

PART 1

NUTS ABOUT NUTRITION

When you have eaten and are satisfied, you shall bless the Lord your God for the good land which He has given you.

—Deuteronomy 8:10

YOU ARE WHAT you eat. Do you believe this statement? Does that mean a health nut is someone who eats a lot of nuts? I think there is more to us than just what we eat. But nutrition plays a huge role in the energy and vitality in which we will live our lives. The study of nutrition and God's design deserves our time so that we can live productive lives until we reach heaven, not just until we retire.

Are you ready to understand the foods gifted to us by a loving God? Are you ready to see which foods will build health? Nuts about Nutrition gives the information needed to make good healthy decisions on foods to buy and foods to avoid. Since everything we consume affects our health, it's time to understand food's value. Have fun exploring new foods and finding unique favorites. Don't let past experiences detour you on this journey.

Tools for the Journey

There are 320,000 edible items for sale on a typical day in the United States. Most suburban grocery stores carry as many as 40,000 of these items. Do you have a plan for finding food that will build health? Do you have a measuring stick to use for making good choices? How do you decide between low-fat and heart-healthy foods?

Dr. Rex Russell's book, *What the Bible Says About Healthy Living* (Regal Publishing), led me to one of the best discoveries to help simplify shopping choices: The Three Principles. These principles form the foundation for making choices in regards to all areas of health:

TREASURES OF HEALTH NUTRITION MANUAL

- Principle 1: Eat only substances God created for food. Avoid what is not designed for food.
- Principle 2: As much as possible, eat foods as they were created—before they are changed or converted into something humans think might be better.
- Principle 3: Avoid food addictions. Don't let any food or drink become your god.

Memorize these principles to assist you as you make choices daily for health.



FOODS IN THE BIBLE

All things bright and beautiful, All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

—Cecil Frances Alexander, 1818–1895

THE BIBLE IS like a cookbook.” This statement came from one of our class participants after she began her journey through the *Treasures of Healthy Living Bible Study*. Truly, there are more scriptures regarding food than most people realize. Here is a short listing of some references to food in Scripture. It is helpful to read these individually, over a course of time, to get the full impact of God’s design. When you finish this list, there will be more verses in your daily reading that will inspire you regarding health and food. In the end, it is wise to remember *the Lord God made them all*.

God, the Provider¹

Genesis 1:29

Genesis 27:28

Exodus 16

Deuteronomy 8:10–18

Psalm 85:11–12

Psalm 104:14, 27–28

Genesis 9:3

Exodus 12:1–11

Deuteronomy 12:20–25

1 Kings 17:16

Luke 22:7–8

Luke 24:41–43

John 6:11

John 21:5–13

Romans 14:6–8

1 Timothy 4:1–5

The Issue of Vegetarianism

Genesis 4:2–5

Vegetarian Diet

(As a personal choice)

Daniel 1:8–16

Proverbs 15:17

Romans 14:3–4

1 Corinthians 6:12

Meat

Genesis 9:3–4

Genesis 18:1–8

Leviticus 7:22–23, 26

Leviticus 7:28–36

Leviticus 11

Deuteronomy 14

Deuteronomy 32:14

1 Kings 4:22–23

Acts 15:22–29

John 6:11

Grains

Genesis 41:56–42:2

Deuteronomy 8:8

Deuteronomy 32:14

Ruth 2

Isaiah 28:23–29

Judges 7:13

1 Samuel 17:17

2 Kings 4:42

Food Lists

Genesis 43:11

Deuteronomy 8:7–9

Deuteronomy 32:13–14

1 Samuel 25:18

2 Samuel 17:28–29

Numbers 11:5

Honey

Numbers 14:7–8

Deuteronomy 32:13

Proverbs 24:13

Proverbs 25:16, 27

1 Samuel 14:24–29

Isaiah 7:14–15

Isaiah 7:22

Mark 1:6

Psalms 19:10

Salt

Job 6:6

Matthew 5:13

Colossians 4:6

Oil

Deuteronomy 8:8

Deuteronomy 32:13

1 Kings 17:7–16

Proverbs 21:17, 20

Butter, Curds, Cream, and Cheese

Genesis 18:1–8

Deuteronomy 32:14

Judges 5:25

Proverbs 30:33

Isaiah 7:14–15

Isaiah 7:21–22

Job 10:10

1 Samuel 17:18

2 Samuel 17:29

Nuts

Genesis 43:11

FOODS IN THE BIBLE

Milk

Genesis 18:1–8
Numbers 14:7–8
Deuteronomy 32:14
Judges 4:19
Proverbs 27:27
Isaiah 55:1
Ezekiel 25:4
Joel 3:18
1 Corinthians 4:7

Eggs

Job 6:6
Luke 11:11–12
Fruits and Vegetables
Genesis 25:34
Numbers 11:5
Numbers 13:23
Deuteronomy 23:24
Deuteronomy 28:40
2 Samuel 16:1–2
Ezekiel 4:9



HEALTHY TREASURES FRESH MARKET PYRAMID: YOUR KEY TO SUCCESS

WHAT DID JESUS eat? Would Mary, Jesus’ mother, have shopped the market and gathered food for the day? Was there fresh fish brought in from the sea for her to purchase for her family? If Scripture declares certain foods “good,” then we know Jesus, his parents, and siblings would have eaten these wholesome foods. What we need is a visual reference to remind us of the “good.”

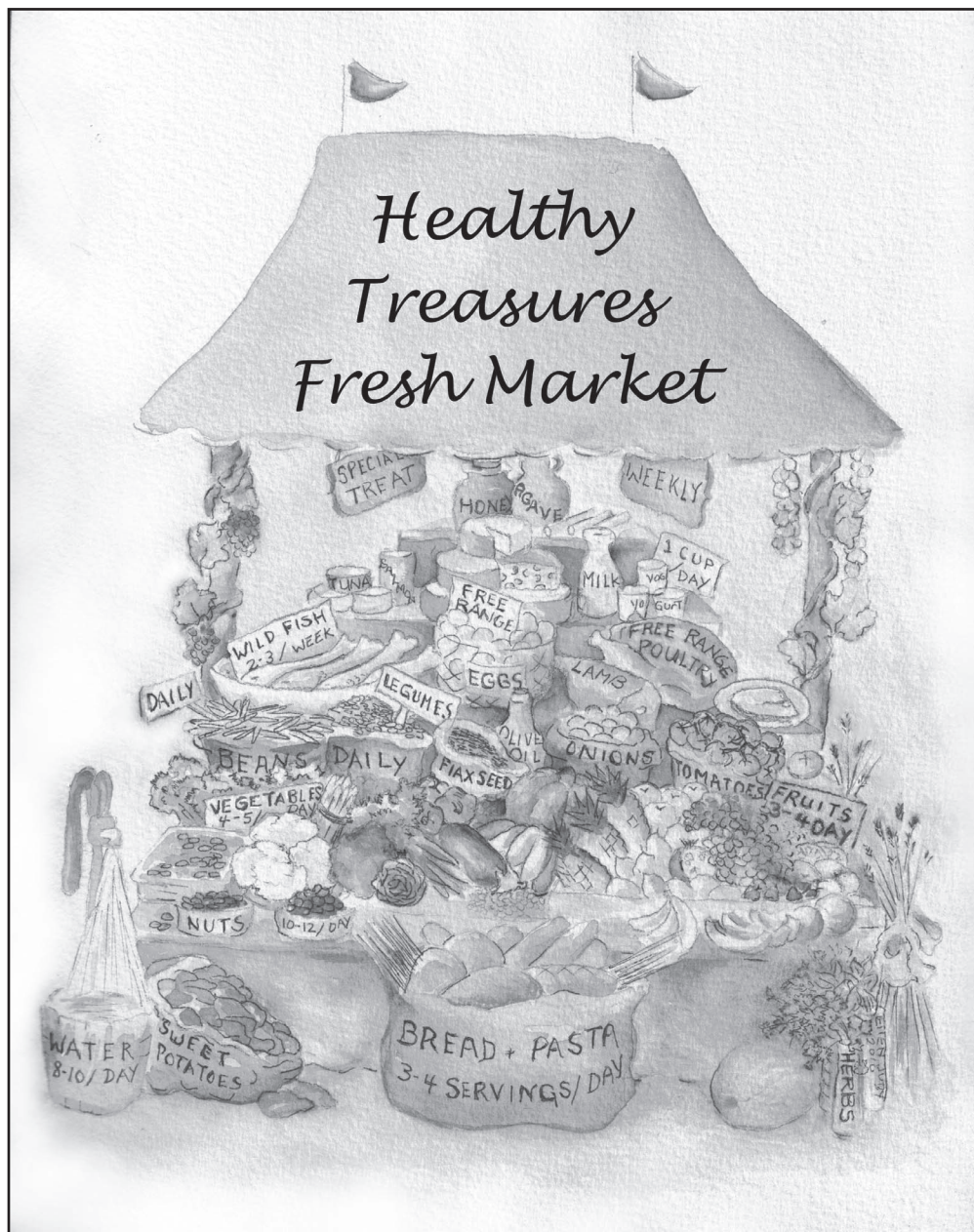
In our culture, the most common visual is the food pyramid. Dieticians and physicians have given us several food pyramids, but the one with the most solid foundation—with extensive research going back fifty years—is the Mediterranean Pyramid. According to the Mayo Clinic, this pyramid has demonstrated the highest average life expectancy and the lowest rates of chronic diseases among adults.² People have taken notice of this diet’s benefits, and now restaurants, cooking shows, and cookbooks have embraced this way of meal planning. You and your foodie friends can join in on the culinary delight.

The Mediterranean pyramid maximizes natural, whole foods and minimizes highly processed ones. Dr. Steven Parker summarizes the Mediterranean Diet Pyramid in his book *The Advanced Mediterranean Diet*: “Clinical studies have clearly shown that a Mediterranean style diet is associated with overall greater health and longevity, lower incidence of cancers, and lower incidence of cardiovascular disease. Furthermore, recent studies suggest that such a diet may reduce dementia of both Alzheimer’s and vascular types. Expert consensus is that the health benefits are due to diet composition coupled with a physically active lifestyle.”^{3, 4}

We have modified the Mediterranean pyramid and created The Healthy Treasures Fresh Market Pyramid. This pyramid accentuates the freshest ingredients to build a healthy diet. This is a reminder of the foods Jesus was served while he fellowshipped around the dinner table. For the Healthy Treasures Pyramid, we have updated the Mediterranean Pyramid by removing the

TREASURES OF HEALTH NUTRITION MANUAL

foods and drinks that bring harm to the body and were declared unclean, and categories such as herbs, grains, and vegetables have been made easy to recognize.





WATER AND BEVERAGES

Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become a spring of water welling up to eternal life.

—John 4:13, 14 (NIV)

THE SIMPLE ELEMENTS God created continue to be our best medicines. Fresh, clean air; pure water; and superior fresh foods that add fiber to the diet are the vital ingredients that help prevent many diseases. Man is still unacquainted with the numerous benefits of water. Although we love to use water for pleasure and refreshment on a hot day, if we truly understood the benefits of water, our desire for it would increase.

Consuming water can slow down the aging process. In addition, many other diseases can be prevented and/or improved by consuming quality water. Just give it a try, and you will feel the difference quickly. It is not expensive and is certainly worth the effort.

For maximum benefit, you must drink one half (½) of your body weight in ounces of water daily. Here are some examples of the amounts of water people need*:

Your weight: 150 lbs. = 75 ounce = 9 glasses of water

125 lbs. = 68 ounce = 8 ½ glasses of water

200 lbs. = 100 ounce = 12 ½ glasses of water

*Drink your water at least thirty minutes before a meal and then two hours after a meal to aid in efficient enzyme activity during digestion.

TREASURES OF HEALTH NUTRITION MANUAL

Drinking enough water has many benefits for the body. Below are listed some of the many functions of water. Water:

- Is the primary energizer of all functions in the body.
- Is the adhesive that bonds cell's membranes.
- Eliminates many bladder, bowel, and migraine problems.
- Relieves many anxiety attacks and food tolerance reactions.
- Relieves colitis pain, hot flashes, and headaches.
- Is necessary for digestion and metabolism.
- Keeps kidneys healthy.
- Helps with Chronic Fatigue Syndrome.
- Carries nutrients and oxygen to cells through the blood.
- Regulates the body temperature through perspiring.
- Helps to lubricate joints.
- Flushes out toxins.
- Enhances brain function.
- Fights obesity—helps turn the appetite switch off.
- Reduces breast cancer risk by 70%.
- Reduces colon cancer risk by 45%.
- Relieves stress.

Hydration vs. Dehydration

Hydrating drinks (in order of value)

Purified water
Tap water
Bottled water
Juice—fresh-squeezed is best
Herbal teas, non-caffeine
Milk and non-milk—soy, rice, almond
Carbonated soda w/o caffeine

Dehydrating drinks

coffee
tea—caffeinated
beer
wine
all other alcoholic drinks
carbonated soda w/ caffeine

Daily our goal should be to drink the appropriate amount of water for our bodies. When we drink eight glasses of water and then in the same day drink one caffeinated soda and two cups of caffeinated tea, we have just cancelled out three of the eight glasses of water. Every six ounces of caffeine or alcohol requires an additional ten to twelve ounces of water to rehydrate you.

WATER AND BEVERAGES

The 10 Commandments of Good Hydration⁵

1. Drink ½ ounce daily for every pound you weigh.
2. Avoid diuretic beverages that flush water out of your body, such as caffeinated coffee, tea, soda, alcohol, and beer.
3. Drink more water and fresh juices to maintain hydration during illness and upon recovery. Illness robs your body of water.
4. Start your day with ½ to 1 quart of water to flush your digestive tract and rehydrate your system from the overnight fast.
5. Drink water at regular intervals throughout the day. Don't wait until you're thirsty.
6. Get in the habit of carrying a water bottle with you. Keep one in the car or on your desk. Convenience helps. Use a water purifier in your home and refill a quality bottle to go with you.
7. Make a habit of drinking water. Decide to drink before every meal—at least 30 minutes. Take water breaks instead of coffee breaks.
8. Increase your drinking when you increase your mental activity level, your stress level, and your exercise level.
9. Drink the purest water available. Add freshly squeezed lemons to help balance the pH in your body and to make the water more purifying.
10. Perspire. Exercise to the point of perspiration or enjoy a steam bath. Sweat cleans the lymphatic system and bloodstream. It is one of the best detoxification avenues available to us. Do drink plenty of water afterwards to replace the loss of fluids. Drink more water in hot weather.

Choosing Quality Water for Health

There are many choices for water purification, but the underlying answer is that none of the choices are perfect. You, as the consumer, need to decide which one is best for you and your budget. Here are some keys to remember:

- Before using water, let cold taps run for a few minutes to flush out any lead that has leached into the water from the pipes.
- Use only the cold tap for drinking water and cooking, as there is a greater probability that the hot water contains lead, asbestos, and other pollutants from the hot water tank, if you have one.
- Use water filters to filter both your drinking water and your household supply.

Bottled and Filtered Water: There is much controversy over quality water and the bottle industry. Plastic bottles, no matter what number, are polluting the land. The very best way to get quality water is to have a home filtration unit and use personal water glasses or high-quality bottles. This eliminates the guessing game as to which brand is the safest at the moment. And I do mean at the moment, because regulations in different cities and water quality change.

When traveling by car, I bring along a portable water purifier and personal water bottles to be refilled. This saves money and contributes less trash to the landfill.

Artesian water: is water from a well in which the water is brought to the surface by natural pressure or flow.

Ground water: comes from water underground in the water table, under pressure equal to or greater than atmospheric pressure, which does not come in contact with surface water. This must be pumped mechanically for bottling.

Mineral water: comes from an underground water source or spring that has been tapped at the spring opening or through a borehole. It has a constant level and proportion of minerals and trace elements at its source. No minerals may be added to this water.

Purified water: is bottled water that has been produced by distillation, deionization, reverse osmosis, or other processes and meets the legal definition so that it may be labeled as “purified” water or “demineralized” water.

Sparkling water: is water that has been carbonated. It can be a healthy alternative to soda and alcohol, but if it’s loaded with fructose and other sweeteners, it may be no better than soda. Read the label! If the label says “naturally sparkling water,” then the carbonation came from the same source as the water; but if it says “carbonated natural water,” then the carbonation came from another source than the water. People suffering from intestinal disorders or ulcers should avoid carbonated water.

Spring water: comes from underground formations from which water flows naturally to the surface of the earth. Spring water must be collected only at the surface of the earth.

Tap water: is full of harmful chemicals that the body cannot use. It is known that pharmaceutical drugs—including antibiotics, hormones, painkillers, tranquilizers, and chemotherapy—and runoff from gardens and agricultural chemicals, such as fertilizers and pesticides, are detectable in much ground water, surface water, and tap water.

Steam-Distilled: this is one of the best. Distillation is the process of converting liquids into a vapor state by heating. The vapor cools and is condensed back into a liquid and stored. This method does remove all minerals and is sometimes called lifeless water. Some companies are selling minerals to add back into the water after the impurities have been removed. A high-quality alfalfa supplement can add the minerals back into your diet easily.

WATER AND BEVERAGES

Reverse Osmosis: This is one of the very best methods of producing quality water. A good source for reverse osmosis units for the home would include both predistillations and post distillations carbon filtrations for the highest level of quality and taste.

Here are some other tips for getting safe, pure water:

- For more information on safe water in your area, check out: www.epa.gov/safewater.
- Better choices of bottled water are Abita Spring, Evian, Ice Mountain, Glaceau Smart, Ozarks, Trinity Spring, Noah, Blue Star Sparkle, Deer Park, Arrowhead, Zephyrhills, Mt. Valley Spring, Penta Water, Evamor Jacobs Springs, and Nikken. Always read the labels to see if additives have been included.
- Before purchasing a water treatment unit, write, call, or visit the Web site “NSF International.” This nonprofit testing and certification organization verifies manufacturers’ claims and certifies that the materials used are nontoxic and structurally sound.

THE MIRACLE OF GREEN TEA

Tea has been an important beverage for thousands of years and has been a huge part of cultures in countries around the world, forming major parts of ceremonies and trade routes and even taking part in revolutions. But tea isn’t just appreciated for its good taste and worldwide appeal; it also offers numerous health benefits.

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the West provides hard evidence for the health benefits long associated with drinking green tea. There are numerous studies in the past, and many just being released currently, to confirm the health benefits of green tea. To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful:

- cancer
- rheumatoid arthritis
- high cholesterol levels
- cardiovascular disease
- infection
- impaired immune function