

**MEATS** are unnatural foods that produces cancer and numerous diseases. Most people regularly eat meat as their main course of diet, but did you know the Lord commands us to remove the blood from it before eating it? (Deuteronomy 12:23) Also, all animals must be drug free and raised organic (Revelation 18:23) because eating animals that were given drugs may affect you too. All animal flesh, including seafood, contains high amounts of bacteria that infect the intestines causing colitis and other diseases. The common misconception that meat is necessary for adequate protein intake is simply unreasonable because it is abundantly found in beans, peas, lentils, nuts and soybeans.

**SWEETS** Most people don't realize how much added sugar affects their health. Research shows that people consuming 25% or more of their daily calories from added sugar are over twice as likely to die from heart disease. How much added sugar is enough? Well, we actually don't need added sugar. Sugar is naturally found in all foods that contain carbohydrates like fruits, vegetables and grains. Added sugars contribute greatly to obesity, tooth decay, and a weakened immune system, just to mention a few. Sticking to the original diet provided by our Creator enhances our strength and mental capabilities.

## NEW START FOR YOUR HEALTH

**Nutrition Exercise Water**  
**Sunlight Temperance Air Rest Trust God**

Follow these 8 laws daily for your new start of a long, healthy life. Your life is a blessing from the Creator who made you. Did you know He is returning soon. Would you live in His kingdom? Sadly, due to the ultimate life threatening disease of SIN, all of us have been given a death sentence keeping us out of the kingdom because, "the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." (Romans 6:23) We deserve death, yet there is a way out!

Why do we focus on preventing physical death while neglecting the eternal life God offers us? Interestingly, it's a gift! FREE! This gift cost us nothing, unlike what the world offers for payment. Yes, a price was paid for that gift, fully paid by the Lord Jesus Christ 2000 years ago. He gave His life for you, so you wouldn't have to die eternally! "...ye are bought with a price." -1 Corinthians 6:20

Let's be honest. You like being alive, right? Yes, that's a stupid question. But is it really? Look around! Most people choose eternal death over eternal life because their sins in the "mortal" life are more appealing than immortal life. Why?

**"... men loved darkness rather than light, because their deeds were evil." - John 3:19**

**"...As I live, saith the Lord GOD, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: ...turn ye from your evil ways; for why will ye die?" - Ezekiel 33:11**

Do you recall the innocence of childhood, before you encountered grief, pain, and sin? There was peace, and happiness. Wouldn't you want to have that same childlike peace as an adult for all eternity? Seriously, that's exactly what the gift is all about!

For more information on how to gain eternal life, as well as lengthen the life you have now before eternity begins with health and vigor. Stop by the website, [www.SDRtracts.org](http://www.SDRtracts.org)



There is nothing to purchase. It's 100% free of charge. Just like the gift of salvation offered to every soul that merely accepts it. All you need to do is say YES, I want Jesus as Lord!

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Visit us at [www.SDRtracts.org](http://www.SDRtracts.org)  
Or call PH Cell 09694079459 / 09615394004

KEY TO A  
**HEALTHY**  
LIFE  
IN THE END TIMES

.... that Thy way may be known upon earth,  
Thy saving health among all nations." Psalm 67:1-2

“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 the which is the fruit of a tree yielding seed; to you it shall be for meat.” - Genesis 1:29

Scientific evidence confirms the accuracy of the Bible’s teaching on health. Killer diseases like heart disease, cancer, strokes, and obesity are affecting millions of lives. But by following God’s original diet plan for us, these diseases can be prevented and even reversed.

Grains, fruits, nuts, and vegetables are the prescribed diet by our Creator. These simple and natural foods are the most healthy and nutritious. They provide strength and the endurance needed to sustain our lives, and also provide intelligence that a Christian needs. In the Garden of Eden, God gave our first parents the food He originally designed for humanity. Man was not meant to die in Eden, as the fruit of the trees provided all the necessary food. God cares about our physical, emotional, and spiritual health. By studying the Bible, you’ll discover a strong relationship between our physical and spiritual well-being.

The apostle John states,

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” - 3 John 1:2

Having a healthy body means a lot because not only we can physically help and serve our neighbor but we can also honor and serve our Creator most.

## Meat Eating After the Flood

**If the original diet is all we need to survive, then why did God permit man to eat meat after the flood?**

God permitted eating animal meat because the flood destroyed all vegetation. He allowed this to save Noah and his family from starvation. This was only temporary until the vegetation grew again. God knew that eating animal flesh regularly for a long time would harm man. Before eating meat, humans lived over 900 years (see Genesis 5), but after eating meat, life expectancy decreased to a just over 100 years (see Genesis 11).

## The LORD Attempts to Lead His People Back to the Original Diet

The children of Israel did not receive the Lord’s mercy and love with gladness when they were led out of the land of Egypt and into the wilderness. When they cried out in hunger, the Lord sent down bread rain from heaven to prove them if they will walk in His law or not. (Exodus 16:4) Notice this bread was not just any bread. “And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey.” - Exodus 16:31 So the bread was sweet and palatable yet the children of Israel murmured and complained that they wanted to eat meat. “And the mixt multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick: But now

our soul is dried away: there is nothing at all, beside this manna, before our eyes.” - Numbers 11:4-6

Despite receiving sweet blessings, they showed ungratefulness towards the Lord, just as many do today. We are blessed with so many fruits, vegetables, grains, nuts, seeds, and legumes, yet many still desire animal flesh even though scientific evidence has confirmed a plant-based diet to be the healthiest.

## Clean and the Unclean

God declared many types of animals as unclean in the book of Genesis, and these same animals are still declared unclean in Acts 10, and Revelation 18:2. Isaiah 66:17 describes people alive at the 2nd coming who eat unclean animals to be worthy of death, how is it these animals are now considered CLEAN? Please visit, [RemnantofGod.org/health.htm](http://RemnantofGod.org/health.htm) for a deeper study upon the Old Testament food specifications about clean and unclean animals.

## Testing Daniel and His Friends

Notice Daniel 1:11-15, 20 where it says, “Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of

the king's meat. And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.” Amazing how the biblical diet that Daniel and his friends chose was the best thing for their bodies!

**DAIRY** is considered essential alongside meat due to calcium. Although our bodies need adequate calcium, we don’t need animal products. Calcium is abundant in starches, vegetables and fruits. In fact, these have more calcium than dairy and absorb better. So what about bone health? Milk was frequently recommended for bone strength and fracture prevention. But dairy products actually has little or no effect on our bone health and promote fractures. It also clogs arteries due to the saturated fat and cholesterol it contains. These two alone increase the risk of heart disease. Did you know that over 30 million people are lactose intolerant? This is because our bodies are not made to process dairy, we don’t need it.

**EGGS** contain high amounts of cholesterol, a known risk factor for coronary artery disease and heart attacks. Just eating one egg a day can exceed the safe cholesterol limit, increasing the risk of cardiovascular disease and liver cancer. A study found that eating one egg per day is just as bad for your heart as smoking 5 cigarettes a day. In addition, Salmonella bacteria, the leading cause of food poisoning, can survive most cooking methods, including scrambled, omelets, and boiled eggs.