

## Food(Wholesome and Not)

We will attempt here to briefly explain some of the basic understandings we have come up with in the Body over the last years about our food. Of course we will only discuss here FOOD, not the clean and unclean, which is already well understood. But the many ideas and opinions about what is GOOD to eat has made it difficult for us. One nutritionist says this and the other one says just the opposite, both having many tests and examples to back up their facts. So we have seen the foolishness in getting into this or that *extreme*. We know that we must use *moderation*, but even that is a difficult standard to understand because what was moderate 50 years ago would be considered great deprivation today. We need to find our way in the midst of all this confusion, and our Father has showed us a few things clearly thus far. He will show us more as the days continue but we must cling to what He has already showed us.

The great health problems that plague this society have come upon them because of the over consumption of: sugar, white flour, meat, and dairy products. For many years we have avoided the use of especially the first three of these. Within the last year or so we have also come away from the use of the fourth. However, under the label *sugar*, there is the question of raw sugar, maple syrup, or honey, etc. There is also the question of *unbleached flour*. There is the question of *store bought chickens and turkeys* There is the question of *powdered milk*. We have not been clear about these things, so the different opinions of the strong ties in the household have become the rule in each house. We want to try to come to some common mind about these things, for the sake of our health — not our taste buds.

We have all been perverted in the area of *sweet things*. For several years we used nothing but honey and maple syrup to sweeten things. Then we learned in Sus about “raw sugar” and began using that because honey was so expensive there. This product was supposed to be *nearly unrefined*, but we have later come to learn that these days it is impossible to get truly *raw* sugar. We have also seen the excesses which come from having such an inexpensive sweetener at our disposal. Many households have begun serving far too many sweets. Because this type of sugar makes it possible to make the kind of desserts *we used to make in the world*, many of us have enjoyed greatly being able to use it. But this is not the direction we want to go. This type of mentality will only bring upon us many health problems like the world has. We no longer want to use such sugars, but return to only using honey (and maple syrup in MODERATION). But even natural sweeteners can cause health problems if they are over used (Pr 24:13; 25:16, 27). Many studies have shown that excessive sweets entering the body causes great harm to the body. Diseases ranging from psoriasis to diabetes, cancer to heart disease, can be directly or indirectly related to sugar intake. You may think that in the community we do not eat that many sweets but if you stop to think about it, you would be amazed at how much we actually consume. One household, for example, began making a sweet snack nearly every day to send in the lunches for their men (using turbinado sugar because they had been out of honey for a long while). When asked about why they put a dessert in every day, they said, “We would have to send four sandwiches apiece with some of these young guys if we didn’t put in something sweet to appease their big appetite.” True, these young men do have big appetites but what they need is nutrition, not fillers — their bodies are craving nutrients to grow with and we are giving them empty calories. We will produce a sickly generation if we continue in this mentality.

This same household as above mentioned were also using *unbleached flour* to make their sweet snacks with in order to give them a more “fluffy” consistency. Unbleached flour is not a *whole food* and, though it is not specifically bad for you, is robbing the body of what is needed for best health. If the sweet thing had been made with whole flour at least the young men would have been getting the **vitamins and** roughage, but they were getting nothing. This is an extreme example of this household, but every household can learn from this. Unbleached flour has been tolerated in the past, but there is really no need for it at all in our diet. Some say that we need it to make gravies, etc. but this is not true. The older, gifted **sisters** in the Body can help you to know how to cook without this unwholesome flour; just ask them.

About meat, it seems that we have tried to get away from buying any red meat which we do not know the origin of it. Because of the expense of meat, it is rarely used in the communities, and this has certainly been to our benefit. But there have been many reports recently about the awful conditions which chickens and turkeys are raised under, and the chemicals which are put into them to fatten them for sale. This poultry will not be good for us if we continue eating it. Perhaps if we stop buying it, our Father will show us local farmers or other natural sources for this type of meat, if He wants us to eat it. Fish has been proven to be extremely good for our health, especially the oily ones like mackerel and herring. We must find ways to include these in our diet more in place of red meat and poultry.

Our diet must have a lot of oil in it. Olive oil seems to be the very best of the oils. We have found a high grade of this oil for our communities, so the more of this you can get into our meals the better. It should not be heated, but only used cold over the food (or added to the food when it is not very hot). Any oil we use should not be heated if at all possible, for the best benefits to come to our body.

About milk, we have seen that cow's milk is not good for us, except in a soured or yogurt state. Goat's milk is more suitable for man's body. Powdered cow's milk has been heated a lot and is not as good as unheated milk. But the best milk for us is soy milk. We can learn many ways of using it, and it will help us to ingest more natural oils also.

We try to stick to a standard of *common sense*, but in this perverse generation from which we have come many of us have lost this *sense* that is supposed to be *common*. The vast array of opinions about foods have influenced us all, whether they have come from the AMA or the *health food spirit*. So we must extract the precious from among the vile. We have learned that it is not best to eat fruit with a meal, but that it is better eaten as a snack between regular meals. Fruits and most vegetables are most nutritional if they are eaten raw. All vegetables should be cooked carefully, making sure not to overcook them or use too much water to cook them in.

The subject of *complete protein* is one that is debatable among many nutritionists, but we have always found it a good basic to go by (but not with any anxiety). We know that our Father provides what is good, so we do not need to be anxious. Mixing grains and beans, etc., is certainly something that comes naturally to us. Others can give you more of the specifics of this (such as Shifrah, or Emily). Approved information of this sort is good to be discussed at the cook's meetings. The older women in the community need to instruct the newer ones in the ways of "kingdom cooking" and not be intimidated by the vast amounts of worldly knowledge people bring in with them. In baptism everyone must give up their old ways of understanding cooking and become as a little child.

Apple cider vinegar is of great benefit to the body. Honey in its natural form also provides some health benefits (when not over used). This is why Vinney should never be neglected in households. For over weight persons, the vinegar should be used only, in water with each meal.

It is especially important that we understand the harmful effects that eating too much sweets will have on our bodies. Most of us have already been adversely affected by living in the world as children — our bodies have been damaged by the abuse of sugar and white flour. Although honey and maple syrup are whole, they are still concentrated sweeteners, which will cause a strong reaction in our organs. Here is a quote which summarizes what white sugar and white flour do to our bodies:

*White sugar and white flour are not whole, natural foods. They are refined, fragmented, adulterated and denatured. White sugar, from cane and sugar beets, has been completely stripped of all nutrition present in the original food. All minerals, all vitamins, all trace elements, enzymes, fatty acids, and amino acids (proteins) have been removed in the process of refining the sugar. This also applies more or less to white flour. Although the whole grain is rich in simplex nutrition, in the process of refining flour, practically all the vital nutrients have been destroyed or removed, leaving a nutritionless white powder, which is mostly a pure starch. If that is not bad enough, in order to destroy the last trace of life and make it snow white, it is bleached with toxic chemical bleaches (this is the step left out in 'unbleached flour').*

*Eating white sugar and white flour presents three problems:*

*1. Eating such denatured, devitalized, demineralized, and devitaminized foods will inevitably lead to nutritional*

deficiencies.

2. *Since our bodies are genetically and physiologically equipped to effectively metabolize ONLY natural whole foods, eating fragmented, refined foods, from which essential elements have been removed, will lead to metabolic disorders and imbalances in the body. For example, since white sugar has been stripped of all the vitamins and minerals, in order to digest it, the body must use up its own supplies of minerals and vitamins, which may lead to both deficiencies and imbalances in the body's own store of vital nutrients.*

3. *Since our bodies are not equipped to process refined, concentrated foods, continuous ingestion of them will exert a great strain on many organs and glands. The continuous strain and abuse of these organs can damage them and cause their malfunction.*

*The excess of sugar and refined carbohydrates in our diet is not only responsible for most of our hypoglycemia epidemic, but it is also a major contributing factor in an epidemic growth of most other degenerative diseases, such as diabetes, heart disease, tooth decay, periodontal disease, osteoporosis, and even cancer. It is no wonder that white flour and white sugar are referred to by concerned scientists as the "white poisons" and the "white plague" of the civilized world.....*

Of course, in the community we are far from the excesses of these things spoken of, but in using *raw, turbinado sugars* and *unbleached flour* we are coming as close to these poisons as is possible without actually using them. In our scarred bodies, one *maple syrup* and *pancake breakfast* can show many of us the effects on our blood sugar. We do not realize the fatigue, dizziness, headaches, backaches, etc. we experience are a reaction to this over consumption of sugars. When our blood sugar is set off balance, our emotions are also changed, causing depression, etc. We must be careful how we feed our household.

We are promised not to be affected by the diseases of the nations if we are faithful to our God. He has shown us how to live and given us whole food to eat in order to keep our immune system working properly. Putting improper stress upon the body continuously will cause exhaustion and eventually cause its immune reaction to cease. The stress people live under in this society brings about their multiplied illnesses—not only emotional stress, but stress caused from **improper foods, caffeine, and alcohol**, a body out of alignment (see Ornan), etc. Sugar definitely puts the body under stress and will eventually lead to a breakdown in the immune system. Eating as our Father provides, and without anxiety (trusting Him in everything) will lead to the strengthening of our immune system, making up for the damage of years past. If we continue to abuse ourselves with excesses (it has been heard that some people have even done things like drink maple syrup from a cup at the sugar bush), our God cannot protect us.