

**Dairy** has been taught to be a necessity alongside of meat due to calcium. Even though our bodies do need efficient amounts of calcium, we do not need animal products to get it. Starches, vegetables and fruits have plenty of calcium for us. In fact, these have significant amounts more calcium than dairy and they even absorb better as well. So what about bone health? We were once told that we need milk to build strong bones and to prevent fractures. Research has shown consuming dairy products actually has little or no effect on our bone health and fractures have actually increased. 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 consuming one egg a day can exceed

the safe limit for cholesterol intake, increasing the risk of cardiovascular disease and liver cancer. A research 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, in eggs can survive most cooking methods including scrambled, omelets, and boiled.

**Meat** Beyond all doubt, meats of all kinds are an unnatural food that produces cancer along with numerous diseases. Although the majority of people consume meat as the main course of their diet on a regular basis, did you know that the Lord commands us to remove the blood from the meat before eating it? (Deuteronomy 12:23) Also, all animals must be drug free and raised organic (Revelation 18:23) because if the animal you eat was administered drugs, then you may be affected as well. All animal flesh, including seafoods, contain high amounts of bacteria that infect the intestines causing colitis and many other diseases. The common misconception that meat

must be consumed in order to obtain the adequate amount of protein in our diet 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 has revealed that people that consume 25% or more of their daily calories as added sugar, were more than twice as likely to die from heart disease. How much added sugar is enough? Well, we actually don't need added sugar. Sugar occurs naturally in all foods that contain carbohydrates like fruits, vegetables and grains. Added sugars also majorly contribute to obesity, tooth decay, and a weakened immune system just to mention a few. If we cling to the original diet our Creator has given us, we will be superior in strength and mental capabilities.

For more information, please visit  
[www.sdrtracts.com](http://www.sdrtracts.com)

## KEY TO A HEALTHY LIFE



In The END TIMES

“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

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Scientific evidence confirms the accuracy of the Bible's teaching on health. Killer diseases such as heart disease, cancer, strokes, and obesity are taking over 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 foods, which should be prepared in a simple and natural manner, are the most healthful and nourishing. They give us strength, bring the power of endurance that we need to sustain our lives, and we gain the intellect a Biblical Christian needs. God gave our first parents, in the Garden of Eden, the food He originally designed for the human race. Death was never supposed to be found in Eden, for the fruit of the trees in the Garden was the only food man needed. God is interested in our physical and emotional health as well, not just in our spiritual health, and by studying the Bible you will come to find that there is a close relationship between

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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

### **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 had wiped out all the vegetation. If He didn't allow this, then Noah and his family would have starved. This was only temporary though until the vegetation began to grow again. God knew that when animal flesh would be consumed regularly, for a long period of time, it would affect man's overall well-being. Before man ate meat, the lifespan was easily well over 900 years (Genesis 5), but when animal flesh was added to their diet, life expectancy decreased to a little over 100 years (Genesis 11).

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### **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 brought forth, out of the land of Egypt and into the wilderness. At their cry of hunger, the Lord made bread rain from heaven for them 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 flesh. "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

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this manna, before our eyes." (Numbers 11:4-6) Being blessed with sweet manna, they displayed ungratefulness towards the Lord, just as many do today. We are blessed with so many fruits, vegetables, grains, nuts, seeds, and legumes, and 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 animals 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.

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