

# WAYS TO AVOID DISEASE

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### The Health Message of the Bible

You know, when you look around today and you look at people, their faces, their eyes, their bodies, how many people do you know, who really radiate good health? You know, they're bubbling over with enthusiasm and health. I would suggest very few. The vast majority of people do not enjoy the health that they ought to enjoy. Poor health will not only affect your marriage; it will affect just about everything else you do in life. Yet in this age of great medical knowledge, most people I find are very ignorant when it comes to the basic laws of diet and health. They don't realize that much of their sickness is due to the fact that they don't follow the basic health principles of the Bible.

You know that 90%, doctors tell us of deaths here in Australia, are due to ignorance of the basic laws of health. In other words, 90% of people that they are dying before they should die. They're dying prematurely. Only 4% of people the of old age, 6% of people the violently. So that means that 10% have really no control over their death. For example, heart disease in Australia is killing one in four, and cancer is killing one in seven. And besides the early deaths that many people are going to experience, many of us are suffering from arthritis, migraine headaches, and many other ailments, that it is not necessary to suffer from it we follow the simple Bible health principles. God never intended that we be sick. Let me read that to you.

3 John 1:2. "Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospers."

Now God is just as interested in our health as well as He is interested in our spiritual well being. Not many people realize that God is just as interested in our physical life, as He is interested in our spiritual. Both are very important.

In fact, I would suggest that if you haven't got good health, life is not worth living. You know, you can have everything else in life. You can be the richest man. But if you haven't got good health to enjoy it, what's the use of it? Very often people never think about their health very much until they begin to lose it, and then often it's too late.

The subject of this lecture is so important that we understand the basic laws of health. In future lectures we're going to provide you with more evidence and more help in this area. Most people I talk to do not know that there are basic laws of diet. I find that so many people are eating incorrectly. They do not drink enough clean, pure water. They neglect exercise and they don't have enough rest. Another important factor for good health is, trust in God. You know, that a person who has trust in God will enjoy better health than a person who doesn't because the anxiety and the worries of life are able to be left aside to the person whose trusting in God.

I was talking to a Christian doctor recently, and he said, Medical science is proving such things as emotions like fear, hatred, can cause between 60 and nearly 100 diseases. Emotional stress can cause high blood pressure, toxic goiter, migraine headaches, arthritis, heart-trouble, ulcers and countless other diseases. As doctors we can prescribe drugs and medicines for the result of these diseases, but we can't treat the underlying cause which is emotional turmoil."

I'm happy to tell you that the Bible gives us the clue as to how to have good health. I'll read you an outstanding promise that God makes.

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Exodus 15: 26. "And said, If you wilt diligently hearken to the voice of the Lord thy God and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee."

If you were going to summarize this one verse, as far as the great health law is concerned, what would you reduce it to, if you reduce it to one word? What is God saying here? If you do something, then I will keep you and preserve you from the diseases that are afflicting the Egyptians. Now the Egyptians were the people who lived around the Israelites. If God was saying to us today in this verse, If you do this, then I will keep you from the diseases are afflicting everyone else in society around us, what would you reduce that text to one word?

If you'll be obedient and to keep My commandments then I will protect you and I will preserve you. The diseases that are afflicting others will not afflict you.

That's the first great health law, obedience. If we're going to have good health we need to be obedient and to obey God in all that He asks us to do. God is simply saying, You be obedient and follow what I've asked you to do. Keep My commandments and My statutes. And the diseases that inflict everyone else, will be protected and saved from you.

Let's have a look at the second great health law.

Leviticus 11:46, 47. "This is the law of the beasts, and of the fowl and every living creature that moves in the waters, and of every creature that creeps upon the earth:

47. "To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten."

So this is the second great health law, the law of diet. God says that there are some things that you can eat and there are some things that you cannot eat. We're going to notice a little bit about that in just a moment.

Let's now notice the third great health law of the Bible.

Leviticus 14: 8. "And he that is to be cleansed shall wash his clothes, and shave off all his hair, and wash himself in water, that he may be clean: and after that he shall come into the camp, and shall tarry abroad out of his tent seven days."

What would we call that, that a person in order to be clean must cleanse themselves? Hygiene. God said, for you to be clean you must wash yourself. And that's very important. So there's the law in hygiene.

We will notice now the fourth great health law.

Exodus 20: 8-11. "Remember the Sabbath day, to keep it holy.

9. Six days wilt thou labor, and do all thy work:

10. "but the seventh day is the Sabbath of the Lord thy God: in it thou shall not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

11. "for in six days the Lord made heaven and earth, the sea and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it."

So here we have the great health law of labor and rest. You see, the Sabbath was not given to us only as a spiritual rest, for spiritual reasons. True, it has been given to us for spiritual reasons, and that's vital. But that's not the only reason that God gave us the Sabbath. God gave the Sabbath as a physical rest as well. When you get away from the Sabbath and the original reasons that God gave for keeping the Sabbath that it is a memorial of creation and it is a rest, when people have gotten away from that, and they've accepted Sunday, it's not long before in keeping Sunday, all they keep is the hour they go to church.

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Most people who keep Sunday, in fact, I don't know how long ago it is since I met someone who really keeps Sunday as the Bible says the Sabbath ought to be kept. That's what happens. But you see, the Sabbath was given as a physical rest as well. God never intended that we work continually for seven days. You can do that for awhile, but you'll eventually use that reserve of energy that God has implanted in our bodies and eventually you'll come to the stage when your body cracks. That's happening to millions in the world today. But the Sabbath is given as a physical rest as well. And God says you're to work for six days and then rest on the seventh. That's a wonderful health law as well as a spiritual law.

We'll read now the fifth great health law.

Verse 14. "Thou shall not commit adultery."

This is the law of morality. There are millions today in the world who ignore that law, and think that they can get away with it and get some kicks in life. But if you ignore that law, it will catch up with you. God has given the law of morality for a very important reason and that's a health law as well as being a spiritual law, too.

Let's now notice the sixth great health law.

Numbers 5:1-4. "And the Lord spoke unto Moses, saying,

2. "Command the children of Israel, that they put out of the camp every leper, and everyone that hath an issue, and whosoever is defiled by the dead:
3. "Both male and female shall he put out, without the camp shall ye put them; that they defile not their camps, in the midst whereof I dwell.
4. "And the children of Israel did so, and put them out without the camp: as the Lord spoke unto Moses, so did the children of Israel."

What do we call that today when a person has a communicable disease like leprosy, and we separate them from every one else? Quarantine. It wasn't until the Middle Ages that they adopted the law of Quarantine in separating those with leprosy, that leprosy was halted in the Middle Ages.

In fact, I'll read you a statement here. This is Dr. George Rotham who wrote a book entitled The History of Public Health. He said, "Leprosy cast the greatest blight that threw its shadow over the daily life of medieval humanity. Fear of all other diseases taken together can hardly be compared with the terror spread by leprosy. Not even the Black Death in the forties or the appearance of syphilis toward the end of the 15th century produced a similar state of fright. Early in the Middle Ages during the 6th and 7th centuries it began to spread more widely in Europe and became a serious social and health problem. It was endemic particularly among the poor, and reached a terrifying peak in the 13th and 14th centuries."

If you had leprosy back in those days they believed that it was because you ate hot food or pepper or garlic or maybe the meat of diseased hogs. That was what they suggested. Someone else suggested maybe it was a result of the malignant conjunction of the planets. It wasn't until they finally followed the counsel as outlined here in Leviticus of separating those with a communicable disease like leprosy from every one else that finally leprosy was halted in the Middle Ages.

Now the question that I would like to ask now is simply this, Where did Moses get this advanced information from?

I remember I was studying the Bible with a man who claimed that he was very interested in health, but he didn't believe much in the inspiration of the Bible. I said to him, "Where did Moses get this advanced information from?" as I went through the medical knowledge of the Bible because I knew he was interested in that. "O," he said, "It's easy to explain. Moses copied it when he was training down at the university in Egypt. That's where Moses got this advanced information from." Well now, listen! You think about that for a moment. If Moses copied this from the Egyptian University, my question is, How come that the Egyptians still haven't caught up on this today.

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Because the biggest problem that you face when you travel through these countries today is to have food that's not contaminated. It's the biggest problem when you travel through the Middle East. You would never, ever eat any fresh fruits or vegetables in those areas. You wouldn't even eat it on the plane if you knew plane called into those countries. Sometimes I was starving. I would get on the airplane, and they served up a nice salad. Ordinarily I love a salad, but when I saw the tomato and the lettuce. I felt very hungry, but I knew that it was better to feel hungry than to get a stomach wog. In fact, some of those germs over there would kill us.

I don't know whether you would be easily shocked, but if you were to catch an airplane from Brisbane and go to our nearest Asian neighbor, Djakarta, up there in Indonesia, some time you ought to take a trip up there just to have a look. When I was up there some years ago it was my first introduction to countries outside of Australia. I had read about the fresh water canals in Djakarta. So I got up early before sunrise, the first morning I was there, I walked out along the street because through Djakarta there are a lot of these fresh water canals. There I saw the people lining those canals. There they were and they were using them as a toilet. I saw people downstream a little further from them who were washing their teeth in the same water. All the fresh fruits and vegetables that you'd buy in the market was washed in the same water.

That's why I say that the biggest problem when you go to those countries is what you're going to eat. You would never even eat oranges. You'd say you would probably be pretty safe there because they've got a skin on them. But do you know what they do with oranges? In order to increase the weight of the orange so that when it weighs on the scales they get more, they actually put into it water through a syringe to make it heavy. Now it's their water that's the most lethal thing about those countries. You'd think yourself fairly safe. You would never, ever eat anything that you didn't peel and dip in dettol. Even then you might have a problem.

A friend of mine was traveling through Egypt, he was telling me, and there was a lad on the corner of the street selling milk in one of those old milk cans, and he had a ladle. He kept it right down at the bottom of the can. He fished it out finally, milk running off his hand. Then he wanted my friend to realize that this was pure white milk, that there was no added water. You know, if you put water in milk it goes a bit grey color. Well, he wanted to show my friend that this was pure milk. So he ran it down his left arm so that he could see how nice pure white it was. Say, it makes you feel like a drink of milk when you had seen what he had done with his hand and his arm just a few moments before. Hygiene in those countries is practically nil. And to suggest that Moses copied it from the surrounding nations is laughable because they still haven't caught up today.

In fact, just recently as a result of the science of archaeology, they discovered what has been now known and called the Papyrus Ebers which is the advanced medical knowledge of Egypt in 1552 B.C. which, by the way, is about the very time when Moses was down in Egypt. This book has been discovered. And as soon as it was discovered everyone wanted to find out what the medical knowledge of Egypt was in 1500 B.C. These are some of the things they copied out of the book:

If a man had an embedded splinter, the book says, "Apply worms blood and assess dung." Since dung is loaded with tetanus spores, is it any wonder that lockjaw took a heavy toll of cases. Several other remedies include lizard's blood; swine's teeth; putrid meat; stinking fat; moisture from pigs ears, from animals including dogs, cats, humans, and even flies. Here is a cure, "A large beetle, cut off his head and two wings, warm him, put him into fat, and apply him. If you wish to drive it away (that is, the disease away) warm his head and his two wings. Put him into snakes fat, warm it, and let the man drink it." Bless your heart, castor oil doesn't sound so bad after all, does it?

Now that's the training Moses received while he was down in Egypt. Can you imagine how the critics of the Bible would laugh if Moses had been tempted to include one of those "up-to-date" cures in the Bible? But he never did. You don't find any of those foolish remedies included in the Bible, although that was being taught in the Egyptian University. Moses wrote down exactly what God told him. That's why the Bible is over 4,000 years ahead of medical science, and I'm going to demonstrate that to you in just a few moments.

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What we're discovering today in the medical world God wrote down over 4,000 years ago and that's another reason why I have absolute confidence in this Book, the Bible. Not only is it true spiritually, not only is it true historically but it's even proven true through medical knowledge.

I'll read you now the seventh, great health law.

Numbers 31: 22, 23, "Only the gold, and the silver, the brass, the iron, the tin, and the lead, 23. "Everything that may abide the fire, ye shall make it go through the fire, and it shall be clean: nevertheless it shall be purified with the water of separation: and all that abides not the fire ye shall make go through the water."

What do we call that? Sterilization. If it can't go through the fire, then you were to put it through the water. That's sterilization.

Do you know that it was only in 1840 that men realized the truth of that statement where God says we're to wash our hands and to be clean? Up until 1840 no doctor in performing an operation ever washed his hands. I know it sounds unbelievable but it's true, just over 140 years ago.

In fact, in Vienna which was the world's famous medical city, one woman in every six was dying in the maternity ward. They couldn't work out why so many women were dying in the maternity ward. What the doctors did when they came in, in the morning, the very first thing they would do when they got to the hospital, they carried autopsies on the women who died the previous day. And then without washing their hands, without wearing gloves, they would then go up to the maternity ward in the hospital and carry out pelvic examinations. And they never washed their hands. They couldn't work out why disease was being transmitted. One young doctor had the audacity to suggest that the doctors ought to wash their hands. Do you know that he was put out of the medical profession for that? That he would have the audacity to suggest that we should wash our hands, he said. Yet the Bible had that information, there over 4,000 years before.

These are the seven basic health laws that are still recognized today.

Now I'll read you something else. Here we have a discussion in the Bible on the matter of diet. In fact, there's a whole chapter here that deals with what should be eaten and what shouldn't be eaten, a difference between the clean and the unclean.

Leviticus 11: 1-3. "And the Lord, spoke unto Moses and to Aaron, saying unto them, 2. "Speak unto the children of Israel saying, These are the beasts which ye shall eat among all the beasts that are on the earth. 3. "Whatsoever parts the hoof, and is cloven footed, and chews the cud, among the beasts, that shall ye eat."

Now in order for a beast to be clean, what must it have, according to Leviticus 11? It must chew the cud and it must divide the hoof like a sheep, goat, and the cattle. It must have both, It's not one or the other, but both.

The following verses give examples.

Verses 4-8. "Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he chews the cud, but divides not the hoof; he is unclean unto you. 5. "And the coney, (rock badger), because he chews the cud, but divides not the hoof; he is unclean unto you. 6. "And the hare, (rabbit), because he cheweth the cud, but divideth not the hoof; he is unclean unto you. 7. "And the swine, though he divide the hoof, and be cloven footed, yet he chews not the cud; he is unclean unto you. 8. "Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you."

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So the Bible makes a clear distinction now of rule of thumb, that those animals which are clean to have two things. They must divide the hoof and they must chew the cud.

Now when it comes to the fish it's also very simple.

Verses 9, 10. "These shall ye eat of all that are in the waters: whatsoever has fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.

10. "And all that have not fins and scales in the seas and in the rivers of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you."

So the fish to be clean, it must have two things also. What are they? Fins and scales. In fact, pretty well when it comes to a basic rule here with the fish, those fish which are scavengers are the ones which are unclean. It is fairly close ruled. Those with fins and scales are not the scavenger fish.

When it comes to the birds, they're mentioned individually because there is no rule of thumb for them, but most of the birds that are mentioned are forbidden. I don't think too many of us would be eating them like the owl, the raven, the cuckoo, the vulture, the ostrich, the eagle, the crows, and so forth, they're all unclean. They're all unclean because once again they are the scavenger birds, and God doesn't want us to eat those animals which are scavengers.

Now God doesn't give a lot of reasons. People say, "Why has God said that these things are not to be eaten?" Well, I don't know whether we know the full reasons why God has said these things. I think it's a bit like a parent. Sometimes as parents we don't always give our children reasons why we don't want them to do certain things or want them to do other things. We just expect them to do it because they have confidence that we only want to have the best for them. God is like that, too. Sometimes He does give reasons, but here when it comes to the clean and unclean He gives no reasons at all.

Now medical science has helped to supply us with some reasons today, whether that's the reason why God has said not to eat them, I don't know. But medical science is certainly supporting the classification here in Leviticus 11. In fact, some years ago a German doctor Dr. David Mark carried out some interesting experiments in which he squeezed the juices from 70 different fish and he injected them into mice and into plants. And he found that the juices that were injected into these mice and plants retarded the growth in some and killed others, whereas the juices from others seemed to have little or no effect. In finally concluding his experiment, this is what he said, "There seems to be some scientific basis for the ancient classification of edible and inedible fish, namely those which have scales and those which have not." He found that the juices of those which have scales and fins did not kill or retard the growth of the plants or the mice, whereas the juices which were from the unclean, either killed or retarded the growth. That seems to be rather interesting that medical science is giving us some reasons today why God has forbidden the eating of these things.

Sometimes, you know, I meet people who come along to me and they say, "You're not teaching that those old laws back in the Old Testament are still binding on Christians today, are you?" Well now, listen: Before we throw this one out on diet, are we going to throw this one out on hygiene? Who wants us to get rid of the one on hygiene? Who wants us to get rid of the one on morality or quarantine or sterilization? Why should we want to suggest that the one on diet has to go? They are all part and parcel of God's health for us today.

It was not until 1847 that Joseph Leidy discovered the parasitic worm, *trichinella spiralis*, in pork. It is a worm that is microscopic. We are not told whether or not this is the reason why God forbids the eating of swine's flesh, but certainly modern science has at least one good reason why we should be wary of it. Who wants to be infected by trichina worms? But the fact is, that millions are, and wonder what is wrong with them. Unless pork products are very thoroughly cooked, there is always a dangerous possibility of trichina infection. In fact, so dangerous is this, that the United States Department of Agriculture puts out a leaflet to warn people about the dangers of trichinosis, and it is sent to people upon request. In fact, trichinosis is a very serious disease. Once you get trichinosis there is no cure for you. And many a person who died, for example, on the death certificate it maybe listed heart disease or heart failure. But what has caused the

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heart failure is these little worms which get in and attack the muscles of the body. Many a person that suffers from arthritis could have trichinosis. Not all people who suffer from arthritis have trichinosis. But it can cause the joints of the body to break down. It's a very serious problem. In America it's more serious than here in Australia, Nevertheless it is still a problem here in Australia, but to a lesser extent. God has told us that we are not to touch pig meat, pork, bacon, and its products, simply because the pig is the greatest scavenger on this earth. There is no greater scavenger than the pig.

In fact, if you go up to New Guinea and some of these more backward countries you will find that the pig up there is the toilet and it's a rubbish bin. It just about literally eats everything. And if it weren't for the pig, those villages would die out because they don't have any toilet facilities. The pigs live in the villages in the hut, and they just come around and they eat everything. I've often thought that none of us would go down to the pit and get our food. Why would we want to eat the meat in the form of a pig because literally a pig will eat anything? If you know anything about pigs, you know that what I'm saying is true.

I would often suggest to folk that we would never eat a rat. The very idea would cause us to recoil in horror. But do you know that a rat is far cleaner than a pig is? I was brought up on a farm, and I know something about catching rats. I know this, if I wanted to catch a rat; you could never even put your hand on their food. Because if they could smell human intervention, especially in their poison, they won't have anything to do with it. But a pig on the other hand will simply eat anything,

God said that if you want to enjoy the maximum of health, don't get involved with eating these things because they're not good. And you'll find that you'll have premature disease and premature death if you eat those infected animals.

Let me read you something else. And here's a very, very outstanding statement, one that you'll recognize as being extremely up-to-date.

Leviticus 11: 10, 11. "And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eats any manner of blood; I will even set My face against that soul that eats blood, and will cut him off from among his people.

11. "For the life of the flesh is in the blood; and I have given it to you upon the altar to make an atonement for your soul: for it is the blood that makes an atonement for the soul."

Now God said back in the beginning when the people were allowed to eat clean meat, and I want to make it very clear that it's not a sin to eat clean meat. I believe that we ought to get rid of the unclean immediately from our refrigerators when we know now that it's wrong. However, the meat that was eaten, even the clean meat that was eaten back in Bible times was not eaten the way we eat meat today because all the blood was taken out of the meat. When you take the blood out of meat, meat has very little taste. And the Bible said that in eating the clean meat, you are not to eat the blood. Now medical science once again has helped us to understand one of the reasons why God has said that.

The blood has two major functions in the animal and in us humans. One is, to take the oxygen to the body, tissues, and muscles; and the other is to take the waste products from the muscles back to the kidneys to be excreted. It's called urea. As it is excreted, of course it becomes urine. That's the two major purposes of the blood stream. Now naturally when the animal is killed, that process of taking the waste products through into the kidneys is stopped, and the urea or the waste products that were going to be excreted had the animal lived is still in the blood stream. This is where the problem begins because, you see, if there is any virus, if there is any germs, if there is any disease in the animal, it will be in the blood stream. God knew that. Now we've only discovered that more recently that God said, Don't touch the blood. And today medical science is showing us that one of the most dangerous things to eat is animal blood simply because of the disease factor.

Now cancer is rising alarmingly among human beings. In fact, I was just reading an article the other day which is stressing that as human beings' cancers are rising in numbers, if you compare the rise of animal cancers they're rising about the same. There is an increase in animal cancers as well as human cancers. There are medical men today who are suggesting that there is some relationship between the animal cancer and the human cancer. I remember when I was a young fellow asking my mother whether I could

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catch cancer. I was hearing people dying of cancer, and I wanted to make sure that I wasn't going to catch it. And she replied to me and said, "Son, you can't catch cancer." That was our teaching. That was our thinking years ago. But today that is no longer true. We recognize that there are many forms of cancers that are caught from germs or viruses.

As I said there are a very, very large percentage of the animals which go in for slaughter that have cancerous germs in them, because when the animal is bought and it's opened up and, for example, they find that the animal has a cancerous liver or a cancerous stomach or something else wrong inside, do you think the abattoir throws out the animal? It does not, I can assure you. What happens is that the cancerous section is cut out. That's thrown out as 'chook' food, and the rest of the animal goes through and is eaten and is consumed by those of us who eat meat. What we don't understand in that in the blood stream of that animal is the cancer virus. As I say, if you go to an abattoir some time you check up and find out how many animals are diseased. You'll be absolutely shocked. The minority are the healthy ones. In fact, I know many farmers. When they send their animals to the slaughter, it's usually when they've finished their useful days or when they're showing disease. That's when they go to the abattoirs. We haven't recognized this in the past, but I tell you that medical men are recognizing it now.

I believe that this relationship between the cancers of animals and the cancers of humans is because we are getting it from the animals in the blood of the meat, And God said, Don't eat the blood. How healthier we would be if we laid aside the animal blood. Actually, if you take the blood out of meat, meat loses its taste practically. Very little meat would be eaten if it was taken without the blood because it's the blood that really gives meat its savory taste. Do you know what part of the blood that actually gives meat its taste or gives the blood its taste? It's the urea or the waste products that were going to be excreted in the blood had the animal lived. It sought of makes you feel like a good feast of steak, doesn't it when you realize that? But that's true, It's the blood which becomes lethal if the animal has a disease.

I know many meat inspectors today who have told me that they are vegetarians because, they say, we know what goes on. If you think that I'm exaggerating I would suggest that you go and make some enquiries yourself. I think you will come away with a great revelation and quite a shock because the abattoir does not recognize that there's a relationship between the cancers of animals and humans. Hence, they just get the knife, cut out the diseased sections, and the rest of the animal goes through. What about the animals that come into the abattoirs which haven't got any visible form of cancer yet? The cancer virus is very much in their blood stream, but it hasn't become visible yet. No meat inspector, no matter how honest and upright he is, would be able to pick that animal out. And so it's become a very, very interesting thing.

Let me read you something else that God said we shouldn't eat.

Leviticus 7:23. "Speak unto the children of Israel, saying, Ye shall 'eat no manner of fat, of ox, or of sheep, or of goat."

God said, Not only you shouldn't eat the blood of the animals, what else did He say that we shouldn't eat? The fat.

Say, have you heard medical men talk about animal fat? Sure you have. You've heard of cholesterol and heart disease which are related to animal fat. God said 4,000 years ago, Don't eat the fat. Now what animal fat does is simply this, We'll say that here is the artery. So what happens, as you eat animal fat, they begin to deposit around the inside of the arteries, something like an old water pipe. Over the years as we continue to eat animal fat they are being deposited around our arteries. Now as you get older and of course the arteries become less elastic, then they're not able to withstand all this deposit. What can happen is that the blood, of course, still has to get through and that puts a tremendous pressure on the heart to be able to pump the blood now through a very tiny opening when it should be a lot wider. And that causes the life of the heart to be reduced, so that reduces your life span.

What can happen and what does happen very often is that some of this fatty deposit will move under the pressure of the blood and it will perhaps cut off and just leave a very small amount of opening in the

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artery. And when a person has that happen, they have heart attack. If it happens near their head we call it a stroke, depending on how much of the blood stream is cut off, depends upon how serious is the heart attack or the stroke. Now very often of course, it will cut it right off completely and stop the blood supply, and that's when a person will suddenly drop down dead. You'll be alive now, five minutes later dead. What's happened is that the blood supply has been cut off by that cholesterol or that fatty deposit that has been put around the inside of the arteries. It's very largely animal fat that does it, combined with a couple of other things which helps it to solidify much quicker.

If you smoke, then that will contribute to the fatty deposits around your arteries much, much quicker. If you have a heavy salt diet, that is, if you are eating a lot of salt in your diet, that too, will help the animal fat to quickly deposit around which is called the hardening of the arteries. So there are other factors, with stress and lack of exercise which all contribute to the depositing of the animal fat. So if you don't have much exercise, you're eating a fair amount of salt, you're eating a lot of animal fat, and you smoke, and you're under a lot of stress, you are absolutely in line for a heart attack. Now if you don't smoke, and you eat animal products, then your chances are reduced quite a bit. But if you are reduced in all of those areas, then your chances of having a heart attack prematurely are almost nil.

Now I was very interested to pick up a Sunday paper. In one article, it says this, "A proper diet helps to slice cancer risk," say doctors, I'm very interested to notice what Queensland doctors are saying. "Queenslanders can help to prevent cancer by avoiding some food," say the state's top cancer doctors. "The anti-cancer diet suggests some massive reduction of fat intake by eating less red meat and dairy products." God said it 4,000 years ago. You have confirmation in your Sunday paper. Let me read on. "And Queenslanders are also urged to cut down on sugar, salt and alcohol." Chairman of the cancer fund scientific and medical committee, Dr. Ken Donald said, "Evidence has been shown of a link between different foods and cancer." Just what we've been saying. Dr. Donald said that an anti-cancer diet was also extremely beneficial in preventing heart disease.

So if you follow the Bible method of diet, not only would you reduce your chances of cancer, but also of heart disease. Then medical science goes on to stress the ways in which you can avoid it. And they list ways to have healthier life, and they all go exactly along with what we've been saying. God said it 4,000 years ago. Medical science is coming to the realization of the truthfulness this today. It simply bears out what the Bible says.

You know, sometimes when you read evidence like this that comes from the medical profession, I just wish that we had enough faith to believe what God said without having to worry about with what the doctors are saying. But it is interesting that when you read what the Bible says, to have it confirmed in the very things that are written on today and say exactly what the Bible says. God is giving us absolute evidence today that this is true and right. I'm just sorry to say that the vast majority of Christians have never even heard about this.

But you see, if God has a complete truth in these last days, you can expect that the health will be part of that message, can't you? That's why it's a very important part of the last message. Because if you are not well physically, have you got any desire, have you got an ability to be able to absorb spiritual things? You haven't, You try studying the Bible when you next feel sick and see how you get along, Your capacity to appreciate spiritual things is right down low when you're sick. That's why God wants us to have maximum health so that we can enjoy the great spiritual truths that God has in His Word because they're both related. Health just makes good sense.

I have met some men who are more concerned with what they put in their motor car engine than they are with what they put in their bodies. To my mind that sounds to be the most stupid talk imaginable. You can replace your car engine, but you can't replace your health once you're lost it.

Genesis 1: 29, 30 " And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. (food).

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30. "And to every beast of the earth and to every fowl of the air, and to everything that creeps upon the earth, wherein there is life, I have given every green herb for meat: and it was so."

Actually, man's original diet consisted of just three things, fruits, grains, and nuts. The nearer we get back to this diet today in our homes, the healthier we'll be. God's original diet is what we call a vegetarian diet. God allowed the eating of meat because of the hardness of man's hearts. But He then specified, no blood and no fat. Those of us who will continue to eat this heavy meat diet are running tremendous risks, health wise. Certainly we ought to lay aside the unclean meats. But before anyone rushes home to the refrigerator and give it all to the next door neighbor, might I suggest that you take a little caution. I believe that we ought to get rid of all the unclean foods from our refrigerators right a way because that is especially forbidden by God. We should never touch another piece. But of the clean meat I don't think we ought to rush into getting rid of it until we, know how to replace that diet.

I don't think it's a matter of legislation in this area, but it's a matter of education. I think you will be absolutely surprised at the tremendous variety. And not only the variety, but the cheapness of the alternate diet which is not only a Bible diet. It's a more healthier diet and it's a cheaper diet. In every way it's an advantage. So it's very possible to have a healthy diet, have a clear mind, a healthier body, and a sharp intellect. Those men and women in the world today who have the greatest endurance, you'll find are those who are vegetarians. But don't let anyone tell you that you can't do a good day's work on a vegetarian diet. I guarantee that you can do twice as much as the meat-eater can as far as endurance is concerned. As we follow this counsel on diet from the Bible, we will be healthier and happier and above all we'll have that glow of good health that we'll be able to help others to know.

1 Corinthians 6: 19 "What? know ye not, that your body is the temple of the Holy Ghost. Which is in you, which ye have of God, and ye are not your own?"

You see, the Bible teaches me that my body is the temple of the Holy Spirit. We would never consider dragging a bag of rotten potatoes, say, into a church, We would think that that would desecrate the church. And yet how many of us would drag rotten food that is less than the best into our bodies, and think nothing of it. But the Bible says that our bodies are the temple of the Holy Spirit. We are to be particular about what goes into our bodies.

1 Corinthians 10: 1. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

We are to do it to God's glory.

1 Corinthians 3: 16, 17. "Know ye not that ye are the temple of God, and that the Spirit of God dwells in you?"

17. "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

So God says we're not to defile our temple. That's the reason why I don't smoke. I don't feel that it's possible to not defile my body and smoke at the same time. That's why I don't drink alcohol either. Because once again, every glass of alcohol when a person drinks, do you know that you are destroying brain cells? Alcohol, no matter how moderately you drink, is destroying your body. That's why I believe we ought to lay aside any of these things. The taking of unnecessary drugs and all things that are not beneficial to our bodies we are to lay aside. And God says, Don't defile your body. It's precious and God has given it to us and He wants us to have maximum and optimum health.

May God help us as we begin to study this fascinating subject to become more and more interested in it.

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