the best, not just what you think people can handle! This is how they rise; humanity thrives on being challenged to become great, not on invitations to be mediocre.)

-Many fad diets look like they're working because they're often better than the Standard American Diet (SAD), but that doesn't mean they are the optimal diet (*Atkins/keto particularly leads to heart disease). And even a placebo can have real profound psychological effects resulting in physical changes (psychobiological effects)

-Green smoothies aren't as good as whole foods, less fiber etc.; (fiber tells you you're full); we also can't neglect starches or we'll have not enough energy; supplements lack many phytochemicals found in whole foods; the apple has thousands of antioxidants impacting thousands of metabolic reactions, we can't even calculate what's going on, almost every chemical effects another chemical, an almost infinite number of biological consequences when we take things and change them from their natural state. Did they have a Vitamix 200 years ago? No, yet they were healthy. We can't just go off of active ingredients, we are still learning about the complexity of anatomy and nutrition science

-When you stop eating bad stuff, at first you feel bad. Don't let that trick you. It's the same with stopping smoking or cocaine.

-The word of wisdom does not encourage us to “just eat right for your type”. among WFPB there is an extremely broad variety (*prophets have said regarding music which can be applied to nutrition: there is so much good, you don’t need to waste your time with the bad). Find a diet that works for you within the broad scope of WFPB.

-WFPB is the only diet clinically proven to eliminate heart disease; what’s more radical: the diet that causes many chronic illnesses, or the one that eliminates them? “moderation in all things” is not a scriptural statement. WFPB is the way the vast majority of humans have eaten in recorded history. The standard American diet is the real radical diet.

-Many good latter-day saints ignore the positive aspects of the word of wisdom; this hurts relationships, dulls spiritual sensitivity, etc.

(*perhaps the Savior would say to them to live these principles when they ask, ‘what lack I yet?’. Will they like the young man go away sorrowing, now willing to consecrate what the Lord asks?)

(*it can also lead to hormonal imbalance, contributing to same sex attraction; think of all the estrogen in dairy products which men consume (the milk producing cows are pregnant after all)! Perhaps we have discovered one of the mysteries as to why boys from good religious homes can develop same sex attraction.)

-Most Americans only eat 7% fruit and vegetable; we get 51% of food in a processed form. WFPB eliminates virtually all of the top ten sources of calories in the American diet (as identified by USDA): soda pop, cake and pastries, hamburgers, pizza, potato chips, white rice, white bread, cheese, beer, & french fries.

-D&C says the word of wisdom is adapted to the weakest of saints, so we know this can be done. Many people give things up, as seen in converts giving up tea coffee alcohol etc. (which they thought would be impossible) to be baptized (*then the Holy Ghost helps them even more after baptism). Similarly, we can give up meat, dairy, processed foods, etc. (*will this not bring an increase of the Holy Ghost, and thus more power to make good choices? Will it not make sin less appealing?). Many are so excited about the new life ahead that they don’t even experience withdrawals. Does a butterfly miss being a caterpillar?

(*chose to eat WFPB, and be firm in your resolve; then you don’t have to waste time debating the weaker side of your character and devils, which are very good debaters)

-What is harder, to give up certain foods, or to live with chronic illness? (and yes, some chronic illness can be reversed by nutrition)

-The ability to savor subtle delights of whole foods may take some time as your palate needs to adjust; eating real food is delicious and sustainable

-The church with it’s lines on what you can’t have has spared us from many illnesses, but we have yet to access the full blessings from fully heeding D&C 89.

Birch Ch. 8 Stewards of our Bodies, the Earth, and its Creatures

-D&C 49:20-21 “it is not given that one man should possess that which is above another, wherefore the world lieth in sin. And wo be unto man that sheddeth blood or that wasteth flesh and hath no need.”

-In the bible, the eating of animals is only introduced after the flood which destroyed the vegetation on earth! (Note: It was also after the flood that human lifespans began to dramatically decrease.)

-Genesis 9:9 Joseph Smith Translation “and surely, blood shall not be shed, only for meat, to save your lives; and the blood of every beast will I require at your hands.”

-Meat may be ordained for our use, but not for our abuse.

-Hugh Nibley suggests using meat ‘sparingly’ means spare the animals. He says the needy family in winter has right to using animals, but those who don’t need it have no right to them. He also says that “God will justify the taking of animal life to sustain man’s want, but he reserves a special blessing for those who place their **nobility before their necessity**”. (source in text)

-How can animals find joy in filling the measure of their creation if we treat them so badly (the factories etc.)?

-using animal meats results in use of much more water than farming; it also creates more greenhouse gasses than all transportation; we could much more easily give up dairy than give up transportation!

-Livestock industry leads in deforestation and reduction of biodiversity, an anthropogenic user of land; they make 130x more waste than humans, leading to widespread pollution of land and water.

-The earth can produce enough for everyone’s need but not for everyone’s greed.

-Brigham Young spoke of our savage nature going away as we use plants not animals for food. (pg. 87)

-Joseph Smith had his fellow Zion’s Camp members not kill a snake among them, but encouraged them to become tame so the animals could follow suit. (pg. 87) (remember full references to quotations etc. are in the text)

-George Q Cannon speaks of an increased spirit of God as we stop hurting animals, and peace then reigning on earth.

-Heber C Kimball wrote of not hurting animals, but respecting that they too have life, the same as we do, and that the animals are doing their job, so should we do ours.

-Lorenzo Snow says the animals we kill unnecessarily may rise up someday and condemn us.

-Joseph F. Smith said the love of nature is akin to the love of God.

-More reports show WFPB can cure: bi-polar, sleep apnea, skin problems like boils and rashes, depression, panic attacks, reflux, eyesight, hearing, common sickness (rarely get sick), headaches, blood pressure, faster recovery when you do get sick, decreased anxiety.

Birch Ch. 9 Why Doesn't the Church tell us These Things?

-D&C says it's not by commandment or restraint

-Heber J Grant says some of the sweetest saints he knew disobeyed the word of wisdom

-Some very noble people are yet not necessarily the healthiest

(*consider Thomas S Monson: a mighty prophet, but his biography shows they ate much meat growing up in his home, and later in life he was known for having a very bad case of diabetes; the Lord sustained and prolonged his health, but it was still a great hinderance to him, and perhaps shortened his life)

(*consider this positive example: George Albert Smith would bring a jar of wheat with him whenever he traveled; even eating in members' homes, his escort would say 'we are having stew for dinner, but President Smith is having wheat'. That's amazing courage!)

-Historically, it's taken time for the word of wisdom to be understood in the church, and adapted into policy, culture, etc. We learn line upon line, as we are ready to receive it.

-Joseph Smith urged being merciful more than exacting when it came to this and other matters.

-Heber J Grant tried preaching the word of wisdom and few listened; after a sermon on it members giving him dinner had the nerve to offer him tea and coffee. Grant showed the saints that they were spending more money on tea and coffee than they were on tithes. Grant says he was called a crank for his views on the word of wisdom, but said that he therefore expected to go on being a crank to the end.

-Another problem with enforcing positive aspects of D&C 89 is how hard it is to measure compliance. With alcohol etc. it's easy to say 'are you or aren't you using it' etc.

-Joseph Smith said, "I have tried for a number of years to get the minds of the Saints prepared to receive the things of God; but we frequently see some of them, after suffering all they have for the work of God, will fly to pieces like glass as soon as anything comes

that is contrary to their traditions: they cannot stand the fire at all.” (History of the Church 6:184-85)

-George Albert Smith said the Lord always wanted a people who would listen but couldn't find it, he wanted to exalt them, but they wouldn't have it
He goes on to say how the Lord could not “reveal to us a single principle farther than He had done” or “He would have upset the whole of us.”

-Perhaps the emphasis on not doing the wrong things (i.e. alcohol) is a step closer to doing the right things (plant-based eating).

-We aren't that different from the early saints when it comes to resisting revelations in the word of wisdom

-Perhaps other items are far more important (such as getting us to be baptized, keep the sabbath, pray, not commit adultery, be honest, have charity, etc.), and we must focus on the most key items needed for salvation; (*it seems we have not graduated from the early grades, we aren't, as a people, taking on the higher grades yet)

-D&C says we shouldn't be commanded in all things

-Often the gap between what we believe we should do and what we do is enormous

-Statistics show Utah saints are fatter than non-Utah saints. Fatter-day Saints.

-Why settle for only moderate obedience and thus only moderate blessings?

-Lorenzo Snow said the day of introducing to the saints that they should not shed animal blood and should refrain from eating meat was near at hand

-Ezra Taft Benson said we are digging an early grave with our teeth, and we need a generation of Daniel-like people who refuse the king's meat, and whose countenances show it

-Gordon B Hinckley says he wishes we would live the word of wisdom more fully, and that we would be blessed if we would try to

-Instead of asking ‘why haven't church leaders spoken more of this?’ we would do well to ask, ‘why haven't I listened to them more closely?’ as they've already encouraged this

-Heber J Grant ate very little meat, and he was known for working long hours without fatigue

-George Albert Smith ate no meat except for a small amount during winters; his meals are simple and nourishing (remember the jar of wheat story).

-Joseph Fielding Smith's wife Jessie Evans said he doesn't eat meat, and they eat lots of fruits and vegetables

-Ezra Taft Benson was sparing in his use of meat and generous in his use of fresh vegetables and grains

-As you see, many church leaders aren't waiting for some official message to act on the council of D&C 89.

-In as little as 2 weeks of cutting animal products headaches can go away, menstrual pain becomes lessened, and the body manages its own weight (gains if it needs to gain, loses if it needs to lose)

Birch Ch. 10 the Promised Blessings

-Harold B Lee said if we will be like Daniel and refuse the kings meat we will be protected when death comes to every household that doesn't keep the commands of God

-D&C 45:31 speaks of an overflowing scourge to come where "desolating sickness shall cover the land" and "pestilences of every kind" perhaps it's a super bug from complete resistance to antibiotics

-George Q Cannon says that when pestilence comes, many who are now careless about the word of wisdom will likely reform and pay attention to the councils; he says we as a people are promised greater safety than other people, but that is predicated upon our obedience, and we shouldn't expect the blessing without obedience.

-President Boyd K Packer taught "the word of wisdom is a key to individual revelation"

-For observant Jews, their dietary laws are, a Jewish author puts it, "a daily commitment in action to one's faith, a formal choice, a quiet self-discipline"

-It's ok to be different and separate from society, God's people have always been called to do that; food is a great vehicle to remind us (and others) that we are a separate people

-Some suffering in this life is our own fault because of not heeding these things

-Apparently D&C 89 is an 'adapted version' for the weak and weakest of saints; perhaps a more full version is to come, and with it, more blessings; why not seek these?

-This is the secret to weight loss everyone is looking for

-WFPB can cure cancers and other heart (and brain) diseases; **imagine a family home evening where you have to tell your kids you have cancer and you won't be with them much longer. Is this not motivation enough** to bring you to WFPB?

-Gandhi says those who can are vegetarian just for helping a health issue fall back, and to stay vegetarian, you need a moral basis.

(more guidelines in appendixes)

*Note: Here are 2 small lists I made: one of things to add, and another of things to cut, perhaps in descending order, but doing cutting and adding at the same time:

Add: fruits, veggies, whole grain, nutrient knowledge, whole food snacks & meal prep, light exercise, rigorous exercise (perhaps not needed), naps, sleep, short fasting, long fasting, write a cook book, teach others.

Cut: soda, meat, dairy, pastries, white breads/white rice, oils, bad sauces, bad candy, bad juice, exceptions (days/meals off), feeding non WFPB to others, character: stop ingratitude, entitlement, resentment, jealousy, selfishness.



TOO MUCH MEAT

Introductory Thoughts on Excessive Meat

It doesn't seem wise to parade on the anti-meat crusade. There is of course the New Testament verse that says those who forbid meat aren't of God. But we have more recent revelation in the D&C stating that meats are ordained for our use, but to be used sparingly. It says they are especially for times of winter and famine, and ideally not used at all.

Animals generally can be considered a "middle man" to get our nutrition. They eat plants, and we eat them.

The reality is that research is proving time and again that meats and dairy are related to many significant health problems. Americans aren't so much deficient in protein as they are in fiber. In fact we have so much protein that it is hurting us. And we have so few vegetables that it is hurting us.

So what do we do? At least limit the meat. If you want to totally eliminate it, you can do that if you are diligent about getting your nutrition from other sources like beans and greens. Studies indicate that the less of the stuff you use, the healthier you'll be. Even athletes now are showing faster recovery from the decreased inflammation, etc.

A friend of mine uses meat perhaps once a month to be using it only "sparingly" as scripture insists.

So I'm not very comfortable with preaching the total elimination of meat, but I do see health benefits to it. I am comfortable of course preaching what the scripture says, to at least limit our use of it to sparingly. Scripture also indicates that it is sinful toward the animals to use them excessively. Of course the main point is that we want the temples of our bodies to be as strong as we can reasonably get them so our work on the earth will not be hindered.

Hymn "In Our Lovely Deseret" Promotes Word of Wisdom Valence

"That the children may live long and be beautiful and strong, tea and coffee and tobacco they despise, drink no liquor, and they eat but a very little meat; they are seeking to be great and good and wise."

What Happens When You Go Vegan? Series 1 Compilation - Notes

<https://youtu.be/9pQlrQWOMPc>

Joints not inflamed, you'll recover better from workouts.

No cold and sinus issues when no dairy to clog you up.

Feeling like you did in your 20s even into 60s+

Book milk the deadly substance

Mental clarity

Being a stronger athlete in late 30s than early 20s.

Acne leaves.

Excess weight falls off when animal products eliminated. Lose lots when vegetarian, even more when vegan.

Fibromyalgia pain goes away.

Asthma goes away, throw away the inhaler.

Allergies go away, dairy very likely culprit.

Note: it would be the meat too, dairy is essentially liquid meat.

Note in the millennium we will be vegetarian, why not start, let his kingdom come?

Cow milk is designed to make a 2000-pound beast in 2 years.

Sickly people becoming strong.

Some water fasting detox helps.

Painless menstrual cycles.

The animals in the industry simply aren't being treated well.

Note someone throws out a comment about being a social justice warrior rights advocate and says they learned that the roots of our culture are oppressive. This stems from a new radical anti American teaching which I and the vast majority of historians reject. They claim this somehow is related to being vegan. Sure the animals are often not treated well, but that doesn't mean we have to jump into the politically correct movements and hate America and so on. This is why I also caution people against being vegan strictly for animal rights, that easily gets blown out of proportion.

Health Transformation: "Vegan Black Guy" Tells His Story - Notes

<https://youtu.be/Bdz-VTqvrcc>

Someday or day one? Is this the life you'de envisioned?

Get on that treadmill, one of the best investments. Woke an hour earlier daily and walked 30 minutes.
Also went on walks at lunch.

Vegetarian, vegan mostly.

Consistency is key.

Lost 120 lbs. (I think more now)

Eating was an addiction, a disease, out of control.

Started with a week long smoothie fast.

"I'm running from the guy I used to be every day."

He wanted to be a better father, and being healthy would help him do that.

He was depressed and had tried other diets, vegan whole foods is what worked. His cravings for junk went away and he was satisfied with health food. When he became healthy he gained his motivation to be busy following opportunities in life.

He promotes vegan diet for health, not for ethics or environment. He grew up in a "food desert" in Detroit where no one was growing their own food, but that's changing now, and more options are available.

Lecture Highlights - What the Bible Has to Say About Plant-Based Diets and Animal Rights by Dr. Milton Mills

https://youtu.be/2_da9LED-s

If you just sit on the couch you start to look like a couch.

God made the perfect world where there was no death, and the diets did not involve killing, it was vegan whole food.

The New Jerusalem will have the tree of life whose fruit will make us immortal and the leaves will heal the nations.

God cursed the Earth for our sake, it's a good thing that we have to work.

Eating right and having good health is an important factor in our ability to connect with God.

How was Isaac deceived by Jacob, to mistake him for Esau when he came with the goat skin? First, animal foods cause cross linking proteins in eyes making new attachments, making vision cloudy, causing cataracts, resulting in blindness. It's like the clear egg heated and mixed which becomes white. Isaac was blind from his diet. Second, meat fats proteins etc. constrict blood vessels to the brain, causing Isaac to be confused when full on the savory meat. This he couldn't discern the trick of Jacob.

Esau becomes desperate for a pot of lentils.

While Moses was on the mount, it was after a huge feast that the Israelites gave into their based passions and fears and made an idol. The meal made them deluded.

Num. 25 there was a giant party, feasting leading to delusion.

Nebukenezer saw the hand writing on the wall after a major feast and taking from the temple. Again, foolish diet related to big trouble.

Daniel refused traditional Babylon food of animals and particularly unclean animals. He knew it would influence his relationship to God. Daniel just wanted vegetables. The overseer was worried about them not eating meat the same reason people today are - their protein levels, them getting sick, etc. But the test was done, and they became physically and mentally more fit.

John the Baptist ate locusts and wild honey. The locusts weren't grasshoppers, it was bean pods from the locust tree that grows in the Middle East. He was of the Essene order, strict vegetarians. This allowed him to have great wisdom.

Jesus said to the plant based Sadducees, they strain at gnat and a swallow camel. They would not eating animals, so they would strain their water to ensure no gnats were in it. But Jesus tells them that in conspiring to kill him, they're doing something like eating a big unclean animal, a

camel.

Sin in Eden came from a dietary discretion. Jesus was able to redeem us as he resisted dietary temptation to make stone into bread.

Jesus' first miracle was dietary, changing the water to wine.

Most sacred events were celebrated by feasts.

Wine will be drunken by the Lord at his return feast.

When they saw Jesus break bread they recognized him. Apparently he had a way of breaking it that was recognizable.

Eating the right way brings health and spirituality, but eating the wrong way leads to sin. Junk food clouds our ability to discern.

Isaiah 7:15 says Jesus would eat simple foods so he would know how to discern between good and evil.

"15 Butter and honey shall he eat, that he may know to refuse the evil, and choose the good." (KJV)

Note- most religions say to fast, and the bible certainly does. Seventh Day Adventists are vegetarian, and studies show they are much healthier than the rest of the population.

God said it's not good for man to be alone, next he makes animals which Adam named, and naming the animal recognizes their sentience as thinking individual beings. Then Eve is made.

Proverbs says the righteous are kind to animals.

The day of rest is for humans and animals.

Duet. 24? Bible says must we treat animals well, to not muzzle the ox when treading the grain so they can eat when they're hungry.

God feeds sparrows daily.

Salvation is to know God, and God is kind and cares for all living things.

Israelites insisted on having meat. God said ok since you insist, have these cleaner meats.

And boil meats, don't not grill or fry them.

Blood in meat is bad, lots of iron, promotes cancer.

Depression anxiety and ADHD are related to the mind, the mind is made of fat, and the fats we are eating in animal products have many toxins. God communicates with us through the spirit and the mind, so we had better keep a healthy body to have a good healthy mind. Don't inflame

your brain with toxins and constrict your blood vessels.

The Bible rarely mentions Jesus eating but when it does it's usually about what he was doing at the time not about what he was eating. For example the resurrected Jesus shows up and the apostles doubt he is real, so he says give me some food and I'll prove it to you, then they gave him some fish and he ate it. It's not a lesson about how it's good to eat fish, it's a lesson about the reality of the resurrected Lord. When Jesus fed the multitude of 5,000 etc., he used what he had at hand and expanded it. This is teaching us to be wise about our resources. But the Bible is clear that God designed us to be plant-based and that is the healthiest way and it is the way we eat in heaven.

(Note - there are also verses about missionaries humbly eating whatever is offered them (within reason) rather than focusing on food (and it doesn't mean pig out either).)

When we reject scriptural teachings on a healthy diet and we get a disease, we think "oh Lord why me?" but we should really be thinking "oh Lord why not me? Why not sooner, why did you wait so long before giving me this consequence for my actions?" God in mercy forestalls many of these natural consequences.

We say blessings on food before we eat, but some foods aren't really worthy of this. For example, nobody would ask for a blessing on cocaine or heroin before using it. We know that God cannot bless us for doing things that are wrong.

Jesus said in the last days it would be similar to just before the flood when people were eating and drinking.

(Note- this is a good point, why does it mention eating and drinking? Perhaps what we are eating and what we are drinking draws a parallel of being ripe for destruction because of what those foods lead to in our actions.)

The wicked King Manassas brought false idols to worship to them inside the temple of the Lord. This is of course appalling, but it is very similar to when we eat unhealthy foods because our body is a temple. We sacrifice our health at the golden arches of McDonald's. We got some unhealthy food and make it the centerpiece of our dinner table, the center of that ritual so to speak. We may not be burning incense to false gods, but we are burning bad foods to eat them!

The bible and science are united in telling us that animal foods are not good for us. So resorting to them can only be because we like the taste and the pleasure. The scripture says in the last days people will become lovers of pleasure more than lovers of God. Are we willing to defile our bodies which are the temple of God, out of our love for pleasure? No one was born with food preferences, we all learned those things, and we can unlearn them. Pray to God for the desire to eat right, and the knowledge of how to eat right.

Meat Cancer

Dr. Michael Greger's videos on meat-related cancers explain that there are 7 known viruses proven to cause cancer in animals and humans; and that humans are exposed to them by eating cancerous meat or meat carrying the viruses. So not only do we have higher cancer risk from standard meat proteins, fats, hormones, etc., but also from direct cancers and viruses.

JST Genesis 9:11: Meat Only to Save Our Lives, We Will be Accountable to God

"And surely, blood shall not be shed, only for meat, to save your lives; and the blood of every beast will I require at your hands." JST Genesis 9:11

Omega 3 & B12 from Plants

Omega 3's are readily available in flax seed, chia seeds etc., and B12 supplements work well. Nutrients from whole-food, plant-based sources are generally superior to animal sources due to the higher cancer and heart disease risks of the latter.

B12 would be had in a plant based diet if the soils weren't so thoroughly removed from foods. Yes animal products have B12, but even most animal eaters have a B12 deficiency.

D&C 89: Less Meat is Unpopular: Meme by Mormonr.org



Prophets Declare: Too Much Meat!



Joseph Smith calls for the end of animal violence: “In pitching my tent we found three massasaugas or prairie rattlesnakes, which the brethren were about to kill, but I said, “Let them alone — don’t hurt them! How will the serpent ever lose its venom, while the servants of God possess the same disposition, and continue to make war upon it? Men must become harmless before the brute creation, and when men lose their vicious dispositions and cease to destroy the animal race, the lion and the lamb can

dwell together, and the sucking child can play with the serpent in safety.” The brethren took the serpents carefully on sticks and carried them across the creek. I exhorted the brethren not to kill a serpent, bird, or an animal of any kind during our journey unless it became necessary in order to preserve ourselves from hunger.” (May 26, 1834.) D.H.C. 2:71.

Here is a compilation of quotes from the early brethren about eating meat sparingly:
<https://youtu.be/qXGXodVrYsA>

D&C section 49 summary tells us “the eating of meat is approved”, but Hugh Nibley and many prophets have taught that there is a special blessing for those who refrain, and they have led by example by eating little to no meat. With the many philosophies today on diet and the scattered research and evil designs which can be easily inserted into those so-called scientific studies (it’s easy to manipulate data), our best hope is to cling to God’s revelation to us (D&C 89) while we’re waiting for the science to catch up and unify, and weed out the corruption from their field of study.

This document is to emphasize that we should however eat meat “sparingly” (D&C 89), such as in times of NEED. Need! I.e. to save your life. For example the D&C suggests that we eat meat in time of winter to get nutrients that aren’t available from plants which are out of season. I understand how many people don’t want to eat any meat these days, there are so many loaded hormones and preservatives and GMO’s and other wretched things that you don’t know what you’re getting. Though I don’t agree with everything they say, I’ve found much supportive materials on the subject from LDSveg.org, much of which I have shared here. Truly, as taught by prophets, we won’t eat any meat in the Millennium. There will be no death, nor violence.

-Why did Brigham Young encourage people to eat very little meat, and not at all in some circumstances? Perhaps it was to establish a cultural thing as well as health. Israel used to not eat shrimp, a thing that would set them apart as a community. This could be the same type of thing which Brigham was trying to establish- a culture of the community of the Saints that helped them stand out.

-Brigham Young said he doesn’t need a law to tell him that eating pork isn’t good for you.

-This could cause people to say, perhaps, “ah, these people don’t drink coffee. That’s odd. I wonder what else they don’t do and why...” which leads them to investigate the glorious truths of the gospel.

-Use meat “to save your lives.” the scripture says

-“For the Lord worketh not in secret combinations, neither doth he will that man should shed blood, but in all things hath forbidden it, from the beginning of man.” (Ether 9:8)

-“And wo be unto man that sheddeth blood or that wasteth flesh and hath no need.” (D&C 49:21)

-Visit ldsveg.org for many more quotes of the prophets etc. on not eating meat.

Ben Bickman popular BYU nutrition scientist gets it wrong: hidden pop pro meat agenda

Ben Bickman is famous for his BYU forum lecture called "Plagues of Prosperity" (<https://youtu.be/xefdEXfG9j0>)

Some good stuff but lots of bad. He is known for recommending lots of steaks animal fats to those with heart problems, etc.

He fails to recognize that fats clog the system and cause insulin sensitivity.

He says if you hear about research that says to eliminate proteins look at the sources of that research, but I've never seen research & advocacy that says eliminate proteins, I'm guessing here he's referring to those who advocate not eating meat. The need for protein is obvious to everyone... I guess he is oblivious to the many dangers of meat, especially these days.

Chips and other refined carbs do spike insulin while fats don't. But note, fats can clog insulin receptor sites, he doesn't get this.

He says he saw after a week that the carb eater diabetics had worse insulin sensitivity than the low fat folks, but it takes upwards of 2 weeks for that to improve, that's common knowledge as Dr. Gregor points out and as the Cyrus K. Mastering Diabetes book points out.

Also he says the low fat diets didn't help but often the low fat diets are 20-30 percent of calories when the real benefits insulin sensitivity of low fat eating don't kick in until closer to 10-15 percent.

He rightly says don't expect health if you're drinking soda, eating ice cream, etc.

He is too harsh on bread and crackers. These can be healthy. Yes watch out for white flour which is refined.

He doesn't mention anything about wheat being the staff of life, as the scripture says.

He seems to have forgotten David who refused the king's meats.

He says no judgement on word of wisdom, while ignoring outlined points of scripture.

He completely neglects that scripture says avoid meat!

In a talk called Plagues of Prosperity, don't you think he could have mentioned how the kings of old grew fat and diseased from excessive meat consumption, and that we are all living like prosperous kings now, becoming diseased I'm the same way?

The Case for Completely Eliminating Animal Products in the Diet

D&C says it pleases god if meats are ONLY used in winter/famine aka when better alternatives aren't available.

God doesn't want us to put animal rights above human rights, but he doesn't need us to eat meat sometimes when it's not famine.

It's ok to promote veganism, so long as we confess the animal option as ok for emergencies

Joel Fuhrman and the nutritarian view is likely correct that trace amounts of animal products aren't the bad guy. HOWEVER it is psychological - if a person says they will have 0 animal products, the debates are over, no more constant struggles to decide how much is ok. It's like what the church did for alcohol, just say 0 and you never have to toy with it, a slippery slope.

Hugh Nibley comments on this topic, and says that while meat is not forbidden, there is surely a blessing in reserve for those who go without. I would say that nutritional science certainly backs this claim.

We hearken to the great Millennium of peace, when no animal will die, nor be abused. Truly God loves animals. Perhaps they will feed their kind, and we ours.

Neal Barnard 6+ Reasons To Be Vegan – Lecture Notes

6+ Ways a Vegan Diet can improve your health - Exam room love, physicians committee, Dr. Neal Barnard

<https://youtu.be/hUSNz70LqGc>

Arteries open up erectile dysfunction goes away heart attack goes away stroke goes away

White blood cells don't function well in a greasy oil environment so if you're not eating animal products you're not getting all that oil and grease and fat so your body can better fight off the common cold and other sicknesses

Less Alzheimer's

When you lose weight it stays off you're learning quality not quantity

It's the ideal for weight loss you don't have to count calories the foods you're eating will naturally trigger you to want less calories

The bad saturated fat is in meat and dairy

90% of people who are using lipitor to decrease their cholesterol don't need it if they're not eating all that cholesterol in animal products

Once you go plant-based you stop craving junk food

[No Basis for Paleo Diet in Archeological Record by Christina Warinner PhD - Lecture Highlights](#)

<https://youtu.be/FNl0KmMq6cs>

Christina Warinner, Ph.D., of the University of Oklahoma debunks the paleo myth in her presentation at the 2016 International Conference on Nutrition in Medicine. Learn more on the Physicians Committee website: PCRM.org!

There's no basis in the archaeological record for the Paleo diet

Paleo diet thinks that agriculture is the cause of all of our diseases

The human body is designed for plant consumption

We can't synthesize vitamin C

We have longer gastrointestinal tracts

We need that for plant digestion and for microbes to digest our food

We don't have carnassials like the carnivores teeth for meat

We can see the colors red and green most carnivores cannot and this allows us to see various fruits

We can absorb starch well because of the amylase which is even in our saliva

This is why if you put a cracker in your mouth for a few minutes it'll turn sweet

Humans have more salivary amylase than any animal

Bone trophic levels are misleading the Maya who ate almost no meat with exception of the royalty have similar to the Jaguar

Mammoth trophic levels look high but we know they don't eat meat

There's more and more evidence that ancient societies hunters gathers etc had much more plants

Debunks some ethnography studies identifying bias

Grinding stones and use of grains go back way longer than agricultural times

People promote all kinds of foods in the paleo diet that there's no way were available

Ancestors ate fresh foods in season. Seeds and nuts preserve well on their own that's one of the reasons they were used a lot.

You would have to eat 6 ft of sugarcane to get the sugar that's in one beverage of soda

[Meat vs Dairy? Is One Much Worse Than The Other? – Select Comments](#)

Some answers to a question I posed, commentators kept anonymous.

Question: Is there a big health difference between standard diet and vegetarian? In other words, cutting out meat but still allowing dairy, is it that big of a step or basically not that much? In other words, I don't know if meat is less healthy than dairy. Asking primarily about health.

Answers:

All animal foods have very similar nutritional profiles. It really depends more on quantity than type, though whole food, plant-based experts report that people seem to make the most important when they give up dairy.

Nutritionally they are similar...both have saturated fat and cholesterol, no fiber, lacking in antioxidants which fight aging and cancer, and full of hormones. However, if a person only eats chicken and fish on occasion, I tend to think dairy is worse, since it's in everything.

Dr. Campbell says you can have dairy at 5% of calories which is 100 calories of 2000, but that's barely any and kind of a tease in my opinion. It's easier to get rid of it just because your taste buds accustom themselves quicker to healthy food rather than having to be teased and then retrained over & over again.

Find something that feels like a treat instead. For me it's fresh pineapple and mixed berries or pistachios. I feel like I'm spoiling myself cuz they're so expensive.

My husband dropped meat but then became a cheesatarian. He didn't get any benefits. No weight loss. No increased energy. I gave up all of it and lost so much weight, increased my energy like crazy and ive been able to maintain all of those changes easily for years: no more tracking, worrying about calories, or working out. There's a lot of freedom and peace of mind in it even if it seems like a great loss or sacrifice at the beginning.

If you're a big cheese eater like I was, then I'd say dairy is worse than meat because the fats are so concentrated.

Plus, dairy has the added kick of being addictive due to it being similar to mild opiates. It triggers a brain reaction and causes intense cravings for some people (like me).

Meat however has more living bacteria and if not cooked properly, has more potential to make one sick.

I've been off both for 3 years now, (I occasionally will eat a little fish) but when I started, I had to remind myself that they are "dead carcasses and cow pus" that I'm desiring to put in my mouth.

That was the only way I could break my addiction. Today, I will look at someone eating meat or cheese, and I think to myself; I CAN have that (no one is stopping me), but why would I WANT it?

dead carcasses & cow pus are what I use as labels for meat and dairy. And the dairy industry allows a certain amount of pus and even bits of tumors in milk and milk products. I was disgusted to find out how bad it is.

We eat cheese in moderation and don't diet or track calories and we have energy so there are a lot of variables. Since American milk is pasteurized the good bacteria and digestive enzymes are ruined. Dr William Li's book How to Eat to Beat Disease is fabulous and talks about how his clients could eat dairy and gluten in Europe just fine but those same foods made them sick here. My aunt swears that raw milk cured her stomach problems. In general we avoid dairy but we don't abstain completely

it's hard to make generalizations like this. Some people eating omnivorous eat healthier (unprocessed, lots of fruits and veggies) than some vegans (fries, processed foods, and vegan ice cream). The reason WFPB is so much healthier is that it cuts out animal products AND processed foods.

Dairy is the #1 allergy! And meat has cholesterol and sat fat. All worthy of being avoided 95 % of the time! That's just me.

The biggest issue with meats is how the animal is raised and what it is fed. Grass fed beef changes the fat profile dramatically (the ratio of omega 3s to 6s and so grass fed meat is much less inflaming and easier on the digestive system. We must also consider the fact that humans are not truly carnivores. If we eat meat, it has to go through nearly 30 feet of digestive tract. As it does that, it putrifies and the toxins are pulled through our permeable intestines and out into the body where it is carried alongside the vitamins, minerals, etc that we need. This is why our bowel movements smell so bad. We should only be eating meat MAX once per day and at a max of 8 oz per meal. Things can and should be adjusted for your particular body however. It is speculated that the 300% increase in colon cancer over the last 100 or so years is highly contributed to the dramatic increase in the amount of meat we eat as a society.

Think of all the things one could put (processed) dairy in/on. Those choices create a lot of fat and sugary choices. A baked potato is awesome with veggies and spices...or...with butter, cheese, and sour cream. For me, I get better health outcomes when I eliminate meat, dairy, and eggs.

For most people eliminating or reducing dairy in your diet is even more important than getting rid of the meat. Most people have differing levels of lactose intolerance, and many health issues (particularly ones related to respiration, like asthma) are directly related to dairy.

Cow milk is designed to stimulate hunger and feed the nutritional needs of a rapidly growing baby calf... and then we take that already calorie-heavy milk, and reduce it into things like cheese, or add more sugar to make ice cream, and it would be way too calorie-dense even for a growing cow.

Dairy is in a ton of processed foods (almost all chocolate), so it's harder to eliminate than meat, but I think it has a more direct impact on your health. And it's more addictive.

Book Neal Barnard The Cheese Trap

according to the data, vegetarians fare better than omnivores, but vegans have even less heart disease and diabetes.

Dairy causes horrible sinus headaches.

Sacred animal life?

My interest in the word of wisdom (in relation to avoiding meat consumption) is primarily for health benefits. I'm also aware though of the factor of living in peace with animals, of not shedding unnecessary blood, as will happen in the millennium. But I also know God gave us animals for food when needed as the scriptures say.

But I wonder if there is something spiritual which happens to us when we eat animals - many world religions don't eat animals due to a belief that the animal has some spirit that you put into you when you eat it. If this is so, I would be very very hesitant to eat meat, only in real emergencies. Does anyone have any information on this?

I know Hindus allow dairy as no killing happens, they call it a mutual relationship with the animals, they help each other.

Comments:

I think perhaps God created animals for more than food for humans during times of famine. He made them to gladden the heart, give beauty, and be a part of the climate/biome/environment. Everything that is on this earth is interconnected and dependent on each other. imagine this world without animals.

I think it's interesting that God commanded Jews to kill animals in a way that would not stress them. That definitely is not the way it is now. Their whole life is stress and the killing is horrible. I definitely don't want that anxiety in my body. Their is definitely a lot of death in the milk industry now.

I share the same philosophy as you do that when we eat the flesh or byproduct of an animal that is stressed, we then have that energy in our body, and I don't want that.

Section 89 is a chiasmus structure. The very middle is the main message: "And it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine." Spare life . If you must kill and eat flesh to save your own life, you are authorized to do so. But grains are provided so that this is only necessary in emergencies.

Our sensitivities vary. Imagine how the spirit of bad company can be contagious.

The mental state of an animal can also have a effect on us. Probably the reason why the Hebrews had such restriction. In our day, even the clean animals are generally mistreated and stressed. It truly depends on where your faith lies as it pertains to being influenced by undesirable beings or substances. Note: stress hormones bring passed on etc.

article about different religions and their beliefs about food. Very interesting...
<https://rsc.byu.edu/study-faith/sanctity-food-latter-day-saint-perspective>

Men: No Meats Needed for Testosterone

Give your body true nutrition and cleansing, and your body produces all the things it needs.

Your body should be producing it. It's not something that we get from our diet. If you do require testosterone supplementation, it comes in several forms that your doctor can prescribe.

<https://www.pcrm.org/news/health-nutrition/plant-based-diets-associated-normal-testosterone-levels-men>

Dr. Barnard talks a lot about hormones like estrogen and testosterone in his book "Your Body in Balance." Great audiobook. Highly recommend it.

You can also search online for videos and interviews he has done relating to testosterone.

My son in law, did a blood test before and after going plant based. His testosterone doubled after plant based for 3 mo. WOW 🤯

The plant we call goat heads or punctureweed is full of it.

<https://nutritionfacts.org/2013/02/12/less-cancer-in-vegan-men-despite-more-testosterone/>

Why Crave Meat When Hard Labor?

how much should be increased if hard labor is being done? You hear of men working hard and lusting for meat, why does that happen? What would equally satisfy them, beans?

Noodles, Bread, Nuts, Tofu, Soy Milk, Oats, Potatoes - going to have oven baked potatoes tomorrow with hummus, fried oyster mushrooms and soy yoghurt with herbs, spices, garlic, lemon juice and cole slaw. Actually I am graving this while writing about it ;-)

When you work hard, you need more calories. Yes, beans are great! Or grains or other food with calories. Hint: they all have calories!

Keep in mind that cravings don't mean that thing you're craving is what your body really needs. Your body is simply giving you a signal that it needs something, and it shows it to you as the thing it was conditioned to believe would provide that thing (whether through experience, beliefs, circumstance, etc.) if craving meat meant we should eat meat right away, should we also indulge in every sugar craving? I'll admit it's not easy getting the balance after decades of SAD, especially if you live a physically demanding life and have a catabolic-heavy constitution. 🙌 like me! But I have faith it will work out.

Check out Simnett Nutrition YouTube videos

My husband is athletic and also works hard from sun up to sun down, always on the go, physically demanding work. He eats double what I eat at meals and he snacks on nuts, nut butter & jam sandwiches, granola bars, etc. during the day. Lots of calories, lots of muscle, no problems with weight or health. 🙌

Heavy physical exertion means higher caloric needs. NFL football players and Olympic athletes do just fine on a whole food, plant based diet without any meat or animal products, as long as they are eating a LOT of food every day (because they're burning so many calories).

This trailer from "The Game Changers" sums it up really well.

(People think they need meat, but it's because it's so dense with fat and calories.)

<https://m.youtube.com/watch?v=iSpglxHTJVM>

Meats being used in Scripture (Even Before Flood) – Thoughts from Joshua Erickson

Some maintain that people didn't eat meat before the flood and they point to a passage allowing meat consumption after it. But Joshua points out that it may well have been that there was meat eating before it:

“Since I don't believe God has changed his commandments, then I do believe that sacrifices were often covenant meals where the worshipers ate a portion and a portion was offered to God on the altar.

It is no doubt difficult for vegans to reconcile God killing an animal and making coats out of their skins for the benefit of Adam and Eve (among many other things - Jesus eating fish and honeycomb for example, and the promised land described as flowing with milk and honey - none of these are vegan friendly).

Following this we have Abel who kept flocks. Those were for wool sometimes no doubt, but also for skins, and meat, and sacrifice - that is always why animals are kept. This is the simple history of the world.

When Abel offered sacrifice it is interesting that he offered "the fat portions". This is parallel to the peace offerings described in Leviticus (see 3:9 for example) where the fat portions are burned and the meat eaten.

Humans continued keeping flocks (see Gen 4:20 for example) until Noah who had different instructions for clean and unclean animals. He brought many more of each clean animal than of the unclean (14 vs 2). Why? So he could eat some, and sacrifice some.

It seems strange to me that God would require people to keep and tend flocks of animals to sacrifice to him, allow them to also benefit from them as a food source.

So, it is true that there is no explicit mention of meat eating before the flood, but there is certainly no explicit prohibition either. On the other hand, there is plenty of implicit information that animals were used for food as well as other purposes.”

TEA, COFFEE, Etc.

Oscar McConkie & Surviving Typhoid by a Clean System

-A Dr. said Oscar McConkie (father of Bruce R.) should use tea and coffee to help his near-death Typhoid, he said **if it kills him to obey God by not using those things, so be it.** Of Oscars family, **only those who lived the word of wisdom survived** Typhoid. Later another Dr. told them that if they had any poison in their system they would have died. The Dr. said he was referring to tea, coffee, tobacco, and liquor. Oscar always boiled his drinking water to make it clean.

(From the Bruce R. McConkie biography)

Oscar McConkie's Fiery Word of Wisdom Sermon & Its Result

One investigator struggled with the word of wisdom, the Elders teaching him feared President Oscar M. would scare the investigator away by a strong sermon against the word of wisdom, and they fasted and prayed he would not speak on that topic. Then Pres. O M gave a **fiery sermon on the word of wisdom that those who didn't obey it would never find happiness in this life or the next, and that it was the very hinge upon which their salvation would swing.** After the sermon the investigator told the Elders he would never smoke again, handed over his cigarettes, and indeed never smoked again.

(From the Bruce R. McConkie biography)

WHOLE FOODS

Bruce R. McConkie Family Simple Breakfasts

-for breakfast he always ate the same whole wheat mush. His wife ground the wheat in an old coffee grinder. Store bought cereal was only for special occasions, as there were 8 children in the family.

(Paraphrased from Bruce R McConkie biography, 'The Story of Bruce R McConkie' by Joseph Fielding McConkie, 2003)

Food & a society of debt (add to other essay)

We are now a people built on debt rather than wealth.

This thinking has spilt over to health.

How many of us eat today and think of losing the weight tomorrow?

How many of us know we are unhealthy today, and mean to take care of that at some point?

To be unhealthy by lifestyle choices is to be in health debt. And most lack of health has a root cause in unhealthy lifestyles.

It is said that a person is only poor in the mind, and when the mind changes, the use of time and money will change, and soon the person will be financially stable. So can it be for health. Chose in the mind today to learn health, to be a healthy person.

When we eat poorly, it's like borrowing money.

That borrowing isn't just calorie for calorie, pound for pound, it is a demon that grows all the time.

The body decays day by day, working overtime to carry the debt.

It isn't paying back what was taken, it's payback with interest. It is always

harder to lose than to gain weight.

When others are eating poorly and you want to join them, just remember the justice and truth of physical laws, that they will pay for that, and you don't want to.

Pay the health debts you've incurred. No longer borrow against the future. Have a real foundation of health.

When other around you are eating poorly, they are living in denial, and building a house of cards, a house upon the sand.

There are endless excuses for why to live unhealthy, but none of them will bring you health and happiness. Be brave and throw them all away. All the toxic self talk about why something your conscience tells you not to do is somehow okay.

Oh the Simplicity of Nutrition!

Elder Ballard said complicated things are of the devil.

It has been said that more advanced in science and technology mean things get simpler, not more complicated.

People ramble on about the latest study of nutrition. Meanwhile, they eat all manner of unnatural foods. The whites. The fried. The pastries. The processed meats. You name it. But don't touch the salad, the soup, or the water...

When will they realize that true nutrition is just nature! If you want best nutrition, ask yourself if what you're dealing with is something God provided, or something man mangled.

[A Story of 250 to 160 Going from Vegan to Whole Foods](#)

Notes on a story from the Exam Room Live podcast.

<https://youtu.be/-VMvhID8s1M>

He went from 250 to 160

Eating lots of unhealthy vegan food the weight won't fall off as soon as you cut out processed foods it just falls off people think you're ill

Eating late at night is no good usually be done eating by 5:30

Don't leave home without fruit if you need to snack snack on fruit

Smoothies for breakfast or pour the smoothie over a cereal

Massive salads you would think would be for four people regularly

Learn to modify recipes to make them healthier

Minimal salt oil sugar and no vegan cakes

See plantedlife.com

Bread: Why Not White, & Why Whole Wheat

White bread is not a living food. Other dead foods are processed foods and junk food in general.

White bread has no bran no germ no vitamins or minerals and no fiber.

White bread is just a sugar.

Even if it seems lower calorie than a bunch of fruit, the white bread will keep you hungry all day.

Beware pizzas bagels English muffins etc. all hidden white breads.

White bread is just a filler, just plain carbohydrates.

Sourdough bread has pre and pro biotics which is great.

Sprout bread has more vitamins.

Oat bread can be good.

Flax in bread is good.

Beware breads called whole wheat, ensure you're getting 100% whole wheat, look out for additives of sugar and preservatives and white flours mixed in.

Good whole wheat bread has not only carbs, but fat and protein!

Excessive bread use can be bad as in nature we don't grind things to a powder which is what flour is in general.

Cutting Animals Out is An Easy Line in the Sand, How Do We Transition to Eating Whole Foods? – Select Comments

Some answers to a question I posed, commentators kept anonymous.

Question

how do you make commitments to cut out refined foods? Meat and dairy are easy to tell but not quite so for the other. Do you split it into a few groups and tackle 1 at a time? I guess sugar is one group, flour is another, salty is another? Then you determine allowable amounts and it seems complicated. Plus I hate cooking... and my dashes of eating super bland healthy stuff die out pretty quick.

Could Target groups to put on your no fly list of commitments

No fried

No processed deserts

No aspartame

No high fructose corn syrup

No white bread

Etc.

Focus on eating whole foods. There is almost no way of getting around the need to learn to make wholesome foods, but you can do it slowly over time. Here is an easier approach to WFPB: <https://discoveringthewordofwisdom.com/wfpb-made-easy/>

I do best when I focus on adding in.... rather than leaving out. So I try to add in the best stuff! Check this out. <https://www.facebook.com/DrGoldner/videos/1037893947026245>

Don't focus on what you want to cut out. Focus on what you want to add in. Make a list before you shop and only buy what's on the list. Buy herbs and spices to flavor your food. Eating healthy doesn't mean eating bland.

You don't have to perfect this way of eating all at once. Take small steps. Don't be hard on yourself when you eat something you feel you shouldn't. Keep trying to eat better. In the gospel, we strive for perfection. That doesn't mean that we achieve it but that shouldn't stop us from trying.

God doesn't award perfection, he awards consistent effort and never giving up.

Dr greger has a book, "How not to Die" that is wonderful. Also, if it's in front of me, I'll eat it. So we had a rule not to buy anymore meat, sugar, dairy, etc. Instead I buy healthy foods my family likes including healthy treats (lara bars -mint brownie date and cashew bars), raw nuts, and dried fruit.

Juice Pros and Cons

A smoothie is better. Or the whole fruit instead. Juice is basically sugar and water. All the fiber is gone. Fiber holds onto the nutrients from the fruit. Juice is more of a processed/refined product, best used on rare occasions.

The documentary "Fat, Sick, & Nearly Dead" is about someone who, under the supervision of Joel Fuhrman, goes on a 60 day juice fast, eating only blends of fruits and vegetables which he makes himself. He loses significant weight and it's a compelling story. Dr. Fuhrman has a book on fasting for health along these lines. Naturally, a diet of just fruits and vegetables blended is not a long term sustainable diet.

Yes, juice is on the no-no list. Not a whole food. Without the fiber, it is just sugar with added vitamins.

From a nutritional and caloric perspective, fruit juice is just beer without the buzz.

If you consider that people with diabetes are told to drink juice when their sugar is too low ... I kind of think of it in a medicinal way. No juice.

Adding greens can neutralize that sugar spike. Most ppl to conquer food addiction say to start your day in a savory way. Veggies fresh or cooked for breakfast. As Chef AJ says, if you aren't hungry enough for veggie you aren't hungry. And yes it's a transition from

traditional America who eats sweets for breakfast, but most of the world has veggies with breakfast or had them traditionally for breakfast. Miso soup is one.

Americans also traditionally eat potato burritos, & roasted potatoes with veggies. So it's not too outside of our cultural norms to start in a savory way.

Also eating thylakoids (found in dark greens) in the morning curb cravings all day and turn off appetite so you actually eat less the rest of the day. Plus, eating them right after a fast means they will taste the best because you're the hungriest.

Drinking lots of water early in the day is very good. It helps hydrate after the long night. Drinking fruit juice isn't good any time of day. Much better to eat whole fruit. Every meal should include the different food groups, not just one.

Against juice

Juices can be high calorie/less satiating than chewing and are absorbed quicker (spiking blood glucose) compared to eating whole fruit. Some other things to think about:
<https://nutritionfacts.org/topics/juice/>

I personally would drink one in a pinch but not on a regular basis. I started my food journey with smoothies, but don't have them very often now.

Yes there's a lot packed in - around 200-300 calories in a serving 😊 They are more whole than juice. However, they do not satisfy the way solid fruit does. It's easy to over "eat." If you ate 2 1/2 apples, 1/2 a ban, 1/2 a kiwi, and 1/2 a mango your belly would be so full and your mouth so happy from all the chewing. Not so when you drink it.

I am not opposed to some Naked juice or homemade smoothies - some here are - but you do have to make sure you aren't over consuming.

Juice vs smoothie? They're the same! You want intact fiber!

We use smoothies to supplement when other options aren't readily available - such as certain travel conditions or illness. Otherwise I personally treat them as juice - a treat or dessert.

Juices can be high calorie/less satiating than chewing and are absorbed quicker (spiking blood glucose) compared to eating whole fruit. Some other things to think about:
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In favor of juice

Fruit juices - preferably freshly made and unheated - can be used to heal all kinds of maladies, as a way to get bio-available nutrients and enzymes into the body without needing to digest fiber. Smoothies have the fiber, which feeds the gut biome and keeps the bowels moving. They're both good. It just depends on what your goal is, what is available to you, and how you use them. Chew the juice - swish it around in your mouth thoroughly to mix with saliva - before swallowing and you won't get blood-sugar spikes. The same should be done with smoothies and any food. Chew chew chew and mix with saliva.

...

Smoothies are better in the sense that it contains the whole fruit which provide more fiber. I think the gap in benefits are increased when they are preserved though. Fresh of both are great as far as I see it.

Maybe this article could help.

<https://www.goodnature.com/blog/juice-vs-smoothies/>

...

Green drink provides so much power and building materials. It kills cravings. My favorite is Dr Christopher's Jurassic Green in a drink my family fondly calls " Swamp water"

The recipe we made is

1 quart of water

Juice of 1/2 lemon (2 Tbsp)

1/2 tsp Realsalt (sea salt)

1 heaping tsp Jurassic Green

[Living vs Dead Foods pending](#)

If we eat dead foods, should we expect to live?

Processed and otherwise junk foods are dead foods. Animal products could be classed as dead foods too, they are, after all, dead.

Dr. Neal Barnard: PCRM (Physicians Committee for Responsible Medicine): WFPB Based Studies

Barnard has authored many books.

-pcrm.org/news/blog

-pcrm.org/news/health-nutrition

-pcrm.org/news/good-science-digest

-pcrm.org/news/good-medicine Quarterly Magazine

-pcrm.org/news/ethical-science-news

-pcrm.org/podcast The Exam Room Podcast

-pcrm.org/news/news-releases

-step 1: 7 days; step 2: 3 weeks with no exceptions; by then you'll be physically changed, and your taste buds will change.

-see book "Foods That Fight Pain" 1988 Neal Bernard including arthritis (the dairy is the most common thing to attack the synovial linings around the joints), menstrual pain, migraines, etc. treated with plant-based diet.

Dr. Joel Fuhrman: Nutritarian Diet: WFPB Based Studies

Dr. Fuhrman is not a fan of white foods! From cocaine, to cigarettes, to rice and white potatoes, he says these all shorten the lifespan! Perhaps he is getting at the idea that there are other foods out there more packed with nutrients. Some are strong advocates of rice and potatoes.

Dr Fuhrman suggests that we can't just teach nutrition to doctors that needs to be taught to the young; children should learn Reading writing arithmetic and nutritional science.

The following aren't quotes from Dr. Fuhrman but paraphrase some of his ideas. Fuhrman has authored many books.

Don't eat Franken-foods
KFC is Kentucky fried cancer
(Note: here's a fun one: "McDoomsday")

Growing up, his dad brought 50 books on nutrition into the home, and he read them all.

Daily eat G BOMBS: green veggies, onions, mushrooms, beans, seeds

Coined "nutritarian diet" meaning Health = Nutrients / Calories

Dr. Fuhrman has slightly orange skin because of all the vegetables eats. This is a good thing.

The biggest scam perpetrated on humans was convincing them that oil is healthy for them.

Oil calories go from your lips to your hips in 5 minutes flat.

Laughing and smiling extend your lifespan. When you hear a joke that isn't funny you can smile and laugh anyway.

Dr. Fuhrman's children saw parents of other kids giving them lots of candy and sweets and so forth and asked "don't they love their children don't these parents love their children giving them cancer."

The superpowers in the movies aren't things we need there's no alien invaders and things like that. The real superpowers that we need are the ones to bring health to people because everyone's dying of health problems.

How many people in your family have been stabbed or shot? Not very many of you; but how many of you have someone in your family who's had a heart attack or stroke? almost all of you while you better move out of that neighborhood that's a dangerous neighborhood! if you're not taking care of your health then you're not being kind and loving to your community or your family.

The bigger the waistline the shorter the lifeline.

On television Dr. Fuhrman said that the standard American diet is designed by Al-Qaeda / Isis because it's perfectly crafted to cause cancer. They edited that and what it said when it aired was that it was created by Darth Vader.

Dr. Fuhrman says you need 10 men to tie him up & force down his throat before he would eat sodas, fast food, junk food, it's the same thing as shooting him up with heroin.

One man was told that he needed an urgent heart stent but Dr. Fuhrman took him in three months later he was able to go back to the doctor and shock the doctor because he didn't need the stent anymore. The doctor never seen anything like that because the doctor

never tells people how to make things better! The stent wasn't as urgent as the doctor was saying because the man wasn't having pain at rest, only pain at exercise.

One woman that Dr. Fuhrman worked with lost 200 lbs. in a year.

See nutritionalresearch.Org a non-profit website the nutritional research foundation

At Doctor Fuhrman's health resort they work on reducing harmful medications and they work with therapists who specialize in food addiction and they feed you delicious food based on a nutritarian diet

There are some cases where Dr. Fuhrman has worked with people with type 1 diabetes where it is gone away as well particularly with children recently diagnosed with type 1 diabetes. But in cases where the type 1 diabetes has been there for years and the beta cells have died they aren't going to grow back.

With the nutritarian diet you're **white belt** when you just starting and you don't feel good because you're detoxifying. You're a **yellow belt** when you're starting to eat healthier on a regular basis but you still wish you could eat the other way. You're a **brown belt** when you start developing more of a preference for healthy food. You're **black belt** when you've changed your taste buds and you're making healthy foods all the time and you're no longer deceived by the high salt sugar fat foods. Your **emotional connection** with unhealthy food diminishes and unhealthy food tastes bad to you.

The greener the leaner.

Al-Qaeda made the standard American diet (SAD). Also call it the DAD the deadly American diet.

When it comes to being nutritive, in a **5-mile race, green vegetables win by 4 miles.**

If he had a son who was a heroin addict he would chain them to himself for a year or however long it took for them to overcome the substance because the only treatment for any of the food addiction or other drugs is abstinence - complete abstinence. So he would make his house the prison and he could only leave that house when he were under high supervision from trusted individuals. He loves that son, so don't let these chemicals take over the rational brain. Quitting on their own is too hard.

You cannot be half in or the tastes won't change. Eating the standard American diet is insane. This is life or death. Unlock creativity, personality, and love. Sickness destroys life. Getting old doesn't need to mean disability. Joel can do sports just fine at age 65. Food doesn't taste great in a coffin.

He has 45 exotic fruit trees at his resort, enough to feed an army.

People spend lots on cars phones and doctors but the minimal on what goes into their mouths.

He weighs 150 lbs. and never gains or loses. He has maintained this weight from age 18 on.

Dr. David Katz – WFPB Advocate - Intro & Highlights

"Dinner is destiny"

"Lifestyle is the most potent medicine ever conceived"

"Fingers forks and feet" (smoking diet exercise) are the main determinants of whether one will have chronic disease.

See his Diet ID app which diagnoses your diet like an eye doctor you chose the image best matching your diet. See his "true health initiative" website David.katz@yale.edu



Diet doesn't need to be news everyday. Blue zones eat the same thing year after year.

The single leading cause of premature death is food.

"Eat food, not too much, mostly plants." said Michael Pollen

We are eating more of everything, its no mystery why we are fat.

Paleolithic people ate 100g of fiber a day and walked over ten miles a day.

There is more than one way to eat badly and we Americans are interested in exploiting them all. Just because one terrible fat is bad doesn't mean a bad but less terrible fat is good.

Be outraged about companies exploiting us by intentionally getting us addicted and diabetic for profits.

JUNK FOOD

This Could Have Been Us, But You Loved Tacos – Meme

**This could
be us** **But you
love tacos**



Fast Food Genocide by Joel Fuhrman – Book Highlights
(incomp)

Paused at least 1 hour 20 minutes

These are notes in shorthand in my own words, see the book for the full complete message of the author.

Those who eat fast food are 51% more likely to have depression and it goes up the more you eat

It sugary foods and we will feel down the next day

When depressed it is difficult to concentrate and learn

The sugar salt and oil turn off our ability to have self control in eating

Any sugars added into our food is dangerous. Satisfy the Sweet tooth with fresh fruit not refined sugars.

Little kids losing attention spans and misbehaving are often from added sugars.

Even agave honey and maple syrup are concentrated sweeteners to avoid.

They are equally dangerous and place the same glycation stress on the body. All of these sweeteners contain excessive glucose fructose and sucrose. Eat a fruit and you get the added benefits of the phytochemicals antioxidants etc that curtail the effect of The surge of sugar in the bloodstream which block its negative effects

You can make brownies and ice creams with nuts etc which are healthy and only a little bit less sweet than conventional traits

Fast food has heated omega-6 fatty acid which is rancid and toxic and the fast food Omega oils need to a need for more of them

Oxidated oils are dangerous to the brain in particular because it has few antioxidants. Even working near a fryer is toxic from the chemicals in the air.

Omega-6 excess and omega-3 deficiency increase violence by disturbing the ability of serotonin to flow

Pizza in Jesus have excess omega-6 fats and oils and are some of the most dangerous fats with exception of trans fats

Olive oil and various seed oils damage the arteries. They decrease blood flow.

It's not the olive oil that's the healthy part of the Mediterranean diet it's the antioxidants in the fresh fruits and vegetables.

ADHD and autism have a basis in nutritional deficiency

One's diet before conception and during pregnancy greatly impact the child

Mental illnesses are not genetic they are dietary

Frankenfoods, manmade food

Even if we appear perfectly healthy we are destroying our bodies as we eat fast food and take medication. Blood vessels and organs are repeatedly damaged.

It's not just about waistline it's about lifeline. (Note: many skinny people are extremely unhealthy.)

The main reason African Americans have higher rates of illness is because they use more fast food

Nutrition overpowers genetics. We must face the truth of our role in our health.

The medical establishment doesn't make any money when it encourages lifestyle changes. The food companies make their by making low nutrient high calorie addictive foods.

It took us decades just stop promoting cigarette smoking even when we knew it was toxic.

Burn Health through simple nutritious eating. There's no real sustainable weight loss gimmick. It's the simple truth that you have to eat healthy.

Body mass index of 23 or less is the ideal weight. 80% of Americans, not just 2/3 as is commonly said, are overweight.

All calories are not created equal.

Cure depression acne excessive menstrual cramps and bleeding diabetes hypertension etc as you eat healthy

Heart disease diabetes stroke dementia these are all caused by diet and reversible by good diet but few accept this.

Often people eat unhealthy food not realizing it because it's so entrenched in society.

Chapter 1 fast food and disease

Fast food is digested fast and absorbed into fat cells fast

Given what we know about cigarettes you have to be insane to smoke, but fast food may be even worse.

Processed foods low in nutrients commercially made using processed meats and excessive salts oils and fats this is what junk food is, it is fake food.

Processing food both removes the fragile nutrients and adds toxins.

Artificial colors preservatives pesticides I'm also fires stabilizers thickeners these are some of the artificial ingredients put in fake food. This gives them the texture and presentation we expect.

Added toxins include cleaning chemicals whitening chemicals and packaging components.

Sandwiches and rolls from red and white flour are processed foods. These are recreational foods.

Fast food kills more people prematurely than cigarettes.

19% of people smoke but 80% of people eat fast food at least once a month and around 29% once a week and around 16% every day.

4% Say they don't eat fast food but that's only using the narrow definition of fast food.

Over half the American diet is nutrient absent foods not purchased at restaurants.

You have 10 times the risk of heart disease if you eat junk food. And people who eat the nutitarian lifestyle have 100 times less chance.

Eating fast food once a week increases risk of heart disease by 20%.

Fast food is nutritionally barren, calorically dense, full of artificial things, highly favored, and it contains excessive salt and sugar.

The faster calories are released the more dopamine in the brain is released leading to addiction, and the more the calories become fat. The long-term results of this is cancer.

The fat of processed meats and junk food enters the bloodstream very quickly but the fat from nuts and seeds takes a long time over several hours meaning many of the calories will be burned for energy use rather than stored as fat and it triggers hormones for satiation whereas oils make you hungrier. Nuts and seeds keep you full longer even if you're eating the same number of calories of fats from oils. Nuts and seeds many of the calories from them are removed in the stool

The most dangerous processed foods are white breads they're almost completely devoid of nutrients and are basically the same thing as sucking on a cube of sugar

Fast food is legal but it is addictive nonetheless it has the same symptoms of drug use like building tolerance inability to quit and use despite knowledge of negative consequences

Fast food kills taste buds making you not interested in natural tasty foods and leading to a need of increasingly sugary stuff

The same brain centers are triggered by fast food as are triggered by cocaine and narcotics. There is little difference between giving out soda and donuts and giving out whiskey and cigars.

Fast food is made for cravings real food is made for giving long life

Fast food impacts judgment depression

The more fast the more they receptor function increase experience of

Inflammation and free radicals advanced products



attention memory

food people eat lose dopamine triggering a tolerance new pleasure.

oxidative stress result. Age glycation and

Bromine in flour used to make flowers more workable inhibits the ability to use iodine which damages thyroid it also is shown to cause cancer damage DNA and is banned in most of the world like UK Europe China and India. But bromated flour is still one of general Mills most popular products in the United States.

Fast foods are loaded with phosphorus meaning to kidney disease.

Food colorings lead to immune dysfunction and chronic degenerative disease.

Build up of toxins from junk food cause lower IQ endometriosis thyroid disease and autoimmune disease.

When you eat healthy you don't have toxins to get rid of and you don't feel I need to overeat to sustain your energy.

True hunger does not cause fatigue it is not painful or uncomfortable.

You can break away from food addiction and just two to three days of discomfort, you must abstain from junk food.

If you just eat junk food in moderation you only lose 6 to 13 lb in 2 years. But people who start out obese and switch to a high nutrient diet lost 50 lb. Junk in moderation doesn't work because you always keep the taste for it.

Weight loss by calorie reduction is highly likely to fail.

Eating right is self care not deprivation. Your self-esteem will rise as you know that you are taking care of your body properly and preparing for your future to be strong and happy.

Note I have known of someone who called a healthy diet a deprivation diet. This is surely the devil's trick. Call it instead the self-care diet.

You might have a sore throat or ill feeling for the first 3 days of getting off junk food but these symptoms really last more than 3 days.

Without proper micronutrients our immune system is compromised and chronic disease sets in. Eating all our unhealthy food doesn't leave room for the micronutrients we need in our diet. And digesting unhealthy food requires the use of macronutrients further depleting us.

High fructose corn syrup is also hidden in breads and meats and tomato sauce and salad dressing, not just desserts. It is sweeter and cheaper and preserves longer than simple sugar. It also keeps pastries soft.

One month of eating natural fruits gives you as much sugar as one 50 tsp of sugar beverage.

Sugar industry has done a lot of paid research to hide the dangerous effects of their product.

Concentrated fructose is dangerous because it isn't absorbed by muscles throughout the body but goes right to the liver and triggers the production

of fats like triglycerides and cholesterol called lipogenesis. Most liver disease is from fatty liver.

High fructose corn syrup triggers AGEs advanced glycation end products which ages you, destroys the interior of the eyeball and causes nerve and kidney damage. It is often used with Mercury contamination.

Dry heat cooking and especially roasting and broiling and grilling and frying create AGEs
But water based cooking prevents AGE formation. Browning foods creates AGEs.

Remember smoking is bad anyway you have it including smoked meats and smoked fruits any kind of smoking in cooking etc.

More fast food means more strokes more dementia. We're getting younger and younger people and nursing home so destroyed their health by fast food. African American communities have five times the risk due to their increased fast food consumption.

Processed meats often have sodium nitrite a known carcinogen and processed heterocyclic amines which are linked to colon cancer. Beef pork chicken and fish when fried grilled and barbecued, these high temperature methods, these compounds become common in the foods and mutate our DNA and cause cancer.

Heme iron in red meat contributes to cancer

The risk of high blood pressure from salt if you live in the US is 90%

Your lifetime salt intake correlates best with your odds of getting a stroke or heart attack

Salt consumed by children adds up even if they don't have high blood pressure yet causing vascular damage for years to come.

Asthma autoimmune disease osteoporosis kidney failure are all resulting from salt as well

Salt is even in fast food soda and shakes

They hide salt in everything because it makes people thirsty and beverages are where fast food restaurants make the most money, fast food beverages costing five times more than gasoline.

Fast food french fries have as many as 23 ingredients in them they can hardly be called sweeteners preservatives salt etc make fries more of a chemical slurry.

Hfcs is in Fry's and meat in fast food restaurants.

One fast food meal give so much salt that you'd still be in the danger zone even if you only had water the rest of the day.

Salt intake shuts down the cues of satiation and people both thirst and hunger more.

After World War I the processed food era begin note we might call it another world war on health

In countries where they don't eat fast food people are way healthier

Meat deemed unfit to serve in fast food restaurants is served in school cafeterias. Meat only fit for pet food and compost as we heard search has shown the schools by meats with unacceptable levels of E coli etc.

I'll talk phones in schools have hydrogenated soybean

Many more people are angry now as a result of poor nutrition

Your brain can recover from a lot of things but it can't recover from consistent deficiencies and damages.

Flu Season or Sugar Season?

we partake in a candy holiday,
followed by a pie holiday,
then a cookies & candy holiday,
ending the year with a booze holiday.
The so-called experts call it "flu season,"



but it should really be called
"SUGAR POISONING SEASON".

Stop the Junk Food at Church Classes, Activities,
Service Projects - Memes by Mormonr.org

me as soon as I show up for
8am Saturday cleaning duty



When you give candy to the primary kids
you teach right before sending them back
to their parents



NATURAL CURES

Cherokee Herbal & The Modern Witch Hunt for Naturopathic Medicine

Introduction

The way the Cherokee obtained and maintained their knowledge about health has become most fascinating to me. Our processes today are limited to empirical process, but the Cherokee remind us that there is more than one way to skin a cat.

The People of the Cherokee Share Wisdom of Health

The Cherokee people traditionally are very skeptical of what we call traditional or mainstream medicine. They feel like it is too governed by the government who has wronged them. The Cherokee nation wasn't quite obliterated, but during the Trail of Tears it took a large blow when the government promised them things that it never gave them. While we want the Cherokee to be blessed by modern advances in medicine, we cannot neglect what they bring to the table of healthcare. The teenagers who are more integrated into western society don't hold the belief of the medicine man. The medicine man replaces the modern physician. There are usually no medicine women. The medicine man carries a bag of a few specific herbs which he uses time and again on his patients.

Cherokee Health and The Family

Cherokee are very family oriented; they stay together with their families, and do ceremonies together, like tobacco ceremonies as a healing process. When the medicine man is sick, a close family member performs the ceremony. They give tobacco to the four winds and are return rewarded with power in the herb to heal. This offering is their giving to the earth because the earth gives to them. This offering also helps strengthen the plant, so that the plant can be strong to give more in the future. Cherokee tobacco is from various herbs, unlike the way we see it commonly today. Mullein or Lobelia was often included in their tobacco mix, these are strong anti-asthmatic, but Lobelia is in part like nicotine.

In a "spirit circle", there can be about 40 people, and rocks to contribute to their circles of ceremony. These rocks are called medicine wheels; they have holes for north south east and west, wherein certain herbs fall.

The Shaman is a character among the Cherokee who represents man reaching back and forth between life and death, or what lies beyond. Death is not to be feared among the Cherokee. You make peace with death when death comes into you. They seek healing, but when it is time to die, they die well. They believe the Shaman can intercede by special balancing acts. Standing on knives or atop a roof dancing or some other extreme level of balance to not be injured shows that they intercede in the world of the secular and the world of Gaia, or the world of the living and the world of the dead. The Shaman show themselves to have access to a modern culture and a healing culture at the same time by these displays.

The plants which Gaia shared were companions, not servants. Garrett instructs, "Early use of plants evolved into listening to the stories told by many of the elders. They

emphasized the values of plants as helpers, not as medicinal remedies for specific conditions of illness.” (Garrett, 2003, p. 26). To be a healer, you need to have had a vision, which can be from one of the plant spirits. These usually come in the form of Bear or Coyote or the plants appearing to you in the form of a person. These visions can happen in dreams. Angelica root would appear to you in the form of a beautiful young lady, and Burdock would appear in the form of a bear. The spirit plant guides taught the Cherokee of how to make use of their gifts, “Medicine was learned from the plant helpers for treating cuts, the stings and bites of insects, and for treating the upset stomachs of children and full bellies of the adults.” (Garrett, 2003, p. 21)

The ties Cherokee have with family and near community assist them in obtaining healthy lifestyles and healing independent of professionals in western medicine. This can be a weakness, but it can also be a strength in leu of the shortage in healthcare professionals today.

Cherokee Find Their Diet and Other Help from Gaia

The worship of Gaia (mother earth) brings with it a great respect for earth. Pagans were traditionally an earth centered religion also, referring to the mother earth and father sky, wherein one pays homage to the ground for producing the things to sustain you. They like the Cherokee held that when one treats the earth with respect, it treats you with respect back. This idea is being forgotten in modern society. The Cherokee diet is from the earth and isn't processed like our food is today, and adherence to their diet would doubtless make many cancers and diabetic terrors a thing of the past.

The Cherokee speak to the plants, meditating with the plant, rather than assuming a license to pick any plant they wish, they would make a sort of arrangement with the plant to create a mutual relationship. Various songs and chants were sung to the plants to win their favor and further the process. Some plants may feel that to be used at that time because unhealthy or have been recently humans. They believe the earth can that when wasted, an area of earth desired beneficial life. Now we modern scientific measurements Cherokee have long taught, when taken out of soil, it is very hard to reproduce. That nature was the medicine we see from Garrett's Cherokee health, “The story of Medicine begins with nature, ends begins again with nature.” (Garrett, 2003, p. 21)



negotiation they don't want they are currently abused by literally cry, and can't produce the know from that, just as the nutrients are get that land to core of Cherokee work on Cherokee with man, and

The doctrine is signatures is practiced by the Cherokee. This means the plants will represent themselves similar to the animals. This is how humans first learned to associate plants with helpful uses for the human body (Bennett, 2007). The bear medicines are brown and fuzzy, like the bear. The bear medicines are considered most helpful to human conditions since the bear seems to be the animal most like the human, in that they use the hands to dig up roots, etc. The walnut is good for the heart because it looks like a heart. Angelica root looks like a uterus and is good for the uterus. It's surprising how often these similarities pan out. Bennett suggests that though little scientific proof is available

to support the doctrine of signatures, it is still at least a very effective teaching method (Bennett, 2007).

Cherokee have found ways to sustain life from the land without resorting to processed foods. I'm sure they had to work for this sustenance, and perhaps even that work is part of their key to health. Health didn't come cheap for the Cherokee, but when it came, it was abundant.

Our Persistence Intolerance of Naturopathic Medicine

We have a recent case in the US of the DCFS taking kids from parents who didn't think chemotherapy and radiation was the best option. At first glance we might say "yes the state protected the children from death." But this is upsetting as it ignores alternate treatments which the very knowledgeable naturopathic parents were going to perform. Medical schools used to allow herbal and naturopathic studies. The Flexner report in the 20th century claimed that homeopathic schools were promoting dangerous graduates who did not understand medicine. This led to 25 large schools of natural medicine being shut down and lawsuits against many natural health practitioners. The Fitzgerald report in the appendix to the congressional record written by the chief investigator to interstate commerce showed that money from pharmaceutical companies was being put into shutting down natural clinics, hospitals, and laboratories which didn't conform to standard pharmacology practices of the time. Pharmaceutical companies are known for trying to silence herbal remedy inventors like Harry Hoxsey. The American Medical Association lost a case called Wilk VS AMA in 1990 for having been identified as financing propaganda to shut down competitors in the naturopathic field.

Conclusion

The Cherokee could go for a walk and tell you what each plant is and what it does. I think most modern physicians could not do this. The Cherokee treated plants as a teammate, an ally, whereas today we treat plants as something that gets in the way of more serious matters.

The white people came to the Cherokee and the Cherokee told them of their medicinal ways, and the white's called it kooky and threw it all away. If only we had at least tried to understand why they had the long-standing traditions which they had and had a more open mind to trying foreign things which had been helpful to other nations.

We would do well to not repeat the mistakes of our fathers and treat Cherokee patients with respect and reverence for their long-standing traditions in medicine even though many of them are not familiar to the modern civilized world. We must seek to accommodate their Cherokee patients in their desires to practice medicine in the way that their fathers have taught them to be correct. We can listen to the Cherokee and take their clues and put them to the test in our labs, and I think that we will happily find that the correlations they have given us will prove to be a great advancement in modern medicine. I echo the sentiment of Cherokee researcher JT Garrett, "My vision is that we will learn to respect Mother Earth more each day and come to know how we can be a protector for the resources that our ancestors have called "the Medicine Way.'" (Garrett, 2003, p. 17)

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Appendix: Additional Information on the history of naturopathic schools in the US:

Medical schools used to allow herbal and naturopathic studies.

Wilk VS AMA (American Medical Association) in 1990 is a case where propaganda was used to try and eliminate chiropractic's etc. and the court ruled against AMA ([https://en.wikipedia.org/wiki/Wilk v. American Medical Ass%27n](https://en.wikipedia.org/wiki/Wilk_v._American_Medical_Ass%27n)).

Harry Hoxsey found a natural cure for cancer, the AMA wanted to buy it from him but they didn't plan to sell it to the public, so he wouldn't sell, shortly thereafter he was jailed. https://en.wikipedia.org/wiki/Hoxsey_Therapy

The Flexner report which was funded by Carnegie and Rockefeller claimed that homeopathic schools were dangerous graduates who did not understand medicine. This led to 25 large natural medicine schools being shut down against many natural health practitioners. "Homeopathy and natural medicines were derided; some doctors were jailed." "to adhere strictly to the protocols of mainstream science" "published in 1910 under the aegis of the Carnegie Foundation. Many aspects of the American medical profession stem from the Report and its aftermath." "Many American medical schools fell short of the standard advocated in the Flexner Report and, nearly half of such schools merged or were closed outright." "Colleges in electrotherapy were closed." "The Report also concluded that there were too many medical schools in the United States, and that too many doctors were being trained." "To help with the transition and change the minds of other doctors and scientists, Rockefeller gave more than \$100 million to colleges, hospitals and founded a philanthropic front group called "General Education Board" (GEB)" "In a very short time, medical colleges were all streamlined and homogenized (all the students were learning the same thing)" "No medical school can be created without the permission of the state government. Likewise, the size of existing medical schools is subject to state regulation"



promoting schools of and lawsuits practitioners. medicines were jailed." of the Carnegie present-day from the Flexner fell short of the Report and, nearly half of closed outright. closed." there were too United States,

“When Flexner researched his report, “modern” medicine faced vigorous competition from several quarters, including [osteopathic medicine](#), chiropractic medicine, electrotherapy, [eclectic medicine](#), [naturopathy](#) and [homeopathy](#).^[16] Flexner clearly doubted the scientific validity of all forms of medicine other than that based on scientific research, deeming any approach to medicine that did not advocate the use of treatments such as vaccines to prevent and cure illness as tantamount to quackery and charlatanism. Medical schools that offered training in various disciplines including electromagnetic field therapy, phototherapy, eclectic medicine, physiomedicalism, naturopathy, and homeopathy, were told either to drop these courses from their curriculum or lose their accreditation and underwriting support. A few schools resisted for a time, but eventually all either complied with the Report or shut their doors.^[17]”

https://en.wikipedia.org/wiki/Flexner_Report

The Fitzgerald report in the appendix to the congressional record written by the chief investigator to interstate commerce showed that money from pharmaceutical companies was being put into shutting down natural clinics, hospitals, and laboratories which didn’t conform to standard pharmacology practices of the time.

[Our Persistence Intolerance of Naturopathic Medicine](#)

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Inflammation Tips



Sugar causes the joints to ache and swell.

Dairy is known for causing inflammation as well.

Use Turmeric, ginger, garlic blackened pepper...

Makes sure to be getting enough healthy fats from nuts and seeds,

Fruits esp. berries, greens, starches, & nutritional yeast.

Thyroid & Hashimoto Disease

Check your resting temperatures to see if they are regularly low first thing in the morning, which can indicate hypothyroid even when doctors wont diagnose it.

If you don't address hormone needs, diet and exercise won't lose weight.

Hashimotos disease may be part of your thyroid issue, it often is. If this is the case, you would need a different dietary regimen. Run a TPA test to rule out Hashimotos.

TPA is thyroid producing antibodies, this test tells the level of antibodies in the thyroid, which tells amount of inflammation in the thyroid. If inflamed, you most likely have Hashimotos which is an inflammatory disorder.

If you have Hashimotos, you'll need to make some large changes in the diet like cutting out gluten.

Many have reported remarkable benefits to thyroid issues when implementing a whole foods plant based (WFPB) diet.

Some of the symptoms include agitation darker eyes difficulty losing excess weight

Doctors often hesitate to diagnose people with this. One way to tell is take your basal temperature first thing in the mornings see if you're sitting low.

Hypothyroid can be treated using Ashwaganda and probiotics which we already have. Ashwaganda is a good adaptogen so even if it's not hypothyroid we are treating it will help your chronic stress too. Probiotics are just good for you overall. Also make sure you are taking B12.

herbs aren't magic. It's a slow heal. You will also want to stay away from refined sugar while taking it because they use the same receptors in your body.

Speaking of nutrition adding more carrots, spinach, nuts, beans, avocados can help you. Healthy fats and proteins and Vitamin A

We can add curcumin too but I would add one herb at a time so you know what's doing what.

Joel Skousen on Thyroid

From worldaffairsbrief.com 5.12.23 issue:

The Epoch Times is reporting that the, "[Obesity Epidemic \[is\] Linked to \[an\] Unexpected Factor](#)" —low metabolism. But this isn't a new discovery at all. Low metabolism is a direct result of the low thyroid output in Americans. And chronic thyroid problems in America are in large part due to low iodine levels in America's depleted soils, especially in the "goiter" belt in the South, which has led, over decades, to a genetic weakness in over 60% of Americans who lose thyroid output in middle age and beyond. Worse, the children of the obese tend also have low thyroid output and become fat from infancy on, creating a downward spiral of weight-related health problems.

The best way to delay the onset of thyroid decline is to supplement with one or two iodine drops per day while growing up, and get very fit when young with lots of cardiovascular exercise—and keep up the habit as adults. Once the thyroid declines, you have to supplement with natural thyroid (Nature Throid, or NP Thyroid). Don't accept "doctor recommended" Synthroid.

But heed this warning: If you have never lived a high metabolic life during your youth, even taking supplemental thyroid won't take you back to something you never were—thin and fit. But it will help with the host of ills related to thyroid deficiency (too many to list), because the thyroid is a “master gland” that helps control all others in the body. If your basal body temperature is below 96 deg, you are Thyroid deficient, even if the standard medical TSH (Thyroid Stimulating Hormone) test shows normal—which is notoriously bad at detecting hypothyroidism.

Jared Crocker, Natural Health Advocate



This is my friend Jared Crocker who worked for the medical supply industry, but upon learning that they just treat symptoms and make money, so he is leaving Babylon for self-reliance organic farming.

He is in excellent health I, much further along the health journey than I, and advocates

-no refined foods such as white flours or any other processed products, foods being the main source of toxins we encounter.

- animal products only as a crutch, and typically limited to around once a month for sparing use
- pure natural water, like a spring
- strengthening the body & increasing circulation by using muscles by a firm minimal bed, chair, and shoes such as moccasins and barefoot where possible.
- living rural & farming for ones own needs
- minimizing use of plastics

I asked Jared if we can find a happy calling in city life. He said his answer to that is increasingly, no!

A Firm Foundation: Introduction to Walking, Sitting, & Sleeping on Firm Surfaces



My strong friend shared with me about using firm surfaces for walking, sitting, and sleeping to help the body be strong and avoid health issues of poor alignment etc.

I've begun implementing these strategies with some success and am excited about these prospects of natural health.

Here are some insights:

The tissues (overwhelmingly bones, muscles, skin) will develop a tolerance--which can accurately be called strength--for sustained exposure to firmer surfaces, a lot like the tissues in the feet will develop a tolerance for sustained exposure to the ground while walking barefoot. (FYI in both situations this tolerance or strength is more than just additional hardness/callouses--callouses are superficial and meant to be temporary while deeper, more biologically dynamic strength is developed.)

One can develop the strength as gradually as one needs to.

standing, sitting, lying--the same goes for all three positions. The body wants a surface which is: 1 firm 2 flat and 3 perpendicular to gravity. With that type of foundation (we might call it a Firm Foundation) the body will naturally gradually move into healthy alignment, which is where all the muscles can work easily. With squishy, soft foundations--as alluring as they may seem in the moment at the mattress store or the furniture store or the shoe store--the body contracts into various misalignments/imbalance where all the muscles have to work much harder to do the very same thing.

It is challenging but worth it. The good news--there is lots of good news but some of the good news--is that efforts and progress for one of the positions helps advance progress in the other two.

Firm allows your body to spread out to increase flow. More flow means your blood but also your nervous system can work.



A Firm Foundation: Sitting

For sitting, one might go from 25 percent of sitting time on a stool to 50 to 75 to 100 percent.

Similarly one might gradually eliminate arm rests and back rests.

Train yourself to sit up straight, at first you'll fall down but you'll get it.

Stool is best, no back or armrest.



A Firm Foundation: Sleep

For strengthening all the tissues involved in lying flat on firm ground, one might go from a conventional mattress to a firm mattress to a thick floor bed to a thin floor bed.

Muscles want to push back, soft bed they can't.

Sleep on your back.

Pillow not too big, don't want prop head much. Get feather pillow and cotton case. If not organic pillow, wash it.

Beware sleeping on carpet. Carpets have plastics, they erode into micro plastics, toxic. Carpets have toxic fire-retardant chemicals.

Workout while you sleep, excellent!

A friend of mine purchased this buckwheat mat for a bed and loves it, though it isn't local

<https://ecohealthlab.com/product/organic-buckwheat-hulls-mustard-mattress/#comment-5029>

<https://youtu.be/BMNgSDEwp24?si=-N7XCep6yfc1gF2n>

see Dr Mandell on floor sleeping

Super sore back? You potentially went too firm too soon.

The spectrum runs from super soft mattresses (terribly unhealthy--the body will contract into all kinds of misalignment) to the bare earth (very healthy, will shape the body into healthy alignment, but not easy to get to).

It is the same with shoes, chairs, and beds--just go with the firmest you can, and work your way along the spectrum from there.

Apologize to your body for all the ways you have exercised your agency to make it weak and misaligned.



A Firm Foundation: Walking



For strengthening the feet, one might for example proceed from conventional shoes to flat soled shoes to moccasins to bare feet.

Anything tight you wear pinches the body, lymph is right under the skin, it cuts that off.

Barefoot is best, moccasin is next. But gravel wears them out quick.

The foot has 30 muscles. They want to work. You do need to keep an eye out for glass barefoot but that is rare, and pokey weeds are easily removed and do minimal damage.

Walking on carpet is ok for the foot if it isn't too squishy.

Barefoot allows electric flow. Grass soil even concrete the electrons flow to get rid of excess electrons or get needed electrons. The ground grounds is, shoes cut us off.

See vivobarefoot YouTube channel

See Zach Bush MD

Try Hobibear

Try vivobarefoot (expensive)

Look up barefoot shoe for something that protects but doesn't enable.

Try the "sock shoe"

Note- moccasins seem ideal as they use no toxic plastics.

Moccasin Shoes

Try

<https://www.etsy.com/shop/thecraigpaul>

<https://www.etsy.com/shop/gulioldwestdesigns/?etsrc=sdt>

Contact Michael Guli: Call 970-221-2992, Mail PO Box 127, Belivue, CO 80512

<https://birchbury.com/>

Leather barefoot shoes, sturdier than moccasins not quite as good as moccasins but still pretty good. Also see the free print out sizing chart.

Minnetonka Men's Leather Laced Softsole Moccasin <https://a.co/d/fWppDYg>

This could work too.

Shoes can't pinch the toes together. The toes have to be able to spread out for the foot to function healthily. If the shoes pinch the toes together, they're definitely not worth keeping.

A toe box wide enough for _your_ foot is key.

The nice thing about moccasins is they form to your foot (rather than forcing your foot to form to the shoe). A few wearings and they are customized. Use water to break them in. They may feel too stiff or tight at first. Try spraying them with a mixture of 1 part rubbing alcohol to 2 parts water, then running in them, and they'll form to your foot.

Keeping dry in moccasins:

If you go barefoot, your feet dry off pretty quickly.

If you feel like wearing shoes at that destination is important, you can carry the moccasins to the entryway and put them on as you go in. Alternatively you can put the moccasins on in the car and try to step on all the driest spots between your car and the destination.

If you keep a pair of moccasins and a pair of shoes and socks in the car, you're flexible.

When buying the moccasins you shoot for an exact fit and then they will readily stretch / self-customize as needed. Avoid concrete and asphalt in order to prolong their life (and ask "do I need my moccasins now or would barefoot be fine?"). That said, don't be afraid to wear them out! Buying and re-buying moccasins is so much less expensive than dealing with all the health problems caused by conventional footwear.

To go barefoot you have to be careful about each footstep. That is pretty hard to do over a long hike (and pretty much impossible while watching children). Only hike barefoot on short hikes, where you are confident what the trail will be like. When the hike is long or when you do not know what to expect from the trail, wear moccasins.

Note - special thanks to Jared Crocker for teaching me about this.

Dangers of Plastics

Plastics break down and get into the air and into your body. These are toxic unnatural substances.

CARPET: Carpets have plastics, they erode into micro plastics, toxic. Carpets have toxic fire retardant chemicals.

WATER BOTTLE: A glass water bottle is ideal. There are various designs to avoid breaking the bottle.

CLOTHES: Get rid of plastics in clothes, seek pure cotton.

COAT: leather, wool, cotton, hemp, and sheepskin is highly prized.

SHOES: Try moccasins, barefoot, and otherwise minimally plastic shoes. Leather boots seem like a decent option too, though they typically have the rubber soles.

UNDERWEAR: Beware the plastics in undergarments, when you sweat your body will easily absorb the toxins of the plastics of your clothes. So avoid the nylon, polyester, etc. Go for the cotton, etc.

DISHES: Have kids use ceramics, they can learn to be careful with them, don't use plastic dishes.

BPA Free? This isn't the solution, they just replace BPA with other plastics just as bad.

Plastics Not the Main Toxin: All of this said, the key source of toxins we encounter is typically from the food we eat. But awareness of the dangers of plastics is a great topic to work on too and helps increase overall health consciousness.

Ways to Get More Fresh Air

Ride your bike to work or if you're too far away put a bike rack on your car and park your car away from work then ride

Regular evening walks and or morning walks

Do some of your days routine that you would normally do inside outside such as reading scripture reading the news

Regularly have meals outside

Keep your car windows open or at least partially open

With the use of window screens keep some windows open in your home

The use of a front door screen keep your front door open in your home.

Windows and doors being open could mean some temperature control costs but the fresh air is vital.

The snake plant is said to be a natural air purifier

Create oxygen so having them in your home and office would help the air

The more you can recreate your environment to resemble nature the better

If it's a possibility find a job where you're outside. Being a full-time self-reliance farmer meaning farming to grow food for your family as your day job would be splendid where possible.

Certainly have a garden and spend time in it

Build a porch or other covered area for kids to play outside despite weather. Screen it if there's lots of bugs.

Remember, UV cleanses things.

Why Cold Simple Water Showers

-as a form of hormesis--cold requires the body (specifically mitochondria in this case) to exercise and therefore strengthen one of its abilities, namely the ability to produce heat energy

-to teach the soul to live the truth that just because the body is in pain/stressed suffering does not mean the mind has to be in pain/stressed--this will make it easier to leave the sympathetic state and enter and reside in the parasympathetic state, which improves all aspects of health

-to flush the body's recent chemistry--cold water flushes your body sort of like flushing a toilet (so don't do it right after generating chemistry you want to keep for a while e.g. don't do it right after weight lifting or sauna, both of which generate proteins you want to leave in circulation the rest of the day)

Shower with just cold water, don't need soaps shampoos etc. Could put some organic soap on under arms before shower.

Water is what cleanses chemicals, not soap. Use an organic soap sparingly.

Allergies

The gut barrier is intelligent but not when toxic so we become unhealthy allergic to things unprocessed.

Salt

Salt is good but to retrain taste buds avoid it.

Most people get way to much sodium.

Look at labels, many foods which are otherwise apparently healthy have tons of sodium.

VARIOUS NUTRITION STUDIES



Eliza Snow Encourages Plain Foods

“Let every sister be energetic in carrying out this movement, **let plainness, with respect to food become fashionable, make no apology for not having a greater variety**, the time has come when we must **live for holy purposes**. We are not here by chance, we must prove ourselves faithful; the time has come when we must lay the foundation for the prolongation of life, our diet has much to do with it. **Overloading one stomach with a variety of food is not healthy we have not that clearness of intellect**, we should **eat slowly**, and

take time to **masticate** our food well. Said there are **many evils arising from our present mode of entertaining** our friends, it **fosters ambition and pride**. The mode we should adopt **saves time**; has a **purifying tendency**, we need not be definite as to what our food is, but let it **be plain and wholesome as far as daily living** is concerned there is no need of speaking. **If our living was plainer** our babies would be stronger and our minds more active, we should take care of our bodies and spend **more time in refreshing our minds**".

But... Why is All the Rum Gone?!

Oh the persistence of addictive tendencies...

When we explain the dangers of alcohol

-cancer

-addiction

-loss of moral compass

-obesity

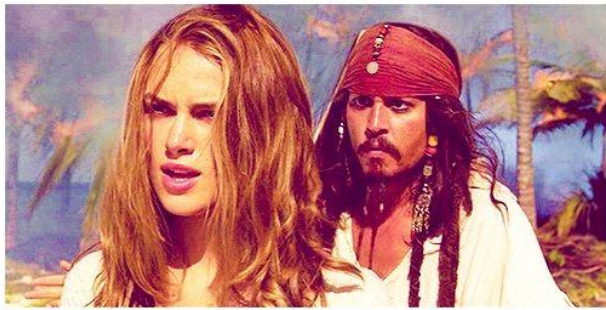
-malnutrition

-and so much more

They respond, speaking for the irrational voice of addiction and dependence,

“...but why is all the rum gone!”





(Scenes from “Pirates of the Carribean”)

Brigham Young Encourages Home Based Animal Raising

“If the people were willing to receive the true knowledge from heaven in regard to their diet they would **cease eating swine’s flesh**. I know this as well as Moses knew it, and without putting it in a code of commandments. [But] when I

tell you that it is the will of the Lord to cease eating swine's flesh, very likely someone will tell you that it is the will of the Lord to stop eating beef and mutton, and another that it is the will of the Lord to stop eating fowl and fish until the minds of the people become bewildered, so that they know not how to decide between right and wrong, truth and error. **The beef fed upon our mountain grasses is as healthy food as we need at present.**

Beef, so fattened, is as good as wild meat, and is **quite different in its nature from stall-fed meat.** But we can eat fish; and I ask the people of this community, Who hinders you from **raising fowls** for their eggs? Who hinders you from cultivating fruit of every variety that will flourish in the different parts of this Territory? There has not been a day through the whole winter that I have not had fresh peaches, and plenty of apples and strawberries. Who hinders any person in this community from having these different kinds of food in their families? **Fish is as healthy a food as we can eat, if we except vegetables and fruit,** and with them will become a very wholesome diet. What hinders us from surrounding ourselves with an abundance of those various articles of food which will promote health and produce longevity? If it is anything, it is our own neglect; or, in other words, which will answer my purpose better, the want of knowing how. " — Brigham Young (Journal of Discourses vol. 12 <6 April 1868> pages 192–193)

"If we will eat meat, let us eat that which is mild. I am inclined to think that **pig meat is not good, and that fine flour is not good,** and the finer the flour we eat the shorter will be our lives." — Heber C. Kimball (Journal of Discourses vol. 12 <12 April 1868> page 191)

"Prest. B. Young read the following note: Is it the will of the Lord for us to entirely abstain from Pork, and [not to] send our money back to the States to import it?

Prest. Young said it was the will of the Lord to **those who can't do without Pork, to raise it themselves** and it was against the spirit of the Lord for us to send back to the States after it. It is the will of the Lord for us to eat Fish, Fowl, Eggs, Butter, etc. Many who had ceased raising Pork had not yet succeeded in raising substitutes in its stead." (Salt Lake School of the Prophets Minutes <25 June 1870> page 96)

Jethro Kloss' "Back to Eden" Highlights

Kloss was known for curing many people who the doctors had deemed incurable and dismissed to die.

Here are notes from Back to Eden:

Too frequent eating overtaxes the digestive system wearing it out, don't eat between meals. 629

note: the French don't snack, it's an American thing.

629 no fruit veg together

629 no liquid with meals (but lots of water between meals)

635 elimination diets

640 cancers from overeating

645 weight loss suggestions summarized

629 75-85 percent of foods alkaline, if you have a condition, then 90.

Oxygen eliminates toxins, breathe deeply.

Dry skin cannot eliminate toxins, bathe daily, sometimes with Epsom salts.

No bananas until brown spots on peel. P630

Brassicas

I heard this:

the family of plants called brassicas— like broccoli, cabbage, cauliflower, kale etc— i've found if i eat at least 1lb of brassicas a day my digestion runs perfectly. They also keep my thyroid antibodies down.

Cystic Fibrosis Nutrition

On the “Discovering the Word of Wisdom” group of Jane Birch, it was said,

One of our whole food, plant-based experts, a registered dietician, responded, "This is one situation where I would not recommend a WFPB diet. It is very important that the diet be high in calories, salt, and fat because of the malabsorption. Any CF center will have a Registered Dietitian who specializes in diet recommendations for CF."

go for healthy fats to avoid CFRD (CF related diabetes).



A 5-Star Rating System for Daily Health Choices

Here is a simple way to keep track of how you're doing on healthy living which won't take excessive analysis time. You could record your daily rating simply as how many stars you got that day. A few are “no's” and a few are “yes's”.

Earn a star by doing one of these things that day:

- No animal products
- No refined / processed foods
- Yes Whole grains
- Yes Fruits & vegetables, particularly GBOMBS
- Yes Exercise & sleep

(No particular order)

Nutrition for can't sleep, Fred Davies

have you had challenges with low blood sugar? That is one time that it might be true. Let's solve the low blood sugar challenge if that is the case. Feed the Pancreas to rebuild it with Cedar Berries and check the liver for low glycogen storage and correct it.

For people who don't have low blood sugar there are many other causes and potential cures.

No Sleep with symptom jumping legs or leg cramps, Cause Low available plant based calcium and minerals. Dr Christopher's Herbal Calcium or Calc-Tea help. Also helpful is Alfalfa with it's many microminerals.

No sleep with running brain symptom. Cause Nerves on edge. Kava Kava might be helpful or Dr Christopher's Relax-eze or Slumber

No Sleep with night terrors or fear. Cause is varied, trauma might be one. Often this is another mineral deficiency cause. Taking Alfalfa might help.

No Sleeping might also be because an individual is trying to match someone else's schedule that isn't their body clock schedule. There are Early Birds, Chickens, and Night Owls types and we don't do well if we don't match our schedule.

In all cases knowing the cause is critical and you can know the precise cause by asking your body with Self Muscle Testing. Let me know if you need help. This is one of the areas that I work through with my clients.

And

Good info from Dr. Barnard on sleeping better...

https://m.youtube.com/watch?v=psf6_62asJ8

Importance of Sunlight & Fresh Air (pending)

When eyes are exposed to UV rays they produce helpful enzymes(?).

In Jethro Kloss' "Back to Eden", an account is given of a hospital burning down, and patients being transported to outdoor tents. Well, most of them got better! The fresh air was it. Many who would usually have died survived.

Importance of Appendix

Appendix is a storage area for different microbes; appendix will send in right microbes when needed for new foods. No appendix, be careful what you eat. Body will take things as something else. Extra fat can happen from no appendix. Appendix is a backup system of the body from the Lord.

Bone Broth

This is easily digested and has many vitamins and minerals. It can be used when a person is eliminating foods to be a base of operations to find out what your body can tolerate.

Antibiotics & The Microbiome

Antibiotics of large amount and time kills all the microbiomes, kills you, you can't make the right hormones.

When you eat food, the microbes in the intestines lining the intestines contact the food, this is where it's changed into the proteins and enzymes needed to make bones, hair, eyes, etc. which the body needs.

A diet of bone broth for several months can help give you basics to rebuild your gut microbiome. Slowly add one other food at a time.

Become Your Own Family Doctor

You can dig up the articles, do the research, and this better than doctors. They have their old establishment ways, and won't be willing or able to find cutting edge science due to the training which limits them.

The spirit of the Lord will guide YOU as you seek what's best for you and YOUR FAMILY. After all, the Lord has entrusted them into your care, you have the right to clearest revelation for their aid.

Jethro Kloss: Recommended by ET Benson

Ezra Taft Benson recommended and gave books by Jethro Kloss to his friends and family.

Universal Model vol. 2 in the medical model writes of Jethro as well.

Jethro helped those who couldn't be helped by regular doctors. Most of the book is various remedies. He put them on a wholly new diet like all tomatoes, cancer can't like in

an alkaline, they need acidic. He gave foods to stop the growth. He had them take several hot baths a day and go outdoors and sit in the sun. he saved 1000's of lives which doctors said go home and die. Several, many have done this.

Some of his books are “Back to Eden” and “Healthful Herbs”

Herbs: The Standard Medicine

God provided the things we need for health in the earth.

Establishment medicine is politically and financially motivated.

Herbs actually work and don't have toxic side effects.

God knows the needs of our bodies and put the remedies we need in the earth, generally speaking.

The things we eat are what determine disease and cure it, generally speaking, and further even than most have considered.

Cancer & Acidity

Introduction to Health & Nutrition: “Feed My Sheep”

Join with me in the adventure to learn about your body & how it was intended to be nourished. Good nutrition, along with a reasonable amount of physical activity, is critical for a long happy life. Taking care of our bodies is one of the forgotten commandments of the restored gospel! Who among us can say we are living the inspired revelation on health called The Word of Wisdom, to its fullest? Come study with me ways to unlock success in these matters. Primarily whole foods plant-based diets are the tried and true way to gain optimal health. While we aren't obsessed with longevity or interested in endlessly honing our bodies at the expense of other duties, we do recognize the serious duty it is to care for our bodies. Ironically, while Satan doesn't have a body, some of his sorest temptations are for us to misuse ours. Health is one of the great promised blessings for the saints. It is obvious that as a people, we are not living up to the privileges that could be ours in these matters. Caring for the body isn't merely temporal. The Lord makes no distinction between temporal and spiritual commands. Rather, caring for the body greatly increases the capacity of the spirit to receive revelation. The battle for good health doesn't have to be hopeless. Nutritional physiology and knowledge about micronutrients which feed our true hunger are the keys to developing righteous nutritional willpower.

“Let food be thy medicine.” Hippocrates

“Run and not be weary, walk and not faint.” -D&C 89

“The intelligent want self-control; children want candy.” –Rumi

The Bible & Nutrition

Book your right to be beautiful. About a back to Eden diet

Book The Bible prescription for Health and longevity

In Leviticus God told people when you touch a dead body you're unclean you need to wash your hands well it took us 3,000 years for science to figure that out the first guy who said wash your hands after touching a dead body in hospitals was fired from several hospitals for saying that and eventually put in a mental institution but his practice dropped the death rate significantly in hospitals where it was employed

The Lord told Adam and Eve a perfect diet to eat herbs fruits and seeds

The Bible says bread was to strengthen man's heart but now they take the vitamin e and the natural oils etc out of the wheat and use white flour because it lasts on a shelf longer. God said make daily bread not long-term shelf life bread.

Our treatment of disease with drugs could tie into evolution, evolution says we're nothing but chemicals which came into being and so they think we can fix everything with chemical pills.

When to Eat

Certainly a good guiding principle of when to eat is when are you hungry. Dr. Joel Fuhrman says true hunger is felt in the throat, not stomach. Fuhrman goes on to say that when a friend invites him to try some great food, he asks to try it later when he is hungry so he can thoroughly enjoy it. He also says that when a friend asks if he can play tennis and it is typical meal time, he goes for the tennis, because he isn't often hungry, that hunger isn't what dictates his life. He says when you eat right, you're in control of your eating, not the other way around. One of his key books is “Eat to live” (not live to eat!)

It's been said, and this seems wise, that when you're hungry as yourself if you would enjoy an apple. If not, you're likely craving rather than experiencing true hunger.

Avoid junk food, which is created to induce hunger rather than quench it.

Eat small frequent meals to keep insulin down or intermittent fasting to allow body non-digestion rest/heal time?

Eat 6-12 hrs. Fast 12-18.

Dr. Greger, Goldhammer, & Dr. Longo all say you can eat 1 meal a day or 3, but you need a min of 12 hrs fasting. Meals should be heaviest in the morning and skipped or the lightest in the evening.

I feel this question is only important if someone is insulin resistant. If one is insulin resistant, the more important question is how to keep the fat, animal food and processed food as low as possible.

Frequent meals keep insulin higher. Small frequent meals are not great honestly, despite being accepted nutritional "fact" for so many years. The body needs time to rest. It increases longevity to eat less often. Don't want to burn out the pancreas.

See Mastering Diabetes and The End of Diabetes books. I believe both are doctors advising on how to use wfpb the best ways for your blood sugar.

You need at least 3 hours to digest your food before eating again. You should eat enough to feel satisfied so you won't need to snack.

Cyrus Khambatta PhD - Diabetes Lecture Notes

Intro to Cyrus: He is one of the few who truly understands how to treat diabetes, with carbs! That fat causes diabetes, and decreasing fat gets rid of it (long story short).

Here are notes on a few of his lectures and links to the full lectures:

<https://youtu.be/enIvfC985U8>

He has diabetes type 1 he was told to eat low carb when he did that his glucose was random unpredictable as soon as he started eating lots of fruits and vegetables he could control it and needed less insulin

Most doctors only received 20 to 25 hours of nutritional training in their whole years of training

Studies show that you induce diabetes on a lab test animal by giving them high fat diet not high sugar!

The disconnect between the research and what the public believes is mind-boggling

Eating plant-based restores insulin function gets rid of acne gets rid of skin problems

Doctors just look at your numbers they don't even ask you what you're eating

Research all the way back to 1920 has repeatedly shown that a high fat diet leads to insulin resistance

There is fat in lettuce apples bananas when you're eating whole foods you will be getting fat

Fat into the muscle and liver trigger diabetes much of the fat doesn't go into the correct area of adipose tissue when you have the high fat diet

The low fat diet does not cure insulin resistance it masks the problem and whenever you have a carbohydrate the problem is revealed this is not mean the carbohydrate is the problem and it does not mean the low carb is the solution

The only improvement from the low carb diet is the weight loss which does help the insulin resistance but the weight loss does not need to come about by ketosis as ketosis inherently prolongs the problem

Ketosis leads to other problems such as hypertension your body is not working optimally when in ketosis even though some people use this as a short-term weight loss to bring their insulin etc into control by losing the weight

Other chronic conditions resulting from ketosis include brain fog, digestive issues, inability to regularlt exercise

Ketosis diet results in a glucose intolerance and the only way to reverse that is high carb low fat

Here are notes on another of his lectures:

<https://youtu.be/fORPzup-Hrw>

See masteringdiabetes.org

It's only refined sugar that increases your risk for diabetes etc

Fruits are whole sugars whole carbohydrates

It's not that fats bad it's that excess fat is bad

Just because coconut is medium chain length saturated fat instead of long chain saturated fat doesn't mean you can use much of it as you want

Ketchup mustard and relish are all processed foods with no nutritional value

When it comes to plant-based burgers ones made out of beans are more healthy than the impossible Burger or beyond Burger those are very processed

There are many types of sugar when something says sugar free is a good chance it's not sugar-free and it has some artificial sugar sweetener

Whole foods are three-dimensional packages of nine classes of nutrients water carb protein fat phytochemical vitamin mineral fiber

Whether it's a bean or a fruit or a vegetable etc all whole foods have all nine of these nutrients

So there's a slow rise in various levels you want things to take time to digest this is why it's best to consume them in their whole form.

Glucose amino acids and fatty acids enter the blood faster if you blended your food.

When you have a smoothie draw it out to over a half hour to consume & eat some whole foods with it to help digestion.

Your brain and your digestive system are constantly communicating

Your brain will help you know which foods are not good for you it learns which foods disturb your digestion etc and brain function and subconsciously you'll be more selective after you've been exposed multiple times

For prediabetes and gestational diabetes and type 2 diabetes there is a very tiny genetic component but it's so small it doesn't even matter

saturated fat cholesterol and refined carbohydrates fuel insulin resistance

Intermittent fasting helps

It's not the one fruit which rockets the blood sugar of a diabetic person which is the problem it's the metabolic traffic jam which took place before you ate that fruit

For most people with type 2 diabetes diet is sufficient to reverse it. About 20% will need to also include insulin.

[John McDougal: The Fat You Eat is the Fat You Wear \(etc.\)](#)

The fat you eat is the fat you wear

The body uses sugar to run and it does not store protein if it did it would in muscle and we would all look buff

When you eat fat your body doesn't most efficient thing which is just move it on over to the storage for a time of winter scarcity

When You eat excess sugar/starch it does not turn into fat It is somehow burned It is a stable ring structure The body does not efficiently convert sugar into fat It's too wasteful so the body just burns it off.

We don't see obese Asians from rice.

[Food Addiction Solutions: Fasting & Cutting Processed Foods – Notes on Lecture by Dr. Pradip Jamnadas MD](#)

Here I share some important things from this lecture but I say beware this teacher in general when he advocates the fats over the carbs.

<https://youtu.be/kN83jppel7Q>

Processed foods are products not foods

In nature we don't see fats and sugars in the same food (note some say almost all whole plants have at least some of each)

Flower is a survival food to be able to store it for a long time in case of a Time of need for using it all the time

The more you process something the more you powderize it your body doesn't know how to respond and it releases all kinds of insulin and hormones your teeth can't powderize stuff

Vegetable oils are not from vegetables at all
If you know the chemical processes involved you'll avoid them

Sugar is put in everything because sugar is a preservative

When you take out fiber from a food it's no longer food it's a product

Skim skim milk is a product not a food, it's not that way in nature.

We don't want pre-processed foods We have a long intestine so that we can process foods on our own.

Bread chips cookies are all predigested foods.

You can eat a grass fed steak and be satisfied but if you're eating processed foods you'll never be satisfied you just want more and more. (Note, beware eating stakes has its own plethora of issues)

We are cacti in a rainforest

You were made to fast. Your body was made to have stress. Build and cleanup.

Book the dopamine nation

Binge eaters have less memory less attention span.

The brain sees cocaine and caffeine and excess foods as the same.

Casomorphins in dairy addict you. It's meant to keep babies feeding.

Sweeteners all are addictive.

Sugar was made as a preservative.

Don't juice things you can't eat all that regularly.

Note this doctor does advocate some meats which is likely not the best option. He is a fan of paleo diet which has many flaws. This lecture does a great job however of pointing out the dangers of processed foods.

Food addiction leads to drug addiction.

We have a susceptible population.

If it has a label don't eat it barcode don't eat it

Soy is a processed food to avoid. Except Tempe.

Breakfast cereal is getting our kids addicted to sugar. Cereals are bad.

Have pistachios every night.

3 day water fast are ideal for resetting the body.

Roast your nuts on your own at home so you know what is in them

Recommends some oils not others.

Your body makes the sugars you need. (Note: I don't comprehend this; obviously we need to eat carbohydrates)

Leptin resets when you fast.

You will have headaches etc. when withdrawing from food addiction. Hangry is withdrawal you are addicted.

Exercising when fasting is the best time.

No starch. (Note some say this is a dangerous idea, indeed, there is great evidence of societies living a long lives on starches, so I disagree with this statement of his)

Stem cell mobilization after a 24 hr fast.

New mitochondria after a 16 hr fast.

Fasting helps heal leaky gut your body needs to heal

Bacteria influence your brain chemicals the way you feel and think

Food becomes your addiction, your hobby. Find things you used to like to do and do them.

Food addiction and constant dopamine shut down the prefrontal cortex and their accumulation make you depressed and suicidal. You're in your right mind again after a 3 day water fast.

Eat at different time of day so your grehlin hungar levels aren't only at certain time of day.

Sometimes skip breakfast, sometimes skip lunch, etc.

fasting helps get rid of toxins in the body

Don't keep putting on toxic oils and creams etc onto your body they'll wash off but if you're putting them on every day they're going to be getting in there

When you're not feeding yourself cancer cells die

Break Free of addiction and you're free you can eat whenever you want

If you're going to eat bread it has to be real whole grain it should be brown hard and heavy

Meet we're eating today is totally different than meet 200 years ago if you're going to have meat make sure it's organic grass-fed etc

Fats in nature are not bad it's the processed fats that are bad

Taking vitamin tablets they often just go straight to the toilet and aren't absorbed

He does suggest magnesium supplement says we're all deficient in that

Sweet potatoes are great food unless you're trying to lose weight
But white potatoes have a much higher glycemc index

Set up the button thing that you can measure your blood sugar spikes from what you eat this will help you learn which foods are high glycemc index

Lotions were made just to sell you they have phthalates which give it the creamy texture which get absorbed into your body they are estrogen stimulators avoid anything that messes with your hormones

We don't know much about hormones anything that's going to affect them don't mess with it

Vaseline is a lotion alternative

Don't use the regular soaps look for the glycerin

The environment is giving you tons of toxins already try to avoid putting more on you are as old as your arteries

Use a sauna to prevent heart problems

WFPB: Handling Controversy – Select Comments

Some answers to a question I posed, commentators kept anonymous.

You will always come across studies, people, doctors, nutritionists, fellow members, and many more who will contradict the WoW, or because they have their "own" interpretation. Just remember you are accessing hidden treasures by living the WoW and you can just as easily lose them, I have gone up and down back and forth and have experienced that 'loss' when I diverted. For instance, when I was living the WoW I felt so spiritually connected to everything, the lord, my food, my family, etc....I got more impressions, I had intense confirmations of truth. When I diverted back to standard American due to cravings or the like, I was more susceptible to man's truth: must eat meat. Protein, canines, fish for omega, on and on and on, I would so easily accept the worlds truth because I lost that hidden treasure and was looking for ways to excuse my cravings and addictions and the world was giving me that excuse on a silver platter, all you gotta do is turn on the TV for 5 seconds and you'll see some advertisement on why meat is good, or why to eat icecream, its everywhere and Satan is behind it all

Addictive personality of all or nothing, binger? With that personality, you are wise to draw firm lines! I recommend a very steady diet of studying from whole food, plant-based experts. There are lots of free writings and videos, but you might also purchase some of their books. Also re-read the Word of Wisdom regularly and ponder and prayer. With good study, you'll know yourself how to better analyze controversial viewpoints: <https://discoveringthewordofwisdom.com/more-resources/>

There MUST be opposition in all things - it's just part of the plan! Just remember that the gospel (and WOW contained in it) came from a loving Heavenly Father, who created you

and knows you intimately. HIS work and glory are to help you get back home. Who is the author, ultimately, of all the 'helpful,' controversial comments (and all other negativity and contention)? What is HIS objective? That we all FAIL! Knowing this, just trust the WoW and recognize deception, even (and especially) when it is packaged on shiny ribbon (or scientific 'proof'). Remember, 'They' once said cigarettes, alcohol, etc. weren't harmful...

If a controversial comment can throw you off you need a bigger and deeper WHY for eating this way— learn more about why wfpb is healthiest, gain a deeper testimony of it and the blessings and benefits you get from it. Also therapy may help—addiction behaviors are caused by connection trauma— you can heal that!

it is 1000% easier to not do something you don't want to do by doing something you do want to do and concentrate on that. Believe me, if you follow the Daily Dozen you won't have any room in your stomach or mind for what you don't want in your diet. Focus and get excited about what you DO want. Education is the other part. Keep getting inspired.

Knowledge is power! Read books and watch documentaries that instill why this is a better choice. Study the Word of Wisdom and seek to follow it, the Spirit will confirm truth as you read and study how to best eat healthier. Being motivated by truth and a desire to be obedient is much more powerful than focusing on what you can't have and must give up. The Lord loves effort and each step in the right direction is progress. In the beginning of my journey I often had people tell me their opinions or things that they thought to be right, and I had to take a step back and look at the whole picture- what was this individual's motive for saying such things, were they healed or dealing with health issues themselves? I chose to trust the Lord and the direction that He was giving me and the many whole food plant based doctors that eat this way and whose patients heal.

I find that if I search for whole food plant based recipes, I avoid the processed foods easier. I also have to plan ahead so that I have food ready because the rest of my family doesn't eat this way. The crockpot and Instapot are my friends. I also keep good healthy snacks around so that I don't binge on candy at this time of year...

People are weird- no-one was ever concerned about my health and dietary needs when all I ate was cheetos and mountain dew all day. But you become vegan and all of a sudden they have an opinion. Follow the spirit and follow your instincts and keep going.

Assorted Nutrition Study Notes (Primarily WFPB)

Packaged foods labeled healthy is just marketing

Many ways to measure progress not just scale, like how your clothes fit, how you feel.

You don't have to be perfect

Seek whole foods and main food groups and you won't need to be super careful about portions, can eat till comfortably full.

Be grateful for what you have not thinking about what you can't have.

Inflammatory foods make allergies worse

If your vegetables are soggy you've overcooked them you want to be able to chew it to unlock it

When we take the time to chew our food the microbiome in our mouth helps digest the food and helps digest the natural plant nitrogen which then enters the saliva which then enters our body and is extremely helpful this is why you don't just want to swallow your food

And why you should take your time when you eat

Only 5% of cancers are genetically inherited it's mostly about environment

Artificial sweeteners mess up the microbiome and your metabolism so people who use zero calorie beverages often gain weight

TMAOs form on the charred burnt part of the meat when you grill it these cause cancer And a damage the microbiome

Stem cells come out of bone marrow like bees from a hive and fix things

Certain foods trigger stem cells to come out and heal your body. One of these is cacao dark chocolate. Because and Mayans made beverages out of cacao bean and recognized its health benefits.

Our DNA is hardwired to fix itself. Antioxidants destroy free radicals which hurt our DNA.

Vitamin C is a strong antioxidant.

Telomeres on the ends of DNA are like the plastic on the end of a shoelace when you lose it the whole thing starts unraveling.

Age shortens these but some foods lengthen them. Various beans and herbs lengthen telomeres.

Baby broccoli sprouts are more healthy than full grown as they grow they spread out all their nutrients to the stock and other areas this is also why it's very important to eat the stocks leaves etc.

Plants grow caffeine in summer as a natural pesticide

Lycopene in tomatoes dissolves best in oil not water. Lycopene helps reduce the risk of breast cancer and prostate cancer.

The oil factor is why tomato sauce lowers cancer because it unlocks this Factor

There are more than a thousand different micronutrients in broccoli and other vegetables. The ANDI scores track only a handful of these. But ANDI score still show certain foods being exponentially better than others.

Igf-1 insulin like growth factor is from animal protein not from animal fat for example chicken breast raises it more than bacon another example skim milk raises it more than whole milk so you can't think that your scot-free if you're just having lean meat because those are also contributing to cancer

Linebackers on football teams have the shortest lifespan of any occupational group in America this is what happens when your goal is to weigh 300 lb and you're eating a lot of protein to make that happen

The more sweets you eat the more you age the brain

The big fluffy potatoes of Idaho are much higher glycemic index than the old traditional small colorful tough potatoes of the Andes mountains

Purple potatoes were basically considered gold by Central American natives
Same with cacao beans.

Beans take several hours to get into the bloodstream a piece of white bread takes 10 minutes

A spoonful of oil gets in in 3 minutes

The body only Burns so much so fast and it can't just leave this oil floating in the bloodstream so it absorbs it as fat

Calories do matter where they come from some people say a calorie is a calorie it doesn't matter the source this is not true some calories absorb quickly some absorb slowly

Beans are not broken down by enzymes as easily because they have resistant starch

Everyone who is overweight is insulin resistant

High levels of insulin lead to heart problems and cancer not just diabetes

Insulin itself is an atherosclerotic agent

The pancreas eventually won't be able to produce extremely high numbers of insulin and then the person finally took home to diabetes but that's not the only problem

When you replace potatoes with whole grains there's a significant decrease in your chance of gaining weight cancer etc and when you replace that with beans it's even better

Mushrooms will help protect against cancer even a small amount every day that will give around the same protection as eating a large amount of them

Green vegetables however are different if you eat more and more of them it does get better and better

People who eat commercially baked goods have a much higher risk of depression

More than 100 studies show that the more beans people eat the longer they live

Eating beans and lentils and peas even twice a week cuts your colon cancer risk in half and it does much better if you eat them more often than that

Flax seed has lignin which dramatically reduces the risk of cancer mushrooms and onions also dramatically decrease the risk

Most vegans and vegetarians still die of heart attacks and strokes because they eat junk food

When you eat beans with bread it slows the absorption of the carbohydrates from the bread

This holds true even for the next meal you eat even if it's breakfast the next day

Beans will remove the toxic metals from other stuff in your food for example if you have beans with meat the beans will remove many of the toxins

Cruciferous greens are much more powerful than greens turned into a tea

nuts and seeds reverse aging and lead to a lower BMI

It's okay if a food increases your stool fat because fat in the stool is not fat on you

Nuts and seeds bring out the bad fats into the stool and you keep the good fats in you

Vegans who eat nuts and seeds live longer than those who don't. This was evident in a Seventh-Day Adventist study.

Activated charcoal can reduce hunger it kills bad bacteria in the gut

the fiber from oats acts like a statin helping lose weight but with no side effects
Oatmeal lowers cholesterol and whole grains help protect from fatty liver disease
If they are whole. refined grains however have the opposite effect.

Put real plants in an office building people will work longer The increased oxygen is refreshing this is also why you feel refreshed when you walk into a forest

Sugar oil and salt these are not foods they are chemical agents that trigger dopamine

2/3 of people now are obese or overweight

When you fast you lose fat but not lean tissue

Like again water and protein are what you gain if you gain weight after fast so you lose the fat and gain good things this is the opposite of what happens in the keto diet where you lose muscle and gain fat

Caffeine has a 17 hour half life so it disturbs your sleep
It is also addictive highly addictive

When you eat healthy plant foods the microbes in your stomach have healthy byproduct fertilizer for your body but not so with all the animal products they make the byproducts then of TMA

Salt oil and sugar spell out the international sign of distress SOS

Type 1 diabetics should not do water fasts but type 2 should it will normalize their levels and then they eat a healthy diet afterwards and it can help get rid of their diabetes

Everyone should do at least a 12-hour water fast every day 16 is better
But don't do too much everyday or your glycogen storage etc mechanisms will start getting messed up

You can almost always fix hypertension through diet sleep and exercise
Sadly many think lifetime medication is the only way

If you have a blood pressure above 160 it's probably not a good idea to do a complete fast you want to work your way into it until you're below 160

Its good to rest whole fasting

Drinking beyond thirst can lead to electrolyte depletion.

Your electrolytes will likely be fine during your fast your body manages it if you don't overdrink.

Beware soup after the fast too much salt in that condition can be dangerous for the heart.

See book the pleasure trap by Alan Goldhamer

Stations poison the lover to keep the body fr making it's own stations

Eating has become our national sport. Michael Clapper

It's Bazar that what someone eats in their lifestyle isn't even part of their medical record.

Cows cry for days when their calves are taken.

Not eating meat is a stand for non violence.

You lose brain cells neurons whenever you get low sleep, eat candy, eat junk food, eat meat, etc. Eventually itll catch up with you.

Vegetables legumes grains and fruit are the four main food groups

Animal flesh doesn't have taste it's the herbs and so forth that we put on it

Dairy is very inflammatory so eliminating dairy will help with asthma after a few months

We use too much fruits in general they were traditionally harvest in the fall and used to get you through the winter but now we don't have a winter we have access to food year round so you probably shouldn't be eating more than a fruit a day and preferably a low glycemic index fruit like an apple more than one is unnecessary.

Omega-3 deficiencies are extremely common probably 95% of people and not just omega-3 deficiency but ratio of Omega-3 to omega-6. Preferably we should have a one-to-one ratio of these but we usually have about a 20 to 1 ratio way more six.

Six is found in vegetable oil.

Omega-3 and vitamin d lengthen the telomeres.

Meditation and sleep keep the telomeres long. Melatonin also triggers Fox O3. So if you're not sleeping you're going to get cancer.

Your genetic expression changes with every meal you eat

Too much protein leads to too much igf-1 insulinlike growth factor 1

This leads to cell proliferation which leads to cancer.

If animals you eat are fed on corn you're getting too much omega-6 and omega-6 and omega-3 draw on the same source so if you have a ton of six you're three will not be accessed

If you're sick you need more protein than usual

Sugar is not found in nature it's as processed as any processed food and it is poison
There is no such thing as sugar it's totally processed

Your biological age is much older than your chronological age if you're harming your body when you eat you can choose to age slower by the foods you eat and we know that diseases set in the more we age and so make the choices to avoid aging by what you eat

In your efforts to slow down aging do that as naturally as possible not with drugs and creams

Vitamin K2 is a good thing to supplement it takes the calcium out of the tissues and puts it back in the bone where it belongs

Vitamin k is absorbed through fat as well as vitamin d and so when people go on low fat diets they become deficient in k and d.

When you eat natural fats they already have the fat soluble vitamins a d e k in them.

Vioxx was once a popular drug to treat arthritis. In 2004, Merck & Co. pulled it from the market after seeing people develop heart-valve problems and die from this (beware, it's still available in generic form).

fluoroquinolone antibiotic causes ruptures to tendons throughout our bodies (see FDA and CDC warnings against this

here: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2483892/>)

MRI using a Gadolinium contrast agent has known risks of adding this toxin to our bodies and potentially contracting Gadolinium deposition disease

(see: <https://www.sciencedirect.com/.../abs/pii/S1548559517300575>).

dy

Epigenetics: what you eat impacts the next 4 generations genetically

Heavy metals from vaccines cause alzheimers

Vaccines cause most if not all SIDS sudden infant death syndrome

See book the plant based athlete

By Matt Frazier

You're running more than an hour and you need some energy have a madjewel date

Gatorade is mostly fruitose it does not Digest well



Water down fruit juice with a tiny bit of salt is a better alternative sports drink than Gatorade

If your workout or run is not intense and over an hour long you don't need to be sipping on a sports drink that's just putting back in the calories you're trying to burn

Drinking water to thirst may be sufficient without extra electrolytes as your body balances things on its own.

Nitric oxide found in plants is a vasodilator And helps with oxygen

Plant protein has all 9 essential amino acids
Some have more of it than others

Animal proteins have excessive calories when compared to plant protein

Plant based athletes have reduced inflammation better recovery and a longer athletic career

Leafy greens beats nuts Potatoes seeds chia seed flax seed, These help and workout recovery

It's harder to stretch if you're chronically inflamed so avoid the animal products

For usable energy the best is carbohydrate than fat and last protein

Cancers we face these days did not take place historically there because we are eating our way into it

The scripture says in the last days the hearts of men will fail them - the leading cause of death in America is heart attack and stroke because of what we eat so this lack of self control and knowledge leads to this heart failure

Antibiotics statins and other drugs great greatly increase the risk of breast cancer

Nutritional studies done in America are usually funded by the drug companies and news and agriculture et cetera the International studies are usually much is national studies are usually much more valuable

Just because we have mammograms and radiation now we're not living any longer oh we're not living any longer than we were before all that

The mammogram actually increases your risk of getting breast is a risk of getting breast cancer

People in the 13th century 14th and 15th centuries they lived longer than teenth centuries they lived longer than we do now when you take into account the variable of increasing to account the variable of increased death of childbirth

We don't see cancers as the cause of death in the early days in the early days there would be a massive save lamp et cetera they would know but no at the time of death but this is not indicated in the records but this is not indicated in the records nor in the research of the mummies et cetera with the mummy's et cetera and other bodies samples

Cancer is not genetic it's about what we eat

During World War II we were trying to make these energy efficient foods energy efficient foods to take on the battlefield and then people start eating those at home and and people start eating those at home and increasing the fast food economy

Supplements may increase your risk of cancer these artificial substances

If a study is less than 15 years long you can basically disregard it

Arthrosclerosis cancer Stroke heart attack et cetera these are et cetera these are inevitable if you're eating the standard American diet

Most people have cancer and it's not yet diagnosed and it's not yet diagnosed in these earlier stages it's possible to reverse it by nutrition

It's not good to grow up fast it's not good to get all these meats and milks and things that give those extra things that give those extra growth hormones to children they end up paying they end up paying for it later by a shorter lifespan

When you're eating healthy you have a later menstrual cycle beginning you don't go through beginning you don't go through puberty until you're 16 17 years old

Is methylation defects from eating poorly from eating poorly for years can be reversed by nutritional excellence

People want magic they want a pill they want to not have to work but it'll take Burke but it'll take a while like 6 months on average before you'll enjoy average before you'll enjoy eating this healthy way just as much as you want it way just as much as you enjoyed your unhealthy eating

If you have higher insulin levels from eating higher from eating higher glycemic foods this will increase your risk of cancer this will increase your risk of cancer and IGF1 Which promotes cellular growth including growth of cancer This is needed when you're an infant in the womb growing but as hes doing but as an adult you have this in excess and it goes and it goes to build cancer

Fat cells make more estrogen and that estrogen increases your risk of cancer

Most of the correctly weighted Americans are smokers drug addicts et cetera they're not actually healthy

It's not enough to just go vegan turn off to just go vegan and eat these highlight semen these high glycemic high sugary foods all the time and the hot it's all the time and the

high oil foods you're doing just as bad as if you weren't vegan you're doing just as bad as if you weren't vegan at all

If a vitamin or herbal remedy has one bad side effect the FDA bans it. This is hypocritical as the medications have many known bad side effects and are approved so long as the commercials list the possible bad side effects.

Bioweapons become increasingly potent, get healthy asap.

Alcohol even 1 glass of wine a day increases the risk of breast cancer 10% .

Women are more prone to get cancer from alcohol than men because they are smaller so their livers are smaller.

Antibiotics cause cancer, most of them are incorrectly proscribed.

White flowers, unlike beans and nuts, are high glycemic and cause excess insulin in the body, which triggered creation of fat cells.

Nuts and seeds pull out the bad fats from the body

High protein diets raise IGF1 which shortens the lifespan.

GBOMBS (greens beans onions mushrooms seeds/nuts) are low glycemic high nutrient

Use less coarsely ground grains

Look at label of wheat bread, often first ingredient is white flower

Cow milk is designed to maximize growth we don't want that

Proteins from beans and nuts don't overly raise IGF1.

The more dairy you eat the higher risk of cancer

A long term study showed that there was a 25% increase in cancer is an increase in cancer for people who ate 30% dairy as opposed to 10% dairy

Egg companies use short term studies it was short term studies to make people think it doesn't raise cholesterol people think it doesn't raise cholesterol but long term studies show it does and dramatically end it does dramatically increase as the risk of cancer as it is a high protein food there is a high protein food et cetera

rare meats and barbecued meats and charcoal cooked and charcoal cooking this all yes all leads to cancer

When you're getting Bread look for 100% whole grain don't just buy some is rain don't just buy something that says wheat flower

Salt sugar and 20 different chemicals are often found in French fries

Fast food is not even food it's a chemical concoction designed to addict and kill people

Is having a 13 hour break between dinner and breakfast your risk of cancer is your risk of cancer goes down 25%

Your body repairs heels and detoxifies when it's not eating

When you snack frequently it keeps your metabolism up which is bad it ages you faster

We want to extend the catabolic phase in which we are not digesting food.

ITCs from green vegetables are the most anti-cancer powerful agents

And the ITC is not in them until you choose them because a chemical reaction happens at that point

The most important part of an anti-cancer program is the lots of greens every day and is the lots of greens everyday and to them thoroughly

300 mg A-day is recommended to fight cancer and Americans eat nor close to that

IP5 and beans does very good at fighting cancer

Eat 2 cups of beans A-day you will have a very long life

Alienase enzyme in Onion is heat sensitive so don't roast itIt helps get rid of cancer

Mushrooms are natural aromatase inhibitors which stops cancer This is an internal part of the immune system

Mushrooms and onions prohibit fat growth

Natural angiogenesis inhibitors are soy edemame berries etc.

Berries cherries pomegranate have antiglycemic effects

ACV and cashews and nutritional yeast and soy or almond milk and red onions make a good sauce put on or dip on with dehydrated leaves

Broccoli and kale grow easily, can even harvest them in cold months and under snow

Most Americans get 400-500 calories from oil a day

If you have over 10 percent of calories from Animal products you'll have health problems

<https://rumble.com/vjfrd3-the-mind-blowing-truth-about-covid-19-vaccines-dr.-sherri-tenpenny-testifie.html>

Lecturer doctor has documented thousands of academic journals and cases demonstrating dangers of vaccines

they're basically three types of food plant foods processed foods and animal foods the animal and process are very similar because they don't have hardly any nutrients

The gorillas eat more than 50 times the amount of antioxidants as humans

Processed foods and animal foods are hormonally unfavorable for example the bagel is a processed food it ramps up the insulin which messes with your hormones and the chicken ramps up your igf-1 which messes with your hormones.

Americans only eat 2% of their diet in vegetables and those are what prevent cancer no wonder everyone in America has cancer

Eating empty sugars like honey and maple syrup even in small amounts increase your risk for disease significantly you need to be all in

They compare eggs to meat and donuts to try and make eggs look healthy but they never compare eggs to beans beans are way more healthy

What's considered a low sodium diet is still way too high in sodium the people of the jungles etc that don't put salt on their foods have consistent 90 over 60 blood pressure or 100 over 70.

If you're using salt you're going to get a hemorrhagic stroke. Becoming healthy weight etc will help you avoid an ischemic stroke but if you're healthy but still use salt your risk for a hemorrhagic stroke.

There's a strong connection between eating fried foods and developing autoimmune disorders

Acne and psoriasis and arthritis and lupus and heart disease essentially disappear when you're eating healthy

We've been brainwashed to think that disease is a normal part of life a normal part of aging and normal part of genetics but the truth is that our body naturally repairs itself and when fed correctly it's natural to be healthy

It's crazy to think that you should wait until you have a disease to start taking care of your health along these lines it's also true that the same diet is appropriate for avoiding disease as it is for curing disease

There are cases where the doctor says a terminally ill patient must be treated a certain way and police guard the hospital room door and it's illegal for the parents to remove the child from the hospital or to give the child alternative treatments

There have been cases of multiple sclerosis which have been healed by nutrition

Build up of fat increases your body's insulin production and leads to diabetes Because the beta cells fail

The cholesterol from eggs is toxic it takes a long time for the body to get that out of the bloodstream

When you switch from white rice and white flour to whole grains your risk for diabetes goes down by 30%, but when you switch to beans it goes down 60%

Eventually your body will crave green vegetables once you've been feeding it that

Type 1 diabetics have some type 2 mixed in with their type 1 and that's what kills them and this of course can be controlled

When you eat right you won't just lose weight you'll get to your ideal weight

When you obtain an ideal weight you don't just look younger you are biologically younger

If you use a cast iron pan daily you'll get way too much iron and it will oxidize in your body creating free radicals same thing with copper pipes but water sits in overnight which you then drink from in the morning

Vitamin e is an antioxidant that kills free radicals but there are many forms of it if you get it in a pill it's only one form if you get it in natural foods you'll get all of it in the correct balance

-Much of the meat today includes: viruses, bacteria, parasites, prions, hormones, fats, genetic adultery, antigenic, autoimmune disease producing proteins, fats, and second-hand adulterating chemistry

Migraines are helped by ginger. Also an old herb called "fever few" taken daily, not at onset of migraine. Alcohol obviously triggers migraines too. Vegan diet helps.

Remember processed food is not food. It is free radicals and pleasure center triggers.

Chew thoroughly puree with teeth. Plants have cellulose walls we break.

Soak beans overnight before putting them into a soup.

Eat sea vegetables to get iodine.

To much iodine floods the thyroid and causes hypothyroid

Iodine evaporates off of sea salt when they dry it out. Hence they have to add it back in.

Kelp has iodine but if you eat a lot of it you'll get way too much iodine
See dr. Michael clapper

See book reverse and prevent heart disease by Dr. Caldwell b esselstyn Jr.

Illness isn't mysterious, it's from the food you eat.
You don't need to manage disease, reverse it.

Fat in the blood remains for five hours before the liver begins to clear it.

Salt hardens artery walls

Sugar should be a minor sweetener, not a food. It ages you.

Even eye sight and knees can be healed by nutrition

Slaughter house bacteria causes leaky gut

Grains eaten by animals are loaded with pesticides and growth promoters.

It is bazar that we blame so much on genetics when the effect of food is so obvious.

Gas line plug and spark plugs fail when you put wrong fuel in the car, same with the body.

Fried meats have oxidated stress.

High protein diets are bad for kidneys, they'll need dialysis.

Some describe becoming a healthy weight like like after coming off drugs.

Arteries don't just have build up, they get worn out, broken.

When you fry a healthy food, it becomes a toxin, and it's no longer food. It's a free radical cancer bomb of the devil.

Antioxidants from green leafy vegetables eliminate the free radicals in the cells
Leading to elimination of plaque and re-establishment of endothelial lining
This is possible because the bone marrow puts out new stem cells to fortify the artery etc

The medical journals have shown for the past 25 years that heart disease can be reversed by a plant-based diet it is unethical to not tell patients about this

We are designed to burn carbohydrates not fats

Healthy carbohydrates do not turn into fat
Your body radiates the heat of the excess carbs it does not turn them to fat

If you're vegan and you're fat still it's because you're using a bunch of oils

Tamari sauce and salsa are good for on potatoes

Oil is liquid fat in a bottle and it damages your arteries

Vegetable broth or vegetable soup are good substances to use to fry vegetables

Water walnuts orange and vegetables blend them up and you have a healthy salad dressing

Balsamic vinegar is another good salad dressing

Instead of heavy breads you can use lettuce to wrap your sandwich

It takes about 4 hours to burn off the starches so don't eat late at night when you're supposed to be in fat burn mode

If you're hungry late at night have some herbal tea

Don't snack throughout the day it's too much work on your body

Edward Bernays is the advertising executive who made up the idea that breakfast is the most important meal of the day as a sales tactic to promote bacon

You don't need breakfast for energy if you go for a walk in the morning you burn some stores of glycogen from food eaten days ago

Your body burns fat during the night and it's rare to be very hungry in the morning as the process continues somewhat

Just drink water until you get hungry you likely don't even need to eat until noon

If you're hungry eat if you're not hungry don't eat

The chicken you buy in the stores today has been genetically modified to make it as much fat as possible

The fat even is in the muscle cells not to mention all of the pesticide and herbicide that's on the food they feed them

Chicken is not lean meat it is very fatty consider making chicken soup the fat floats up to the top

Chicken is more fatty than lean beef

Most Americans eat animal flesh three times a day not even Lions do that

No advanced primate eats any flesh

Human canine teeth are not nearly as long as carnivorous animals canine teeth

Paleo people fossils show that tons of fiber

The women brought in the grasses and berries

Elephant Buffalo giraffe all of the biggest strongest animals eat plants only

Gorilla

There are vegan bodybuilders as well

Some people take time to maintain a plant-based diet because their bodies have been eating animal flesh three times a day for 30 years and their systems downgraded during that time

People who grow up not eating meat don't have meat cravings their mouths don't water at the meat we develop a physical dependency and abnormal physiological attraction

It may take some time to change the enzymes the liver function and microbes etc to the plant-based Nature Way

These people who have the flesh dependency might need to gradually ease into the plant-based diet over 6 months or so

You go to restaurants to have good time with your friends so eat before you go to the restaurant so you're not consuming everything they put in front of you

Travel with a plate and a knife so you can stop by grocery stores and grab a cantaloupe while you travel

Your tastes will change after a few months

Consumption of animal products drives everyone of the global crises that we are facing

Soil erosion water depletion deforestation water contamination

Pesticide use greenhouse gases

They cut down the forest to make grazing land for the beef

They have lots of grain fields that are specifically and only for feeding the cattle and animals

Pesticide herbicide and manure pollute the water sources by these fields for the animal food

We kill 80 billion animals a year for food

All these animals we are raising are breathing out nitrous oxides

We burn a lot of fossil fuels to drive the animal trucks to refrigerate the animal products etc

We are strip mining the oceans we have used up all the fishing

See book a diet for America

See book comfortably unaware about the meeting dairy industry

The water of Life is in the fruits and vegetables

It will heal you

Many 18-year-olds have clogged arteries as well we have seen this when examining bodies from tragic car accidents etc

Erectile dysfunction is a sign of clogged arteries., Expect 3-5 years having heart failure if you have ED.

Lower back pain can be a sign of clogged arteries as the blood flow is not sufficient there in the discs begin to grind

If you live in America you can basically be confident that you have plugged arteries

Vegan diet and no fried foods helps arteries.

The classic sign of clogged arteries is chest pain if you change the diet that go away in about a month

Berries are made of water and natural food sugars you really can't have too much of them
It's better to get organic berries because Farmers like to spray pesticides on berries

Things you don't want like copper and iron are often built into multivitamins

Most vitamin B12 supplements have way more than you need

If you have iron deficiency anemia you need more Greens and beans

97 percent of Americans get too much protein and 3 percent get enough fiber.

See Dr Will Bulsiewicz book fiber fuel

It can reduce your risk of getting dementia if you eat soy or recent study says

Eating flavonols lowers blood pressure

Berries grapes apples all have Flavanols Pomegranates and cranberries also

People who eat fresh fruit everyday a study in China showed are less likely to get type 2 diabetes fruit should be your snacks and your desserts diabetic people should even eat fruits because they're also getting fibre vital chemicals minerals lots of great things

A study showed that those already have diabetes if they ate fruits regularly there were less likely than half diabetic complications have diabetic complications

Type 2 diabetes is 90% of all diabetes

CO CO especially when not roasted is also good for flavonol

A white chocolate bar is just a sugar and fat pulled out of the chocolate it does not have the flavonols

Beta amyloid is a toxic plaque that builds up in the brain and when we sleep we get rid of this those who have more of this build-up have an earlier onset for Alzheimers

Diet doesn't need to be news everyday. Blue zones eat the same thing year after year.

The single leading cause of premature death is food.

"Eat food, not too much, mostly plants." said Michael Pollan

We are eating more of everything, it's no mystery why we are fat.

Paleolithic people ate 100g of fiber a day and walked over ten miles a day.

There is more than one way to eat badly and we Americans are interested in exploiting them all. Just because one terrible fat is bad doesn't mean a bad but less terrible fat is good.

Be outraged about companies exploiting us by intentionally getting us addicted and diabetic for profits.

Doctors learn biochemistry but they don't know stuff they can teach to their patients like good recipes the patients can use.

Teaching children about nutrition they'll go teach their parents.

Meat hinders are high and saturated fat and they have cholesterol and have hormones
Meat hinders are high and saturated fat and they have cholesterol and they have hormones

The milk sugar lactose is something that most humans can't Digest and there's really no health benefit from it

Animal products do not have fiber or vitamin C

Meat increases LDL the low density cholesterol it is typically seen as the bad cholesterol and HDL as the good cholesterol meat also raises HDL but there's actually no shown benefits of HDL

We need iron in our diet animals don't make iron iron is an element in the Earth the only reason animals have iron is because they're eating plants

Studies show that vegetarians and vegans often get more iron than meat eaters

Meat has bad heme iron which is difficult to process and it contributes to Alzheimer's

Plants have all the essential amino acids you need special of University of plants

Meat and dairy are missing so many things that plants have the phytonutrients et cetera

There is iodine in milk but it's because it's supplemented in cow food

The dairies use an iodine based disinfectant on the udders and much of that gets into your milk

You can get iodine from iodized salt or sea vegetables



Processed meat is a known carcinogen in the same category as tobacco and cigarettes yet we feed it at school lunch it's all the time

Fat cells cause inflammation which kills brain cells

Eric Clapton said sugar was his gateway drug to heroin

70 to 80% of all Healthcare problems in the United States are self-induced problems so if you want to go get sick that's your business but if you want me to pay for it that's not fair this is why socialized Healthcare is immoral

Apricot seed oil on the skin prevents wrinkling the apricot seed has anti-cancer factors people in the Himalayas where the legend of Shangri-La came from use a lot of apricot seed they used to grow to 160 years old on average.

We can be addicted to food. How do we know if we are? When we frequently give in to eating unhealthy foods.

We differentiate between macronutrients like carbs and protein, but many foods are essentially equally unhealthy despite being in different macronutrient food groups. Eating a slab of meat is about just as unhealthy as eating a fake pastry.

You can't just say a white sugar causes diabetes you have to qualify that by saying avoid refined sugar also you can't just say that what fruits have is sugar you should qualify that and say it's whole sugar

Fat not just sugar but fat causes diabetes but it's not just any fat it's fat beyond what your body needs

Trans fats are known causes of heart problems

9 classes of nutrients in whole foods are carbohydrate protein fat vitamin mineral antioxidant fiber water antioxidants phytochemicals
All whole foods have all nine of these

The three macronutrients are all used for energy they're all turned into ATP

Fiber is like the rebar and concrete it holds all the nutrients together

You want a slow rise in fatty acids and amino acids and blood glucose this is why we eat things whole rather than blend it up so they take time to be broken down by our stomach enzymes and absorbed into the small intestine.

A good tip is to drink smoothies slowly and have something to eat with them

Some foods make people's blood sugar Spike which don't affect others in the same way

Your brain and your gut are constantly communicating. Did you pay attention to this your body will tell you which foods are not good for you and you will cease to crave the bad foods.

Type 1 diabetes is autoimmune and there is a small genetic factor to that but type 2 diabetes prediabetes and gestational diabetes are essentially negligible levels of genetic Factor.

Cholesterol, saturated fat, refined sugar, these are what lead to diabetes

Intermittent fasting daily movement and nutritional eating three of the greatest keys to avoid diabetes

See book mastering diabetes by Cyrus Khambatta MasteringDiabetes.org

Liver and muscle are meant to operate on glucose but we are putting fat in them

The metabolic functions being stopped the insulin resistance this is what makes someone's blood sugar rocket when they get a fruit but the problem isn't the fruit it's that they're metabolic system is messed up with the fat in their muscle and liver etc

The fat in muscle cells is what leads to diabetes



When people cut out the sugary foods they don't realize they're also cutting out a lot of fat there's tons of fat in cake ice cream etc

When you eat beans rinse out the fluids from the can as it may have bacteria can't digest

One of the main reasons you don't have to worry about protein on a vegan diet lifestyle is because of all the beans you eat

Iodine is important for thyroid health
Many people get their iodine from dairy it's better to get it from an iodized salt

Bagels and donuts are both hormonally unfavorable and low in nutrients and they make free radicals

You should never be aware of your internal organs they should never feel your stomach distend

Eating vegetables and fruits after about 400 calories in a meal you will feel full

Oil and white flower are typical products that are poisons that people eat

It's easy to lose weight when you're focusing on vegetables it's impossible to eat too many greens

Oils white flower all of that kind of stuff makes you feel hungrier

we do experiments with rats where we give them an option between cocaine and food and they choose the cocaine every time and they do that to an extent that they stop eating completely and starve to death humans do the same and that they choose low nutrient foods and they eventually die

Humans and all animals will always choose the cocaine-like version if you give the kids an option to have the fries the pizzas the white breads they will always take those. Those are brain stimulating foods they're not healthy for the body.

When parents give their kids junk food as a reward for participating in sports it shows that the parent is a drug addict. Food is a drug. You might as well shoot them up with heroin as a reward for them playing sports

Junk foods have no fiber and leave you instantly wanting more

Beans are the slowest digested carbohydrate. they are the carbohydrates with the highest amount of fiber and resistant starch. Resistant means those carbohydrates are resistant to enzymatic degradation. some of the starch and beans are fermented by bacteria into fat. This turns into fat very far down in the digestive tract so it passes through into the toilet bowl and does not get absorbed.

sugar and fast food are gateway drugs to illegal drugs this is why there are so many drug addicts in the United States

it takes pain to throw toxins out of the body if you are feeling bad you are getting better if you are feeling good you are getting worse

The longer you live in the catabolic phase the longer you will live so do not eat often

You will feel shaky headache fatigue etc as your detoxifying

Hunger dictates to a precise degree of within 25 calories per day of how much food you need so do not eat unless you are hungry get in the habit of saving things for later

Often parents think that their children are too thin and they manipulate their children into getting them to get eat more food and they develop unhealthy patterns of not listening to the bodies hunger

True hunger does not exist to make you overweight it exists to protect your lean body mass

Eating animal products takes a long time to digest

When certain animals eat other animals they sit around digesting that for a week

the animal products diet keeps you out of the catabolic phase

you don't need to eat before you work out so you have energy you should have energy all of the time you should not just have energy when you eat

You don't need calories for energy you burn fat for energy

an overweight person does not need to eat food for energy they have enough for the next 6 months on their body already

Eat episodically only when hungry.

Go to bed on an empty stomach so you can not be constantly digesting, and be in the anabolic stages for greater periods of time. This is similar to intermittent fasting.

14 hours without eating daily

If you never get hungry you're unhealthy

If hungry at bed time go to sleep

You don't want to add size to your body as an adult this is also increasing the cancer if you're encouraging the growth as an adult, so you don't need a bunch of meat to increase in size

the football linebackers always die at a young age because they're so big and eat all that meat

lifespan shortens when you eat animal products and processed foods but that's basically all Americans eat now

Today Americans only eat 2% of calories from vegetables

fast food isn't just food you buy at a fast food restaurant it is white bread commercial pastries and pastas
Salad oil mayonnaise crackers

Loss of brain function and change of personality result from bad health they are a shell of what they could have been. Difficulty concentrating.



Heart disease and cancer increase as you increase animal products

People ignore the studies showing the animal products lead to death because they don't want to give up their meat, they follow the most popular diets in the world because they don't want to give up their meat

eating nuts and seeds dramatically increases lifespan and decreases cardiovascular disease this is one of the key findings of the past 20 years of research in nutritional health

TMAO rises when you eat eggs as well this leads to dementia and heart disease

The majority of studies point to animal products being bad for long-term health the few studies that have said eggs are good for you are ones where they're already getting tons of me they just changed it from others to eggs or where they're placed eggs of sugars to show the people were worse off without them cetera

Eggs and are twice as likely to die in 20 years also eggs are highly connected to breast cancer because of all that cholesterol

Animal products are void of phytochemicals and antioxidants

having lots of micronutrients and moderate caloric restriction is the only proven way to extend life and every study that holds true

But you can't just have one without the other you have to have both high nutrient and moderate calorie

micronutrient completeness leads to a decreased appetite so you can control your appetite if you have your fiber antioxidants etc.

buy vegetables to snack on at work and so forth carrots and other high-fiber things that are cheap

Diets fail because they cut back on calories without improving macronutrient and take

you can't breathe on the 12 breaths a minute instead of 14 you can maintain it for a while but you're going to be gasping eventually this is similar to when people cut back on calories without improving the nutrition

If you eat more calories now you will be eating less calories later because you'll be in a coffin. you might enjoy the foods reading right now but they don't taste very good when you're in a coffin.

Your smell and sight and taste buds get healthier when you eat healthy taste buds change to enjoy the good foods.

people who stick to healthy eating like their new diet just as much as their old diet

Food addictions take 20 years off your life and decrease the quality of life before you die To suffer for 10 or 20 years before you die

and your partner before you die it's like being in a war and being captured as a war prisoner and they don't just tell you they torture you I take all your money and then they let you die

No peaceful death at home

your body is designed to live a whole life well just like the deer running around in the woods

They are not on dialysis or taking Prozac

Going up longevity proteins maintaining telomere length decreasing DNA damage increasing DNA repair these are some of the things that happen when you have a high micronutrient diet

Toxins are removed from the cells

your body is like a factory that takes in products and creates them into other products and there are waste by-products and as those waste product build-up you age

If you do not get rid of the waste products you will age at 10 times the rate

You do not want the factory to be overworked and produce extra waste

The battery in the flashlight maintains its charge if you keep it off but the more you rev it up two more quickly it's used. Similarly, having a high metabolism isn't conducive to long term health.

We need food to survive the excess food kills us so we need to eat the minimum amount of food we need to survive and the only way to do this is by making the food that you do eat high in micronutrients



if you eat 50 more calories a day than you need to maintain your ideal body weight then that's about 4 pounds a year that you gain and over the years that adds up big time
10 years that's 50 lbs.

and 20 years are taken off your life just from those extra 50 calories a day

however, if you eat 50 less calories than you need to maintain your body weight per day nothing happens your muscles actually get stronger not weaker

There'll be less activity of the bones less stuff going on and off of them so you'll become less osteoporotic not more

the metabolism will slow your body will resist weight loss by reducing body temperature which conserves energy for the body. in the winter you'll need to wrap up extra warm but in the summer, you won't be bothered by the heat as much

The thyroid gets slower which makes you live longer. Your respiratory rate and heart rate slows which means you don't waste as many calories breathing etc. diets today try to make your top metabolism faster but that's the opposite of what you should be doing you wanted to be slower which puts us work on your body and makes you live longer

The diets of today are all about telling you that you can have whatever you want and be healthy

There's the twinkie diet that takes 30 years off your life but who cares!

when you don't spend as much time editing that also adds lifespan because you're not using as much of your life eating. and Jim training coaches give bad advice telling you to constantly eat protein.

Cancer is an advanced disease which is a result of a destroyed body take care of your body earlier

the best appetite suppressant is fiber because it supports the growth of healthy bacteria. It takes up space in the stomach, but it also sends chemical signals to tell the brain to be full. Resistant starch also helps with appetite be satiated and that is high and beans. beans are highest in protein and fiber of all carbohydrate foods.

Beans are very good to protect against cancer and especially soybeans protect against cancer.

Corn now is less healthy than it used to be because it's been hybridized to be sweeter.

no food is good if it is processed that includes corn and soybeans if it's processed then it's no better.

Even tofu and soymilk are partially processed because the fiber is removed. That won't have the same anti-cancer effects an entire soybean wood.

The food that is most protective against dementia is green vegetables.

The food most protective against cancer is green vegetables.

humans are green vegetable dependent animals they have nutrients which are not optional.

If you don't like greens that's fine just live close to a hospital but even that won't really help

-going to the doctor today for meds is like smashing your hand with a hammer and going to get pain meds for it, then the next day smashing your hand with that hammer again and returning for the pain medication. Rather we should change our diet.

-when fed correctly, the human body takes care of itself

-you aren't a failure, the information you've been operating on has failed you.

-with the science of nutrition advancements today, we can have the best health in human history

Your health destiny must be earned it can't come by taking pills

all healthy centurions all healthy blue lines all healthy groups of people have a BMI of less than 23 which means that over 80% of the population is overweight but the state statistics tell you it's only 70% because they use a BMI of 25 which is an accurate It's really 89% of people that are overweight

there's no such thing as an overweight healthy person you can't have it both ways

You don't want foods that jump into the bloodstream quickly

fat cells allow and permit cancer cells to grow on your body as well

fat cells also block the intake of insulin makes the beta cells in the pancreas need to secrete more insulin

That excess insulin doesn't just promote more angiotensin and fat storage it promotes cell replication and cancer and atherosclerosis and increases neuro inflammation which in turn makes you more of a food addict increasing your appetite

fat on the body is a vicious cycle leading to more serious illnesses

The neuro hormones from fat make it more difficult for you to be healthy and lose weight

If you are not getting overweight on the normal American diet, there's something wrong about you something sick with you

only about two and a half percent of Americans have achieved in normal weight because they eat healthfully

Or they exercise the rest of the normal weight people are sick.

100 years ago, 1 and 100 Americans were mentally ill. Today it's one in five

Bad food doesn't just make you overweight it destroys your brain cells

Then you lose control of your life and your primitive brain kicks in

Hormones begin to dictate your behavior

animals running around in the forest or never overweight they control their appetite with a very fine line of exactly how much they need to eat

Even the predator animals they're all exactly the same weight as their ancestors

In primitive times there were no overweight humans

Overeating calories especially protein speeds up aging

This is nature's way of wiping out any animal that eats too much of the food supply so that the food supply doesn't go extinct and the animal the predator animal go extinct as well

Protein is the most important regulator of lifespan the more of it you eat the shorter life the less of it you eat the longer your life

The predator who overeats himself personally often won't go extinct but his children will because the DNA changes, so the next generations live shorter so that all of that line are taking care of so that line doesn't wipe out the prey species

everything a woman eats affect the future health of her children because her eggs are living in her body

it's not just eating healthy when you're pregnant that affects the child it's eating healthy before you get pregnant

A woman who has a baby at age 30 has been affecting that egg for 30 years because the egg develops early in the stages of the mother's womb so even what your mother ate affects your children

When someone gets cancer or a brain tumor 2 years after they are born that is in nutritional issue

What the males eat also impacts the health of the children

even when you're an old person what you eat affects your children because if you destroy yourself and become dependent on your children to take care of you that destroys your children's lives to



Fat prevents blood moving in and out of your vessels as your heart pumps that is inside and outside of your organs not just got that you can pinch not just the subcutaneous but also the visceral

the visceral fat is more dangerous than the subcutaneous fat and when people diet and lose weight the thing that goes off more is the subcutaneous not the visceral

then when you go off of a crazy diet and start gaining weight back the visceral fat is what comes back easier

When you gain weight quickly the body cannot put on subcutaneous fat quickly, so it puts on visceral fat

when you have yo-yo diets of gaining and losing weight, you're shifting fat from subcutaneous to visceral which is more dangerous
So these crazy diets increase your risk of heart disease and cancer

if you are overweight and on a nutritarian diet and you are not losing weight and you are not really on a nutritarian diet

If you're overweight and not losing 1 pound every 3 days and you are significantly overweight and you're not really on a healthy nutrient based diet

I just start losing weight you become less insulin resistant

After losing 2 pounds a week or more estrogen levels go down and begin to be normal and the insulin slash resistant
you can become non-diabetic in the first 6 weeks even while you're still overweight if you are losing weight

On a nutritarian diet because it is much more than just eating less calories
you are eating less calories but at the same time your body is being flooded with antioxidants and phytochemicals

Those allow the cells that were hibernating and degenerating to come back, you're activating your immune system and the inflammatory mechanisms in cells. The cells begin to structure themselves to remove toxins. Excess weight coming off and needed nutrients coming in is the combination that brings the loss of diabetes etcetera.

slightly orange skin because of all the vegetables you eat is a good thing

We are thinning out the nutritional density of the food you eat because it has to go more places one cup of carrot juice becomes like about a half a cup of carrot juice because it has to go to so many places in your body as you lose weight food to eat automatically become more nutrient-dense just by way of ratio of where those nutrients need to go

your brain is a bowl of fat in that fat can become rancid and that in turn makes you rotten person in of bad behavior

Your creativity happiness and decision-making power goes down

Those powers are based on whether that fat is rancid or fresh

The brain has a continual need for antioxidants

your brain is the ultimate driver of how much you eat so you need to be flooding it with what it needs as you're trying to become healthy

The rate at which you age is your metabolic rate

Moderate not excessive caloric reduction has been proven long-term to slow aging and increase lifespan

Too much caloric reduction or anorexia isn't good for longevity

Eat moderately below your basal metabolic rate

almost every diet involves aging faster so that you can lose weight that's like making a pact with the devil

Some of these include keto and paleo

You lose the weight, but you live 10 or 20 years shorter

When you eat more foods but you're high in micronutrients and fiber you'll want to eat less food

The desire to overeat will go away

if you are overweight then you are not eating the right food because you are not getting the right micronutrients if you are getting the right micronutrients your body would be telling you to eat less and you would be eating less so we know that if you are overweight you are not eating the right foods

when your diet isn't healthy enough to develop and unrelenting desire to continue eating

You can't control your behavior when you're micronutrient deprived

sweeteners be there sugar or artificial no-calorie sweeteners as well as oil and salt are things which will make you eat more calories

Those all rev up your desire to want to eat more food

It's a scam to say oil is healthy

Oil has no nutrients and no fiber and is the most concentrated calorie in existence

Nutrients and fiber suppress the appetat

Oil calories go from your lips to body fat storage in 5 minutes

All oils are unhealthy because they are fattening

Oils are processed to remove micronutrients and fiber so the calories simply immediately flow into the bloodstream

When calories go to the bloodstream so quickly it is like injecting yourself with heroin

They go right to the brain and signal dopamine receptors and make you an addict

Overtime it also makes you dopamine insensitive

The south is called the stroke belt they're more strokes and heart attacks there than anywhere because of all the fried foods they eat

Even the fumes of the fryer are carcinogenic that oil sits out for hours and hours



Eating a piece of chicken is like eating a bagel they are both the source of macronutrients but neither has micronutrients in significant amounts

They have no phytochemicals or antioxidants and only few vitamins and minerals they are just mostly calories without the things that control your appetite

When you're eating calories you're producing toxins and free radicals with every bite
The common cause of disease is the buildup of these toxins.

White flour and white rice are like eating marshmallows, the body doesn't differentiate it, it's just sugar entering the bloodstream.

There's great joy and knowing the intellectual reason behind what is healthy for you to eat and then making that taste good and not having to worry about getting diseases like most other Americans

When you eat bad food it's a life of fear and tragedy

Nutrition should be taught in school from the beginning all the way through with Reading writing and arithmetic because it's going to affect whether you get depressed and whether you get diseases and your quality of everyday life and longevity

People save a bunch of money and then retire and then they spend all their retirement money and healthcare costs

If you are 50 pounds overweight, you'll need about 10 times the amount of insulin
Is it because your body becomes more insulin resistant as you gain weight

Fat cells produce estrogen

high glycemic index means the glucose enters the bloodstream rapidly like honey sugar maple syrup white rice white bread
These a spike the insulin

But beans are broken down very slowly they enter the bloodstream about one or two calories a minute and it doesn't require tons of insulin

Bean is high starch which is almost similar to a fiber meaning resistant to enzymatic digestion

So they are broken down by bacteria in the gut more so than insulin that's the gut essentially ferments them they become a fuel

Which promotes the healthy growth of bacteria

the conversion of these beans into fat takes place too far down in the digestive tracts and 90% of it is lost in the toilet bowl

These beans mostly passed through you as a non-caloric source

They bring down the appetite by the 50 calories but only five of the calories came in

Vegetables and nuts work similarly and all these results and feeling full without taking in tons of calories

the foods high on the glycemic index bring a sort of a high that's why they say you can't eat just one

even working in a fast food restaurant even if you don't eat the food it's carcinogenic because of the fumes of that rancid oil they keep reheating and cooking with

we are the only country who allows class 1 carcinogens like asbestos to be served in school lunches to kids; They don't allow that in the Arab countries and Europe only here

Micro-nutrients of vitamins minerals and phytochemicals don't have calories the macro-nutrients to have calories the protein carbohydrate fat

Every strawberry has seven hundred different phytochemicals in it every piece of broccoli has a thousand different phytochemicals these are not optional they are necessary in our immune system

And every study on longevity what shows is moderate caloric restriction and high-density micronutrients.

if you're not eating vegetables especially green vegetables than you are micronutrient deficiency because those are the things that have the most micronutrients

when you eat calories that don't have nutrients associated with them you shorten your lifespan with every bite

When you have enough micronutrients that prevents the cellular structure from breaking down

Your body has the ability to undo the damage that you've done to it by eating less calories

If you eat a 65-calorie apple before approaching a buffet you will generally put 65 less calories on your plate because your body registered the calories in the Apple because of the fiber etcetera. If you take a 120 calorie tablespoon of olive oil on your way up to a buffet because that oil has no bulk no fiber doesn't occupy space and doesn't have you chew anything then you go up to the buffet and you don't eat any less your body doesn't really register that as something to turn down the hunger levels.

When you put oil in your foods it makes you hungrier. it enters the bloodstream so rapidly that your body can't use it for energy to ask to store as fat.

With an electron microscope you can look at what fat gets put on to someone the structure of it doesn't even change you can tell if it's fat from meat fat from cheese fat from oil etcetera because it takes 5 minutes from the lips to the hips when you're eating these kind of things.

nuts and seeds are fat magnets they suck fat out of your body and put it into the digestive tract increase in the fatty stool

they pull the fat out of the bloodstream preferentially pulls out the bad fat Like saturated fat LDL.

This is how nuts and seeds lower cholesterol.

for a heaping tablespoon of nuts or seeds it's 35 calories unlike a tablespoon of oil which is 120 calories and the calories from the nuts and seeds actually satiate the hunger. and it's more like getting 25 calories + 35 calories when you take the nuts and seeds because so much of it goes to the digestive tract.

Most Americans eat about 5% of their diet as produce but we need is 90% of it as produce or we are going to get sick

in Fiji three times as many people smoke as do in Hawaii but in Hawaii there is more cancer because they eat way less produce in Hawaii than in Fiji.

We food addicts always can think of an excuse why to start later later later your life becomes a chase of supplying our addiction

People who are addicted to things become less kind and creative their ability to be a good parent and neighbor decreases. Other things don't matter to them anymore they become more narcissistic.

Temporary weight loss is of no benefit whatever diet you do it'll only keep the weight off if you do it your whole life I'm certain diets are not long-term sustainable but the nutritarian diet is

Disease is unnatural our bodies are disease resistant

Fruits often have a hard-exterior shell to preserve the clean water inside

When you eat a fruit chew the seeds in it

Chewing foods makes more of the nutrients in them more accessible

High-protein animal products raise igf-1 but high protein plant products do not

Animal proteins turn into hormones that we don't need an excessive growth that we don't need when we are an adult

Cancer is one of those things that starts growing

plant proteins are not as biologically complete as animal proteins the body mixes up amino acids

It can mix and match and digest some of the bacteria lying in the gut

Or take from some of the epithelial cells to add more protein to the bloodstream

To complete the protein needs

and this way the body measures and makes the amount of hormones that it needs rather than overshooting it which happens with animal products

For a lot of people 10% animal products in the diet is too high because it's too much igf-1 they need to go down to between 0 and 5% to keep the igf-1 favorable
That's how most individuals operate



Even the increase needs of an athlete are most favorably match with the plant-based protein system

many vegan diets are unfavorable because they don't supply enough fat and protein to children and the elderly

VHA deficiency can result with the vegan diet of not enough fats it shrinks the brain. Flexitarians who include nuts and seeds in their diet are healthier than vegans who don't eat nuts and seeds.

About 40% reduction in cardiovascular disease for people who eat nuts and seeds everyday

These are low glycemic index foods.

That decreases the amount of calories you feel like you need to eat.

Your fat should come from nuts not oils and it should be the correct amount of nuts because the nutrient nutritarian diet is all about getting the correct amount of calories

depression anxiety dementia are all symptoms of DHA deficiency eat this is why you don't have enough fat in your brain shrinks vegans often get this so you need to make sure you're eating nuts and seeds to get fats

In a study about 65% of vegans were DHA deficient, about 25% of them radically deficient they would have become severely demented if they would have followed that diet long-term the study had about 100 vegans

You can take a DHA supplement

DHA appears to be genetic and some people are low in it even if they do eat seeds

The nutritarian diet because of all the nutrients lowers cholesterol but specifically it lowers oxidized LDL which is the most dangerous type of cholesterol this diet lowers cholesterol more than statin drugs.

The statin drug causes cancer the natural method doesn't and it even lowers the blood pressure more significantly restores elasticity of the blood vessels and increases smooth flow in the blood vessels etc.

blood pressure drugs are dangerous because they put the systolic in an unfavorable range in order to adjust the diastolic

have at least an ounce or an ounce and a half of nuts and seeds everyday about half an ounce with each meal and have at least three fresh fruit today one of those being berries or some other low-sugar fruit

Have a big salad everyday with beans have cooked vegetables everyday

Lupus arthritis etc. are some of the diseases that people get rid of when they start losing weight in a healthy way

a stent doesn't make you live longer it makes you live shorter because there's a foreign object in your body

a bad diet doesn't just mean dying younger it means killing yourself along the way suffering along the way and you actually enjoy food more when you're eating the right way too, it strengthens the taste buds when you're eating the right way and when you're eating the right way you're not driven by addiction
The irrational food addicted self-talking

it'll make you live longer if you finish dinner earlier so that when you go to sleep you don't have food in your stomach
It's the more hours of sleep you get without digesting food that makes you live longer
How much sleep you need could range from five hours to 8 hours on average people need six and a half to seven hours
If you don't eat before bed you'll sleep better and feel better while you sleep and live longer

if you're allergic to some nuts you can do a test to see which ones you're more sensitive to also you can use seeds
overtime as you eat healthfully and improve your immune system some of those allergies can go away
Also, by oral food challenge introducing very tiny amounts I can get the allergies to go away

You can lengthen telomeres with a good diet as seen in the telomere testing the telomeres both grow back and get lengthened
Methylation defects can also be measured today these lead to cancer and those also go back the other way



Cook beans in water as opposed to drag them out or cooking them in high temperatures
It's not just being any food that you tried baked or barbecue or grill
When you bake it brown in the oven you form acrylamides and other dangerous compounds but this doesn't happen when you water cook in a stew in a pot.

blending things like nuts doesn't decrease the bioavailability it's just like chewing them well the fiber and everything is still there

if you overcook a food in the microwave it's not going to radiate the food and put radiation in your body the fear of radiation is overrated

when you're getting a nut remember those grow up high on trees and hard shells those are pretty safe to eat because hard shells protect them from pesticides etc.

the consumption of soy has the most protection against cancer compared to any other Bean

The major source of fat should be nuts and seeds these are even more beneficial than avocado also don't have oils because those are all processed and a lot of the anti-cancer etc. effects or removed from them you just plan on don't want processed foods. And it is erroneous to think that fat from nuts is the same as fat from some other thing like a processed oil because you want the package deal and you don't want the extra cancer-causing things that come along with the bad foods.

it your fats as in your nuts and seeds with your meals so it can absorb the beneficial nutrients of your meals particularly your meals with lots of vegetables to absorb maximum amount of those nutrients

when you're getting the correct diet almost always the type 2 diabetes will be reversed it's very rare that you will still have type 2 diabetes if you're eating the correct diet

potentially 10 years from now we could do stem cells to grow back the beta cells in the pancreas to resolve type 1 diabetes

Cholesterol level of animals like gorillas elephants monkeys the average cholesterol of these animals in the wild runs very low like between 40 and 70

This shows us that cholesterol in the it needs

You don't need to your cholesterol that people pushing

The body makes the if it needs more it when you have a does include some seeds your body will needs into cholesterol

the very low amounts of saturated fats in nuts and seeds are not an issue Your LDL should be below a hundred



you don't need much body makes all that

eat saturated fat for ideas fabricated by animal products cholesterol it needs will make more healthy diet, which fats from nuts and convert what it

The nitrogenous wastes ammonia urea acid etc.

Enter the circulation when a person starts a plant-based diet and so people who are just starting plant-based diets can feel wiped out

It can take even a month to get over that

the main thing about going on a plant-based diet if you need to give it about a month because that nitrogen is getting dumped back into the tissues

They're dumping waste products out

They're feeling EI because of the waste dumping which means they are getting healthier

Also, a DHA deficiency can be a common problem for people on a plant-based diet which makes them depressed but this of course can be resolved getting more seeds and green vegetables increase the protein as some people have higher protein needs most of the vegans just eat lots of rice and potatoes and that's not cracked and they're missing out a lot of what they should be having to have protein adequacy. some have b-12 deficiency issues but most people aren't big, and I already know that is slow and b12 so they take a supplement so B12 is not usually the issue of burnout on a plant-based diet. Becoming DHA deficient takes a couple years.

A carrot has more calories when you eat it cooked in other words the calories are more available more digestible when you cook it so don't cook it

Donuts should be illegal you should have to legally smuggle them across the Mexican border and buy them at high prices from people hiding by their cars when you take donuts and cake and bagels just like shooting up heroin it sends those dopamine receptors which tell you all the time that you want more and make you constantly think about them

It's impossible to get overweight if you're just eating natural foods

Hitting the high-volume low-calorie food or other words the natural foods automatically decreases your desire for the junk. The more good food you eat the less you want the bad

Feeling better is not the same as getting better. You give the addict another cigarette and he will feel better, but he will not get better.

anything with the pharmacologic effect is toxic or poisonous blocks things and disturbs natural processes you want to be eating to where you don't need medicine natural or otherwise

The reason people constantly eat all day and never have time to detoxify in the catabolic stage because their bodies are so toxic that they can't tolerate not eating. They stay in the anabolic phase. They have to keep getting more and more calories to stifle off the pain of all the toxins all that hunger which is a result of all those toxins the aching and so forth. True hunger happens at the end of the digestive phase in other words after the catabolic cycle. True hunger does not direct you to eat to become overweight.

In a study of 132000 people the more greens they ate the longer they lived greens are the highest micronutrient dense food that we know of yet hardly any Americans eat them

Greens like kale are 50 times as nutrient dense as Chicken and white bread

When whole food stores started using nutrients scores labels the sale of green vegetables went up tenfold

the nutrient scoring system measures about 32 different nutrients but that's not everything like mushrooms might score low on it but they have lots of other things in them which are anti-cancer and I take that

You don't want your food to drive up hormones like estrogen testosterone and insulin
Charlotte Amore cancer if you have more of that

As a person needs more commercial baked goods depression goes up accordingly

The best way to give every woman breast cancer is to have high glycemic foods with high protein for example a hamburger.

Most men over 70 have prostate cancer but they usually die of heart attacks and most women over 70 have breast cancer and they usually die of breast cancer. the way to solve breast cancer and other cancers is not a mystery anymore.

Mammograms do not protect much against cancer because they detect cancer that has already been there for 10 years. You don't need a mammogram to tell you that if you're eating American food you have breast cancer. In the early stages it is not visible on a mammogram, but it exists in the cells of the tissues none the less. The body can come back and destroy cancer cells especially the earlier you catch it.

When you're not eating more nutrients and you're just going on some scheme to make you eat less calories it's like telling you to breathe less air and you are invariably going to yo-yo diet and that situation.

True instinctual hunger is felt in the mouth and the throat you will salivate.

Ip5 found in beans doesn't allow tumors to grow shovel is a half a cup of beans a day study showed the man who ate beans even only twice a week had much lower cancer.

Mushrooms should always be in cooked no need to cook it wanted 2 minutes because it has a mild carcinogen it goes away when it's cooked a little bit what mushrooms are one of the healthiest foods that should be eaten on a regular basis you could that Lee cook the mushrooms and then put on your refrigerator sick and throw them onto a salad etcetera while they're cold

Berries particularly pomegranates have the polyphenols that are very anti-diabetic even though they're sweet. Blueberries and strawberries as well these can lower the glucose absorption of other foods when you eat these fruits with those other foods.

we have an economic crisis trying to pay for all these unhealthy people and it can't be solved in Washington guess we solved by people becoming healthier

Vegetables, not bread and pasta, should be at the bottom of the food pyramid



if you're having your diet in the shape of a plate then the majority of the plate should be vegetables turn on the rest of it you've got things like beans and seeds and fruits

If you want animal products in your diet, make sure they are not refined and that it's under 10% of your diet

They should be for flavoring not for a big portion of your plate

Most Americans consume more than 400 calories of oil per day where are those calories going to go

On your body

unless you're a physical laborer professional athlete you're not going to burn it off you're certainly not going to burn it off working on a computer it is stored as fat to rapidly only if you were pulling a plow all day or dating with a shovel all day would you have a chance

Most Americans eat 70- 100 ounces a week of animal products and you should only be having up to 7 to 10 oz of week so 10 times less than standard American eats

Our attachment to unhealthy foods is emotional once we learn how to like healthy foods and our taste buds become stronger and more sensitive if we eat the unhealthy food it tastes disgusting because it's too sweet not too much oil salt etcetera and we learn how to taste the bleach in the ice cream

And you would rather go home and eat the ice cream you made it home with a frozen banana

With the nutritarian diet you're a beginner when you just starting and you don't feel good because you're detoxifying and you're intermediate when you're starting to eat healthier on a regular basis but you still wish you could eat the other way you're a almost master when you start developing more of a preference for healthy food you're master when you've changed your taste buds and you're making healthy foods all the time and you're no longer deceived by the high salt sugar fat foods your emotional connection the unhealthy food diminishes and unhealthy food tastes bad to you

Nutritarian diet enhances pleasure

the idea that eating healthy it's not a pleasurable way to live is a myth if you eat unhealthy you're going to have chronic stress going to weigh on your marriage going to weigh on your work

The addicted brain comes up with delusional ideas has excuses to maintenance addiction

addiction with food causes you to have an inability to cope with the stresses of your life. The reasons you give as why you can't quit are the very things caused by your addiction.

The whiter the bread the sooner you're dead.

Only eat when hungry.

Allow yourself to enter catabolic digestion rather than eating constantly. A nontoxic body won't crave constant eating.

Donuts should be illegal like cocaine, you should only be able to buy them in the underground black-market, from shady figures on the streets, there should be drug wars over them, etc., they are addictive!

White rice white flour these processed unnatural foods they lead to cancer.
Discomfort isn't necessarily hunger. It can often be your body trying to come away.
Eating chips and fries makes squirrels fat, us too.
Avoid white foods, like cocaine, cigarettes, and white donuts, white flour.
Oils go straight from lips to hips.
Whole foods take longer to digest, so they're aren't just stored as fat.
After eating beans a while, your stomach adapts, and you don't have gas.

If you're hungry but can't envision an apple as satisfying that, you're not really hungry, you're seeking a dopamine rush to feed your emotions connected to a food addiction.

The super concentrated calories in cheese cake etc. won't be appealing when we have eliminated food addictions. Their taste won't be attractive. You'll develop taste to the extent that you can sense the bleach they use to clean their machines and other chemicals. You'll discern overly cooked food. You won't go to restaurants because their portions of healthy food are too small, and overpriced. If it doesn't have a salad bar, don't go. Instead make your own food. Try the salad bar at the foods store, you don't have to eat bad even when away from home. Have someone over to your and enjoy truly delicious food together, or go to home.



whole
you're
home
their

These
on life
It's
is
most
old in

changes always affect people's emotional Outlook

hard to get rid of food addiction because everyone doing it. It's the social norm. Food addiction is the prevalent

We have the key of how to live a hundred years high quality of life not take advantage of that is insanity the nutritional breakthroughs of our time give us this power

The more calories you eat the sooner you'll die

eating just one bite a day too much of calories that bite of a bagel or whatever it is well over 10 years you'll gain 30 lbs. and that'll cut 15 years off your life having 30 lbs. overweight will cut 15 years off your life

there's no such thing as an overweight person who is healthy that is where the toxins go to those fat cells and that's where cancer develops

The monkeys who have caloric restriction of calories the forty-year-old monkeys are just as strong as the 20-year old ones

the body is very efficient at storing fat in the same way that you ate it it's toward that way it goes 5 minutes from your lips to your hips and this includes olive oil

most Americans never burn fat because they eat too often and they never run out of glycogen stores

being overweight is like being radiated everyday you're carrying around carcinogenic tissues

when you are healthy you don't need to eat food to have energy all day and when you do eat food it will taste better

hunger or appetite is the best sauce if you just ate 1 hour ago and someone wants you to try a soup they made for you is great thank you for flowers from now on I'm hungry again so I can drive it and the true feeling of hunger is the best way to gauge how many calories you need

You're only ate food when you were really hungry you will never get over weight without the appropriate amount of calories to maximize your lifespan

soda is a chemical concoction dramatically affecting your body

Feeding your kids junk food destroys their intelligence and it increases the chances of mental illness depression and schizophrenia

Your body is made out of the things that you put into smoking looks weird it's becoming accepted.

if you eat something and it makes you feel better it's positive like when you eat some broccoli you'll feel better if you feel nothing

plant proteins are preferred to animal proteins because they enter the bloodstream slowly and they carried with them phytonutrients

fried white flour and sugar the donut this is the most cancer-causing food on the planet
fried white sugar and flour Titan oil most cancer-causing

-10 rule: ideal weight, x 10, is least amount calories needed.

-the parent bond milk opiate theory, and why to not have milk as adults.

-taste buds have basically a thermostat based on what you've had previously; you'll adapt as you get a few weeks into it.

-metabolism goes up 16% when plant-based diet, likely because toxins aren't decreasing your normal metabolism anymore.

-before McDonalds, Japanese ate tons of rice and noodles, and they were the healthiest people living the longest.

-the top craving is pizza because of the cheese.

-diabetes isn't a one-way street it can be cured by the plant-based diet; this isn't rare, but the longer you have it the harder to kick; the fats blocking the insulin receptors go away; Type 1 diabetes he recommends the same diet as type 2, though you'll need to continue insulin on type 1 as you don't make insulin.

-It's not uncommon for people to lose 60 pounds in a year on a plant-based diet, or 130 in 2 years.

-Erectile dysfunction isn't performance anxiety, it's a lack of blood flow; atherosclerosis happens in the arteries all over the body

-Don't count calories, just improve food quantity, we need at least 10 times our ideal weight in calories per day; less than that and we will binge later. You can have more than that.

-incorrect diets lead to failure and loss of self esteem

-A study showed that those with diabetes had double the risk of Alzheimer's as those without diabetes

-The number one source of saturated fat is dairy products. second is meat. Whatever is bad for the heart is bad for the brain.

-46g for women 56g for men protein daily says the government; if you ate 2000 calories in broccoli per day you'd get 146 grams of pure protein; just lentils, 157g; all essential amino acids and enough protein you get when you eat plant based; so forget protein, it's a non-issue.

-Calcium isn't from a cow, it's an element, it's in the ground, it's from the grass the cow eats; drink milk and get 30 % of that; cut the middle man and eat plants, absorb it in bigger fraction.

-Vit B12 for healthy nerves and blood, made by not plants or animals, but by bacteria. Soil on plants might give this but we clean the foods too well for that now. Meat eaters get some B12 from bacteria in intestine of the animal, but to absorb the B12 you need intrinsic factor and stomach acid, people over 50 don't make that well, especially those on acid blockers or metformin; you must supplement B12 if on a vegan diet.

-Cats want to kill birds and rabbits and eat them; humans see them and don't; we are herbivories. Our sharp teeth are no longer than our other teeth, unlike a cat etc. Carnivores have big ears and powerful noses to track prey; Humans have color vision to recognize colorful fruits, so we get antioxidants; the stone age gave us axes etc. so we can

eat like a carnivore by hunting, but we have pre-stone age coronary arteries, we aren't carnivores.

-Culture has much more to do with behavior than logic; ignore-phins and don't-do-it-ary gland kick in when we teach them a plant-based diet because of their culture. (I don't recall who coined these but it wasn't me, perhaps Fuhrman or Barnard or McDougal or Gregor)

-Avg. American carries 23 extra pounds if not more, especially when you factor in the too-high "normal" BMI of 25 vs the blue zone BMI of around 23.

-About 1/5 4-year old's are over weight

-we spend five times more for health care than national defense.

-Every minute some dies of heart disease.

-Hippocrates said let food be thy medicine.

-Dietary cholesterol tends to stay in the blood stream, major cause of coronary disease, it's found only in meat.

-In nations without dairy and meat there is less disease.

-America is the sickest nation despite spending the most on healthcare.

-In WW2 without meat and dairy there was much less strokes and heart attacks, then after the war we got the meat and dairy back and it went rocketed up again.

-Many are fully functional in their 80's and 90's because of a diet of rice and vegetables

-Studies show protein in meat causes cancer. The same amount of protein from plants causes no rise in cancer.

-Nutrients from animals promote cancer growth, while nutrients from plants don't.

-Unnaturally rich or processed food registers to our brains as not satiating us, so we think we aren't full when we are

-When we switch to a plant-based diet, our cells and arteries which are damaged will not only stop getting worse, but they will heal.

-Erectile dysfunction is the first indicator of cardiovascular disease and is healed by a plant based whole foods diet

-Many people call this whole foods plant-based diet extreme, but the real extreme is having open heart surgery because of heart conditions, even sewing veins from your leg into your heart.

-See Game Changers documentary on many plant based athletes who report a quicker recovery time

-All whole foods have calcium, so we need not rely on milk. Osteoporosis is degenerating bones from lack of calcium, but actually nations with high calcium intake have high levels of hip fractures, a main indicator of osteoporosis.

-Having low fat milk or fat free milk causes cancer because of the ratio of protein with it etc.

-Cow milk is for cows not humans; the hormones quantities etc. are not designed for optimal human health, but for optimal cow health.

-Blood sugar in the 60's is normal, contrary to what you'll read about much higher levels being normal.

-Looking at the heart disease deaths in countries, those with more meat and dairy products have the highest.

-52% of firefighters who die is from heart disease

-with just weeks of a vegan diet your heart disease chance can be cut in half.

FASTING

Isaiah 58:6–11 (Fasting Lifts Burdens, Brings Health. Feed the Poor. Answers Prayer. Continual Guidance)

6 *Is not this the fast that I have chosen?* to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

7 *Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?*

8 ¶ Then shall thy light break forth as the morning, and thine health shall spring forth speedily; and thy righteousness shall go before thee; the glory of the LORD shall be thy rearward.

9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I *am*. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

10 And *if* thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness *be* as the noonday:

11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

Types of Fasting

Intro: Fasting is recommended by all major world religions, and is a repeated teaching of scripture. Surely this is something God intended us to do for both our spiritual and physical health. Those who fast know that with it there comes an increased ability to make better food choices in general, having seen that their bodies don't need a constant flow of excessive or extravagant nutrients to be well.

-Full fast: no food, no water, done for anywhere from 12 hours to 3 days. The LDS Church instructs its members to do a full 24 hour fast without food or water at least once a month.

-Water fast: only water. This can easily be done for 3 days, that's the most I've done to date. But I hear it's easy after 5 days, and a 7 day water fast is popular. Some even water fast for a month or longer, but consult a physician when going long like that, and watch for warning signs of needing to stop. Water fasts are underrated and are very helpful.

-Bread & Water: Good old bread and water. And we mean good hardy wheat bread. Yes, this time tested diet is a good one to resort to on occasion, to teach simple living and willpower.

-Smoothies: These are popular and fun. Only smoothies of fruits and vegetables. There's a fun documentary called "Fat Sick and Nearly Dead" of a guy who did this for a few months under the direction of Dr. Joel Fuhrman, and the guy lots tons of weight and reclaimed his life. This isn't something to do forever, but it can be a regular part of life. Some bag on this fasting method, but it's clearly more healthy than most people's lifestyles.

Note: You'll want to not have unlimited smoothies when doing this fast, and you'll want to put veggies not just fruits in them.

-Fruit fast: This is like the smoothie fast, but you're eating whole foods, and it's much harder to put down as many calories when eating whole foods rather than a smoothie. Try eating 14 bananas (the amount in some popular smoothies) and see how that goes for you.

-Breakfast fast (intermittent fast): Many recommend that if you're going to skip a meal to stack up hours of your body not working to digest and instead working to detoxify, that you skip breakfast. You want to have that stream of hours building up. This is why skipping lunch would be the least effective. Skipping dinner is ok, but in my experience, it's much easier to skip breakfast, as the body is already in a state of fasting by the time you wake up. Some say eating close to bed time is bad, the idea is that when you're resting, you want your body to focus on repair rather than digestion.

-Rammadan: For a month, Muslims eat only when the sun is down. Surely this can teach self restraint, and helps the body to detoxify.

-“Fast all the time”: Hugh Nibley was known to say that we should be fasting all the time. By this he meant that we should live regularly on simple foods, and not make food a big part of life. He detested cooking. He also promoted the idea that those who refrained from meats would qualify for a special blessing, though it is not required.

Conclusion: I’m sure you could have other healthy fasts, I love the idea of making a decision about a limited spectrum of healthy foods you’re going to eat for 1 or more days, and sticking to it come hell or high water.

Cautionary Note: If you’re going to fast for a given time, have a firm commitment for a reasonable timeframe so you don’t cave and eat worse than you would in a typical day. It’s easy to fall into the trap of binge eating directly after a fast, so have a plan in place for what you’ll eat after.

me exactly 24 hours and 1 minute
after my fast began



Water Fasting Study Notes

after 3-4 days you aren't even hungry and have lots of energy. It is Gods gift for fasting.

After 48 hours your start burning fat and go into ketosis.

Fasting is a good way to jump start a healthy diet of soups beans etc.

Can easily do 3 weeks (21 days) or more, but beware after 5 days of fasting you should be somewhere that you can be observed to stay safe just in case.

One at day 23 was able to finally make a fist despite major arthritis for decades.

Carbonated water can help you get through the first 3 days.

After a day eat light for like soup.

Intermittent fasting such as not eating until noon helps the body cleanse.

Fasting for 3 weeks helps you not be worried about missing lunch.
If you're skipping a meal skip breakfast.
fasting increases your growth hormone so your muscles will grow rather than just fatigue
Fasting creates brain cells
Fasting brings insulin into a manageable level for multiple days after the fast
If your insulin levels aren't low you're not going to lose weight
The body is built to thrive with only eating every now and then
Fasting is the fastest way to increase stem cells
If you do a 7-Day water fast your chance of getting cancer goes down 70% because those bad cells die off and stem cells are created
A three day fast can help make stem cells as well
And the nutrients that cancer cells want aren't there the cancer cells die off
If you fast 36 hours before chemotherapy your body will tolerate it much better
Your normal cells will be more resilient and there will be less death of your normal cells
Cancer cells are the weak cells they're the ones who die and your normal cells are optimized through fasting.
When you're sick you naturally don't want to eat listen to your body when it says that.
Fasting for 3 days is the most potent thing you can do for anti-inflammatory results.
When you fast your body can focus on healing autoimmune diseases.
Someone with dementia give them only water for 3 days and they'll start clearing up.
One reason to drink more when you're fasting is you urinate frequently due to the decreased insulin.
The kidneys are highly efficient at keeping the electrolytes you need rather than urinating them out.
It's unusual to get deficient in electrolytes but if you do put a pinch of salt in your water and you'll have less dizziness and cramps and headaches.
Dizziness from fasting is not from low sugar it's from low blood pressure so drink water.
A tub of Epsom salts can help.
Salt and magnesium you'll feel better.
Hunger comes and goes with the circadian rhythm drink water to expand your stomach.
In about a half hour the hunger will go away.
A fasting person does not stay hungry all day.
Cravings during fasting are from food addictions.
Day 5 you get tons of energy.
Second day is the hardest.
If you want to be healthy eat just once a day at most twice a day in a 6 to 8 hour period.
Don't snack in between or it messes up your insulin levels.
Once a week instead of skipping two meals skip all three and it'll give you a huge immunity boost.
36 hours is the special time when stem cells kick in.
For chronic disease do a 7-Day fast every 6 months or an occasional two week

fast in severe cases. The rest of the time the time restrictive feeding. These will also help you lose your excess weight.
The ratio of NAD to nadh in the cell as determined by fat metabolism taking place in the cell is how your body detects whether or not you've eaten. It's not necessarily based on sugar.

S a r t1 goes up when you fast it connects to the histones on your DNA and unravels them so that you can access that DNA that you don't use
Therefore you make new proteins and your genetic expression changes

Fox 03 Gene gets activated
This activates the antioxidant genes in the body
This is how turmeric activates antioxidation.
Turmeric in and of itself does not have antioxidant properties but it does access the fox03.

Vitamin D3 is involved in over 300 genetic reactions involving gene expression.
90% of people are deficient in it and need to supplement it as well as getting 10 minutes in the Sun every day.

Fox03 keeps telomeres long
And the longer those are the longer your lifespan

Fox03 helps clear away old cells and stops a poposis and prevents Alzheimer's

Some say you can throw in some tea or other beverage with some coconut oil to help curb your hunger on your fasting

Beware a vitamin k deficiency when you fast those stem cells want something to attach to so you might need to replace your vitamin k with some bone broth it might even be appropriate to have bone broth during your fast.

Insulin should not be taken during fasting. It's okay to have high sugars for a few days in your blood level which is likely to happen if you're diabetic and you fast.

If you have high insulin levels that's treated by fasting.

Jason Fung see his book on fasting

Even people on medication are fine to do their own restricted eating to 1 or 2 meals a day unsupervised.

Food is Overrated

From a movie about telephone inventor Alexander Gram Bell, "We will starve!" Bell's assistant said. Bell replies, "Maybe you will, but not me. Not yet. Not until I have made the telephone!" These men had very little money, yet they plugged on at the work. He

couldn't even afford paper. He scrimped and sold what he had for a quarter here and a quarter there to get parts he needed for his experiments. They often lived off of cheese and apples.

In a Hebrew class, professor Stephen Ricks told us of a journey he was on in a foreign land. He had enough money to get a meal as he had not eaten in a considerable time, or to purchase a rare dictionary to donate to the BYU library. Ricks said "I had the choice to eat or get the dictionary and starve. I starved." It was a glorious moment when this tale was told! Bravo professor! He went on to the local mission home and there begged for food.

Hugh Nibley spent weeks in his apartment living off of carrots and milk while writing his master thesis (or something like that), not coming out at all.

Sleep is Overrated (Sleep Fasting): See my education learning methods books for this.

Sleeping less may not have incredible health benefits, but I thought I would mention it here in the fasting section of this book.

Brain Health: Fats, Herbs, Hormones, etc.: Study Notes

- The human brain is 60% fat, so beware what types of fat you eat.
- Seeds and nuts all have good fats including Omega 3
- Organic and raw is better for you than roasted. Fresh roasted is better than store roasted.
- Artificial fats are inflammatory, so not having them relieves pain
- Artificial sweeteners are pure toxic. They have aspartame (in most chewing gums) which is called NutraSweet. Many complaints to the FDA are from this. If this has been heated it's even worse. They attack central nervous system, hence headaches come. Irritable bowel conditions can come from this. People can get addicted to this and it causes addiction to other sweets.

- Saccharin is an artificial sweetener. Sucilos called Splenda is sugar treated with chlorine to change shape so we don't absorb it but it hurts the thymus gland and liver
- Soda and coffee are terrible; these are super acidic and interfere with serotonin in the brain! Serotonin is a neurotransmitter in the brain that registers feeling good. After the momentary good feeling, a crash happens
- Artificial sweeteners and colors interfere with the natural priorities of the body.
- There are 100's of more nutrients in organic foods instead of commercial. i.e. 1500 g vs. 40 grams.
- Nearly all the farmed fish are exposed to hormones, antibiotics, corn and wheat which aren't in its natural food supply, etc. Also there is pesticide run-off from the farms. The salmon in these need to be died red to look red since they usually look grey when farmed.
- 85% of Americans are deficient in Omega 3 Essential Fatty Acid. Get it from flax seed, etc.
- Some suggest having a minimal of 1000mg of Omega 3 a day. Pain relief and anti-inflammatory and mood and depression and memory, focus, concentration, you want 2000-3000mg range. You can even do 6000mg of it a day. This also helps eye and development.
- Emotional outbursts, bipolar, and split personalities are helped when you have Omega 3
- The DHA helps esp. with memory and concentration, and apathy and social withdrawal
- Flax seed must be ground; only grind what you'll use within a few days; keep it in the refrigerator to keep it fresh as possible; start with about a half a tablespoon a day.
- Digestive health translates into problems in the brain
- Memory Attention and Focus issues in the brain are affected by circulation. We don't want plaque clogging the arteries. Get rid of the plaque by Omega 3 which prevents such. Get rid of it by taking Silica (manages Calcium in the body putting it back onto the bone where it belongs); hawthorn berry helps also. Also circulation formulas are available, those are based on cyan pepper which helps with such.
- Hormone imbalance in one area effects the entire body, namely the brain. Dr. can check on your hormone balance.
- Insulin is a hormone, see if you have an issue with this. Low blood sugar can bring on a panic attack.
- High blood sugar brings depression and irritation, low blood sugar brings panic attacks
- Proteins and fats manage the neurotransmitters, which make thoughts happen

-Deep fried foods contribute to ADD & ADHD

-Don't ask children what they want to eat; put a healthy meal in front of them and expect them to eat it. If you ask them what they want to eat, they will merely choose unhealthy things, the sweets and fried foods etc.

-If you feed your children healthy, then when they eat much sugar, they will feel ill, and it will be a natural lesson to show them the ill effect of sugar.

-Artificial things cause artificial stimulation; getting back to natural food when you have having processed food is hard

-“Nordic Naturals Children’s DHA” is a great supplement for brain and behavioral issues.

-“Attention Gels by MRM” are good helping the neurotransmission

-Stress makes cortisol. Some are effected by much stress. Breathe deeply, 10 deep ones, to count of 8 through the mouth, hold for 4, exhale all at once through the mouth. These the brain and body let go. Breathing is a way the body detoxifies so doing it helps.

-Caffeine causes stress, as does sugar, because of the increase of serotonin then afterwards.

-Thyroid imbalance effects the whole body

-Adrenal glands are depleted by stress and sugar and caffeine. Try rhodiola and eleuthero herbs.

-Digestive problems like heavy metal toxicity, food sensitivities, build up in intestines, this effects mood and memory.

-Depression impairs memory.

-Volunteering help to others in your special interests is uplifting and helps the brain.

-Smiling helps neurotransmitters in the brain.

- Patch Adams decided to be always happy and reports to have been such for years successfully.

-Exercise increases serotonin and endorphins in the brain



been

with

too
inhale
then
help
that

crash

-If you don't digest well it's bad for brain memory and mood. Break down food to right particle size and pH level. Animal products take much longer to digest. Lions sit around for weeks after eating a big kill so they can digest, but we just eat constantly.

-Inhaled cortisone drugs and birth control pills are worst for our good bacteria and our yeast.

-When out of good bacteria, a bad bacteria candida happens.

-Too much candida and it gets in the intestines and makes cracks and holes in it letting bad things into the blood stream; this is linked to many autoimmune diseases like rheumatoid arthritis, diabetes, lupus, chrores disease etc. Amino acid "L-Glutamine" fixes these holes in the intestines. This helps the brain get nourished as well. Use it a few months regularly then go down to a small maintenance dose.

-Candida starts in digestive tract but can go to entire system, and may take a year of concerted effort to get rid of it. See a book on it from the library etc. Whole real foods can get rid of it. Garlic helps also, yeast hates garlic. Oregano oil and acrylic acid help also.

-If you do a cleanse to get rid of candida ensure you are including fiber in your diet.

-Candida causes leaky gut syndrome which makes depression etc. It's called the brain gut connection.

anything that damages the heart damages the brain, leading to, among other things, Alzheimer's disease.

-Flax seed helps digestive track stay normal

-Vitamin E prevents fats in the body from oxidizing. Vit. E less than 1000mg a day is fine. Tocotrienols and tocopherols are two kinds, some products have both.

-Vit. B helps much, most multivitamins have this, but helping brain issues you may want to boost this.

-Barley Grass juice is one of the most nutrient dense foods on the planet. Dry it with air not with heat so the enzymes aren't damaged.

-Magnesium and calcium are good for tension anxiety etc.; magnesium helps muscles relax, calcium helps them contract; both are needed.

-If you jump when approached from behind being tapped on the shoulder, that is a big sign that you are low in magnesium

-the military won't even take people who have been on Ritalin for a certain amount of time because of the mental repercussions.

-Holly basil can help with cortisol and stress.

-Magnolia bark, valerian root, and gaga, these help the brain relax. Gaba is particularly useful for those people who can't get the wheels in their head to slow down.

-Ashba honda is an Indian herb helping stress.

-Cava cava treats anxiety and panic attacks

-Valerian root can help with muscle spasms etc.; it works like a sledge hammer, too strong for some people, it will get you to sleep.

-St. Johns Wart is an herb very helpful for depression, many studies show it as helpful as pharmaceuticals.

-Sam E is a herb for mood disorders and joint pain

-Chloreta is an algae that helps get heavy metals in the brain go away, these **aluminum, mercury lead etc. cause Alzheimer's** etc. We are most exposed to this during dental work or a month following. Chlorella for a month after these heavy metals is recommended.

-Silica blocks heavy metals from getting absorbed; chlorella gets it out once it's in.

We can't just teach nutrition to doctors that needs to be taught to the young.

Malnutrition gives us dystymia which means you're not really necessarily depressed but you're not excited about life; you're not involved in creative play and serving the world

Processed meats are classified as a class 1 carcinogen. Europe doesn't allow them at schools.

Green vegetables instantly increase the efficiency of the oxygen uptake of cells

There's not much difference between marshmallows and white bread they both rush into the bloodstream quickly

Fat stores only come off when you're not eating and after exercising when the glycogen stores have been used up. Most people eat so frequently that they never lose weight for this reason even when they exercise.

When you don't get enough micronutrients you become a "calorie consuming monster" (says Dr. Fuhrman), you have an overwhelmingly difficult time controlling how much you're eating. It right and it becomes easy to correctly self-regulate how much you eat.

Fat cells damage brain cells.

The fiber, weight, nutrients, etc. of an apple decrease your appetite, It takes time to digest. 120 calories from a big spoon of olive oil doesn't make you any less hungry, but that much from an apple does.

Hunger is not an emergency.

Fasting is when you're not hungry; it's when you start eating that you get hungry.

Seventh Day Adventist studies show the benefits of plant-based protein.

Your health is your greatest wealth.

You don't just want to be healthy you want to be youthful and have your health of your Prime so you can enjoy your life.

about SIBO: intermittent fasting and thoroughly chewing your food helps a lot with that if you have any greens make sure they're thoroughly chewed liquefied he suggest having small amounts rather than none so you can build up the good bacteria for them

It doesn't take months of healthy eating to feel better it just takes weeks

Drinking wine even in small amounts increases women's risk of breast cancer alcohol is carcinogenic

linebackers on football teams have the shortest lifespan of any profession in America

White rice is high glycemic junk food

Brown rice is too high in arsenic

between around 2.3 and 6 is a normal white blood count not between 5 and 10 like the doctors say because if you're healthy your body doesn't need a lot of white blood cells

there's no such thing as a healthy overweight person because those fat cells keep you constantly inflamed and those fat cells spew out unhealthy things

regularly eating an extra 200 calories a day will gain you 20 lb a year but this doesn't happen because your body increases its metabolism to deal with this excess so you would only gain something like 10 lb but your aging faster losing stem cells etc shortening telomeres, harming the thyroid

Similarly when you eat less you won't necessarily lose that amount of weight but your metabolic processes will slow down and you'll be colder

Gut Microbiome Nutrition Notes

Google nature David 2014 you'll find a study where someone did 5 days and lots of people did five days of totally animal foods versus 5 days of totally plant foods and the gut biome changed significantly.

Even 24 hours of eating a different diet your gut biome will respond.

Trans fats are the worst kind of fats saturated is bad but not as bad.

Nutrition is often about substitution about replacing one thing for something better.

The gut microbiome is a living creature and so if you give it rest sometimes it will come back stronger it shouldn't be working all the time. If you eat a somewhat early dinner and don't eat again until breakfast you've got a built-in time of rest for your gut.

Eating a food at 11:00 p.m. will have a different effect on your metabolism than eating the same food before the sun goes down.

A pound of oil is 4,000 calories a pound of greens is 100 calories.

Oils have lots of calories and no fiber.

Our ancestors consumed 150 g of fiber a day which is 10 times more than what we eat.

Antibiotics destroy the gut microbiome.



If you have to take an antibiotic eat a lot of fiber to help defend the gut microbiome.

Saturated fats and artificial sweeteners and alcohol destroy the gut microbiome.

All plants have probiotics.

Some nutrients are opened up and made available when you blend it into a smoothie.

Osteoarthritis is not exclusively bone on bone it has a lot to do with inflammation so eat a low information diet in other words avoid animal products.

Bad knees can be substantially helped by improved diet and turmeric.

Microwaving is safer than high heat grilling.

See book "Fiber Fuel" by Dr Will Bolshewitz. Theplantfedgut.com

Weight Loss & Using Starches: Study Notes

type 2 diabetes stop the insulin and have them lose weight otherwise they're just going to gain weight and need ever increasing insulin

Europe and america are fat from processed foods and animal products. Africa and asia are skinny from rice and veggies.

Graze is better than gorge better to eat 20 times a day than to gorge three times a day because gorging raises your insulin levels and insulin puts fat into fat cells. However be aware of the need to not always be in the catabolic digestive stage.

Flours limit

Some suggest limiting fruits to one or two a day if you're trying to lose weight. Limit nuts and seeds and avocados as well if you're to lose weight. However these are of course than junk food. Fruits which make your blood high aren't necessarily the problem, it's your metabolic system that is out of wack and related to fat in your muscle cells etc., so eating the fruits.

When you take fruit and juice it removing the etc. the blood sugar is less regulated causing insulin and insulin pushes fat into fat cells

Use potatoes and squash a lot

Potatoes give all needed nutrients except B12

diet where the new transfer mainly obtained from potatoes people reported being an excellent health and not growing tired of the

you're not satisfied you won't stick to the diet way to be satisfied is starches

Don't worry too much about deficiency problems who do you know who has a deficiency problem what we're trying to get rid of is the excess

Avoid juices



trying
better
sugar

likely
keep

pulp
more

In a
with

diet
If
so the

Beans peas lentils empty the stomach slowly

Seek green and yellow vegetables

if you're just eating raw foods you're probably going to eat a lot of sugars and fats with your fruits and nuts you may as well cook some foods like starches starches or what societies live on historically if you just eat raw foods you won't have enough energy

big changes bring big results which increase the likelihood that you're going to want to stick with it

Support groups are good because knowing what to do and doing it are two different things

Flower is not natural food

Free fats do not occur in nature they need to have the protective shells on them when you have these standalone fats these oils they are toxin at worst and medicine at best

Nutrition Textbook suggestions

1st My first nutrition book and today is much more necessary! John Robbins

DIET ❤️ FOR ❤️ A ❤️ NEW ❤️ AMERICA 🌍

2nd with love THE CHINA STUDY T Colin Campbell. Had to be so humble to write this book! Bravo T Colin Campbell 🙌

Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth Second

Edition https://www.amazon.com/dp/193207354X/ref=cm_sw_r_cp_api_i_uQ.0EbVWYF9CN

This was one of the textbooks when I studied Nutrition a few years ago.... <https://elsonhaasmd.com/products/staying-healthy-with-nutrition/>

The author you want to look into is Brenda Davis. She has many great textbook-like books.

I second Sabina Song and Bethany Swope 's recommendations. I use both books for my studies and they are very well written but won't overwhelm a reader who hasn't a medical/scientific background.

There is an out-of-print college level textbook titled "Nutrition from Marz" by

Russel Marz that is very good. Unfortunately it's also expensive. Amazon has the 1997 paperback edition for \$149. Older hardback editions are available for \$70. Maybe you can find a copy at a used book store. https://www.amazon.com/Medical-Nutrition-naturopathic-physician-Russell/dp/B07CRQ11P3/ref=dp_ob_image_bk

Dr. John McDougall is offering his "Starch Solution Course" for free right now. This might be a great way to dive in!

Prevent and Reverse Heart Disease (Esselstyn) and The Pleasure Trap (Lisle & Goldhammer) are two books that helped me. Both are pretty quick reads too.

Dr David Katz writes both text books for students and books for the general public.

<https://www.goodreads.com/book/show/23453100-the-good-gut>

<https://veganhealth.org/vegan-for-life-new-and-improved/>

https://books.google.com/books?id=xoL7CAAAQBAJ&printsec=frontcover&dq=becoming+vegan&hl=en&sa=X&ved=0ahUKEwjYm5mumdTpAhULHDQIHeMnD_YQ6AEILjAB#v=onepage&q=becoming%20vegan&f=false

Dr. Robynne Chutkan wrote a few great books as well.

"The China Study", Colin T Campbell, PhD

"The Starch Solution", John McDougall, MD

"Prevent and Reverse Heart Disease", Caldwell Esselstyn, MD

<https://books.google.com/books?id=eJ10HoYQ2woC&printsec=frontcover&dq=dietitian+vegan&hl=en&sa=X&ved=0ahUKEwjBiJHCsNTpAhXPHDQIHe2ZC7gQ6AEICDAA#v=onepage&q=dietitian%20vegan&f=false>

If you don't want to buy a book, have you looked at www.NutritionFacts.org (Dr Gregers nonprofit) and www.nutritionstudies.org (Dr Campbell's nonprofit)? Both have a wealth of information. I also have been a fan of UCDIM. They have done 21 day challenges that had amazing videos. I can't find them all now because they are changing over their site, but this article has links to many other articles you may like. <https://ucdintegrativemedicine.com/2019/03/change-is-coming/#gs.6v1n2q>

Fiber Fueled.

The Cheese Trap by Neal Barnard

For a textbook you can get any good rated college nutritional science textbook. They are expensive but if you buy a past edition used they are cheap. For example "Nutrition - Concepts and Controversies". Diet books shouldn't be mistaken for textbooks.

Neil Barnard has several books. Pam Popper, Milton Mills, and don't forget about Michael Greger!

BASIC FOODS & RECIPES & SUBSTITUTES

pending organization

Utahna's Oatmeal Raisin Cookie Recipe

Raisin oatmeal cookies (vegan)

Dry ingredients:

2.5 Cups we flour

2 teaspoons cinnamon

1teaspoon each soda and salt

3 Cups oats

1 cup raisins

Add chopped nuts if desired half to whole cup

Wet ingredients:

Cup applesauce

2 Cups Honey

1teaspoon vanilla

2 Tablespoons ground flax mixed in 4 Tablespoons water (replaces 2 eggs)

Mix wet and dry ingredients together. Bake cookies on greased cookie sheets in 375 degree oven for 10 to 12 minutes.

Some Favorite Health Foods

wheat bread
sprouted bread
oatmeal/rasin/honey cookie
banana cashew icecream
cashew something salad dressing
oatmeal spinach smoothie
ninja ball: nutrient dense bland on the go

Why & how to make your own bread

Real bread has oils fiber etc that long shelf bread doesn't.

When we eat empty bread it leads to obesity over time. It fills us without giving us essential nutrition, so we feel full but are really depleted, and cannot thrive.

The solution is to buy wheat berries, grind them as you need flour, for maximum nutrition. Fresh milled flour is one of the most nutrient dense foods on the planet. Bought whole wheat bread IS better than white but why the need to put all the artificial vitamins in it?
Grind your own. It's a miracle food.

Whole wheat bread has more fiber than white bread, which means your body takes longer to digest it and leaves you feeling full for longer.

Any flour finely ground whole wheat or white will spike your blood sugar just like sugar. Coarse grind and soak over night it's a whole different food made into cereal.

The maximum nutrition from wheat is in the grain (berries). Store bought whole wheat flour has some of the germ removed (healthy oils but they go rancid on shelf).

Fresh milled, is a highly nutrient dense food full of vitamins. But, a few days after milling, the flour soon loses vitamins that are air soluble.

I recommend purchasing a grain mill if this is something that interests you.

Winco has 25lb sacks of Wheat Montana hard white.
 It's clean grain (no round-up used as a desiccant during harvest).
 At grocery store bakeries, you can ask for their icing buckets. You can get them free.
 The sack of wheat will exactly fit in one.

5 Nutrition Hacks Overview Chart

NUTRITION HACKS

it's all about substitutions!
 Nate Richardson

Soda?



Try sparkling water / club soda, mixed with sugar free 100% juice!

Bread?



Try Ezekiel Bread, which is sprouted and has many healthy grains, without processed flour! A combination making a complete protein on its own! Found in the frozen section because it has no preservatives!

Cereal?



Ensure you get a box which has the golden "100% whole grain" label.

Semi-Good Cereal & Bread



There's also this grey label, which means at least 20% of it is whole wheat.

Cookies?



Try something more healthy than just chocolate chip. Use whole wheat flour, honey not sugar, and walnuts oats raisins (and maybe a few chocolate chips!)

Hydration?



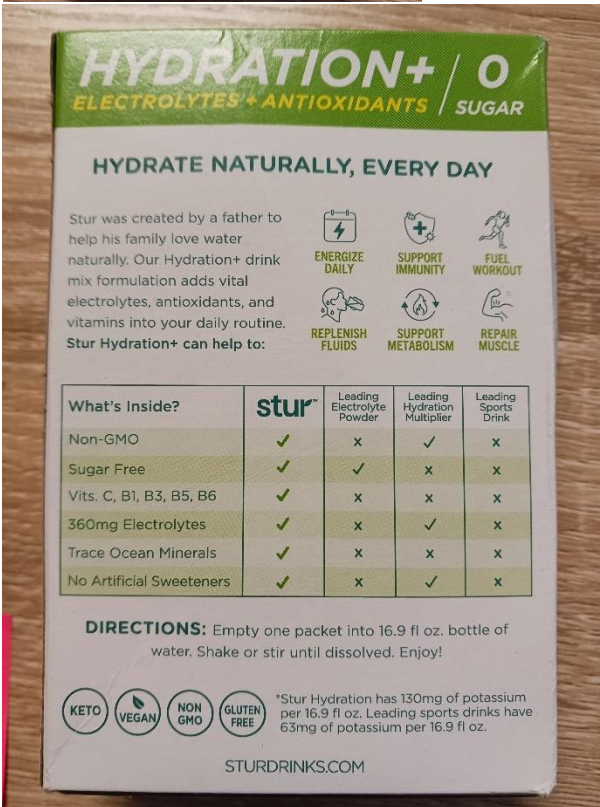
Try using these sugar free healthy hydration packets. You don't want the sugary Gatorade or Poweraid!

Veggies?



Try this vegetable juice. Hint: Get the green lid not the red, it's the low sodium kind.

Healthy Hydration Packets



Utahnas Vegan carrot-apple-raisin-walnut cookies



Vegan carrot-apple-raisin-walnut cookies

In one bowl: Mix

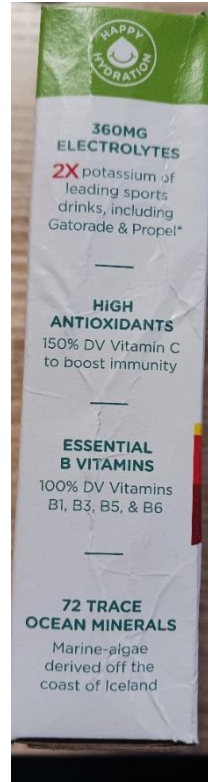
- 2Cups we flour
- 2 Cups oatmeal
- 1 teaspoon soda
- 1/2 teaspoon salt
- 2 Tablespoons ground flax seed
- 2Tablespoons cinnamon
- 1 teaspoon Nutmeg
- 1/2 teaspoon cloves

In another bowl: Mix

- 2Cups honey
- Cup applesauce
- Mixture of 1/2 cup water with 1/4 Cup ground flax seed (let sit 5 min)
- Tablespoon vanilla
- 2 Cups-diced apples
- 2 heaping cups peeled and shredded carrots
- 2/3rds to cup raisins
- Cup chopped walnuts

Imbibe the contents of both bowls. If mixture is too dry add a touch of water.

Bake cookies on lightly oiled cookie sheets in 350 degree oven for 10 to 13 minutes.



Ezekiel Bread

This bread has all 9 essential amino acids, making a complete protein as the sprouted grains work together!

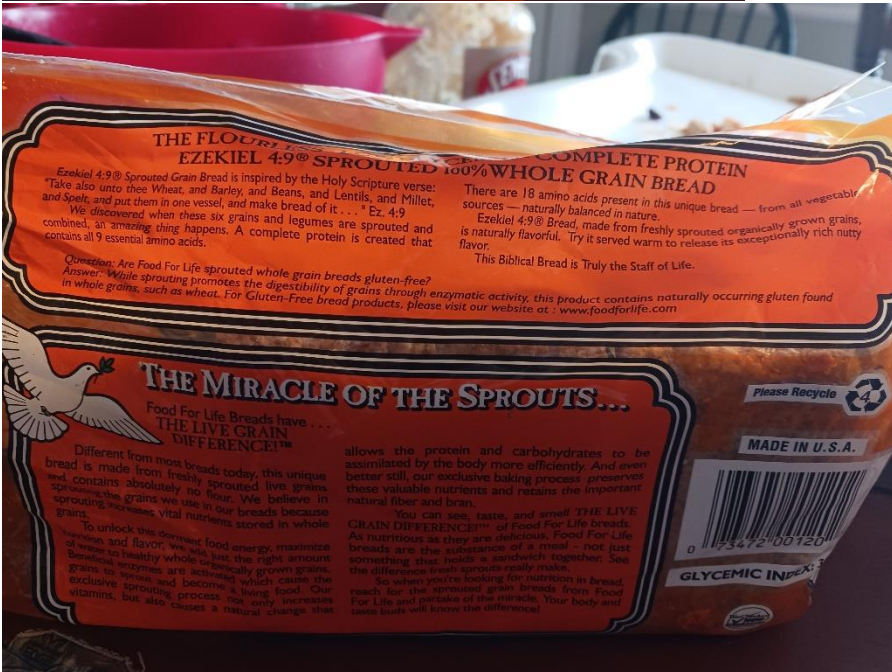
It's bought only in the freezer aisle as it would be bad if unfrozen, meaning no preservatives!

This bread is a miracle! Here we have people taking the bible literally, who aren't ashamed of it!

This lady makes it

<https://youtu.be/WkfQ4St7mEs>

Here is the label:



Question: Are Food For Life sprouted whole grain breads gluten-free?
Answer: While sprouting promotes the digestibility of grains through enzymatic activity, this product contains
in whole grains, such as wheat. For Gluten-Free bread products, please visit our website at : www.foodforlife.com

This Biblical Bread is only the Start of



THE MIRACLE OF THE SPROUTS...

Food For Life Breads have ...
**THE LIVE GRAIN
DIFFERENCE!™**

Different from most breads today, this unique bread is made from freshly sprouted live grains and contains absolutely no flour. We believe in sprouting the grains we use in our breads because sprouting increases vital nutrients stored in whole grains.

To unlock this dormant food energy, maximize nutrition and flavor, we add just the right amount of water to healthy whole organically grown grains. Beneficial enzymes are activated which cause the grains to sprout and become a living food. Our exclusive sprouting process not only increases vitamins, but also causes a natural change that

allows the protein and carbohydrates to be assimilated by the body more efficiently. And even better still, our exclusive baking process preserves these valuable nutrients and retains the important natural fiber and bran.

You can see, taste, and smell **THE LIVE GRAIN DIFFERENCE!™** of Food For Life breads. As nutritious as they are delicious, Food For Life breads are the substance of a meal - not just something that holds a sandwich together. See the difference fresh sprouts really make.

So when you're looking for nutrition in bread, reach for the sprouted grain breads from Food For Life and partake of the miracle. Your body and taste buds will know the difference!



Ezekiel Bread: Non-Name Brand “Sprouted Seeded” by Simple Truth

I found this at Smiths, Simple Truth is the Kroger/Smiths store brand. Its not at Walmart. Half the price of Ezekiel Bread, sign me up!

Some have beans, others don't.



Nutrition Facts

21 servings per container
Serving size 1 slice (28g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 2g	
includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mg 0%	• Calcium 10mg 2%
Iron 1mg 6%	• Potassium 60mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a general nutrition advice.

INGREDIENTS: ORGANIC SPROUTED WHOLE WHEAT, ORGANIC SPROUTED WHOLE WHEAT FLOUR, WATER, ORGANIC CANE SUGAR, ORGANIC WHOLE GRAIN AND SEED MIX (ORGANIC SUNFLOWER SEEDS, ORGANIC GROUND FLAX, ORGANIC SESAME SEEDS, ORGANIC BLACK SESAME SEEDS, ORGANIC PUMPKIN SEEDS, ORGANIC WHOLE FLAX SEEDS, ORGANIC WHEAT, ORGANIC ROLLED OATS, ORGANIC ROLLED SPELT, ORGANIC ROLLED BARLEY, ORGANIC ROLLED RYE, ORGANIC ROLLED WHOLE WHEAT, ORGANIC QUINOA, ORGANIC TRITICALE FLOUR, ORGANIC YELLOW CORN FLOUR, ORGANIC KHORASAN FLOUR, ORGANIC AMARANTH FLOUR, ORGANIC BUCKWHEAT FLOUR, ORGANIC SORGHUM FLOUR, ORGANIC POPPYSEED, ORGANIC RED FIFE FLOUR, ORGANIC BROWN RICE FLOUR, ORGANIC PURPLE CORN FLOUR), ORGANIC VITAL WHEAT GLUTEN, CULTURED WHEAT FLOUR, ORGANIC OAT FIBER, YEAST, WHEAT FIBER, SEA SALT, ORGANIC MOLASSES.

CONTAINS: WHEAT.
 DISTRIBUTED BY THE KROGER CO.
 CINCINNATI, OHIO 45202
 CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL
 PRODUCT OF CANADA

CONSUME THAWED BREAD WITHIN 9 DAYS.

SIMPLE TRUTH ORGANIC PRODUCTS ARE FORMULATED WITHOUT GENETICALLY MODIFIED ORGANISMS (GMOs). THE USDA'S NATIONAL ORGANIC PROGRAM DOES NOT PERMIT THE USE OF INGREDIENTS MADE WITH GMOs IN CERTIFIED ORGANIC PRODUCTS.

USDA RECOMMENDS
 CONSUMING
 48g OR MORE
 WHOLE GRAINS
 PER DAY



Quality Guarantee
 800-632-6900
 www.simpletruth.com
 SEE www.simpletruth.com FOR A COMPLETE LIST
 OF INGREDIENTS THIS PRODUCT IS FREE FROM.



Nutrition Facts

Servings per container
1 slice (34g)
Serving size

Calories **90**

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0g	
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 5g

Vitamin D 0mcg 0% • Calcium 20mg 2%
Iron 1mg 6% • Potassium 80mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC SPROUTED WHOLE WHEAT, ORGANIC SPROUTED WHOLE GRAIN BLEND (ORGANIC SPROUTED WHOLE WHEAT, ORGANIC SPROUTED WHOLE BARLEY FLOUR, ORGANIC SPROUTED WHOLE MILLET, BEAN FLOUR, ORGANIC WHOLE GARBANZO SPELT FLOUR, ORGANIC SPROUTED WHOLE LENTIL FLOUR), ORGANIC SPROUTED WHOLE ORGANIC VITAL WHEAT GLUTEN, CULTURED WHEAT FLOUR, YEAST, SEA SALT.

CONTAINS: WHEAT.

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USDA RECOMMENDS CONSUMING 48g OR MORE WHOLE GRAINS PER DAY



Quality Guarantee
800-632-6900
www.simpletruth.com
SEE WWW.SIMPLETRUTH.COM FOR A COMPLETE LIST OF INGREDIENTS THIS PRODUCT IS FREE FROM.



Only buy cereal/bread with this "100 percent Whole Grain" Label

There's also the less good black and white label which says whole grain, but it's not 100 percent Whole Grain. It's 20g or more per serving only. The gold is what you want.



Vegetable Juice

This could help get in the daily veggies when needed. Sold at Walmart, an alternative brand to V8.

Tip- get the green lid for low sodium.



Sparkling Juice: A Healthy(ish) & Cheap(er) Way



Mix sugar free club soda and 100 percent juice. It's like Martinelli's but cheaper. And don't get sparkling Welch's, they have added sugar, whereas Martinelli's doesn't.

I've heard that carbonation in general can disrupt a healthy gut microbiome, I don't know.

Note: the juice in this picture I realized isn't actually 100% juice, juice cocktails typically aren't. But I like the fizzing you can see atop the mix so the picture stays!

This is like the German Schorle. Schorle is a German beverage made by diluting juice or wine with carbonated water or lemonade (lemon-lime soda). The most common variety is Apfelschorle (made from apple juice and sparkling mineral water). Large bottles of Schorle can be found at most grocers, stores, supermarkets and anywhere else where carbonated drinks are sold, next to the soda. Due to its dilution it is less sweet or alcoholic than the original beverage, making it better suited as a refreshment on hot summer days. Juice with mineral water. "Juice-Schorle", "Fruit-Schorle" or "Fruit-Juice-Schorle"

Ninja Hi-Nutrition Dumplings On The Go

Hyourougan: rice, lotus, yams, ginseng

Kikatsugan: carrot, flour, rice, yams, buckwheat

Suikatsugan: licorice, mint, plums

Apparently ninjas ate these to stay fit and not have to mess around with excessive food prep and so on.

How to Have a WFPB Lunch: Suggestions

Cucumbers, sprouts, red onion, avocado, hummus.

At Subway, you can get a veggie sub sandwich, no meat or cheese, on whole wheat bread. We do the same thing at home. Just pile on the veggies (lettuce, spinach, tomatoes, cucumbers, onions, bell peppers, sliced pickles, sliced olives, avocados) and add some salt, pepper and oregano. We use fat-free Kraft Italian dressing on there too. It's a filling and colorful sandwich that we never get tired of. My kids sometimes call it a salad on bread, haha, or a salad sandwich. Also good rolled up in a whole wheat tortilla.

Sliced, baked tofu & bean burger mix Patties - cold

You can find tons of recipes on line for chickpea sandwiches- essentially subbing out chickpeas for tuna.

Marinated thinly sliced extra firm tofu that I fry on a dry pan then let it cool.

I've eaten bean sandwiches all my life, since way before I gave up meat and dairy. Refried with salsa, leftovers from Red beans and rice dinner, baked beans, etc. Hummus makes a good sandwich filling. 🥙 And there's always salad vegetables. Sweet potato salad is great on sandwiches, too.

If I'm packing the sandwich in a lunch box, I just stick with good old peanut butter and jelly. For dinners at home I like lentil sloppy Joes or BBQ jackfruit on a hamburger bun.

My absolute favorite is shredded lettuce, tomatoes, pickles and pepperoncini with salt and

pepper. A good bread makes it.

Lettuce, Tomato, cucumber, Olives, Peppers, Pickles, Oil and Vinegar or Vinaigrette salad dressing. Bread has to be toasted. Subway/roll type bread works best. So good! I don't miss the meat or cheese at all!

Pickles and veggies lol sometimes hummus as a spread. I hardly eat sandwiches though, not my fav.

tofu sliced thinly cooked with bbq type seasoning sort of gives a bacon like taste

During the summer I eat a lot of tomato, avocado, lettuce, radishes or purple onion, and basil sandwiches.

Tomato slices are my favorite! I also like to marinate and air fry sliced tempeh and put it in my sandwiches

Avocado, tomato and red onion...so delicious!

Raw Zero-Prep Shopping List

Sections:

Grain/Bean

Nut/Seed

Veg

Fruit

Spice

Treat

GRAIN/BEAN:

Wheat bread

Potato (microwave)

Lentil soup

Corn

Lundeberg rice cakes

Oat
Rice (instant - microwave)
Bean - kidney, black, white, pinto, tofu, garbonzo
Ramin noodle?

NUT/SEED:

Walnut
almond
Peanut
Wasabi pea
Sunflower seed
Flax
Pumpkin seed
Sunflower
Cashew
Pecan
Pistachio

VEGETABLE:

Onion red, yellow, green
Swiss chard
Collard green
Watercress
Bok choy
Kale
Broccoli
Pea
Mushroom
Beet canned
Celery
Spinach
Cabbage
Lettuce
Green pepper
Red bell pepper
Carrot
Asperigus (microwave)
Squash (microwave)
VegeBase (instant soup mix flavor)

FRUIT:

Banana
Lemon
Cherry
Apple
Tomato
Grapefruit
Cantelope
Grape
Raisin
Orange
Pomegranate

SPICE:

ACV
Red pepper
Black pepper
Stevia
Peanut butter
Jelly
Basil
Oregano
Cumin
Horseradish
Tahin
Raw but butter
Dijon mustard
Mrs. Dash (no salt added)
Liquid Aminos (soy sauce flavor, less sodium)
Garlic cloves
Plant butter
Vegetable oil spray
Veg broth (cube/powder/can)
Soy sauce (or that other stuff)
Ginger
Cinnamon
Cayenne
Chili powder
Curry powder
Cloves

TREATS

Apple dipped in honey (an old Jewish favorite)
Ginger chews
Hard candy
Gum (no aspartame)
Chew on grass
Chew on rubber cord
Berry smoothie
Sorbet
Mango
Kiwi
Wasabi peas
Cracker with humice
Herbal tea

Simple Plant Based Dishes

Sections: Salad, Sauce, Stew, Curry, Noodle, Smoothie, Sandwich/Burrito, Desert, Snacks

Salad

Israeli Passover salad

Sauce

Refried beans & onion for chip dip

Avocado tomato & lime for chip dip

Mango salsa

Teriyaki for noodles

Worstshire

Balsamic vinaigrette and olive oil bread dip

Humus chip dip



Stew

Curry

chickpea potato coconut curry

Noodles

Ramen salad with alternate noodles, find substitute (Ramen noodles are made from bad oil); cabbage, sugar, vinegar, sunflower seeds, crunchy noodles.

Smoothies

Sandwich/Burrito

Subway all veggies sandwich on 12 Grain wheat bread with a hint of sauces to taste

Whole wheat tortillas

Tortillas made of beans

Tomato wrap

Spinach wrap

Desert

Cashew banana vanilla ice cream

Dairy free chocolate (high percentage cacao dark)

Date based 'caramel' apple

Snacks

Lime water: ~ ½ lime squeezed into 1-gallon water

(NO fruit juices: too much added sugar, no fiber, less phytonutrients. Just buy whole fruits. You can squeeze your own juice, but eat all of the fruit you can (everything except some the peels).)

Apples

Bananas

Bag of Kale (sprinkle lime juice for a delightful treat)

Salted Sunflower Seeds (baked?) (in shell, makes it take longer to eat, gives your mouth something to do)

Air popcorn with yeast & flax seed (not flax seed oil)

Chew on a tree branch

Baked chips

Air fried potatoes

Gum – several healthy types, nothing from a typical grocer

Chew on a rubber cord

Popcorn with seasoning, yeast, etc.

Apples dipped in peanut butter or almond butter or molasses or honey

Utahna's Salad Dressing

.5 cup vinegar, combo apple cider with the mother and balsamic

Kayan

Seasoning

Stevia (sweetener) 2 tbsp

Himalayan sea salt, 40 shakes

Kayan pepper

.5 cup water (same amount as vinegar, maybe a little less)

Garlic 1 clove

Avocado oil or olive oil, 2 tbsp, not very healthy

Flax seed 3 tbsp, this has oil

Lemon juice 2 tbsp

A good salad to put it on:

Spinach

Carrot

Colliflower

Raisin

Peanut

Celery

Broccoli

Utahna's Almond Banana Shake

Soak a cut of almonds for 2 quarts for almond milk. Blend it and fill 2 quarts of water.
Can add some vanilla
Handful of ice
2 bananas
Nutmeg .5 teaspoon
Cinnamon .5 teaspoon
Stevia 10 drops

Utahna's Green Juice: Spinach Lemonade

1 lemon, cut ends off, use half the peel +
Cut 2 kiwis
Fill the rest of the blender with spinach
Pour water in enough to blend well
Put in gallon jug, fill water till full
Add stevia to taste

Weight Loss Tips



Mega Weight Loss from Epic Running: I heard of a man who lost over 100 pounds, I think it was 150 pounds, in 3 months by running 5 miles a day and changing his eating. I threw this in here as a hopeful thing to remember when nothing else seems to work. And running 5 miles a day doesn't even take that much time out of the day.

-Here is an example of what running for 6 months looks like:

<https://www.youtube.com/watch?v=hviX47WTjIk>

-How I Lost 100 lbs Swimming 4x/Week | (Michael

Allon) <https://www.youtube.com/watch?v=452JBIgMatE>

-1500 cal/day of bad food loses weight slower than 2500/day good food.

-stop eating before 3 hours of inactivity or that will factually turn into fat

-likely get protein in diet not need it after a workout, esp. if such was before close to time of rest.

-the myfitnesspal app makes it easy to count calories

I once had a nutrition professor who suggested fitness for 1 hr/day, and to not eliminate any essential food group, including carbs fats proteins vitamins minerals

Find exercise you enjoy so you'll actually do it, like dance or a sport.

Slow the metabolism in increase your lifespan. Fast metabolism to eat more without gaining weight is a deal with the Devil.

Lots of Water Daily

Have you noticed how healthy people carry around a water bottle?

-recommended value is about half a gallon per day, but this is particularly good for those with eating and weight issues. Some experts recommend this for everyone. There is evidence supporting the idea the RDA's for such things as this or vitamins are terribly too low.

-do it throughout the day; if do it all at once can drown

-you'll see yourself snacking less and healthier

-you'll see decreased appetite

-you'll see weight loss

-you'll see increased energy

-you'll feel less groggy

Perhaps ½ gallon to 1 gallon. Dr. Gregor recommends not havign more than 3 cups/hour.

Caution: drinking too much water is unhealthy and can deplete your nutrients & electrolytes.

Calorie Counting

Note: Those who aspire to a whole foods plant-based diet will likely not need to count calories, although having a general awareness of how much you intake is wise, because society today is way off in what's normal vs what's healthy. Fortunately, when you're eating wholesome foods, particularly WFPB (whole food plant based), your body will gain speed in the ability to discern when it is full, so caloric intake won't be such an issue. In fact, it can become a non-issue. The body is a great self-regulator, and starving yourself leads to bingeing. Improve the quality more than the quantity of food.

Dr. Neal Bernard (specializes in WFPB) speaks of "the rule of 10" regarding calories, namely that if you're eating less than this amount which I'll show, that you're starving yourself and will binge later. The rule is as follows: take your ideal body weight, multiply it by 10, and that's how many calories you NEED BARE MINIMUM per day. Those who intake less than this are shooting themselves in the foot, starving themselves, and they will binge later to compensate.

Some find calorie counting as helpful, especially those not willing to make real dietary changes. For them, here are keys for that system.



-If you have interest in calorie counting, you probably already understand the use and importance of BMI, so we will not cover that here.

-A healthy body must have good sleep, good nutrition, and good exercise. To neglect any of these pillars of health is to deny scientific data about short- and long-term health. Good nutrition deals with both QUALITY and QUANTITY of food. Counting calories is about monitoring QUANTITY. All food has calories. A calorie is an energy unit.

-The key is to write your net calories of the day regardless of how bad you performed. Try to make this day better than yesterday, and this week better than last week. Don't focus on months, they're too unreal/removed and can result in giving up for long periods of time until there is a new month, or heaven forbid, a new year!

-Most of us eat too much because we think we need that energy to deal with our duties of the day. But when we learn we don't need the energy (by seeing that we have reached the daily recommendation), we realize that our issue is mental depletion, not physical depletion. Food is for physical depletion. Other stuff is for mental depletion.

-MyFitnessPal is the free recommended app my nutrition professor recommended for counting calories. It makes it easy. Type what you ate and about how much of it, and it'll do the rest. It also helps you set a daily goal based on how fast you want to lose (or just not gain) weight. Lastly, you log your weight (I recommend not weighing yourself more than once a week, so you don't go crazy and micro-manage your

diet), and it shows a bar graph of your body weight gains, flatline, or losses. The app also allows you to input what exercise you did so as to update your net caloric intake. Finally one of my favorite features is that after you log your day's foods and fitness (fitness being optional), it will say "if you eat like this every day for the next 5 weeks, you will weigh "x" pounds!" That to me is very encouraging, picturing the self who is that many pounds. Note: this app is private, so no one will see your weight or your goals.

-the body gets bigger if it receives more energy than it uses. Calorie means energy. Whether you got your calories from meat or carbohydrates etc., whatever energy/calorie isn't used, will make you bigger & less fit.

-counting calories is the best way to know if you're eating WAY too much or WAY too little. With how bazaar the standard American diet (S.A.D.) is today, you may be very surprised to learn that you don't need all of what you're eating. I certainly was! Overeating or overfeeding your kids out of ignorance-based compassion for yourself and them can be eliminated and replaced with effective compassion if we know more perfectly what our bodies do and do not need. Yes you need to have a balanced diet in order to be healthy, but you also need to pay attention to overall input output of energy by looking at your calories.

-You may be surprised to learn that even good foods like salad, beans, vegetables, fruits, etc. have calories. Just because a food isn't a carbohydrate (carb being the main source of calories) doesn't mean it doesn't have calories! Too much of anything, even a good thing, is bad. Like too much time reading the scriptures can be bad if it takes you away from serving the poor (VERY few people read too much scriptures, I'm just using a dramatic example of how even an extremely good thing can be bad if used too much). There are a few foods that have extremely little calories, and when you need to munch etc., you can learn to turn to these kinds of food. Many foods are surprisingly high in calories for how small or innocent they look.

-you don't have to be perfect in your count. Even getting a general idea is usually enough to help you make needed changes. This doesn't mean just guess how many calories are in a food, yes you need to calculate it with a reference book or website or phone app, but the reason many get overwhelmed and quit calorie counting is because they are being too strict on how exact their count is.

-Have a goal for how many calories to take a day. 1500/day is the least recommended for average men who want to lose 2 pounds per week. 2000 is a rate where you will lose 1 pound per week. 2500 you will not change; more than 2500 you will gain. For women, it's about 500 less overall.

-exercising burns calories. Today's goal – amount eaten – amount burned (via exercise, including steps so wear a step counter) = net calories not used for that day. Try to have this net number be 0. If your goal is 1500, and you eat 2000 and burn 500, your net is 0. Since your daily goal is 1500, this daily 0 means you lost weight. Another way to look at it is to set a goal for 2000 daily (the amount where you don't lose or gain) and try to be negative at the end of the day. If you're at 0, no change; at positive, gained; in the negative, you lost weight. Caution: just because you exercise doesn't mean you can eat more. The only time you can eat more is if your net caloric intake for the day is in the negative. If you are in the positive net caloric intake that day (meaning you will gain weight that day from the excess energy you've consumed), do some extra exercise. Now you know that Snickers isn't just a 10 second mercy, it's a half hour jog. Not so satisfying now, is it?

-having the motivation to change is so much easier when we know specifically how to change, or in other words, doing a large goal is so much easier if we know what

little goals need to happen to make that bigger goal occur. Like the student who waits till last minute on an assignment and does poorly or even fails, so is the person who doesn't do small goals to get their big goal. Being in the appropriate weight range (BMI) is impossible without small goals/checkpoints.

-One important note is the fundamental concept that if the calories you are eating are healthier, you'll lose weight faster. One nutritionist said that a person will lose more weight eating 2500 calories per day of healthy foods than someone who eats 1500 per day of unhealthy foods. Don't think that just because you eat healthy you don't have to measure (count) energy (calories) intake.

-Beware: you will make excuses about why counting calories isn't applicable or important to your health. There is a tendency to think that people with healthy bodies are just lucky that they don't have "x" trial that you do. Most people have health problems, and those with healthy bodies are they who have overcome the common and uncommon barriers to health. My nutrition professor says that she can find ways for just about anyone to exercise, etc., even if they have a bad foot or whatever else if they don't make excuses. Counting takes some amount of time. If your health is a high priority to you, find the time. Hire a nutritionist for a monthly meeting for a small fee.

-To wrap things up, life isn't all about how much you weigh. Go have fun, go socialize. If you're single, go on tons of dates with tons of people. Living to the fullest while not at your best health is a way of expressing that you believe in your ability to improve your health. You'll lose weight faster if you're not neglecting your social life than if your plan were to hide in a cave until you were perfect. Being involved in society helps you see how happy and effective people who are being responsible with their bodies. We often think that having a healthy and limited diet means we won't enjoy life, and seeing healthy people (especially interacting with them) helps us know the reality of the joy of healthy lifestyles. Being depressed is a sign that you don't think you can change, and leads to reclusively, and your favorite coping mechanism: putting energy (calories) in your body. With prayer to God in the name of Jesus Christ, and little tools to help you understand what's really going on with your body, you can change! So be faithful, and be educated about your body!

No Keto! The Toxic Fad Diet



-When you have no carbs, ketones are made from attacking fats, ketones are acidic. This is the 'keto' diet. The acidity is bad. Atkins diet got a bad name when he died, the new name for it is 'keto diet'. Lots of heart problems from this. It is not sustainable.

-Much of the weight loss from the Atkins/Keto diet is muscle loss, and you usually gain it back in fat rather than muscle when you start eating carbs again.

-Carbs and starches are key historically, and most major world religions suggest not using much meat if any.

-They looked at autopsies of Koreans and Americans in the Korean war, Americans have a meat heavy diet and were predisposed to atherosclerosis (which leads to heart failure), the Koreans didn't have any signs of this (see Discovering the Word of Wisdom)

LDL cholesterol will raise which adds plaque to the arteries and inflammation will increase. These will lead to a heart attack and it is not worth the lower blood sugar levels and weight loss. There is no society that has lived long term in a state of ketosis.

The gut microbiome also suffers when we aren't eating fibrous plants (all plants have fiber, meat does not, dairy hardly has fiber)

You are What You Eat



You are what you eat. Let's look at animal proteins. In general animal proteins are bad in my opinion because it increases risk of disease, and it's not really necessary for your body to have, because you're trying to ingest metabolized food, you're basically trying to tap into the stores of an animal, which may not necessarily store things the way you need to access them (Fuhrman, J., M.D. (2011). *Eat to Live*. Little, Brown and Company; namely Ch 4). So some of the nutrients they've ingested won't be accessible to you, and some of what they've ingested which you don't want will be accessible to you. Kidney failure, cancer, liver damage etc. can result from eating animals. One of the ways I like to think of it is by using a forest protein analogy. Plants have protein. Animals and humans wander in a forest seeking protein via the plants. Humans find it easier to kill animals than to garden. Humans decide that if animals eat plants, then eating the animals will bring them what the animal ate, the plants! But in reality, this "middle man" (the animal) is taking its toll, and the delivered product isn't what it would have been if we had gone to the primary source (the plants) for the protein. Going to the primary source we get all that we were looking for, but using a middle man, lots of unwanted stuff is added into the "contract", and lots of desired stuff is removed from the contract.

Eliminating Caffeinated Beverages & Other Hot Drinks



-Hot drinks burn the vitamins in the food leading to malnutrition, and burn the lining of the mouth, exposing the mouth to more toxins, increasing the risk of cancer. This is one of the reasons D&C discourages hot drinks.

-high fructose corn syrup it often comes in

-addictive nature

-leaves you burnt out after

-steadily decreases max energy capacity overall

-high amounts bad for heart

-jitteriness

-hot drinks usually carry lots of empty calories

-scriptures warn to not run faster than have strength

-allow nature to be the guide of your natural body

-modifies natural cortisol production

-soda drinkers oft report strokes and quit soda after their stroke (if not dead from stroke)

-tempts you to not exercise and eat a healthy diet

-tempts you to not prioritize, imagining that there is an undefined unlimited amount of time at your disposal because you can supposedly simply override exhaustion indefinitely

-gain weight from bad sugar, hard to get it off, fat cells shrink they never go away

-sodas are man made not God made

-coffee is bad not only because of the caffeine, but many other bad chemicals put in it.

I'm for medicinal caffeine use, not recreational. We can talk about this because it's a public health issue (so many can't go without this drug for their daily routine!) We all know the stuff is toxic (look at the pics of spiders making webs on caffeine, etc., no longer artful or cohesive).

But pulling all-nighters when you work during the day (with any amount of brain usage during the night) is neigh impossible without it.

President Uchtdorf this conference says he used it some when he had to get through some tough classes, seems we have to do this now and then. Granted, we should not eat any junk food including soda, with or without caffeine, both are bad!

Utah is one of the most obese places, and people call us hypocrites having our laws of health yet being unhealthy; we are being tested in the little things to see if we will follow the spirit with our conscience, or if we will follow Satan who also whispers to our conscience. We must choose. We certainly don't need use coffee or non-herbal tea since that takes our temple recommend. Of course it would be silly to be addicted to daily use

of the stuff, in whatever form. I can sometimes go with 5 hours sleep average without the stuff, but when I get below that is when things get really rough. Of course if you're averaging less than 5 hours sleep in general you should probably rethink your routine rather than take up caffeine. And of course like any other drug you'll develop a tolerance to it over time needing more and more. In short, a lifestyle chronically sleep deprived isn't sustainable even with caffeine, so you may as well not use the stuff on a regular basis, and only on cases of extreme and rare need. All of this said however does NOT excuse the use of substances specifically outlawed in The Word of Wisdom, namely coffee and non-herbal teas. We must obey The Word of Wisdom to have a temple recommend, don't play around with that stuff. We don't know all the reasons why those things have specifically been forbidden while other perhaps similar substances have not. The outlawing of said items does suggest the extreme care and awareness we must use if we choose to use caffeinated products as a medicinal aid for rare occasions. We fear God, and obey his laws. The world doesn't understand us, it never has. We are the people of Zion, serving God with all our hearts, might, minds, and souls. We don't have answers to all of our questions, but we have enough answers to know that we must obey God. We are committed to being his "peculiar" people.

Animal Rights Quotes: Brigham Young, Hugh Nibley, etc.

Though we do not worship animals nor equate them the same status as mankind, they do have rights and are loved of God. They are not the children of God as humans are, but they are beloved nonetheless.

The Joseph Smith Translation of Genesis speaks of man being required to give an accounting for how they treated animals. Scriptures speak of the lion & the lamb lying down together, and a future day when there will be no death, including no death of animals. 2 Nephi 2 says that before the fall of Adam, there was no death, including no death among animals.

Animals have intelligence and rights -Brigham Young

Only for their ignorance of what they do are men not punished for harm they do to other creatures of God's creation. -Brigham Young

Animals fear covenant keeping humans. -Hugh Nibley
(they are in the image of their creator)

Every tree is a living soul. -Nibley

Animals will appear at God's judgement bar to accuse those who've wronged them. -
Nibley

Zion means beauty. -Nibley

Why God weeps over this earth in the book of Enoch? For all his earths are
interconnected. -Nibley

Prophets see Jesus and Lucifer in personal interviews. -Nibley

Healthcare in the Free Market

Why are hospitals and procedures expensive? Why do we need medical insurance? It boils down to one and only one factor: government overreach. Why? Because government requires a license to do just about anything.

If no license were required to execute various medical procedures, we would have practitioners who could offer basic services at very discounted prices.

An example is laser eye surgery. This procedure somehow was able to hit the market, and is a very low price now, such as \$1000. Typically this procedure would be upwards of \$50,000 in a typical hospital setting.

Very basic procedures are billed for a very high price. Why? Because someone with a license did it.

Then everyone jumps on the bandwagon. Everyone and their dog starts charging through the roof prices. The famous box of tissues in the hospital room is billed at a far surpassing price than the same box bought in the store.

If you need a highly technical procedure done, sure, get someone more expensive. But most healthcare services don't need to be so high priced. Anyone could train to effectively administer those services with some basic in-house training.

This leads to another issue: the medical establishment schools. Sure, some experts should know the ins and outs of every aspect of biochemistry pathophysiology and pharmacology. But most training could be on the job.

Hospitals and healthcare should be privatized by deregulating the healthcare industry. Hospitals can be privately rated, and people can choose for themselves which level of risk they take on their care. It's the same for auto mechanics: not all mechanics are equally expert, and word gets around of who is the best. Sure, sue them if they falsely represent themselves or lie. But there should be an option available for those who want discounted services and are willing to take a chance on it. Isn't driving a car dangerous?

Are you going to trust the word of your mechanic that your ultra-fast machine is going to hold up? That's up to you, and so should your healthcare choices be.

I once saw a hospital elevator which said something to the effect of it having approval from the government. What?! They can't trust us to build our own elevators?

The issue is agency and inherent risk. Its ok for people to die sometimes. Shocker! The corrupt will eventually come to light and be punished, but the human race can only thrive on freedom. Any good economist will tell you there is a dollar amount each human life is worth – in other words, there comes a point where we can't keep dumping money into every little aspect of life to make sure it's 300% safe and sound. At some point you've got to get out there and take some risk! If you feel the risk is too great, seek an alternative. But don't legislate for laws that push everyone into your paranoid corner of uber-safety. "Not one shall be lost" is not the Lord's way. The Lord's way is to allow us to freely interact. Yes, some innocent will suffer, but it is the only way to greatness.

Imagine a society with wondrously cheap and effective healthcare. That is not our current society, it is a utopia. It is the eventual outcome of a free-market healthcare system.

Healthcare debate

1. The states should have the say, not the federal, this is the way of the constitution.
 - a. But what if a state is too poor to take care of it's poor?
 - i. Then they should move to a state which can. People will naturally migrate to the place best for them, and the old bad place becomes vacant, until a strong man comes and makes the wasteland into another paradise.
2. Graduated income tax demotivates and hurts everyone even the little guy since he has no work; you never got a job from a poor man, and you don't want everyone working for the government, because that puts great power into the hands of the few. Give the people power by letting them become wealthy.
 - a. But what of the rich getting away with paying no taxes by saying they had losses and writing it off on their taxes?
 - i. It's not bad to write off taxes! It's the duty of a citizen to pay the least taxes they can. If you can avoid paying taxes you should! Because then you have more money to put into the ECONOMY itself rather than it getting in the hand of beaurocrats who waste money and don't know what your local needs are. Now if a person lies, that is always bad. If a person cheats or steals, bad. If a person does not pay debts, like bankruptcy, it's bad.
3. What of the persons that have to give away their houses because hospitals come to collect their debts?
 - a. Without charity, no society can thrive.
 - b. Independent insurance companies could insure people against medical crisis, called "medical insurance", whom pay for, per se, cancer. These insurance companies could make plenty of money, and in a free market, they will compete against each other, and there will be quality product. Many people need the service, so many businesses can begin to help. The government can shut down monopolies.
4. What of lessening the salary of a doctor? We could subsidize the cost of their education to help them not need the high wage!
 - a. No one is going to become a doctor with any degree of excellence whom isn't getting paid handsomely for that level of sacrifice.

- b. There are already scholarships which can pay for the tuition of medical students
- c. Lower his salary, and he won't perform as highly.
- d. It's ok to give someone who provides an amazing service, an amazing salary. He can give the excess to the poor if he wishes, but we should not force him to be charitable. If we force someone to be charitable, they will be broken, and stop working. If we give them money and let them chose to be charitable, then they will do so, and they will thrive.
 - i. But some aren't charitable!
 1. Right, but there are enough whom are to care to the poor.
 2. Let the man get a sense of dignity from being an excellent doctor, and he will have the appropriate level of charity.
 3. The service doctors rend itself is also charity.

Candy Vendors: A Form of Priestcraft

Making things to replace gods creation, to get gain . They have no authority to say such creations are food worthy of the temple of man.

In the broad sense, anyone who sells something which tends toward the debase nature of man is a form of priestcraft. Anything unhealthy or unbecoming of the dignity of the human family.

On Offending Others by Your Diet

Fuhrman says you'd have to tie him down and force feed him those things. He knows so much, he knows its insane to eat them.

Know that life is better for everyone when we do whats right, even when it hurts

GASmith would bring jar of wheat and eat that not what members offered.

The more you know, the easier it is to say no.

Some food you just don't eat. Like cardboard it's not food, it doesn't help the body.

You can say your health doesn't allow it, for no one's health really does.

When you really know what isn't ok to put in your temple, it doesn't matter what anyone thinks.

Acid/Base Numbers (keep here?)

Norm:

pH 7.35-7.45

PaCO₂ 32-48 mm Hg

Bicarb HCO₃ 22-26 mEq/L

PaO₂ 80-100 mm Hg

SaO₂ >95%

resp acid

pH < 7.35

PaCO₂ > 45

HCO₃ > 26

resp alk

pH >7.45

PaCo₂ <35

HCO₃ <22 (compensatory)

met acid

pH <7.35

HCO₃ < 22

PaCO₂ <35

Hyperkalemia

met alk

pH > 7.45

HCO₃ >26
PaCO₂ >45
hypokalemia

Compensation:

normal pH = full
irreg pH + reg compensator = uncomp/acute
irreg pH + irreg compensator (opp of pH) = part comp

ROME trick:

resp opp
met equal

resp acid:

met acid: all low
met alk: all high

Resources on Nutrition



- Independent nutrition scientists from around world in a nonprofit committee agree that health is mostly found in unprocessed plants

truehealthinitiative.org

-dr. Michael clapper

See book reverse and prevent heart disease by Dr. Caldwell b esselstyn Jr.

-Buying food: Penzy in draper cheap spices

Alpine food storage - cheap bulk fruit etc

Exchange groups

Bountiful baskets

-Food Storage Feast by Keith Snow [Click here](#) \$50 discount on lessons if you sign up using the discount code: WAB (stands for World Affairs Brief by Joel Skousen)

-Joel Fuhrman: drfuhrman.com Whole Food Plant Based Nutritarian

-Neal Bernard - pcmr.org – Physicians Committee for Responsible Medicine by Neal Bernard – Whole Food Plant Based

-Andrew Saul: preventative nutrition, Foodmatters film,

-Steve Hickey: Vit. C miraculous healings etc.

-Abram Hoffer: megavitamin etc.

-Vitamins: Bo H Jonsson, Helen Saul Case, The Vitamin Movie, Ralph Campbell,

-GMO: Dennis Kucinich

-Joan Mathews Larson: nutrition for alcoholism, depression

-Nicholeen Peck: parenting via teaching self government

-Del Bigtree: Vaxxed movie

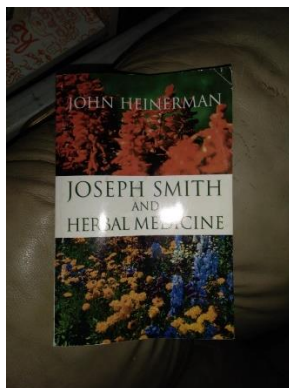
-Eli Camp Nd Dhanp: unvaccinated child

-Anthony William

John Christopher – LDS Hebalist drchristophersherbshop.com, store in Springville UT

Jane Birch – WFPB - <http://discoveringthewordofwisdom.com/more-resources> - pointing to dozens of other sites books and resources for WFPB.

HomeStadingUnrefined.com by Megan Richardson
ProvidentLiving.Ilds.org
TheSurvivalistBlog.net
MDCreekmore.com
Shannon Hayes - theradicalhomemaker.net



Visual nutrition book for youth: How Food Works: The Facts Visually Explained
(How Things Work) <https://a.co/d/ggl4xlp>

