

Mirror, Mirror on the wall - I really don't feel good at all



Feeling badly is a problem that affects not only our physical well-being, but also our appearance and our attitude. Obviously the condition of our physical bodies is important. There are all kinds of diets out there, each one claiming to be just what we need for a healthy life. But, have you ever considered that, in the Garden of Eden, God actually provided all the foods we need to enjoy a healthy physical life?

Allow me to introduce you to the *Genesis Diet*. It encourages us to eat natural foods in our diet so that we “live long enough to fulfill our divine destiny.” God instructed Adam and Eve to eat of the plants and the trees... a diet of fruits, vegetables, starches, and nuts.

“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 (NASB)

God knew that the best fuel for our bodies to run effectively was the natural fuel received from the trees and plants. This fuel produces health, longevity and vitality. Many doctors today also tell us that a diet of fresh vegetables and fruits with a moderate mixture of starches and nuts is healthier than the consumption of meat in the diet. God knows what’s best for us.

However, God also gives us the power of free choice. He said that He set before us life and death, and that we should choose life. Both physically and spiritually we must make a choice to live life to the fullest! Every other choice we make is not God’s best for us. Hosea 4:6 says “My people perish for lack of knowledge,” so let’s take a look at the *Genesis Diet*.

NEWS FLASH: The fat you eat is the fat you wear! Yuck! That should be enough to deter us right there! Fats and oils in our diet also cause sludging of blood flow. God very clearly commanded the Israelites not to eat the fat. “It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood...” Leviticus 3:17 (also see Lev. 7:23,24). The *Genesis Diet* promotes natural healing, it increases strength, and prescribes starches to satisfy the appetite with fewer calories.

There are three health organizations that recommend eating less fat: The American Heart Association, The American Cancer Society and The American Diabetic Association. Think of the effect, then, that eating the *Genesis Diet* has on disease in our bodies. Typical fat consumption in a rich Western diet is about 140 grams per day compared to about 5 grams of fat per day with the *Genesis Diet*. A rich Western diet causes many:

Systemic diseases (this includes allergies, diabetes, heart attacks, hypertension, kidney disease, strokes, obesity, osteoporosis)

Bowel disorders (this includes appendicitis, colitis, diarrhea, constipation, gallstones (cholesterol) indigestion, hemorrhoids, polyps, ulcers)

Cancers (this includes breast, colon, kidney, pancreas, prostate, testicle, uterus)



There's more good news with the *Genesis Diet*. It recommends that we eat strictly to the diet 80% of the time and 20% of the time include clean meats in the diet, i.e. chicken, tuna, salmon. Therefore, it is not a call to be a vegetarian; rather, it is a call to take control of our health. Eat to live rather than live to eat.

There are 3 diets in Scripture:

The Genesis Diet (the healthiest) lowers cholesterol and blood pressure, etc.

Clean Meats (next healthiest) consists of fish – omega 3 oils

Unclean Meats (very unhealthy) “An abomination to eat unclean fish” (Lev. 11:10, 12)

Take a look in the mirror...

1. Do you want to live in this wonderful covenant of health God has made with His people?
2. Study your current eating habits. Is an increase in health and vitality worth a change in your diet?
3. Is it important that you fulfill your divine destiny? Would increased strength and endurance make you more effective in fulfilling your destiny?

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