

Resurrection Life of Jesus Church

NO BODY – NO MINISTRY

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PART 9: FOODS THAT KILL

Food is an important part of our lives because it provides sustenance to keep us going but it can also determine if we will be healthy or sick. Eating the right kinds of foods will make your body last longer and extend your ministry time on earth.

GOD'S FOOD LIST

The Bible is not a scientific textbook; God has provided instructions by using features to determine what animals, birds and fish are clean from toxins and should be eaten.

Leviticus 11:1-8

ANIMALS

Cattle, deer, elk and moose are some animals that can be eaten.

All animals, birds and fish not listed on the menu were never intended by God to be food. **1 Timothy 4:1-5**

Depending upon your geographical location and culture, pigs, rabbit, the hare, dogs and horses are some of the choice toxic animals not on God's food list.

FISH

Any fish that has fins and scales can be eaten.

Lobster, crab, shrimp, crayfish, oysters, abalone and shark etc. are some of the favorite toxic water creatures not on God's food list.

BIRDS

Albatross, condor, cormorant, crane, crow, eagle, heron, hawk, osprey, ostrich, owl, parrot, pelican, penguin, raven, roadrunner, seagull, stork, swan, vulture and woodpecker are birds that should not be eaten. **Leviticus 11:13-19**

Chicken, dove, duck, goose, partridge, pheasant, pigeon, prairie chicken, ptarmigan, quail, sagehen, sparrow and turkey are clean birds which God created to be eaten.

CREEPING THINGS

In western society it is not common to eat insects, but if you are going to, then God has specified jumping insects such as the locust, cricket, grasshopper and beetle as suitable for food. **verses 20-23**

Any insect without jointed, jumping legs is considered unclean by God.

The weasel, mink, ferret, mole, mouse, tortoise, chameleon, lizard and snail should not be eaten. **verses 29-30**



GRAINS, VEGETABLES AND FRUIT

Adam and Eve were vegetarians before they sinned. God told them that every fruit or grain with seeds inside was food for them. **Genesis 1:29; 2:16**

Mushrooms are a spore bearing fungus and a necessary part of God's ecosystem to clean up dead matter on the surface of the earth. They contain toxins making them tasty and a common food in America but God never intended for human being to eat mushrooms.

KEEPING YOUR KITCHEN CLEAN

God did not tell the Israelites about germs and viruses, but He did tell them to keep their cookware, utensils and clothing clean. **Leviticus 11:32-40**

Mankind has failed to adhere to God's commands and history shows there are many epidemics that could have been avoided.

THE BLACK DEATH

A plague began to spread from China to Europe during the years 1346-1353. It was caused by bacteria known as "Yersinia pestis." It was transferred by rats and other rodents and some 200 million people died. Death came as a result of the infection from the bacteria, which spread to others because of poor hygiene. It is estimated that close to 60% of the European population died. The plague hit Sweden particularly hard as whole villages and cities became ghost towns.

Rats, mice and other rodents carried fleas that were infected with the bacteria. The plague was not stopped until the surviving population realized it was a sanitation problem. Once the rodent population was being killed off, the plague slowed down and today it is a rare disease.

If humanity would have simply followed the hygiene laws set forth in the Bible, all the deaths would never have occurred.

PROCESSED FOOD

There was no global economy from the time of Abraham until 500 years ago. Foods and goods were locally produced in each population center. Clothing, shoes, furniture, cooking goods, utensils were all made nearby and food was grown by farmers who ringed the cities and brought in fresh supplies every day. There was no electricity, and hence there were no freezers and refrigerators, so food was purchased on a daily basis. Neither were there any chemical fertilizers.

All of that has changed today. There is no local manufacturing and food is grown on large commercial farms and processed in food processing plants. Each supermarket chain has its own distribution system and food is brought to the stores in the cities.

Most people do not cook from scratch; they buy food in cans or other packaged systems where the food just needs to be heated and served. Many people use microwave ovens to heat and cook their food, unknowingly changing the molecular makeup of the food.

The farming industry for the last 40 years has used hormone treatment on the milk cows to produce more milk per cow, and then before the customer can purchase the

packaged milk, it is homogenized (lining up the molecules so that cream and milk is merged) and pasteurized. All the enzymes in the milk are now dead and it has no nutritional value.

On top of the hormones fed to the cows, the hay and grain have been genetically modified (GMO), which means that the consumer is going to drink a product that is no good for the body. Unless specifically stated, the seeds used to grow soybeans and corn is GMO.

All bakery items are produced with genetically modified grains and other chemicals have been added to the flour to achieve a certain flavor and texture. In order to get white bread, the flour is bleached with chlorine to make it that beautiful white color. White sugar which has been refined 14 times is added to all processed foods, baked products, as well as all dry goods, soups and other ready to eat meals.

To sell baked items to people with diabetes, they substitute the white sugar with artificial sweeteners like Aspartame or Splenda.

ACTION BY GOD IN THE PAST

Genetically modified crops yield greater harvests, are resistant to mildew and bugs, and are easier to grow because they are immune to certain pesticides. So why is a genetically modified organism (GMO) bad for your health? When scientists change the molecular structures of cells, it will certainly have an effect on humans ingesting these plants. The human cell system is not compatible with genetically changed cells, which in the long run means sickness in the body.

Jesus said that in the last days, it will be like it was in the days of Noah. **Matthew 24:37**

The mixing of humans and fallen angels was so bad that God had to exterminate the entire population except for Noah and his family. The fallen angels had also genetically modified animals and plants, which was the reason for a worldwide flood to destroy the tainted animals, birds and vegetation. **Genesis 6:1-13**

DESTRUCTIVE FOOD

All commercial food processing plants are using inexpensive oils like Canola and Palm.

Most processed foods contain "Natural Flavors" which are chemicals produced in a laboratory to mimic the flavors of fruits and plants. The food industry is trying to fool the average housewife into buying things with natural flavors because it sounds like something that is natural.

MONOSODIUM GLUTAMATE

Monosodium glutamate (MSG) is a synthetic chemical that is added to manufactured and processed foods to make them more palatable. Almost all processed food contains MSG and the reason your soup tastes so good at the restaurant is because it has been spiked with this flavor enhancing agent. MSG causes damage to brain cells since it works like a stimulant and excites the brain cells into action when no such action is needed.

Could this explain the huge increase in dementia and Alzheimer's in America and Europe? It has also been suggested that MSG can cause epilepsy, depression and multiple sclerosis.

It is possible to find MSG and natural flavors in barbeque sauce, ketchup and mustard.

WHAT IS IN YOUR ICE CREAM?

Commercially produced ice cream is a \$56.9 billion industry and a favorite dessert for Americans. What about its ingredients? Milk is one of the main ingredients in ice cream but is it quality milk? No, it comes from cows that have been treated with hormones, fed GMO food, and the milk is pasteurized and homogenized.

To make ice cream you need emulsifier. The original ice cream emulsifier was egg yolk. Emulsifiers keep the ice cream smooth and aid the distribution of the fat molecules throughout the colloid. Today, two emulsifiers frequently show up on the ingredients label of many ice cream formulations, namely, mono and di-glycerides, and Polysorbate 80. These are chemicals harmful to the human body.

Stabilizers are also used in the production of ice cream and the most common is sodium alginate, which is another chemical that the body does not need.

Ice cream needs lots of white sugar to help with the temperature when making the ice cream and for making it sweet. Cold ice cream needs more sugar, since the tongue get less sensitive when it is cold. Since a lot of people are weary of white sugar, the manufacturer will use artificial sweeteners of chemical compounds like Aspartame or Splenda, which are toxic to the brain cells. In order to get flavor to the ice cream artificial chemical flavors are added, like Baskin Robbins 31 flavors.

Eating ice cream on a regular basis is the same as playing Russian roulette with your brain and body organs. I would not eat ice cream unless I knew that it was organic and free of all chemicals. Making it yourself is a great option as well.

COFFEE, TEA, SOFT DRINKS AND ALCOHOLIC BEVARAGES

God never told the Israelites to use any kind of stimulants or drugs, which are harmful to the human body and addictive. Every time we do deliverance on Christians, there is always a struggle over these addictive drugs. There is no excuse for them and they can't be justified; any Christian trying to defend his "habits," is just trying to hang on to his addictions and the demons that come with it. **Romans 6:12-18**

HOW TO EAT IN THE 21ST CENTURY

Okay, so what should you eat today?

1. Follow God's food laws in what you eat.
2. Avoid eating processed foods. Make sure that when you buy food, it is GMO free and organic if possible.
3. Eat at restaurants as little as possible. Restaurants buy low grade food in order to keep down their costs. They don't use high quality cooking oil and you are guaranteed to get MSG and natural flavors in their dishes.

4. Do not drink tap water. It is different if you have your own well. City water contains fluoride and chlorine. In most cities that use river water, the further downriver you live, the more polluted it gets. Each city takes water from the river, uses it, runs it through their waste treatment plant and releases it back into the river for the next city downstream.
5. Do not use milk that is contaminated with hormones and GMO. Try to find raw organic milk in your area. It will certainly cost more, but you will save in the long term at the doctor's office.
6. Do not eat bread with enriched flour and other chemical agents. Read the ingredients label. Try to find Ezekiel bread at your health food store.
7. Do not use iodized table salt (NaCl), it is a refined product that is not fit for the human consumption. Instead, use sea salt which has over 100 minerals. Sea salt lowers your blood pressure whereas table salt increases your blood pressure.
8. Try to purchase organic foods and vegetables. Read the labels and make an informed purchase.
9. Do not eat things that are harmful to your body such as junk food.
10. If you are in prison or you don't have the money to buy healthy and nutritious foods, read **Mark 16:17-18** and pray over what you are going to eat and drink.

COMMON SENSE

It is obvious that the foods available in the 21st century are not the same as what was available 50 years ago. Finances will certainly dictate how healthy you can eat. The people who are rich and famous do not shop at the normal supermarkets and convenience stores.

Have you ever wondered why movie stars, political leaders, billionaires, executives in banking and business seem to live longer, age less than the rest of the population, while having more energy than you or me? They eat better foods, have access to good water, and have personal fitness trainers that show them what to do.

The average Christian does not have that kind of money and must make do with what they can. However, there is one thing you can do which will help a lot. Abstain from animals, fish and birds that God has declared unclean. Just doing that one simple thing will bring a lot of healing since it eliminates the curse that comes with violating God's food laws. **John 14:11-18**

Remember, it's not so important how you begin your life after salvation, but how you finish it!

Do you have an ear to hear with?