

Our Health--Our Duty--Our Salvation!

The 'Little things' we often overlook in Healthful Living:

1. Vinegar and anything containing it: even a little hurts; salad dressings (except lemon and a bit of salt) pickles etc. The acetic ACID causes spasms and also harms liver and prevents digestion and assimilation of nutrients.

2. Spices: For example curry; chili: The combination of the oils in it with the spices. ALL HOT to the taste spices including chili, masala, etc-- the HOT part is a volatile oil-- This goes to the liver and is put into the gallbladder and it concentrates these volatile oils and it causes damage and spasms and also irritates the digestive tract AND is thrown off by all mucous membranes and so can cause lung trouble and eye irritation!. Garlic and onion can be used to season.

3. Oils and fats, anything fried: Esp. canola oils and fried oils because when they are heated they undergo toxic changes and the toxic oils are formed and cause damage. The Microwave popcorn, chips, any snack foods like that, all contain oils and often canola and trans-fats.

4. Sugar (sucrose) also can affect gallbladder and liver (and brain, Immune system, circulation and so on. All artificial sweeteners are harmful and need to be avoided. (What about that 'sugarless gum' people think is OK??) Milk-sugar combinations are very harmful! Cakes, rich pastries, cheese and so on are denounced as unfit for food!

Also it is not enough to avoid things. Nutrition and fresh and raw fruits and whole foods etc. must be eaten as a **poorly nourished body breaks down and cannot stand against disease**. The body must be built up with quality food-- the raw juices and fruit smoothies, for example, are very good as are green and steamed and baked root-foods.

In these last minutes of probation, is essential that we become God oriented people-- Our FIRST duty is to God -- and our first duty to Him is the care of our body--our health. **NOTHING is an excuse to neglect proper nutrition and healthful living. Working with no good food or adequate water intake until one is famished and then grabbing something and wolfing it to keep from fainting is a sinful practice--** We have to learn better ways and, by God's grace make progress in putting God first. It is a struggle-- but God can change our mental orientation but it happens only when we make solid choices to do His will and not our own-- no matter WHAT has to be laid aside. Soon the things of work and the world will be gone--all we will have is what we are--and God--**but if we fail to have God--we will have nothing--less than nothing.**

The crisis of the ages is right upon us--this world is about to be hit with trouble beyond anything we know--Only if we are fully surrendered--living the truth in body and mind and soul--only if He is our refuge-- is there any hope for any of us.

If we can't obey Him in relative peace--how do we think we will stand when the world is arrayed against us? I ask myself this and all I can do is cling to my Savior--but God will not serve with our sins or our excuses. God doesn't want to see us suffering and sick--but even more -- He doesn't want to see us lost!! We are NOT rich and increased with goods and in need of nothing!! WE ARE poor, blind, miserable and naked and in need of everything!! **Only in falling on the ROCK with a broken and contrite heart--can we be brought to where God can save us and keep us through the coming crisis!! May God have mercy and tear away all our self-deception and blindness while probation's mercy lingers!**

God requires the body to be rendered a living sacrifice to him, not a dead or a dying sacrifice. The offerings of the ancient Hebrews were to be without blemish, and will it be pleasing to God to accept a human offering that is filled with disease and corruption? **He tells us that our body is the temple of the Holy Ghost; and he requires us to take care of this temple,** that it may be a fit habitation for his Spirit. The apostle Paul gives us this admonition: "Ye are not your own; for ye are bought with a price; therefore glorify God in your body and in your spirit, which are God's." [1 COR. 6:19, 20.] All should be very careful to preserve the body in the best condition of health, that they may render to God perfect service, and do their duty in the family and in society. {CTBH 52.3}

It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai. {CTBH 53.1}

The strength of the temptation to indulge appetite can be measured only by the inexpressible anguish of our Redeemer in that long fast in the wilderness. He knew that the indulgence of perverted appetite would so deaden man's perceptions that sacred things could not be discerned. Adam fell by **the indulgence of appetite; Christ overcame by the denial of appetite. And our only hope of regaining Eden is through firm self-control.** If the power of indulged appetite was so strong upon the race, that, in order to break its hold, the divine Son of God, in man's behalf, had to endure a fast of nearly six weeks, what a work is before the Christian! Yet, however great the struggle, he may overcome. **By the help of that divine power which withstood the fiercest temptations that Satan could invent, he too may be entirely successful in his warfare with evil, and at last may wear the victor's crown in the kingdom of God.** {CTBH 54.2}

We must not go to the opposite extreme either and make Health reform into Health deform and concentrate so much on nit-pickingly exact diet that we neglect our Character in other ways and become like the Pharisees, straining out the gnats and swallowing camels! Our characters MUST be gentle, kindly, but firm for truth, and our mouths free from guile!

We are also not to look down and despise those with disabilities and illness, who are doing their best to live to the light. God will keep the faithful, and He has chosen the

weak, strong in faith, to cast down the mighty. But God makes no promise to keep those who sin against revealed light and call it unimportant.

Ex 15:26 And said, If thou 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.

Here is the PLEDGE that was circulated with the approval of God in the early 1900s; how do we measure up today??

The Teetotal Pledge:

"I solemnly promise, before God, to abstain from tobacco, spirituous liquors, snuff, tea, coffee, flesh-meats, butter, spices, rich cake. mince pies, a large amount of salt, and animal fat of all kinds, baking powder, soda or saleratus, in any form, and cheese, and from all exciting articles of food, and to abstain from eating between meals, and to do all I can to induce others to do likewise." Pledge sent to the General Conference, March 29, 1908.

Are the Laws of Health really that important? Is God particular about 'little things'? How big was a mouthful of forbidden fruit?

The Crises is about to hit--Oh may we be wheat in the garner at that time-- not chaff to be blown away!!