

# CONTENT OUTLINE OF BOOK 01

Mastering the information in Book 01.

Understanding the Get Well, Stay Well Concept.

An overview of the principles and concepts required to achieve complete healing.

What is Get Well, Stay Well?

Is it really possible to Get Well and Stay Well?

Understanding the cause of all pain, sickness and disease.

Understanding your particular pain, sickness or disease.

There is always a “why” to be answered.

Modern therapies: part of the problem or part of the solution?

What should I do if I am currently healthy?

Is it reasonable to expect complete healing?

Understanding the 5 steps to complete healing.

## **Review these articles from Book 01**

**APPENDIX A** – Understanding Carbohydrates

**APPENDIX B** – Understanding Protein

**APPENDIX C** – Understanding Fats

## **INTRODUCTION**

1. Understanding the need for change
2. Understanding genetics
3. Understanding personal responsibility

## **STEP 1: NUTRITION**

### **Chapter 1. The essence of food**

The Doctrine of Signatures

You are what you eat

Do you control your food, or does it control you?

Everything finds its own level

Is what you eat more important than what you think, or vice versa?

Summary in the energetics of food

Factors that should be noted in the energetics of food

The basic elements of life

### **Chapter 2. Oxygen**

Air is full of pollutants and low in oxygen

Breathing properly

Supplementing oxygen

Contaminating factors

References for additional study

### **Chapter 3. Water**

The temperature of water  
Is juice a good replacement for water?  
Water makes energy  
Water feeds the brain  
Water and caffeine  
The taste of water  
What kind of water is best?  
How much water should you drink?  
References for additional study

### **Chapter 4. Protein**

What are some of the important functions of protein?  
What symptoms may result from a lack of protein?  
How much protein is healthy on a daily basis?  
The best source of protein  
Created vegetarian  
The addition of meat  
You can eat the meat, but not the blood  
Consequences of eating meat  
Additional consequences of meat consumption  
More about meat  
More anti-protein information.  
Further proof that low protein diets are good.  
Why do you crave high amounts of protein?  
Why does protein make you feel good while it kills you?  
How do you tell if you are digesting protein?  
Helping the body digest proteins  
Health care of high protein users  
Why you have a big tummy  
Is vegetarianism the answer?  
Alternatives for meat  
CLEAN/kosher foods  
UNCLEAN/unkosher foods  
References for additional study  
Milk is one of the most dangerous proteins  
It's disgusting if you think about it  
Does your information come from advertisers?  
Milk creates large people  
Digestion of milk  
Milk feeds infection  
Are the facts being kept from you?  
Is milk contributing to heart disease?

Cow/human element ratio  
What alternatives are there for milk?

### **Chapter 5. Carbohydrates**

Classification of carbohydrates  
Unused glucose is stored as glycogen  
Understanding calories  
How are carbohydrates used?  
What are the effects of excess carbohydrates?  
Refined sugar, the worst carbohydrate available  
Artificial sweeteners – worse than refined sugar  
Processed flour – the second worst carbohydrate available  
The best carbohydrates

### **Chapter 6. Fats**

Classification of fats  
How the body uses fats  
Negative effects of too much fat  
Understanding cholesterol  
Fat and sugar  
What the Bible says  
Refined oils  
Fried food and fat  
Fat in your blood  
Increased protein to fight fat  
Examples of healthy fats

### **Chapter 7. Deficiency of our foods**

Rising above the norm  
The four basic food groups  
What is a food?  
Processed foods should be the first to go  
Processed (toxic) foods may be the primary staple for many people  
Additional facts about processing  
Where do we go from here?  
Bioengineering, a whole new problem  
References for additional study

### **Chapter 8. Contamination of the land**

Nature Recycles  
Convicting Facts

What is there left to eat?  
References for additional study

### **Chapter 9. Supplements: food or commodity**

Why you need supplements  
Harvesting before maturity  
Which supplements are best?  
What is kinesiology?  
Reasons for a product not to test well  
Dosage  
Organic counteracts inorganic  
References for additional study

### **Chapter 10. Dietary concepts and principles to be aware of**

The Chinese constitutions  
Vegetarian diet  
Food combining  
Acid/alkaline balance  
Blood type diets  
Weight loss diets  
Juicing

### **Chapter 11. Lifestyle, the cherry on top**

Attitude  
Purpose  
Rest & Play  
Morality  
Spirituality  
Miscellaneous  
Electromagnetics  
Music and what you listen to  
What you see/look at  
Scientific knowledge  
Discipline

### **Chapter 12. Summary of a healthy diet with misc. suggestions on the side**

Training the taste buds  
Water  
Chewing  
Breakfast  
Lunch  
Dinner

Mealtimes  
Food and Energy  
Stress at mealtimes  
Salt & black pepper  
Cravings and deficiencies  
Good etiquette  
Miscellaneous about foods  
Cooking  
Condiments  
Salad  
Bread  
Caffeine  
Spices  
Grilling  
Soda  
Sugar Free  
Alcohol  
Smoking  
Miscellaneous  
Deodorant  
Soap & Shampoo  
Teeth  
Vaccinations  
Drugs/Medication & Genetics

## **STEP 2: DIGESTION, ASSIMILATION & METABOLISM**

### **Chapter 1. Understanding digestion and assimilation**

Stomach  
Small Intestine  
Pancreas  
Liver  
Gallbladder  
Summary of digestion

### **Chapter 2. Understanding metabolism**

## **STEP 3: ELIMINATION**

### **Chapter 1. Channels of elimination**

Large Intestine  
Liver & Elimination  
Kidney & Elimination  
Lungs & Elimination  
Lymphatic System & Elimination

Spleen & Elimination  
Skin & Elimination

## Chapter 2. Exercise & Rest

**STEP 4: CLEANSING** – Fasting for health

### **STEP 5: DETOXIFICATION**

- A general summary of book 2

What is the most important factor to achieving complete healing?

The influence of accumulated toxins.

What is the best way to detoxify accumulated toxins from the body?

Where can I get a TBA Custom Detoxification Remedy?

Is there any advantage to becoming certified in TBA?

## **APPENDIX A**

Step 1 – Chapter 5 1

### **ABOUT CARBOHYDRATES**

*PLEASE NOTE: In the discussion of nutrition, I use the term “complex” carbohydrate and “simple” carbohydrate. I realize the encyclopedia relies upon the molecular structure of a food when it defines it in these terms, but I have not followed this guideline in the discussion I am presenting. The reason I cannot follow this guideline is because science has allowed the misunderstanding of molecular composition to distort some very fundamental principles in diet and nutrition. Medicine defines a molecule from a biochemical standpoint only. This does not allow for consideration of catabolic or anabolic reactions. In organic chemistry, the blood is not as important as the metabolic reactions occurring in the cells. For example: many people are iron deficient. The common medication for this is made of iron molecules harvested from inorganic metal compounds. Electrical charges are placed on sheets of metal much like your cast iron pans. The electrical charges break down the iron molecules so they can be placed in pill form. On the molecular level, it is all iron, but the misunderstanding is that all iron molecules are alike in the task they perform. When you get your blood test, it shows the iron is normal now that you are taking this iron pill, but your cells cannot use this inorganic iron. You can see that molecular structure is not an accurate method of describing complex vs. simple carbohydrates in the area of diet and nutrition. As a point of fact, iron pills*

*are constipating, but if you take an organic form of iron, meaning it came from a plant, it will loosen the bowels. They have the same molecular structure, but the origin of the molecule is very different. The origin is what makes all the difference in organic chemistry. We will be discussing organic vs. inorganic at some point in this book, so this concept will be understood in more detail. I will summarize now by saying that molecules originating from inorganic compounds will not properly bind to organic molecules. A cast iron pan does not break down in the presence of heat, but organic iron molecules will. This is why you feel weak when you have a fever: your iron molecules break down into their basic components, leaving you with low energy. During a fever, your liver breaks your iron molecules apart for other cellular functions. The same goes with the constipation issue and iron pills. The liver uses iron to make bile, and bile makes the stool loose. Inorganic iron cannot be used by the liver because it cannot break it into its smallest form. It actually has a toxic metal effect in your liver. It makes your blood appear balanced, and that is all doctors are trained to do, so they don't think twice about it. This same principle applies to all foods and all molecules. What happens to brain cells if they are exposed to more than 106 degrees of heat? They die, and you risk brain damage. Why then can a food be processed at hundreds of degrees, undergo chemical stripping, and still be classified as adequate for the body? Just because a molecule looks the same does not mean it will perform the same function. Every element found in the human body can be found in the earth, but a human being cannot be created from the earth (except for the initial one designed by God). Please understand that I am not contradicting molecular science, but simple and complex foods as will be discussed should be viewed from the standpoint of organic chemistry. Although it may complicate and even contradict previous knowledge that you have gained, keep in mind that a complex carbohydrate must be a whole food. It cannot have been processed or refined or heated over 100 degrees. Most of all, it must contain all of its natural vitamins and minerals.*

#### Step 1 – Chapter 5 2

Plants use water from the soil, carbon dioxide from the air and chlorophyll to make carbohydrates. The chemical compounds that make a carbohydrate are carbon, hydrogen and oxygen. Plants store their carbohydrates in the form of starch, which is usually inside a tough cellulose wall. When we chew food, the cellulose walls are crushed and the digestive juices can get to the starches. Heat will also break up the cellulose walls, but when this is done, many of the nutrients exposed to the heat die. The cellulose is used by the body as bulk or roughage needed for normal intestinal functions like peristalsis. As a rule, people do not get enough roughage or fiber in their diets, and part of the reason is because we do not eat enough raw food (cellulose is fiber).

The human body will generally burn a carbohydrate before it will burn a protein, but it is better if the body burns carbohydrates for energy and leaves protein available for more important tasks like tissue building and repair. Many of the modern diets explain the many benefits of protein and form the conclusion that high protein diets are best, but this misconception was thoroughly discussed in the previous pages. If health and a feeling of well-being are to be achieved long-term, carbohydrates should become the staple of our diets. There are two classifications of carbohydrates, and this must be understood. When people advocate high protein diets because carbohydrates are fattening and of little nutritional value, they are referring to carbohydrates made of simple sugars. These are agreeably negative for the body. Complex carbohydrates, like whole grains, are fabulous for the body and really what the body was created to live on.

#### **Classification of carbohydrates**

Carbohydrates are traditionally classified as either simple or complex. I am going to use the same terminology, but to understand the point I will be making, please be sure to read the first page of this chapter. A simple sugar contains just one sugar molecule. A complex sugar is made of a strand, or chain, of sugar molecules. It was believed that simple sugars were digested much more quickly because they did not have to be broken down, but new research has proven that this is not the case. Even if it is true, the rate of digestion is not as important as the fact that the carbohydrate is digested in the end. As a rule, it is much better to use foods that are complex carbohydrates than those that are simple carbohydrates, or simple sugars. Most simple sugars contain no nutrition, meaning they are empty calories. Honey, maple syrup and molasses are examples of simple sugars that are not empty calories. The key of a good vs. bad carbohydrate is the amount of nutrition it contains, and, with very few exceptions, most simple sugars originate from complex carbohydrates. They become simple sugars through refining and processing, both of which remove the nutritional value. As a rule, we want to avoid simple sugars. In the case of honey, maple syrup and molasses, the darker and the closer to nature each is, the better it is for you because minerals create a dark color. Thus, the darker it is, the richer in nutrients it is.

When you eat a complex carbohydrate, the saliva in the mouth begins digesting it. Digestion is the action of enzymes on a food in the intestine. No matter what form of carbohydrate you eat, the body must eventually

break it down into an absorbable form. The body's natural response is to convert carbohydrates into glucose. Glucose is a sugar. The intestine can only absorb glucose, fructose and galactose. As the carbohydrate item reaches the stomach and small intestine, enzymes from the pancreas continue the digestion process, converting it into simple sugar so the intestine can absorb or assimilate it. Now you might think that if it is going to be converted to a simple carbohydrate anyway, why not eat simple carbohydrates? The answer is in the elements supplied in a complex carbohydrate. The body needs minerals, vitamins and enzymes to complete the digestion process, and if these are not in the carbohydrate when you eat it, the body steals them from other parts of your body. So simple carbohydrates really create nutritional deficiency.

### **Unused glucose is stored as glycogen**

Any glucose that is not needed in the body is converted to glycogen by the liver. Glycogen is how the body stores extra glucose. It is normal for the body to store about 24 hours worth of glycogen in the liver, but

Step 1 – Chapter 5 3  
after that, it converts it to fatty tissue and stores it in muscle. The liver will detoxify much better if the glycogen levels do not get too low, so meal skipping makes it hard for the liver to detoxify normally. When the body gets more glycogen than it can store in the liver, it stores it as fatty tissue. We have been trained to eat low-fat, but most of the fat on your body is an excess amount of glycogen because the majority of fat in our diets comes from simple carbohydrates in the form of potato chips, french fries, bread, cakes, cookies, ice cream, refined sugar (found in everything), and so much more. This does not mean we should eat more protein: it simply means we are eating the wrong kinds of carbohydrates. It seems as though too much glycogen and too little glycogen are negative, but it really isn't something you need to worry about if you are consuming the right kinds of carbohydrates. The body is very intelligent, but it does not know how to process items (like the simple carbohydrates listed) that were never intended to be put in the body. The body has a very intelligent, complex regulation system, so you don't need to worry about anything but eating the right kinds of carbohydrates.

### **Understanding calories**

People today have been trained to look at food in terms of calories, but you will find that calories are not the most important factor in diet and weight loss. There are two main kinds of calories: "empty" and "armored." An empty calorie refers to a food that has no nutritional value. Foods like refined sugar, alcohol, soft drinks and refined foods hold no nutritional value. You can think of these as simple carbohydrates. Unfortunately, these sources of calories are the primary ones used in today's society. Armored calories are those that still contain nutrients. These would also be complex carbohydrates. Regardless of taste, carbohydrates produce four calories per gram, so how sweet something tastes is not going to determine its calorie worth. The body will always choose an armored calorie before it will choose an empty calorie, so empty calories are generally converted to fat. Because the typical American diet is almost totally filled with foods that are made of empty calories, you can see why so many people are heavier than they should be and why the high protein diets tend to initiate short-term results in weight loss. As stated previously, the answer is not more protein and fewer carbohydrates: it is simply to eat the right kinds of carbohydrates – complex (armoured) carbohydrates.

Calories are not really the issue – the source of the calorie is. If a calorie is going to be measured, it should only be in the sense of what is needed to balance the amount burned during exercise. In other words, it is much better to rate a food in terms of simple or complex carbohydrate rather than caloric value, because if the calorie is empty, it is going to be converted to fat. But calories are not rated in terms of empty or armored in modern terms. Thus, if a diet is balanced with wholesome foods, calories are irrelevant.

It is true that if you are eating fewer calories than you are burning, you will lose weight. The problem is, if you are concentrating on caloric value instead of whether it is a simple or complex carbohydrate, you are not going to get any nutritional value out of your food item. If there is no nutritional value, it is an empty calorie, meaning it will be converted to fat. Since you didn't get any nutrition, you won't have any energy to burn it off. People who count calories may look thinner for a while, but when they finally become depleted enough of nutrition, the metabolic rate in their cells will slowly down, the glands become imbalanced, with the final result of chubby fat and loose skin. If you are eating complex carbohydrates, you don't have to exercise your butt off because your body will burn them off automatically. That's right, your metabolic system works when the nutrition provided in complex carbohydrates is supplied. How ingenious of God, huh? The same foods that create the greatest amounts of fat also contain the elements to increase

the metabolic rate!

Most people have a slow metabolism because most of the calories they eat are empty, and their metabolic system has become weak due to a nutritional deficiency. A healthy metabolism is required to burn calories, but your metabolism requires nutrition to function. When you eat a food that is high in armored calories, you will automatically get the nutrition needed to supply the energy required to burn the calorie back off. In other words, the nutrition provided in an armored calorie generally increases the metabolism. Of course, Step 1 – Chapter 5 4

most people want to burn calories and have a high metabolism without any exercise, but exercise is a primary factor in regulating metabolism. You don't have to exercise excessively, though. Originally, people worked in the fields and walked. This was exercise, but nothing like what people have to do today. If you find you need to count calories in order to keep your weight in check, you are clearly eating the wrong kinds of calories. If you find that you have to exercise excessively to keep your weight in check, take that time you were using to count the calories in everything you ate and invest it into knowledge that will help you pick out complex carbohydrates rather than simple, empty calories.

### **How are carbohydrates used?**

Think of the body as an engine that must have gas to burn in order to move. When carbohydrates are burned (oxidized) by the body tissues, energy is produced for movement and heat is released in order to maintain body temperature. Glucose is the form of carbohydrate found in the blood. A carbohydrate can only pass through the intestine wall if it is in the form of glucose, fructose or galactose, remember? When a carbohydrate reaches the glucose level because the proper enzymes have acted on it in the digestion process, it is ready for assimilation into the blood stream. Carbohydrates are used for the following tasks:

1. Carbohydrates provide an economical and quick source of calories.
2. Spare protein can be used for more important tasks, like tissue building and repair.
3. Lactose encourages the growth of favorable intestinal bacteria, has laxative properties, and enhances absorption of calcium.
4. Cellulose provides fiber or fecal bulk.
5. Glucose is the source of energy for the nervous system. (Nerves can only use glucose, which is why low blood sugar can result in mental confusion.)
6. Glycogen stored in the liver helps it to detoxify.
7. Carbohydrates aid in complete oxidation of fats so ketones are not created. When fats do not oxidize normally, it creates acidosis in the body known as ketones.

### **What are the effects of excess carbohydrates?**

Remember that carbohydrates cannot really be overdone if they are used in a complex form. This means you can't really eat too much. If used in the form of simple sugars, the following can occur:

1. Excess carbohydrates increase the incident of dental cavities because microorganisms living in the dental plaque convert sugar into acids, which attack the tooth enamel.
2. They cause obesity because more calories are ingested than are expended, and nutrition needed to raise the metabolism has not been supplied.
3. They irritate the intestinal mucosa (irritate ulcers).
4. They depress the appetite.
5. They increase blood triglyceride levels.
6. They will cause malnutrition if the carbohydrates are eaten in form of empty calories.

NOTE: While it is true that simple sugars (candy) will give you an energy boost (sugar high) faster than a complex carbohydrate (fruit or organic bread), the simple sugar creates a spike in your metabolic process and sugar levels that eventually overstress the glands, especially the pancreas. Simple sugars also deplete the body of nutrients, making you feel weaker when they wear off while complex carbohydrates supply nutrition and have a longer lasting effect without the insulin spike and glandular depletion.

### **Refined sugar, the worst carbohydrate available**

If there were just one food that should be eliminated from the earth, it would have to be white sugar, in my opinion. A comprehensive report can be found in Nancy Appleton's *Lick the Sugar Habit*, but here is the Step 1 – Chapter 5 5

short and sweet of the book. Refined sugar used to be milled primarily from cane sugar and sugar beets But in the 1970's high fructose corn syrup was introduced, and it now makes up more than 50% of the total

sugar consumption. If you stop and think about it, sugar is practically in everything you eat and many things you never thought contained sugar. Meat packers feed sugar to animals prior to slaughter to improve the flavor and color of cured meat. Sugar is often added to hamburgers sold in restaurants to reduce shrinkage. The breading on many prepared foods contains sugar. Most breads contain sugar. Before salmon is canned, it is often glazed with a sugar solution. Some fast-food restaurants sell poultry that has been injected with a flavorful honey solution. Sugar is used in the processing of luncheon meats, bacon and canned meats. Sugar is found in such unlikely items as bouillon cubes and dry roasted nuts. Sugar is found in beer, wine, champagne, cordials and other alcoholic drinks. Sugar is generally added to the syrup in canned fruits. Peanut butter and most dry cereals contain sugar. Some salts contain sugar. Almost half the calories in ketchup comes from the added sugar. More than 90% of the calories in a can of cranberry sauce come from the added sugar. Start reading the labels, and you will be surprised at how many foods contain sugar. Without knowing it, you are consuming enormous amounts of simple carbohydrates.

White sugar as you see it for sale in the grocery store is made up of two simple sugars – glucose and fructose. When ingested in a whole format as a carbohydrate, fat or protein, foods with sugar also contain chromium, manganese, cobalt, copper, zinc and magnesium. These are the minerals needed by the body to actually digest and metabolize the sugar, so it is burned rather than turned into empty calories, which is what refined sugar is. Modern processing makes white sugar hard on your body because the processing strips all the nutrients from the sugar, not to mention the chemicals used to make it nice and white. When you eat sugar in the refined form, the digestive process must steal the minerals needed to digest these sugars from your body. This is a very big problem because most people are depleted of essential nutrients to begin with, and sugar is in so many products that it would require an enormous amount of reserves to compensate for the depletion occurring each time sugar is eaten. When sugar is supplied without its minerals, meaning as a simple glucose rather than a complex carbohydrate, the body loses its need to convert foods into glucose, which makes the body dependent on it. Thus the constant sugar craving for those who eat it. It really is a dependency. The FDA considered it a drug in the 1980's, but could not take it off the market for fear of rioting!

If you don't think sugar is as addictive as any drug and as much of an influence on your brain and mind, just try and stop using any form of it for a week and see how you do. Remember that sugar is in everything, even ketchup and chocolate, so no cheating. A no-sugar diet is a no-sugar diet. Read the labels: any word that ends in "-ose" or any form of fructose or corn syrup is a sugar you don't want. If you have any yeast or candida problems, sugar is the one thing (along with antibiotics) you want to avoid. Sugar feeds yeast and infection, especially if that infection is caused by yeast or parasites. The bacteria that create cavities and bad breath live on sugar, even natural sugars such as the ones found in fruit, so avoid sugar if you have mouth problems until you can destroy the bacteria in your mouth.

Natural sugars as found in complex carbohydrates (fruits and vegetables) are not a problem unless you have severe bacteria such as those that live in the plaque on teeth. If you need a sweetener, look for honey grown in your area that has not been refined. Molasses and maple syrup are also a natural source of sugar, but you want to get the darkest form possible. The darker it is, the less refined it is. Sweet products that are not refined, like honey, molasses and maple syrup, have a dark color because they have not been stripped of the minerals required to break the sugar down in the body. Stevia is also beneficial and even cane sugar is all right for some people if used in small doses. Concentrations of sugar in a natural form such as the ones mentioned are not good for the body in large quantities or if used too often because they cause a spike in insulin and that eventually disrupts the metabolic system and pancreas. I understand that many people don't believe they can cook or bake without white sugar, but that concept is not true. And brown sugar . . . well, it is the same thing as white sugar except it has added chemicals and coloring so it will be more moist. You can find natural cane sugar, though. Let's face it, we need some kind of sugar to make apple pie, right?

#### Step 1 – Chapter 5 6

Besides the fact that sugar creates a terrible chemical reaction in the body, it is as addictive as any drug without the legality issues, and it is practically free considering the cost of most drugs (making it the drug of choice). Sugar also destroys the pH balance in the body. It does this primarily by interrupting the calcium/phosphorus ratios. In nature, any item with a high content of sugar also contains a high content of calcium or at least the minerals needed to buffer the effects of the sugar. When you consume refined sugar, the reserves of minerals are depleted, and calcium is one of the most affected. How many people are suffering from diseases that are calcium related today? Bone problems, digestive problems, teeth problems, infections and many diseases are directly related to calcium imbalance. When you consider that calcium is the alkalizer in the body and almost every disease, certainly every modern killer disease, flourishes in an

acid environment, you begin to see the problem. White sugar leeches calcium from the body, but how many of these people have been told that refined sugar will further deplete it and make most calcium supplements ineffective? Just as I feared. Tooth decay, hiatal hernia syndrome, acid indigestion, osteoporosis, nervous problems, mental illness, heart problems, constipation, mouth and skin disorders, beriberi and pellagra are just some of the illnesses directly related to the consumption of refined sugar. Never mind the fact that it depletes the body of other needed minerals, especially B vitamins. You be the judge of how strict you are willing to be with your sugar intake, but if I had one food that I was going to start eliminating from my diet, it would be refined sugar of all kinds. Don't forget to check the labels: it is in more items that you will believe.

### **Artificial sweeteners – worse than refined sugar**

Many of you can honestly say you avoid sugar pretty strictly. Unfortunately, your reasons are not health related but calorie related. There is a sugar alternative called aspartame that so many have learned to use because it is considered "diet." In this case, diet means low-fat, and this was a blessing in disguise because fat is such a problem today, especially in the US. The bad news is that aspartame, also known as Nutrasweet, Equal, Spoonful, Benevia, NatraTaste and many other names is worse for you than the horrible sugar I finished describing above. Aspartame is actually a drug that was created to help relieve ulcers. It was found, by mistake, to be 128 times sweeter than sugar, which meant much less could be used to achieve the same level of sweetness. What you have not been told is that Aspartame or Nutrasweet is made of aspartate (40%), phenylalanine (60%) and methyl esters (10%). These don't sound too bad, do they? I mean, two of them are amino acids, which are naturally occurring in most proteins, so how could that be bad?

Later in this book, you will learn how important it is to use products in their whole, natural state. Science has insisted on extracting or creating various single-form nutrients, and aspartame is one of the consequences. Aspartate is classified as an excitotoxin because if you use too much it becomes a deadly neurotoxin, which literally excites neurons in the brain and spinal cord to death. Aspartate in single form has caused brain tumors in animals, and extensive studies in humans have shown it to cause headaches, seizures and retarded brain development in children. Phenylalanine has been shown to penetrate the bloodbrain barrier and be transformed into dopamine. This is the exact opposite of taking cocaine. Methyl is oxidized by the body into formaldehyde, a deadly neurotoxin, carcinogen and embalming fluid used for preserving tissue. Over 75% of all complaints to the FDA are related to aspartame use. Filed complaints include but are not limited to: addiction, anxiety, blindness, blurred vision, depression, dizziness, fatigue, hearing loss, insomnia, joint pain, nausea, seizures and spasms. There is much more to be said, but that is all I have time for right now. The point is, 100 million Americans consume more than 5,000 tons of aspartame in the form of Nutrasweet and its other labeled names each year, (never mind use in other countries) yielding the producer of aspartame over \$736 million in sales. More information can be found at [www.aspartameispoison.com](http://www.aspartameispoison.com) or in Dr. H.J. Robert's recent book, *Aspartame Disease: An Ignored Epidemic*.

Step 1 – Chapter 5 7

### **Processed flour – the second worst carbohydrate available**

Wheat is the most common grain used in the modern world. We see it primarily in the form of white flour. It is true that wheat – natural, whole grain wheat – can be very nourishing to the body, but I guarantee that you are not getting natural, whole grain wheat in any product purchased at your local grocer. Even the products that tell you the product is natural and made of wheat are a twist of advertising.

Naturally, wheat contains an outer shell called the bran. It is high in fiber, B vitamins and minerals, and makes up about 15% of the total kernel. The germ, or the sprouting portion of the kernel, is the next layer. It is high in vitamins B and E but only makes up about 3% of the kernel. The endosperm makes up 80 – 85% of the kernel. The endosperm is a starch or a carbohydrate. When you use wheat as a whole kernel, meaning all parts of it, the wheat kernel is balanced, but modern producers take wheat through about twenty steps before selling it to you as white, refined flour. These steps include but are not limited to heats which destroy and oxidize the elements in the flour. The flour becomes a free-radical at this point (free radicals are the main cause of aging). Did I mention the bleach, acetone and peroxide used to make the flour nice and white? For every slice of white bread, you might as well take a sip of the bleach in your laundry room and smoke a pack of cigarettes to get a healthy dose of free radicals. Oh, you wouldn't do that? Not unless it was in the form of white bread, anyway.

After the wheat kernel is refined, there is no nutritional value. I know, the label and research indicates that there is some nutritional value left, but you are not told that what is left after the refining process is not usable. In other words, after the refining process, the body cannot actually extract the supposed nutrients and use them because they are also attached to carcinogenic compounds accumulated during the refining process. This is the reason you have heard me say that if man has put his hand to it in any way, you might as well call it worthless. The purpose of eating to begin with is to supply the body with nutrition, not to fill your stomach. Food is supposed to be a carrier of nutrition, so eating would automatically supply your body with nutrition. If a food does not supply the body with nutrition, it will deplete the body of nutrition. There is no middle ground. You are either supplying or depleting it any time you eat anything. Everything you put in the body has to be digested, and this requires nutrition. If you didn't supply the nutrition needed for digestion in the food, the body will use any reserves you have. The problem with using the reserves is that it leaves nothing for your organs and glands and body functions, and this is where symptoms of disease become apparent. Actually, the problem is more severe than that because most people don't have any reserves to begin with. There is a saying that "The whiter it is, the deader it'll make you." You can see that the food item is not always the issue, certainly not as much of an issue as the process that food undergoes before it reaches the table. Wheat is naturally a wonderful, nutrient-rich food, but after processing, it becomes a slow death trap. Don't assume you can go to the grocery store for whole wheat products; you may need to find a health food store or order it through a co-op. All grocery stores are not the same, though, so yours may have some of the items others don't carry. Of course, nothing beats making it yourself. You can get all organic ingredients and put it all in a bread maker. You don't have to sit home and wait for it.

### **The best carbohydrates**

- Grains are the best source of carbohydrate. Whole, unprocessed, unrefined grains. Wheat, barley, couscous, bulgar, rice – there are many to choose from, and there are many ways to prepare them. Your meals should revolve around the whole grains you wish to eat that day with vegetables as your side items and meat as another side item a couple times each week.

- All raw fruits. The longer they are allowed to stay on the vine or tree for maturity, the healthier they will be for your body. If a fruit is not allowed to ripen on the tree, the enzymes never mature. NOTE: Any fruit (or vegetable) found in a can is of little value to the body. Frozen fruits and vegetables are just a little better and homemade, canned foods are even better, but none of these

Step 1 – Chapter 5 8

choices compare to fresh by any means on any scale. Fresh, raw fruit is one of the body's favorite carbohydrates, especially in the morning or when you are really hot from working hard.

- All vegetables, especially raw so the body gets the needed cellulose.

- Breads are good sources of carbohydrates as long as they were made with organic, whole grains. Health food stores carry various breads; Ezekiel Bread is the most common. To be a true carbohydrate, a bread must be made with freshly ground grains and eaten very soon after it is made. If ground grain sits too long before it is used, it begins to oxidize.

- Pasta is a moderate form of carbohydrate as long as the grains used were not processed before the pasta was made. This eliminates all the pasta in the supermarket and in restaurants because they use bleached, processed flour. Pasta made of whole grains can be found in health food stores as well.

SUMMARY: About 25% of your diet should be protein (greens, grains, nuts, seeds, meat [fish, meat, poultry if you are a meat eater]). The rest should be fruits and vegetables, also known as complex carbohydrates according to the description in this book. Fruits are best for the body if they are raw. Vegetables should be eaten 30% raw, with the rest steamed or juiced, and very few cooked. You should juice your own vegetables with a Green's Plus, Champion or Norwalk juicer (listed in the order of importance in my opinion). If you can purchase organic vegetables – that is obviously the best choice – but if you can't, just get a juicer and juice those you can get at the grocery store. There are liquid solutions you can purchase to soak the fruits and vegetables in for 30 minutes so the pesticides will be deactivated. Juicing will be covered in more detail as we continue.

Step 1 – Chapter 5 9

# APPENDIX B

Step 1 – Chapter 4 1

## **ABOUT PROTEIN**

If one element were going to be named as “most important” when it comes to food items, it would have to be protein. Some refer to it as the staff of life, meaning life could not exist without it. All parts of your body are dependent upon protein in some way for survival. It is most important in terms of what it does in the body, but also because it is surrounded by the greatest amount of controversy, and with the exception of chemical poisons like preservatives and additives, it can inflict the most harm in the human body.

### **What are some of the important functions of protein?**

- Antibodies, which protect your body from infection, are proteins.
- Your genetic code (DNA) is made of proteins.
- Hormones, excreted by most glands, used to regulate your body, are proteins.
- Insulin, the secretion of the pancreas, is a protein.
- Enzymes, which perform a myriad of jobs in your body, are proteins.
- The red coloring in your blood (hemoglobin) is a protein.
- Your heart, liver, kidney and eyes are made of protein.
- Your hair, skin and nails, your bones, teeth and many other parts are made of protein.

### **What symptoms may result from a lack of protein?**

If your body becomes too deficient in protein, it can cause anemia, kidney disease, liver disease, peptic ulcers, poor wound healing, lack of resistance to infection, irritability, fatigue, low blood pressure, nerve instability, low blood sugar (hypoglycemia), weakness, wasting, high cholesterol, poor circulation, constipation, mental retardation in children, poor vision and edema or water retention.

### **How much protein is healthy on a daily basis?**

Every country has a different amount of protein that is recommended. No one can agree on amounts and that is primarily because the amount of protein required by the human body is really dependent on how well each person breaks it down or digests it. This cannot be determined unless the origin of the protein is discussed. There are high protein diets on the market promoting well-being and weight loss and, although some people find success, many do not because undigested protein is actually very toxic in the body and most blood types have a hard time digesting protein, especially meat protein. Protein digestion requires a high amount of stomach acid to break it down into amino acids, which the body uses on a cellular level. Although many suffer with heartburn, believing it to be an over-acid condition in their stomach, they are actually deficient in hydrochloric acid, the stomach digestive enzyme primarily responsible for protein digestion. The symptoms of too much acid and too little acid in the stomach are exactly the same, so most people are trying to remedy the wrong problem, which ultimately complicates the issue.

Because the amount of protein you need is really dependent on how much you break down, the answer is variable. The solution can be understood if the kinds of protein are understood. I realize that most people just need to have a number. They are not interested in factoring in variables, so I can tell you that the meat and dairy association recommends you ingest one gram of protein per 2.2 pounds of body weight. Those involved in alternative health with no financial agenda in the equation believe that if you are getting an assimilable form of protein, meaning your body is breaking it down, 30 grams is plenty for the same 220 pound person. Ultimately, the amount of protein you eat is irrelevant because it is of no use to the body if you are not breaking it down. I think the body does just fine on 30 grams of protein if it is all digested. More than that actually creates acid in the body, which is very harmful and sets the stage for almost every disease faced in the world. So I could say that the kind of protein is not that big an issue as long as the body is digesting 30 grams of it, but that would not be the whole truth. The kind of protein

Step 1 – Chapter 4 2

you eat pretty much dictates how much you will absorb. Most of the protein sources used today cannot be assimilated, and that is where the problem begins.

### **The best source of protein**

Protein can be a double-edged sword because it is literally essential for health maintenance and repair of tissue, but if you eat too much of it and do not digest it, it becomes one of the most poisonous toxins in the body. Excess protein can actually cause all of the symptoms that can come from a lack of it. That is

why I keep stating that the key is not going to be how much protein you eat, but how much you digest. When people are told to eat protein, they generally think of meat, eggs or dairy. Although this is what most modern nutrition books indicate as the best sources of protein, modern nutrition is based on identification of content with no thought placed on the digestive ability of that item. So it is true that meat, dairy and eggs are the highest sources of protein, but they are the least digestible or usable sources of protein for the human body. If you were a lion, vulture or other carnivorous animal, I would highly suggest meat as the main staple in your diet. If you were a baby cow in need of growing horns and a hide thick enough to stop a .22 caliber bullet, I would highly recommend milk. Human digestive systems cannot break these protein sources down, though. The fact that these foods are high in protein becomes irrelevant.

You will notice that all animals in the wild that eat meat do not chew it: they swallow it. They use their teeth, claws or beaks to rip chunks off and swallow those chunks. These animals do not need to chew because their stomach's contain special enzymes needed to digest the meat. Animals that eat meat also eat it raw, and raw meat contains certain enzymes needed in the stomach to help break it down. The human body does not create the same enzymes in the stomach, and neither is the stomach able to convert the enzymes found in raw meat to a form usable by the human body. A vulture's stomach can do it, but not a human's. Enzymes will be discussed shortly, but we are left with little choice. Yes, meat, dairy and eggs are great sources of protein, but if you are not going to break them down, they simply rot in your intestine.

### **Created vegetarian**

In the beginning, man was created to be vegetarian, or herbivore. In the Massoretic texts of the Torah, dietary principles were very clear. The Amplified Bible describes Genesis 1:29 as follows: "And God said, See, I have given you every plant yielding seed that is on the face of all the land, and every tree with seed in its fruit; you shall have them for food." Now some translations have used the word meat at the end of that sentence, but if you look at the original Hebrew text, the noun used there means food, not meat. The next verse, verse 30, actually goes on to say, "I have given every green herb for meat." So the word meat in Genesis Chapter 1 did not mean what it does today. Meat did not mean animal products: it meant food, or protein if I had to define it using my own word. We were given instructions to name the animals, not eat them! So the original diet, mentioned directly after the creation of man, was a diet consisting solely of fruits, vegetables, nuts, seeds and grains.

The physical anatomy of the human body was primarily designed for the consumption of plant foods, not animal foods. For example, we have 20 molars, designed for crushing and grinding plant foods (nuts and seeds). We have eight frontal incisors, which are used for biting into fruits and vegetables. We have only four canine teeth, designed for tearing meat. Our jaws move vertically and horizontally to crush food into small pieces. A carnivore's jaw only moves vertically. The large intestine of a human is very long (about 8 feet) while the intestine of a carnivore is very short (generally a matter of inches). This is because meat putrefies in the intestine if it is not eliminated right away, and putrefied meat creates very toxic poisons. A carnivore's stomach also contains about four times the amount of hydrochloric acid as humans.

Hydrochloric acid is required to digest meat protein. We are not similar to carnivore animals because we do not have claws for ripping and tearing: we have hands (like monkeys) for picking fruits and vegetables. Our saliva is alkaline and contains ptyalin, which helps us digest carbohydrates. The saliva of

Step 1 – Chapter 4 3

carnivores is acidic, promoting hydrochloric acid. Finally, carnivorous animals have a larger liver and kidney, needed to handle the excessive amount of uric acid and nitrogenous waste, both by-products of meat protein digestion.

NOTE: The Hebrew word for meat is *basar*, which means shame, corruption and worms.

### **The addition of meat**

For those of you who know your Bible, perhaps I should say, for those of you who want to justify meat eating and have found the following verse as a back-up to your lusting nature, let's discuss Genesis 9:3. Genesis chapter 9 is the point at which Noah's flood has just come to an end and God is setting a new standard for man. Noah's flood was a few thousand years after Genesis chapter 1. Verse 2 of chapter 9 indicates that every animal would be afraid of man and verse 3 (amplified version) states: "Every moving thing that lives shall be food for you; and as I give you the green vegetables and plants, I give you everything."

In the first chapter of Genesis, we were to be strictly vegetarian. This is promoted several times through the beginning of Genesis until we reach chapter 9. What happened nine chapters later, when the diet

suddenly included meat that had previously been forbidden? Rabbi Abraham Isaac Hacoen Kook, the well-respected Jewish spiritual leader and Torah scholar in the early part of the twentieth century, was a vegetarian. He was the first Chief Rabbi of the pre-state of Israel. He believed that the permission to eat meat was only a temporary concession to the people. He believed it was inconceivable that God would design a perfect plan of harmony for humanity and the Earth and find that it was imperfect a few thousand years later. He felt Genesis 9:3 was a temporary concession because people had sunk to such a low level of spiritual awareness that they needed to feel superior to the animals. He said that humanity's lust for flesh was so strong that if they were denied it, they might have reverted to eating human flesh. So eating meat was a way to control the blood lust.

I have two thoughts on this. First, I can believe that human beings were that horrible during that time because the earth was in such turmoil and violation that God himself wiped the earth clean of all the people He created in His own image. That's pretty drastic. And it isn't like there aren't people who eat human flesh. Even today they can be found, and we are supposed to be a civilized world! Thank God He decided not to do that again, or I am sure we would all be swimming again today. So you can imagine the corruption level had to have been enormous. The problem I have is that meat eating became acceptable after all the people were wiped out and only Noah's family remained. Until this point, man and animals were all vegetarian, and they lived in harmony.

Practically speaking, Noah and a multitude of animals came off a boat because the entire earth had been flooded. How many fruits and vegetables do you think were available? Remember that all the animals were vegetarian as well. How long does it take to plant vineyards, see fruit trees produce, have a jungle grow to maturity, etc? It seems practical that meat eating was allowed because there wasn't much else to eat. It wouldn't have been right if the animals were hunting humans, so God created a natural prey/predator order that placed man on the top of the food chain. Up to this point, all animals had been vegetarian, so meat was basically made up of vegetation. There were no hormones, no antibiotics, no harmful pathogens or toxins that would find their way into the human body if the animal was eaten.

#### **You can eat the meat, but not the blood**

Genesis 9:4, the verse following the one that indicates we are allowed to eat meat, now indicates that the blood of the animal could not be eaten. Leviticus 17:11 explains that the soul of the flesh is in the blood. The soul is the living part. God did not want us to partake of the living matter of animals. When an animal was slaughtered, there was a specific way the blood was to be drained. After an animal is dead, you can only remove the stagnated blood, but you cannot drain the blood. The only way to drain the blood is to cut the main artery on the throat of the animal before the animal is dead and let the heart

Step 1 – Chapter 4 4

pump the blood out of the body as the animal is dying. It sounds pretty brutal, doesn't it? The Bible is clear about not eating blood, though. The Torah explains a very precise method of killing an animal and draining the blood. Draining the blood also included very thorough washing of the meat (several times) as well as salting the meat so that the salt would absorb any remaining blood. The more blood that remains, the more of the soul of that animal would be present. You remember the discussion we had in the previous chapter about how we become what we eat. You become entrained, or you will manifest the qualities of the food you eat. If we combine the fact that food can entrain you with the fact that the soul of a living thing is in its blood, you can certainly see how the more blood of an animal you eat, the more you would begin to manifest some of that animal's qualities.

Of course, some people want to get particular about the blood issue. You see, the Bible says eat no blood, not eat as little blood as possible, and there is no physiological way to drain all the blood from meat. You can drain the blood from the veins and arteries as described before, but there is no way to drain the blood out of the capillaries. If we were to refrain from any blood at all, why were we given permission to eat meat in the previous verse? It seems like a contradiction, but I do not think God gets confused. And what of the fact that God originally made us vegetarian and now allowed meat eating? The physiology of the body did not change; we still don't make the needed enzymes and our colon is still about eight feet long instead of a couple of inches. And what about the fact that God told us in the fifth commandment that we were not allowed to kill anything? The word *kill* in the original Hebrew means "take no life." It did not mean just human life: it meant no living thing. But you were not allowed to eat meat that had been found dead, either. This was general wisdom because the animal might have died from a disease that would have been harmful to the human body. So here we are in what seems to be a double standard again: we are given permission to eat meat, but we are not allowed to kill anything and we are not allowed to eat the blood.

Some feel that in addition to the health hazards of the blood and the fat (we are later told to refrain from any fat), meat eating was not designed to be easy and convenient so we would not do it very often. Every indication of meat used for food indicates that people went out to their herds and fetched the animal they were going to eat. This would make the animal alive so it could be killed and bled appropriately. So what happens when we take a gun or bow-and-arrow out and kill the animal before it is bled? I guess that is why God didn't make guns or weapons to kill at a distance. Good luck catching a deer and taking it home alive, though.

It seems reasonable that meat eating was a temporary concession because there was nothing else to eat after Noah, his family and a whole lot of animals got off the ark. But then, God didn't allow Noah to get off the ark until the bird brought him an olive branch indicating there was vegetation to eat. So the land could not have been barren when Noah and all the animals got off the ark. We could debate the translations, interpretations and various factors, but as I have studied it I am convinced there is some room for individual interpretation or conviction in the matter of eating meat or not eating meat. In other words, eating meat or not eating meat is not what will dictate how God judges your heart in the end. A Christian might say that eating meat will not revoke your salvation. I agree. I do think we are to follow the kosher diet described in Leviticus 11 and refrain from eating blood and fat, though. This is plain wisdom, and the Bible doesn't give you much choice on that: it is a strict mandate we were to follow. I know people use Peter's vision, in which God told Peter not to call unclean what God had created, justification for eating anything they want, but this scripture referred to people, not animals. Peter was to meet with a Gentile, and they were considered "unclean" in those days. God wanted Peter to know that no person was going to be unclean or unworthy anymore. Everyone had the same potential.

The Bible indicates several blessings that were to be used in thanks to God before eating fruit from the vine and bread of the earth, but there is no indication of any blessing for eating flesh food. Perhaps blessing it did not do it much good. The Song of Solomon describes the Divine Bounty in terms of fruits, vegetables and other vegetarian cuisine. I would say that being a vegetarian is without a doubt the perfect will. First of all, our bodies will not handle very much meat. The inability to digest meat and the lengthy colon which cannot eliminate meat very efficiently are probably the two most dominant factors. The Step 1 – Chapter 4 5

medical facts that go along with meat eating are pretty convincing as well. I will let you investigate this for yourself by reading John A McDougall's work.

Back to eating vs. not eating meat, though: I call it the perfect will vs. the acceptable will. God originally made the human body vegetarian. That was the perfect plan and, as I said, the physiology of the body has not changed. After a few thousand years, God saw that man just wasn't going to live up to the potential available and so He removed part of the strict mandate. Part of it seemed logical, because Noah and his family had no harvest from a recently flooded earth. Keep in mind that God could have said meat eating was only for a time, but He did not put a restriction on it that way. So fine, God thought, my perfect creation, made after my own image, does not want to do what is best for them. They want to do their own thing, make their own decisions. They love meat; they like to kill animals, feel superior, indulge the blood lust that must have become part of man when Adam sinned and Caan killed Abel. I don't like it. Their bodies were not designed to digest meat or eliminate meat products, but I will give them the freedom to choose.

Would there be a consequence?

### **Consequences of eating meat**

In Genesis 9:5, two verses after we are told we could eat meat, we are told that the blood of our lives would be required. I take that to mean that your physical bodies won't last as long. To eat meat or not to eat meat, that is the question. If you combine the fact that the blood contains the soul of the flesh or the life of the body and verse 5 says that we can eat meat, but the blood of our lives would be required, I would take that to mean you won't live as long. Animals have a short life span, certainly shorter than humans, and we know that we become like that which we eat, so it makes sense that we might start to die faster. The fact of the matter is, man started eating meat when God allowed it after Noah's flood, and within one generation the life span dropped from 900 years to 300 years and slowly decreased from there to the diseased mess we are in today. So what is the consequence? It seems clear, the more meat you eat, the more time you are taking off your life span. The Bible actually refers to the shortened life span just before the allowance of meat eating, but I don't think it was a curse or limit that was placed, merely a statement. When you study the effects of meat protein on the body, you can see a direct correlation between meat consumption and tissue degeneration, which ultimately creates a shorter life span. This is

not Biblical, just medical fact. Is it possible God made the statement that life would be shorter because He knew He was about to give the option of meat eating? Or perhaps if He gave the option to eat meat man would not sink to the low level they did that initiated the flood and death to everyone. The fact is, there are men older than 120 years living today with records of life as long as 200 years in China. So the 120-year limit does not indicate that it was not going to be possible for man to live beyond that. It is interesting that God tried to get man to be vegetarian again when the Israelites were in the wilderness being fed manna, but once again man became unhappy and desired meat (Numbers 11:4). Numbers 11:33 indicates how upset God was with His people for requesting meat, and while they ate the meat He sent them (quail), He struck them with a great plague and many died. While most of us will no doubt reach the conclusion that meat eating is acceptable, you can see that it does not please the Creator. At the very least, it was not the design upon creation. We are told in the Bible that all the diseases would be kept from us if we abided by the statutes. What is a statute? A statute is a principle, a suggestion. We were told to be vegetarian; we were told we could eat meat, but it would require the blood of our lives, meaning death to our bodies. Is it possible that the diseases we face are in large part because of statute disobedience? We have chosen the acceptable will instead of the perfect will? Some of us are just plain choosing sin in eating the meats that are strictly forbidden in Exodus 11. To those, I would hastily recommend some deep consideration. We certainly have a say in how long it takes to die because we can defile our physical bodies to death. This choice of death is most often painful, riddled with disease and missing body parts from all the surgical procedures required to keep us alive. Personally, this seems like absolute mistreatment of the body that is supposed to be God's temple, of which we are supposed to be good stewards. How do you think God will feel about the way you are treating the body you were given? Are you being a good steward? The exterior is a reflection of the interior. How do you look? If you do Step 1 – Chapter 4 6

not change anything, how will you look in 20 years or 50 years? What you do today will dictate how you feel and look tomorrow. What happens tomorrow will be a consequence of what you choose today.

#### **Additional consequences of meat consumption**

This isn't exactly related to diet, but diet is directly related to the fact that people are starving to death because of the amount of meat we eat in today's society. How in the world is the amount of meat we each consume contributing to the people dying of starvation each day?

The fact is, raising animals for meat and dairy has a disastrous effect on our ecological system. *Diet for a New America* by John Robbins explains that livestock use 50% of all the water in the US. Keep in mind that only 1% of the water on the earth is drinkable, and animals are using half of it. The rest of the water in the world is salt water. Livestock produce 20 times the excrement as the human population of the US, which increases nitrate/nitrite water pollution. It requires 60-100 times more water to produce a pound of beef than a pound of wheat. A flesh-food diet creates the need for 4,500 gallons per day per meat eater as compared to 300 gallons per day for a vegetarian. Each vegetarian saves approximately 1,500,000 gallons of water each year when compared to a flesh and dairy eater. I suppose fish do not fall into this category because you don't have to give them any extra water.

The rain forest is also being eliminated because more grazing ranges are needed. I won't even get into Deuteronomy 20:19 which says, "You must never destroy its trees . . . you may eat of them, but you shall not cut them down." An article in the *Vegetarian Times* estimated that 1,000 species are going extinct each year because of deforestation. For each fast food, quarter-pound hamburger, 55 square feet of rain forest are destroyed. The effects of livestock land use in the US account for about 85% of the four million acres of topsoil lost each year. A pure vegetarian diet would require less than five percent of that. One acre of land yields 20,000 pounds of potatoes versus 165 pounds of beef. An acre of grain gives five times more protein than beef. An acre of legumes gives ten times more, and an acre of leafy greens produce twenty-five times more protein than one acre of beef. Grain for 100 cows will feed 2,000 people. US livestock regularly eat enough grain and soy to feed the US population five times over. 80% of corn and 95% of oats grown in the US are used to feed livestock. The fact is, 14 vegetarians could live off the same land and water supply required for one meat eater.

□ In conclusion, forty-two thousand children die each day from malnutrition. That's fifteen million children who die each year from starvation. When you include the number of adults starving to death, the number increases to a staggering sixty million deaths from starvation while US livestock eat enough grain and soy foods to feed our population five times over!

□ If we cut back our flesh-food intake by only 10% each year, there would be enough resources and grain to feed these 60 million people for an entire year.

Can one person make a difference? Well, if you decrease your meat consumption by 10% and no one else does, little will be noticed. But you can make a difference by sharing what you have just learned with others. Get a copy of this book to everyone you know, and together we can surely change the world.

### **More about meat**

Pork is the worst of all the meats. Pigs are gluttons by nature, meaning they would literally eat until they died if the food were not rationed. In the wild, they have to hunt for it or they would eat until they burst. Pigs are also filthy, and worst of all they harbor bacteria, viruses and parasites that are extremely harmful to the human body. The wild boar is not as filthy and disease-ridden as the domesticated pig raised for food, but by nature it is still the same. God made certain animals to act as waste disposal. This means they would eat what humans should not, or that which everyone else leaves behind. Pigs will eat garbage, feces and even rotting flesh. Today's market is interested in the sale, so pigs are fed feed that is filled with hormones and waste material that is cheap and would otherwise be garbage. Do you know the story of Legion? Jesus sent all the demons into the pigs who in turn jumped off a cliff and died. God is the

Step 1 – Chapter 4 7

creator of all things, and He loves all His creatures, right? How compassionate is that? Perhaps pigs are so filthy they didn't deserve better. Consider carefully before you decide to eat "the other white meat." I know you have been told that cooking meat at certain temperatures kills the microbes in it, and, assuming this were true, how healthy is it to eat dead bacteria, parasites and otherwise toxic meat. Cooked or not cooked, it is still gross. The fact is, many parasites and microbes do not die in the amount of heat you cook your pig in: they simply hibernate. It takes almost 600 degrees to kill some of the pathogens that live in pig meat. When these hibernated spores get into your intestine and find the 98.6 temperature they love, they set up house and slowly take over.

Red meat, which we generally eat in the form of beef, used to be the form that people ate most. In 1991, the US was slaughtering three hundred cows and calves every hour. That's a lot of death, and a lot of meat going into human bodies that are practically unable to digest and eliminate meat. Just how does hamburger end up ready to go on your grill? First, a steer walks down a ramp toward a man who has a bolt gun. This gun has a retractable bolt that is shot at the forehead of a steer. It is hard enough to knock it out, if the precise point is hit. It often takes several tries. When the steer falls, it is chained up by its back legs and a worker stabs its throat in the attempt to cut the carotid artery. This is done to bleed the animal. Their throats are stabbed while they are alive, so their heart will pump the blood out through large arteries in the neck and make it easier for the workers. The kosher way includes slitting the whole throat so the nerves were cut and the animal would die very quickly. In modern slaughter, steers often remain alive for up to seven minutes, which is halfway through the skinning process. Because so many of the animals are alive during this painful process, their bodies are constantly releasing hormones (mainly cortisol) that are very toxic when they are consumed with the meat. The fear and pain also causes the animal to tighten up, creating constriction of arteries. This constriction traps a lot of blood in the meat. It is said that if slaughter houses were made of glass, we would all be vegetarian.

In the wild, animals instinctively know that cortisol in the blood is toxic, so they kill their prey and then sit over it waiting, for the liver to filter out all the toxic material. In addition to the toxic hormones, growth hormones are fed to the animals so they will grow quickly. The name of the game is the sale, right? Did I mention that the grass and feed they are fed is heavily sprayed with pesticides and herbicides, so they are in the meat as well? How about the antibiotics and vaccinations administered to many of them to control the diseases they have? I didn't say cure or eliminate, I said control, meaning cover it up so the inspector won't notice.

Veal is created by taking a calf from its mother after about three days and placing it in a stall where it is fed a high calorie diet free from iron. This means it gets no green grass at all. The lack of iron is what makes veal meat tender and gives it the pale color. Antibiotics are used whether they are needed or not, and they are so strong they often create lung adhesions.

Beef use no longer exceeds that of chicken. Many people eat chicken as a primary staple believing that beef is a red meat and harder on your intestines, but chicken, commercial chicken, is not better than beef and may be the worst! The modern, commercially raised chicken is so full of infection and tumors before it gets nicely packaged that the FDA agents that oversee the quality control process won't even eat chicken! They know what those chickens look like before they are sent to the grocery store, and the thought of eating it grosses them out. Why are they allowed to sell diseased meat? Because it is believed that cooking the meat deactivates the disease in the meat. I wouldn't take that theory to the bank.

The average chicken today never even sees the light of day. It spends its entire life in a small cage given

feed filled with steroids, growth hormones and antibiotics. This produces a nice plump (fat) chicken in as little time as possible. The combination of steroids, hormones and antibiotics makes chickens, and their eggs, resistant to strains of salmonella, staphylococcus and campylobacter bacteria. The slaughtering process can be just as brutal; I will assume you will trust me on this and not make me explain it to you all over again. If you tend to have low-grade infections and can't seem to beat them, avoid chicken for sure, but any meat that is not free range would be better. The constant introduction of antibiotic resistant bacteria just keeps filling your body with pathogens that should not be there. This can be very antagonistic to people with candida or parasite caused infections.

#### Step 1 – Chapter 4 8

I don't consider eggs to be a health hazard, not a natural, whole egg. Eggs do contain cholesterol, but they also contain lecithin that helps the body convert it into HDL (high-density lipoproteins), or good cholesterol. So eggs in their natural form are not the problem; the problem is that an egg cannot be any more than the laying hen was, and you just read about that. If you can find chickens that are allowed to roam the field eating bugs and insects, feel free to enjoy some of those eggs.

How about fish and seafood? Are they better than chicken and red meat? On average, I would say yes to that question. It is true that millions of gallons of waste, pollution and toxins reach our rivers, streams and oceans each year, but they still seem to be dwarfed when compared to that found in the more cultivated animals like beef and chicken. It is true that there are many fish farms, and God only knows what happens there. I have not found too many written statistics, but I can say that anything man touches in the form of food can pretty much be assumed toxic. Biblically, scavenger animals were not to be eaten. When it comes to seafood, they are almost all scavengers. The only clean fish are the ones that contain fins and scales. So you be the judge as to what meat you place in your body because you will ultimately be the one suffering the consequences for it. I will say that the closer to nature, meaning untouched by man it is, the better it will be for you. If you are going to eat that which is not good for you, at least pick the better of the poisons and avoid the contaminants man has added. I personally eat some fish, but I only eat the ones considered kosher. A list can be found in the following pages.

#### **More anti-protein information.**

When it comes to a subject like protein, there are many opinions. Unfortunately, if you pick the wrong one, it may kill you, slowly. Many people believe you need lots of protein in order to be healthy, especially for the large, hard-working types. If we consider that the size of a mammal determines the need for protein, perhaps we should look at nature. Would it be fair to consider that all animals larger than man should be consumers of high protein diets? Don't you find that the larger the person, the more protein they think they need? The fact is, horses, cows, giraffes, elephants and every other animal larger and stronger than man are primarily vegetarian. Even dinosaurs were vegetarian. You would think these large animals need an incredible amount of protein to grow such big bones, be so strong and tough and grow that thick hide, but the misconception of eating meat for your source of protein is literally killing us.

When I state that too much protein will kill you, I am referring to animal protein, not plant protein like nuts, seeds, green vegetables, grains, beans and legumes. When I learned that a human mother's milk contained only 2.38% protein and that amount dropped to 1.2-1.6% after six months of nursing, I was sold on the low-protein theory. Who needs more protein than a newborn, thriving baby? If protein is what the body needs to make antibodies, you might think the more protein the baby gets, the better its immune system would be. But it doesn't work that way. The body knows that intake is not the same as metabolism, and a baby can only metabolize small amounts of protein.

One of the top researchers on this topic, Dr. Ralph Bercher, stated the following in *Bike World Magazine*: "Excess protein can't be stored; it must be quickly metabolized. Acceleration of metabolism does in fact deliver an extra shot of energy . . . like flooring the gas pedal of your metabolism . . . excess protein overstresses the kidneys with enormous amounts of useless decomposition by-products, which must be quickly eliminated".

Dr. Paavo Airola, Ph. D., ND, says, "But, what is more important, the world wide research brings almost daily confirmation of the scientific premise, that proteins, essential and important as they are, can be extremely harmful when consumed in excess of your actual need. The metabolism of protein consumed in excess of the actual need leaves toxic residue of metabolic wastes in the tissues, causes autotoxemia, over-acidity and nutritional deficiencies, accumulation of uric acid, purines in the tissues, intestinal putrefaction, and contributes to the development of many of our most common and serious diseases, such as: arthritis, kidney damage, pyorrhea, schizophrenia, osteoporosis, arteriosclerosis, heart disease and

cancer. A high protein diet also causes premature aging, and lowers life expectancy.”

Step 1 – Chapter 4 9

Dr. Schwarz of Frankfurt University in Germany, and Dr. Ralph Bircher, a famous biochemist from Zurich, Switzerland, reported that the aging process is triggered by myeloid, a by-product of protein metabolism that is deposited in all the connective tissues and causes tissue and organ degeneration, thus leading to premature aging. Perhaps this explains why the human race looks so wrinkled by the age of sixty, though it is only half the minimal life expectancy according to the Bible. It is sad that people are going in for face lifts on their lunch hours now, but it might all be avoided if we were to cut down on the amount of animal protein ingested. How interesting that God instructed Adam to name the animals, not eat them.

The daily allowance of 25-30 grams of protein a day is proven by science and the United States Government to be more specific. The present RDA for protein is 70 grams daily, although that figure was established on research that clearly showed 30 grams to be completely adequate. The extra 40 grams (more than double the needed amount) were set as a margin of safety, although one of the board members admitted that the real reason for the higher dose was a fear of the public outcry over the 30-gram figure. There is so much scientific proof disclaiming this high-protein figure we should take note. It is not widely known, however, as the financial agendas of the meat and dairy producers do not allow it. Dr. Willard J. Visek relates high protein to cancer development and diabetes; Dr. C.D. Langen of Holland and Dr. A. Hoygaard of Denmark relate meat-eating and high-protein diets to osteoporosis, arteriosclerosis, and heart disease. Everyone wants proof and hard facts before they will believe something. Well, here they are. What are you going to do about it?

#### **Further proof that low protein diets are good.**

People who traditionally eat low protein diets – the Hunzakuts in Pakistan, Bulgarians, Russian Caucasians, Yucatan Indians and East Indian Todas—also have the highest life expectancy in the world. These people with low-protein intake are living lives of 90-140 years. They are working in the garden at the ages of 115. There are Chinese people from high in the mountains that are reported to live longer than 140 years.

On the opposite scale, people who live on high-protein diets -- Greenlanders, Laplanders, Eskimos, Russian Kirgis tribes and others – have the lowest life expectancy in the world, 30-40 years. The heart simply cannot take excess protein for an extended period of time. Americans are at the top of the industrialized nations in meat consumption, and they rank twenty-first in life expectancy among the nations surveyed.

#### **Why do you crave high amounts of protein?**

The body is very intelligent, and food cravings is one of the ways the body helps you fulfill a balanced diet. Those people who eat diets high in meat tend to crave meat, and the reason is that the body needs protein. That's right, if you crave it, you probably need more of it. It doesn't make sense, does it? How could someone have a high protein diet and still crave meat, more protein? The answer is that the protein they are eating is not breaking down, it is not digesting. The body is not getting the small amount it needs, even though that person is hyperdosing on it. If the person would begin to supply the amount of protein needed in a digestible form, they would find those cravings would lessen and eventually be totally satisfied with a better source of protein, and much less of it. Those who crave meat and high protein diets only do so because they lack digestion of that element. Eating more of it or high amounts of it will only make the problem worse long term. It will never solve it. The key to cravings is found in correcting the digestive system.

#### **Why does protein make you feel good while it kills you?**

Many people who have trouble losing weight try high-protein diets with success. The main reason for this is that sugar is more fattening than protein when it comes to the amount of calories each provide. So people tend to eat fewer carbohydrates when they are on high-protein diets and ultimately eat fewer

Step 1 – Chapter 4 10

calories. While results seem to be achieved, the internal disturbance you are creating is quite damaging. Many times diabetics will feel better with high-protein diets, but this is symptomatic and the reaction will make the condition worse in the end. You may not die of diabetes, but you will die of kidney failure instead, so I guess you can pick the one you like. Personally I would stick with the diabetes; it is less painful in the end. I suggest you read *The Homocysteine Revolution* by Kilmer S. McKully. This book discusses protein's involvement in many of today's health concerns. It also discusses protein in correlation to arteriosclerosis, heart disease and many of the issues that tend to blame fat. Neither I nor

the book discount the issue of excess fat in the diet, but fat is only part of the problem. Protein is actually more of the problem than fat.

### **How do you tell if you are digesting protein?**

As stated earlier, the crucial factor is not always the amount of protein being ingested, but the amount being digested, assimilated and metabolized. I am not going to discuss digestion in depth as it is covered in the next workbook, but the first thing needed to digest protein is HCl (hydrochloric acid). HCl is an acid naturally secreted in normal stomachs. Most people decide that they are too acid because of the commercials on TV or misguided advice, but symptoms cannot determine whether you are over- or under-acid. It is hard to tell if you are over-acid or under-acid from your symptoms because the symptoms are exactly the same for both. The only way of knowing, other than using a form of kinesiology, is a trial-and-error test. One thing is for sure: if you take some antacid when the stomach is not really too acid, you are compounding the problem.

This process is best understood in Ted Morter's book, *Your Health, Your Choice*. Dr. Hugh Tuckey, an expert in HCl, says that you might experience heaviness in the stomach or a lumpy feeling after eating a meal with protein if you are not digesting it. I have confirmed this in my own digestive system and that of many of my clients. He recommends taking some pepsin from a health food store and, if this relieves the symptoms, you are most likely in need of HCl. Because HCl is an acid, it should be taken in a broken-down form, which is why pepsin is recommended. If you have too much acid, the solution is to alkalinize the stomach, and this is done with calcium. Again, the products advertised on television are very hard on the body, and ultimately make your problem worse. Some say it is done on purpose so you will continue to need and use the product. Personally, I would see your nearest GWSW practitioner and have my digestive system tested as to why there might be a problem, but if you are interested in simply remedying it for the time being, I recommend whole products. This topic is fully covered in Ted Morter's book, *Your Health, Your Choice*, a wonderful book for understanding acidity and alkalinity in the digestive system.

### **Helping the body digest proteins**

The body uses hydrochloric acid to begin digestion of proteins naturally, so you may want to begin with some food enzymes that have a high concentration of HCl. Safflower is good for stimulating the body to make its own HCl, but this may be difficult after the age of thirty-five. You probably need to supplement the body. I recommend that anyone over thirty-five take HCl with any meal that contains animal protein. A couple tablespoons of apple cider vinegar each day can do the job for many. If you have large pores, especially on the nose, you have a low ability to digest animal proteins, so it might be wise for you to avoid them all together.

Meat is very hard to assimilate when eaten in combination with carbohydrates. If you are going to eat meat, eat it alone or with vegetables. If anything interferes with protein digestion (such as liquids with a meal or carbohydrates), the protein will convert to uric acid instead of amino acids. Uric acid is toxic: it overtasks the liver, which has to convert excess protein into urea, and the kidneys that are responsible for eliminating it.

NOTE: All allergies can be linked to an accumulation of undigested proteins. These are called Trapped Plasma Proteins as discussed in the book, *The Seven Plus One* by Samuel West.

Step 1 – Chapter 4 11

Low-salt diets further restrict the ability of metabolizing proteins. All salt is not the same, though. Table salt (sodium chloride) is quite negative for the body, but an organic form of sea salt can be very positive and even reduce blood pressure. The Grain and Salt Company (800-867-7258) has the best sea salt in my opinion. Those who are trying to avoid salt and fat in their diets by purchasing the low-salt and lowfat products are actually doing as much harm as those doing nothing at all. It is simply a different kind of hurt. Sodium is needed to digest protein, but if you use regular table salt, you are not supplying the kind of salt the body needs.

### **Health care of high protein users**

If you have consumed a high-protein diet in the past (meat or dairy), you really need a good colon cleanse to begin with and then a program to clean the liver and kidneys. If you are still a big meat eater when you are done reading this book, you should do a major cleanse every three months, at least, and I suggest you fast at least one day each week. This is good general practice anyway, but a must with meat eaters. When protein is not broken down, it accumulates in the kidney, and excess waste produced by the metabolic process also stresses the kidneys. This is the main cause of arteriosclerosis and heart disease. The colon suffers as well. Autopsies have found that by middle age, most people are carrying

anywhere from 20-50 pounds in the colon. I'm not talking about fat: this is undigested, accumulated food waste. It is said that we accumulate one pound per year on average. Why do you think your poop smells so bad? This stuff is rotting in your intestine. This extra sludge is made of excess proteins and foods that were of little or no nutritive value to the body. This waste is very toxic. If left, it begins to seep through the colon walls and contaminate other parts of the body. The first part of the body to be affected by this leakage is the reproductive system and bladder, which sit inside the colon parameters. Women become infertile, have terrible cramping and PMS. Men get elevated PSA counts.

### **Why you have a big tummy**

People today are trying so hard to lose weight, with little success in many cases. Many companies are making millions on weight loss products, but people never know what will work, and more often than not, the products tried do not bring success. If you begin to look around, weight gain is primarily in the lower abdomen for men and hips and thighs for women, yet people always say they need to stop eating so much because they have a big tummy. That ain't your tummy, honey! That "tummy" of yours is made primarily of many pounds of something we call crap in the modern world. Your tummy is above your waistline, so if your waist is bigger than it should be, consider what you are harboring. The very first step to weight loss should be detoxification and cleansing of the colon, not an increase in your metabolic system. When you take those diet pills that pump up your metabolic system and force the weight off, it is like putting your car in first gear when you are going 60 mph. Please refer to the last chapter for information about cleansing.

### **Is vegetarianism the answer?**

While the facts surely seem to lean that way, one must look at life and do what is realistic. Is it realistic for most people to become vegetarian? In terms of possibility, it is possible for anyone to stop eating meat, but if we are being realistic, you need to admit that you probably won't do that all together. So let's make a plan that is do-able. A plan that will work. What are you willing to do and stick with? Can you say you will cut back to eating meat at only one meal each day? Perhaps meat every other day? Most people eat bacon or sausage for breakfast, hamburger meat or a hotdog for lunch, and a rare steak or chicken for dinner. Let's say you don't care about the starving people or the rainforest or the species going extinct. Let's say you don't care what God says about it. Do you care about yourself enough to eat healthy? Do you want to avoid the diseases coming your way if you make no changes? Can you give up a little lust of your flesh? A multi-faceted number of rewards will come from any changes you are willing to make for the better.

Let's assume you are going to continue the use of meat in your diet. If that is what you decide, that is fine. I am not here to bring judgement. I have presented the facts, and you are free to choose what you Step 1 – Chapter 4 12

feel is best for you. Ultimately, you will answer to God for the choices you make, sooner rather than later if you don't change. I personally do not feel convicted to eat a totally vegetarian diet, not at the time I am writing this book anyway. Why? Moderation in all things. From a health standpoint, it isn't necessarily good to go totally vegetarian for everyone. It is not because of your blood type, but some people have digestive systems that do not assimilate protein very well. If they did not hyperdose with protein, they would feel hypoglycemic, would no doubt become irritable, antibody counts would decrease, and they would become anemic, which translates to lethargic or low energy. I want to make it clear that animal protein is not good for you; you cannot justify it as the answer, but you may need some time to adjust. Some people need to correct their digestive systems before they could become totally vegetarian. This is the stage that I am in. I don't care who you are, you do not need meat more than once each day, and you do not need more than four ounces in each portion. More than that is just plain lustful and bloodthirsty. If you need help correcting your protein addiction, find the GWSW practitioner nearest you and have your digestive system tested and balanced. Find out why you don't break down proteins, and make the improvements needed so that you can start living a life that is health-promoting, pleasing to your Creator and helping to save the planet and hundreds or thousands of lives by conserving the environment.

It is interesting to note that all the people recorded to have lived more than 100 years in the last several centuries were not vegetarian. Because of the imbalance of the land, it is very difficult to be a healthy vegetarian. I would say that meat eaters are the most toxic people alive, but vegetarians are some of the most nutritionally imbalanced. It sounds harsh, but this is what I see as a practitioner. The key is balance and quality. The meat eaten by those reported to live over 100 years of age was fish and broth made from bone marrow. If you study the Bible, you will see that Jesus was involved with catching fish, multiplying and feeding fish to others on several occasions. It is hard for me to believe that He was vegetarian if He

did these things, but it is not clear. I told you at the beginning of this chapter that I was going to try and make a realistic approach to what you might be able to do, how you might be able to live. I am not telling you to live on green foods and nuts, but you should eat the right kinds of foods in each of the categories. Because we were given 120 years, it is important that you make all 120 count, not fewer. I think you can make 120 years if you are eating small portions of kosher meats, making fish the primary meat. I can't prove this because I am not 120, but if you don't stay healthy long enough to see me reach that, you will never know. I don't think you need to be vegetarian, but your main staple should not be meat. Grains, fruits and vegetables should be the primary elements in your diet.

### **Alternatives for meat**

The best sources of protein for the human body are natural, non-meat products. Anything that is green and grows in the ground is generally high in protein – digestible, metabolizable protein:

- Grains – People in past generations who abided by the natural or dietary laws outlined in the Bible used grains as the staple of life. When Genesis, the first book of the Bible, refers to meat, it actually refers to grains. The two most common grains in Biblical times were wheat and barley. Because of the genetic weaknesses that have accumulated over the generations, some people today have a hard time digesting many grains and may need to get their protein from plant sources rather than grain, nuts and seeds because plants are easier to digest, and they don't leave the acid in the intestine that grains do if they are not digested fully. At any rate, grains are much better and safer than meats of any kind for any person of any blood type. If you have trouble digesting certain grains, either find one that is less aggressive in your intestine or soak the grains in warm water for 12 hours before preparing them so that the protein shell around the kernels will predigest.

- Legumes (peas and beans) – Many people have trouble digesting beans because most digestive systems lack the needed enzymes, but these are one of the best sources of protein. Again, you are looking for a natural source. People tend to assume that beans give them gas, but only certain ones tend to do that. There are many kinds of legumes available; don't limit yourself to the same ones all the time. If a certain kind does give you gas, don't avoid it. Understand that gas indicates a weakness in your intestines. The weakness is enzyme deficiency. Take the needed steps to correct the deficiency. There is no such thing as a food allergy: only the inability

Step 1 – Chapter 4 13

to digest or metabolize a food. The problem is not the food, it is the personal imbalance that is not able to break that food down. The answer is not avoidance but correction of the problem. I wouldn't continue to eat a food item that seemed to trigger symptoms until you have corrected the cause, but don't consider foods as allergens, only as triggers to highlight areas of weakness or imbalance.

- Nuts and seeds – These are available in salted, roasted and many other forms, but the raw form is the only kind of any use to the body. Planters nuts are probably the most common, but these have no nutritional value and are actually very hard on the digestive system. You will have to go to a health food store or co-op in order to get nuts and seeds in a raw form. These are wonderful for snacks, especially during work when you need something that will have a lasting energy boost.

- Anything green – Any kind of vegetable that is dark green in color is a good source of digestible protein. I probably should have listed this option first. Anything green and leafy is probably the easiest of all the meat alternatives to digest and assimilate. They are also excellent because these products carry a high nutritive value (vitamins and minerals). I consider these the best alternatives. Spirulina and Blue Green Algae consist of up to 60 and 70% protein for the body, although the label will not indicate that level in most cases. Brewers Yeast is a very good source of protein, and it can be grown in a matter of days, as can alfalfa.

- Soy - Many believe that soy is a good alternative to meat, but I do not believe that soy is good for the human body in most cases. Soy is wonderful for animals but an irritant to the human digestive system. The amino acid chain in soy is almost identical to that of meat (what does that tell you). I don't think it should be avoided all together, but as a rule, it should not be your primary source of protein. I don't find that soy milk is good for long periods of time, especially for infants and small children. Rice milk or cashew milk is better. Tofu seems to be agreeable to most people, and it can be prepared in a multitude of dishes. I think it is the culturing of the soy that makes tofu less irritating to the body than other soy products.

• Meats – If you are going to eat meat, choose those meats considered kosher. A list has been provided for you on the next page.

The beauty of these natural sources of protein mentioned above is that they are much less toxic to the body if they are not fully digested. Anything that is not digested well is toxic, but some foods are downright poisonous while they wait their turn for evacuation, especially because some of them never find their way out! A person who eats more protein may become larger in the beginning (it makes thicker, stockier people), but the person using the digestible forms of protein, plant protein, will stay fit and have much more strength and endurance long term. I understand that meat is the main staple of almost every meal for most people, so suggesting change may be very traumatic to your routine. But it is one of the primary issues that should be considered for long- term health. And just so you feel better, there are some meats that are much better than others, so I am not promoting vegetarianism as a rule. But meat at every meal or even every day is too much for the human digestive system. I don't care who you are or how much you think you need protein to survive: excessive amounts of meat will kill you!

Step 1 – Chapter 4 14

**CLEAN/kosher is explained as:**

□ MEAT: It must have a hoof and the hoof must be parted; it must chew its own cud. A cloven hoof is divided or split hoof. Animals that chew their cud are known as ruminants, whose stomach consists of four chambers. Food enters the rumen where digestion begins, then it passes to the reticulum, for more digestion and expulsion upward (chew it again). The food returns to a chamber called the omasum and finally to the abomasums where the cud passes into the duodenum and intestines. The process that occurs in the four stomachs allows ruminants to eliminate bacteria, toxins, parasites and other items that might become part of the flesh and eventually end up in the human body when it is consumed at the table. Overall it seems pretty wise that we don't eat any animal that does not have four stomachs, lacking the ability to remove bacteria, virus, parasites, etc. Wouldn't you say?

- Cattle
- Sheep
- Goat
- Deer
- Gazelle
- Roe deer
- Antelope

□ FISH: A fish must have fins and scales, whether in the seas or the rivers (fresh or salt water). Scales help the fish repel toxins in the water. They tend to be very picky eaters, rejecting dead foods, polluted or otherwise contaminated areas to feed in. The fat content described below is not something you need to be concerned with as far as the Bible describes; it is only listed in case you wish to eat meat of a particular fat content.

- Cod (\*lower fat)
- Flounder\*
- Haddock\*
- Halibut\*
- Perch\*
- Pollack\*
- Red snapper\*
- Sea bass\*
- Rainbow trout\*
- Fin tuna\*
- Bass (\*\*average fat content)
- Bluefish\*\*
- Mullet \*\*
- Orange roughy\*\*
- Bluefin tuna\*\*
- Herring (\*\*\*)high fat content)
- Mackerel\*\*\*

- Pompano\*\*\*
- Salmon\*\*\*
- Sardines\*\*\*
- Etc.

NOTE: When you purchase your fish, choose the whole fish, unskinned if you can. You can ask the butcher to take the head off and debone it, but it is best if the fish is sold whole. Look at the eyes of the fish: they should be shiny, bright and bulging, firm and clear. The scales should be shiny. If you touch the fish and leave an indentation in the meat, don't eat it. The meat should be firm and bounce back. If the fish has a fishy smell, it is not fresh and is not recommended.

FOWL: Fowl must not be a meat-eating fowl. If a bird eats rats or snakes or other animals that are unclean to begin with, they will be ingesting the poisons and toxins contained in the meat of the animal they are eating. Examples of acceptable fowl include:

- Chicken
- Geese
- Turkey
- Ducks
- Doves
- Pigeons
- Partridge
- Quail
- Etc.

MISC.: These are also allowed and considered clean.

- Beetle • Grasshopper • Locust

Step 1 – Chapter 4 15

**UNCLEAN/unkosher is explained as:**

MEAT: If it has no hoof; if the hoof is not parted; if it does not chew its own cud.

- Camels
- Rock badgers
- Rabbits
- Pigs
- Horse
- Etc

FISH: If fish do not have fins and scales (bony tubercles are not considered scales). Any fish without scales, especially the catfish, has a wonderful ability to absorb pollutants from the water. When oil spills, pollution, chemical waste and such are dumped into the water, many fish die. But how many of these have you seen dead on the sea shore? They absorb the toxins into their flesh.

- Swordfish
- Sturgeon
- Sharks
- Lumpfish
- European flatfish
- Catfish
- Sculpins
- Monkfish
- Etc.

SEAFOOD: All crustaceans and mollusk shellfish. Shellfish have a unique ability to purify water of pathogenic bacteria such as those found in raw sewage. Clams and oysters can filter up to fifty gallons of seawater a day. These creatures clean the seas of waste, but the waste becomes part of their flesh.

Consider these the cockroaches of the sea. The Bible considers them not only unclean but an abomination!

- Crabs  
(crustaceans)
- Lobsters  
(crustaceans)
- Shrimp  
(crustaceans)

- Prawns  
(crustaceans)
- Crayfish  
(crustaceans)
- Clams (shellfish)
- Mussels  
(shellfish)
- Oysters  
(shellfish)
- Scallops  
(shellfish)
- Etc.

FOWL: Anything that eats dead meat is unclean, or birds of prey because there is no guarantee what they've eaten. Remember that anything an animal eats will become part of its flesh and eventually become a hazard to you if you end up eating that animal.

- Eagle
- Vulture
- Buzzard
- Kite
- Falcon
- Raven
- Ostrich
- Owl
- Vulture
- Haron
- Stork
- Hoopoe
- Bat
- Etc.

Step 1 – Chapter 4 16

CREEPER: Any animal that creeps.

- Mole
- Mouse
- Lizard
- Gecko
- Reptile
- Chameleon
- Etc.

ADDITIONAL: Additionally, no animal is to be consumed if it was not slaughtered for food. This means you should not eat anything that died of a natural cause as it might be diseased. You are not to eat meat cooked in its mother's milk. You are not to eat the blood, but drain off all the blood from the meat and eat no fat from the meat, but cut it off. This is what the Bible commands.

Not that it is allowable, but just as a note, the unhealthiest creatures on the face of the earth are human beings. They are the most toxic. I'm glad we are not on the food chain for anything else, or we would surely kill them!

Scientific studies have proven that each of the foods listed as unclean do have very toxic effects on the body (especially in accumulated amounts). Although many religious people do not see any harm in what is eaten, it seems that Bible and science have come together to show otherwise.

#### **References for additional study**

1. *The Bible Cure* by Reginald Cherry, M.D.
2. *What Would Jesus Eat* by Don Colbert, M.D.
3. *Conscious Eating* by Gabriel Cousens, M.D.
4. *Why Christians Get Sick* by George Malkmus.
5. *The McDougal Program* by John A. McDougal.

# APPENDIX C

Step 1 – Chapter 6 1

## **FATS**

Fat is made of the same three elements that make up a carbohydrate (carbon, hydrogen and oxygen), but they are not in the same proportions. Fat has more carbon and hydrogen and less oxygen. While carbohydrates contain four calories per gram, fats contain nine. Because fats contain nine calories per gram, they are the most concentrated source of energy. About 40% of the calories found in the American diet come from fats, though. Not that calories are of any use to us after the discussion we had in the carbohydrate chapter.

The greatest concern to man through the eyes of the medical field is fat. Excess fat is attributed to heart disease, and this is on the top of the list for killer diseases, so it deserves some concern. The problem is that we have not been taught the reality or the real issue behind fat. Is all fat the same? Does all fat contribute to heart disease and weight gain? Many vegetarians do not eat animals in order to avoid fat in the diet that might be harmful. It is interesting that several studies have shown higher levels of LDL (low-density lipoproteins = bad cholesterol) in vegetarians eating no meat than in people eating fish in their diet. Not red meats or chicken, just fish. One of the things we have not been told is that fat is essential to many actions and functions in the body. When you eat the low-fat diets or avoid fat all together, you are actually in the same jam you were in when you were eating meat. So what is the balance? The goal is to make sure your HDL (high-density lipoproteins = good cholesterol) are high enough. The body receives HDL's from essential fatty acids. These are called essential because the body cannot make them; they must be supplied in the diet. LDL's are acquired from saturated fats. To make it simple, all cooked fats are saturated, and all fat from any kind of meat, whether it is kosher or not, is saturated. Fish has the lowest amount of fat in terms of animal fat, and it also supplies the essential fatty acids.

### **Classification of fats**

Fat molecules are classified as saturated, monounsaturated and polyunsaturated. Fats which come from plants or animals may be hard, soft or oily. Some fats are visible, like the fat around the edges of meat, while some fats cannot be seen. The fat in chocolate, avocado, egg yolk, milk, cheese, cakes, cookies and foods like these are examples where the fat cannot be seen, but it is there in lethal doses for some of these foods. Light, heat and oxygen from the air make fats rancid, so hydrogen is added to many of them so they will not spoil so quickly. Many fats have hydrogen added to them in order to make them hard. Margarine is one example. When hydrogen is added, a fat becomes saturated. When heat is added over 150 degrees, a fat also becomes saturated. As a general rule, all saturated fats are harmful to the body. Saturated fat creates LDL (low-density lipoproteins), the bad cholesterol. If you cook with butter, or even virgin, unfiltered olive oil, remember that it becomes a saturated fat if it is heated over 150 degrees. This means anything fried becomes covered in lethal, saturated fat. All animal fat is saturated, whether it is cooked or not. Unsaturated fats contain essential fatty acids. They are called essential because the body cannot make them and they need to be supplied in the diet. Fat from kosher fish, if cooked properly, extra virgin olive oil and any fruit, vegetable, bean, legume, nut or seed contain unsaturated, or beneficial fats, for the body. Unsaturated fat is not what you should be scared of, as long as you are exercising to balance the calorie ratio. Saturated fat is harmful to the body no matter what exercise program you are on.

### **How the body uses fats**

The body needs essential, unsaturated fatty acids. Unsaturated fats are essential because they are needed for normal cell function and metabolism. They are also essential because the body cannot synthesize or create them; they must be supplied in the diet. If a fat is subjected to the hydrogenation process, the essential fatty acids in the fat become neutralized and even toxic in many cases. Fats must be emulsified or broken down into fatty acids and glycerol to be of any use in the body. Bile from the gallbladder (made by the liver) emulsifies fat so that pancreatic enzymes can break it down into fatty acids and glycerol. At this point, fat is absorbed into the blood for use. Fats perform the following functions:

1. Fat supplies heat.
2. All tissues except the nerves can use fat as a source of energy.
3. Subcutaneous fat acts as insulation for the body.

## Step 1 – Chapter 6 2

4. Fat provides padding around vital organs. It helps protect organs from physical injury in cases such as physical blows, though excess fat around an organ can inhibit normal function.
5. Fat carries the fat soluble vitamins A, D, E and K.
6. Essential fatty acids are needed for maintenance of body functions.
7. Fats can act in place of vitamin B1 when needed.
8. Fat will spare protein from being burned so protein can be used for essential tasks like tissue building and repair.
9. Fat (cholesterol) is needed for the synthesis of sex and adrenal hormones. That's right, the body actually needs cholesterol and uses good fats to help eliminate the bad fats.

### **Negative effects of too much fat**

1. Obesity, if more calories are consumed than burned, especially if they are empty
2. Abnormally slow digestion of food
3. Interference with absorption of calcium
4. Ketosis unless adequate amounts of carbohydrates are supplied to complete oxidation

### **Understanding cholesterol**

Cholesterol testing was originally designed as a temporary procedure, but when it made 14 million dollars the first year, it suddenly became an "essential" part of health care. While it is true that cholesterol levels are elevated in some people, the cause of cholesterol is totally overlooked. No matter what the fat content in your diet, your body will naturally make up to 1,000 mg of cholesterol in one day. The problem is not fat: the problem is the kind of fat being eaten and the ability or disability of the liver to break it down or digest it. In this chapter, you will come to understand that protein, carbohydrates and fats are all good and essential to the body and should not be considered any problem if natural sources of each are used. Each food (with the exception of animal fat) that is high in any of these elements naturally has all the nutrients needed for the body to digest it or discard the excess. Nature is in perfect balance. When we start eating foods that are not intended for the human body or foods that are processed and enhanced, that is when we have trouble. The liver and gallbladder are primarily responsible for fat digestion. If you are suffering with elevated cholesterol, stop eating saturated fat and get your liver/gall bladder evaluated by your nearest GSW practitioner so your fat metabolism will normalize. If your cholesterol is too high, you probably need essential fatty acids such as that found in extra virgin olive oil (uncooked). If you have been eating a low-fat diet, you definitely need some essential fatty acids. If your liver is not making bile, fat will not emulsify and that is part of the cholesterol problem. Most of the time, a good liver cleanse is needed and then a gallbladder flush because most of us have hundreds of gallstones. Whether an x-ray shows them or not, I can almost guarantee you have some. A healthy cholesterol reading should be in the range of 180-200. Anything lower indicates imbalances that set the stage for other health concerns.

### **Fat and sugar**

Some authorities estimate that the percentage of fat in the diet should be reduced to prevent heart disease. Approximately two-thirds of the fat in the American diet is of animal origin, and studies have shown that fat must combine with simple sugars in order to make the paste found in artery walls. Animal fats are primarily responsible, but plant/grain origin fats that have been heated over 150 degrees and converted to saturated fat are also destructive to the body. The Eskimos ate whale fat as a primary staple in their diet and had no heart disease or arteriosclerosis problems until white sugar was introduced to their diet. If you insist on continuing your intake of animal fat, perhaps you can alternate the days you eat your animal fats with the days you eat your sweets (cakes, cookies, pies, ketchup, etc.) Don't assume fried foods are the same as animal fats. Animal fat has not been processed, so it is not as harmful to the body as refined oils used in cooking and frying.

### **What the Bible says**

## Step 1 – Chapter 6 3

The Bible strictly prohibits the use of fat. It says you are to cut all the fat off. Just thought you might want to know what your Creator thinks about fat. Nothing was said about refined oils and processed fats because there weren't any at the time the Bible was written, but I will tell you about them now.

### **Refined oils**

Cooking oils are generally the same color. You will find sunflower, canola, vegetable and many kinds because they originate from different places, but they are processed and refined the same way. After the refining process, it really doesn't matter what the origin of the oil was because the effects of them all are pretty much the same. The process generally begins by heating the seeds to about 250 degrees. The seeds

are then pressed to extract the oil. The press increases the heat from 400 – 600 degrees. Then solvents, similar to gasoline, are added to the oil to dissolve it from the grain. The oil is reheated to evaporate the majority of the solvent. Then the oil is degummed to remove any final residue (like nutrients), bleached to remove any color and finally deodorized so it won't smell nasty. At the end of the refining process, every last bit of vitamins, minerals or any nutrient has been stripped away. This is why you often see that it is fortified or vitamins have been added. If they had to add something, it means they took it out to begin with. The bottom line is, if it is clear, it is a saturated fat, the kind that causes LDL, the bad cholesterol. There is only one oil that does not have this effect on your body, and that is extra virgin olive oil. You will find that it has color, taste and odor to it, just like it does in nature. Of course, if you cook it or heat it over 150 degrees, you lose all the nutritional value, but at least it won't have the degumming, bleaching, deodorizing and the other contaminants in it. Give your gallbladder and your arteries a break, and stop using the refined oils. You can purchase extra virgin olive oil at Sam's Club for a pretty good price.

**Butter vs. margarine.** Butter is created by churning milk. If you find natural butter that has not gone through any processing, it is not bad for the body. It is dairy, so large amounts of it are not recommended, but it contains nutritional elements that can be of benefit in small amounts. Butter requires salt, and I am not aware of anyone making butter with salt that is healthy. It is common to use sodium chloride, and that is quite harmful to the body. So you can churn your own, find organic butter someplace or do the best you can. If you have a choice of butter over margarine, don't ever touch margarine. Margarine is nice and soft because hydrogen is added. This hydrogenated content is very tough on the body. It is actually worse on your heart than meat fat. You are told it is lower in fat than butter, but the fat it contains is totally saturated while butter contains unsaturated fat. This means butter contains essential fatty acids, and margarine takes essential fatty acids from your body. The amount of chemicals added to margarine is so terrible, I won't even get into it. How many times have you seen yellow milk? Butter is made of milk. If your butter or margarine is yellow, that is your first clue that you are getting something other than the real deal.

#### **Fried food and fat**

There are several reasons fat is bad for you: either you don't have the needed enzymes to break down the fat you are eating, your liver is too toxic to create the bile needed or the fat is saturated, making it undigestible any way you look at it. The best way to accumulate saturated fat in your body is to eat food fried. Remember that any fat heated over 150 degrees becomes saturated, so it doesn't matter if you use butter, olive oil or any other product. Saturated is saturated, which is the bad fat, the fat that causes arteriosclerosis, clogged arteries, elevated cholesterol and all the problems associated with excess fat in the diet. Low-fat diets are not the answer because there are good fats required, and these are not supplied in low-fat diets. I won't even get into the process used to make a product "low-fat." All I'm going to say is don't touch the stuff.

#### **Fat in your blood**

You should see what saturated or undigested fat looks like in your blood! Find someone in your area that will do a live blood cell analysis (dark field microscopy) after you've eaten a meal of fried chicken or a sandwich with something fried in it. This fat is what causes the plaque that sticks to arteries, different from fat that occurs naturally in foods like nuts, seeds and other foods God created and intended for us to eat. Fat is essential to metabolism, but the right kind of fat is very important. Anytime you fry a food, you convert

Step 1 – Chapter 6 4  
the fat into saturated fat. All fat in meat is also saturated fat. If you insist on eating animal fat, eat it the way God made it – raw. The meat isn't good for you, but the fat is less harmful to the body that way.

#### **Increased protein to fight fat**

The new "fat free" revolution in this country is totally built around an agenda. High protein diets that help to balance the high fat diet are not the answer. That would be the same as smashing your finger with a hammer so you don't feel the headache you are trying to get rid of. Fat-free foods are much worse for the human body than the food with the natural fat content. Anyone who eats a "fat free" diet can almost guarantee him/herself a heart attack seven to ten years later. As I said, animal fat is not good for you, but if you are going to eat it, take some additional enzymes to help digest it. Please read *The Homocysteine Revolution* by Kilmer S. McKully. He explains just what causes cholesterol and heart disease. You'll love the book, and the information will surprise you.

#### **Examples of healthy fats**

- The best source of fat is natural, uncooked, extra virgin olive oil. Put it on your salads, mix it in with your butter (half and half) and then put it in a dish and place it in the refrigerator. You will need to melt the butter to do this, but make sure you don't let it cook. It is best to just let the butter

soften at room temperature until it can be mixed with the oil. If you must use the oven or stove, melt the butter on the lowest heat possible and keep an eye on it. As soon as it is soft enough to stir, take it off the heat. Any fat that cooks or rises in temperature above 150 degrees becomes saturated. Olive oil in your butter will make it softer so you can spread it on your toast easier.

- The next best source of good fat is probably fish. A chapter in this book lists kosher types of fish and indicates the fat content of each.
- All nuts, as long as they are raw, supply good fats to the body. If nuts have been roasted or used in cooking, the fats have probably saturated.
- Avocado is high in fat, but it is good for the body because it contains all the nutrients needed to make the fat usable and remove any excess if the body has enough fat already.
- Any fruit or vegetable high in fat is safe and beneficial if eaten in a raw form.
- Be careful about supplementing too much essential fatty acids. The sources of these oils are questionable in most cases, but also when you extract an oil, it rarely contains the nutrients needed to metabolize the fat. Extracted fats also have preservatives so they won't become rancid. Remember that when fat is exposed to oxygen, it oxidizes, so encapsulated fatty acids are very questionable.
- Fat from animal sources, whether cooked or raw is negative for the body. Period