

## The Immune System

***And He said, "If you will give earnest heed to the voice of the Lord your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, Yahweh, am your healer."*** (Ex 15:26)

In order for us to be Isa 49:6, there are going to be long hours of labor, like on the schoolhouse. It is so important that we keep our bodies strong and healthy. The immune system of our bodies resists and protects us from harmful agents or diseases. It has so much to deal with that we must do everything we can to strengthen it. Everything affects our immune system. Living in a house with mold or dampness affects it adversely. So does guilt. The foods we eat and how we eat them, exercise, drinking our water and the proper elimination of bodily wastes can all strengthen it. It is strengthened principally by keeping our minds set on the Spirit. This brings us life and peace and keeps us from being susceptible to the enemy's tactics. The immune system was created perfect. When things start eating away at it the immune system starts to break down. Before someone sickens he first has to weaken his immune system.

Guilt is the principal thing that "eats" on the immune system. We can take it as our Father's discipline and stop thinking along those lines when we feel it. Whenever man would have to live according to his conscience, he would die. When Adam and Eve fell and were guilty, their immune system started to break down and they began to die.

Guilt affects you terribly. It is like *whiplash*. If you know you are guilty as you go on in your sin, you commit a sin unto death. People with unconfessed sin walk around and get physically sick. Jms 3:16 — jealousy and selfish ambition bring disorder and every evil thing — eating you up on the inside, destroying your immune system (Rom 2:8).

How horrible is the first death? It brought our Savior to save us from it. Jms 4:2 — All these things wreck havoc in your immune system and your spiritual life. Jms 5:14-16 — Your sickness may come from your sin (1 Cor 11:27-30).

The New Covenant does away with ALL: jealousy, bitterness, strife, envy, and all things that eat away at your immune system. Adam was created perfect. When you come out of the waters you are perfectly clean and white, your sins forgiven and you have a fully-functioning immune system. If we go along and become guilty again, these things begin to work on us. That's why we live in the Edah and have friends we can go to and help us with our problems. 1 Jn 3:14 — We know that we have passed out of death into life because we love the brethren. He who does not love abides in death.

The solution to everything is being led by the Spirit, being kind, tenderhearted, doing your part to fulfill the law of Messiah (Gal 6:2-3). Then your sleep will be sweet. Gal 6:8 — You will reap what you sow.

If you don't honor your parents you'll be filled with guilt and die young. This will happen especially in our midst. Parents must not provoke the children. We are promised long life in Ps 91:16 (and many places).

Jms 5:7-9 — Be patient ... do not complain against one another, lest you be judged. Jms 5:17 — Eliyah was a man with a nature like ours and his effective prayer, since he was righteous, accomplished much (verse 16). We can't do this on our own, apart from the Commonwealth of Israel. This is what abiding is.

Guilt and unconfessed sin is how you get sick. This is why people die young. As soon as man had to live by his conscience he had to die because the *guilt* would eventually kill him. 1 Cor 11:13-30 — Whoever eats the bread and drinks the cup in an unworthy manner will be guilty of the body and blood of Messiah. Let a man examine himself ...

We're trying to abide — live in unbroken fellowship. Paul knew that allowing guilt to abide in us, failing to judge ourselves properly and truly confess our sins, would cause us to be weak and sick and even die (Mk 8:34-35). If you haven't forgiven from your heart all manner of evil will grow. Our heart must be healed first. We must experience his comfort and consolation. Our heart affects our soul, our soul and our body.

Perfect peace has to affect our immune system. Anxiety over what we're going to wear, the foods we will eat, the houses we'll live in all hurt us. Our Master is speaking to us about all these things. Don't be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to

God (Phil 4:6).

Anxiety, tension, strife all weaken our immune system. The sooner you come to peace the more vital your immune system will be. You won't let the sun go down on your anger; you won't go to sleep with anger, jealousy, strife, envy, bitterness. When you go to sleep like this it goes into your soul — your memory bank — and you can't get rid of it. The quicker you settle a matter, the stronger your immune system will be.

Many things affect the immune system, making people susceptible to disease (Pr 18:14; 15:13; 16:24). Guilt is removed only by confession and forgiveness. True confession reaches the root and the motive. If we don't hate sin, abhor it, then we'll be plagued by it. Repentance has not been reached in that case. Repentance gets to and reveals the motive. Pr 27:5-6 — Faithful are the wounds of a friend.

Once guilt is removed we can go to the natural causes of disease. That's why we clean our house thoroughly at least once a week. If guilt is removed we can be released from sicknesses relating to our behavior. It is up to us to maintain the health of our body.

Fundamental and ingrained eating habits affect our health. Our behavior must change. If we continue on in our Gentile customs and manners we'll die like them. Food eaten improperly doesn't do much good. It's got to be chewed properly, eaten slowly in a peaceful atmosphere. Eaten with joyful and peaceful conversation with those who have a good conscience. We're not to eat with anyone who calls himself a brother, who is not walking in the light. We'd be guilty ourselves if we don't help one another in the right way. We can't eat with dissension. Without strong, healthy bodies our Father's purpose cannot be done. If we're not obedient the diseases of the nations will fall on us. Certain things are known to strengthen the immune system — others weaken it, like malnutrition. Therefore, fad diets for those who are overweight are not acceptable. They are too much trouble and too expensive.

The way to go is eating all the essential vitamins of the normal table but with less food intake. All (except in certain special cases) other ways will end up in frustration. Robbing our diets of essential vitamins and minerals in fad diets is dangerous to our health. The proper amount is necessary for a strong, healthy immune system.

Medical research has been going on for a long time on the immune system. Don't obey because it's proven scientifically — obey from your heart *Don't* let knowledge take away from faith. We don't want to do anything that Yahshua wouldn't want us to do. This is life and peace, not legalism. We must take care of our bodies without becoming neurotic (extremely nervous), body conscious and anxious.

Our aim is to create positive and good eating habits that will last a lifetime. We want to eat more and more vegetables that are less and less cooked (steamed or raw). For us to change our habits we need to change our behavior. Then we can eat the way our Father wants us to eat. We learned to eat in the world. We learned wrong. We need to change, our children need to change, so the third generation can change. We must modify our behavior. This is restoration. Remember, all things need to be restored (Acts 3:21-23).

Good wholesome food that's cooked properly must be eaten properly. We must *CHEW* our food. There must be time to eat. We must eat *slowly* in a peaceful atmosphere. Our way of life should allow us to do this. No *business* at the table. Pr 17:1 — Fellowship is not clamor — even if we're excited. How we touch hearts on Friday night should be how every table is. If we do these things we'll be healthy.

Digestion to benefit the body must have peace.

These are gathered facts about the immune system:

### **Vitamins and Proteins**

**To strengthen your immune system you need the following vitamins, plus a little protein, every day: A, B, C, E, Zinc and Selenium. Don't take vitamin tablets — get these in your food. Multivitamins and minerals should be taken daily only if you're not able to get good food. If you have no seeds and oils, no salads and fruits, only overcooked (murdered) vegetables and no raw vegetables, then you need supplements. No mega-doses of vitamins; they are bad for your liver. The body needs only a small amount of vitamins. Mega-doses of vitamins even when you're sick are out too. They are bad for your liver. For health or sickness a balanced diet is all that is required. Every house has a Cook's Meeting representative. That is where these things will be worked out in coordination with the elders and deacons. The Cook's Meetings are especially designed for planning so no household lacks *good things*. Planning is a good thing. We**

must educate our cooks in the Cook's Meeting. It's on us.

This is where we can get what we need:

Protein: meat (every once in a while) eggs

fish poultry  
milk products whole grains  
brown rice all soybean products (tofu)

B1 whole grains blackstrap molasses

brown rice egg yolks  
legumes (lentils, chick peas, etc.) nuts  
fish (so good for you) poultry

B2 whole grains legumes

blackstrap molasses nuts  
brown rice

B6 all meats wheat germ

whole grains green, leafy vegetables  
blackstrap molasses

B12 milk cheese

fish goat's milk  
eggs

B13 all root vegetables (potatoes, carrots, turnips, radishes)

liquid whey

Vitamin C all citrus fruits

rose hips (gather your own in the Fall)  
acerola cherries  
alfalfa sprouts  
cantaloup  
strawberries  
broccoli  
tomatoes (2 times as much as in oranges)  
green peppers (rich in vitamin C)

Zinc Pumpkin seeds

Sunflower seeds  
Soybeans

Selenium Mackerel Broccoli

Tuna Wheat germ  
Herring Bran  
Whole grains

### **Elimination and Exercise**

**The importance of the four channels of elimination of bodily waste in maintaining a healthy body cannot be overlooked. They are the bowels, bladder, lungs, and skin. Proper foods, waste and exercise are necessary for proper elimination. If you're not eliminating properly in your bowels you're about to die.**

**You must drink enough water everyday and exercise. Stretching and twisting your trunk aids your whole body. Side twists and head stands are good for your colon, your lifeline. 100 scissors a day keep your belly away and help elimination.**

**Exercise and walking help proper elimination through the lungs and skin. We must BRISK WALK, use the jump-rope and try the rebounder as we get older. The fact of the non-existence of alcohol, caffeine, drugs and cigarettes from our daily lives, and the addition of exercise for our physical bodies, wholesome foods, rest and brief periods of relaxation, all coupled with plenty of water will keep our bodies healthy. All these work together keeping our elimination channels open, clean, regulated and purified.**

**They maintain a strong immune system and keep us physically fit and mentally fit. If we're spiritually fit we'll do these things to keep us physically fit. Every day we need five things:**

**Exercise**

**Food**

**Rest**

**No fear or guilt**

**Sexual practices according to the Law**

**Exercise — Brisk Walking**

**Brisk walking is the very best exercise one can do. Strengthens the immune system, controls blood circulation, prevents heart disease, maintains high calcium levels, keeps weight level down, improves your looks, is a natural tranquilizer, helps you sleep better, reduces anxiety and depression and increases your general fitness.**

**Rest**

**Breaking the Fourth Commandment (Ex 20:8-11) is not only a spiritual death, but a physical one as well. The law is so important that if you dishonor it you were stoned to death. Most people who are perishing in the world will not take advantage of this rest prescribed by our Father, the great physician. But they will when they know its essential purpose. Many in the Edah who will be cut off will only rest when they see it's physical benefits. We should rest out of love and reverence for Him.**

**Six to eight hours are required for most people to sleep. More than just resting of the physical body takes place during sleep. It is a time for recharging and renewing our bodies, brains and minds. At the sleep level our subconscious mind goes to work, carefully filing away our deeds, thoughts and feelings. They go into the memory bank for (1) learning for the future, and (2) for the day of judgment. This is what Eph 4:25-26 (and 27,31) is talking about, don't let the sun go down on your anger.**

**There's no rest for the wicked. Don't file away anger against your brother. Guilt and fear *damage* the immune system. If there is not sufficient time for this filing process then dullness takes over and stress and tension develops. This causes the immune system to be torn down and old age sets in (Isa 57:20-21).**

Young people need more sleep than older because their bodies are not fully developed. Hormonal changes are taking place and they need more time. Teenagers often over-do their work and activity, denying their physical bodies of the essential time for rest and sleep. They need time to relax. (There will be times when they do work long and hard and we need to make sure they get proper rest and food.)

Rest is not synonymous with sleep (Isa 57:20-21). Rest means relaxation. We need to learn to take *small mini-rests* or *mini-breaks* during our work days so our body and mind will recharge and renew. This will fill you with the necessities to deal with one another properly. If you don't do this you will grow crabby and short with one another. We're not bringing NAPS in. You take a deep breath, pray, consider *who* you're working for and why.

The physical body is His temple. We must leave time for prayer and meditation. Rom 8:6 — The mind set on the spirit is life and peace. Guilt and fear are in our emotional make-up. They are unhealthy. They are known to weaken the immune system. It is essential that guilt and fear are removed. They should not *under any circumstances* be in us. We should only fear one thing — our Father — that's clean. What you'll be like in the future is the result of your thoughts from now on. Rom 2:15 — Your thoughts either accuse

or defend you. And again, *As he thinks within himself, so he is* (Pr 23:7).

Tension, guilt, fear and anxiety all weaken the immune system, leaving us vulnerable to all kinds of infections, viruses, diseases, germs *and* the common cold. The common cold originates in the pituitary gland. We aren't cleaning (in general) properly. That's why we're getting the common cold. We must be extremely *clean* people.

Hepatitis B, AIDS and all other types of viruses can be transmitted by the close, non-sexual contact between cuts sores, abrasions, blood, semen, saliva (of other people) which occur in crowded, unsanitary conditions (dirty commons). HIGHER than for the Gentiles. According to the standard of the day, we're crowded. According to us we're not, we're normal. Mildew was serious in Israel; it was called "household leprosy."

Tension causes the immune system to weaken. Therefore releasing tension and learning how to relax is important to sustain good health because it strengthens the immune system. There's no GOOD HEALTH without the immune system being strong and healthy. The immune system is weak because of what we do to it. How do you release tension? Phil 4:6-7 — *Be anxious for nothing but in everything ...* and 1 Pet 5:7 — *Cast your cares upon Him for He cares for you.* We must cry out for this wisdom until we get it. Pr 2:1-5 and on. If we don't we will FALL. Lk 18:1 — *Pray at all times, and do not lose heart.*

### **Postscripts**

**People who aren't living and walking in the light are the most likely to get colds.**

We must teach our children to wash their hands *after* they go to the bathroom.

Ha-Emeq made the following comments about the teaching after it was given to the women in Boston: "Usually when you mention food it causes strong opinions to arise — a corner over here about combining proteins, one over here about no meat, one here for meat, one there for dairy products, eggs and cheese." She said she, "appreciated this teaching because it's just wholesome common sense, not man-made laws to be in bondage under."

We still need to find out where Vitamin A is found. Ehad thought leafy greens, and lambsquarters, *carrots*, winter squash, red peppers, broccoli and sweet potato.