

Table of Contents

Introduction: You Came With An Owner's Manual 1

The Bible is a collection of sixty-six books that teach us how to experience life at its fullest. The scientific evidence that God's Word is good for you.

Part I: The Fattening of America

1 How I Lost 112 Pounds In Just One Week 9

With so many health clubs, diet pills, and weight-loss books, the United States should be the skinniest nation in the world. We're the fattest.

2 What's So Bad About Being Overweight? 13

Obesity is the primary factor in a long list of health problems that can drastically reduce your life expectancy.

3 Just How Fat Are You? 21

The bathroom scale and the doctor's height-and-weight tables are poor measures of your health status. How to find out if you *truly* need to lose body fat—and *how much*.

4 How To Lose Weight And Keep It Off 33

Forget the Magic Fat-Melting Pills. The three steps to permanent weight loss and good health and how to accomplish them. Plus, why you should eat less fat.

5 The FIT Formula 55

Exercise done incorrectly can actually be counterproductive. How to exercise properly for maximum fat burning and good cardiovascular health.

6 Here's Why You *Don't* Exercise 61

How to overcome the two reasons most people don't exercise. Plus, "The Benefits of Exercise."

7 Methuselah Must Have Been Really Skinny 65

Have you ever seen an overweight 100-year-old? Probably not. New evidence of the benefits of actually being a little *underweight*.

8 The Bottom Line 69

Has food become a very important issue in your emotional life? It shouldn't be. Life is what you do *between* meals.

Action Steps I 71

Additional Resources For Weight Control Information 72

Part II: The Biggest Killer

- 9 Fat's Where It's At! 75**
You *don't* have to become another statistic.
- 10 Why Your Cholesterol Number Is Not Enough 79**
The latest on HDLs, LDLs, triglycerides, and homocysteine. Plus, "Knowing Your Cholesterol Numbers."
- 11 Raising Your HDLs 87**
The eight steps to increasing your good cholesterol.
- 12 What About Eggs? 93**
The truth about eggs, no yolking!
- 13 Put The Salt Shaker Back On The Table! 97**
Why you should take your doctor to the grocery store. How to *reduce* your sodium intake by using the salt shaker. Plus, "Wow! That's Got a Lot of Salt!"
- 14 Don't Worry, Be Happy! 107**
Stress can go from your head to your heart. How following biblical teachings can extend your life.
- 15 What's A Woman To Do? 111**
What's the biggest health threat to women? It's *not* breast cancer. The special ways women can beat this killer.
- 16 Margarine Or Butter? 115**
What you should *really* put on your toast in the morning.
- 17 What About My Children? 121**
Heart disease can start early in life. What you need to know to give your kids a head start toward prevention.
- 18 Just Take A Pill 127**
When you've done all the right things and your cholesterol numbers still don't come down, these medications may help.
- Action Steps II 136**
- Additional Resources For Heart Disease Information 138**

Part III: Cancer: Prevention Is the Best Medicine

- 19 The Dreaded Diagnosis** 141
We already know how to prevent most cancers. The good news on the war against this deadly disease.
- 20 The Marlboro Man Is Dead** 147
Tobacco use is the leading cause of preventable health problems in the U.S. You may be closer to kicking the habit than you realize.
- 21 Mammography Mania** 153
Most women will *never* get breast cancer. What you can do to make sure you don't either.
- 22 Do You Take This Man . . . ?** 157
The health benefits of saying "I do."
- 23 What's That Glove For, Doctor?** 161
How to decrease your risk of prostate cancer.
- 24 This Won't Hurt A Bit!** 163
More proof of the reliability of God's Word. The physical benefits of the symbol of God's spiritual covenant.
- 25 All We Are Saying Is Give Peas A Chance** 167
Increasing the amount of fiber you eat can decrease your risk of colon cancer. Specific suggestions to help avoid one of the most common cancers today.

Action Steps III 171

Additional Resources For Cancer Information 175

Part IV: The Secrets of the Pyramid

- 26 Forget The Basic Four** 179
There's much more to nutrition than the four food groups. What's changed about how we look at food.
- 27 The Dietary Guidelines For Americans** 189
A step-by-step guide to healthy eating for you and your family. Plus, "The Rules to the Game."

Action Steps IV 197

Part V: What The Bible Says About What You Eat

28 Just For Israel? 201

Were the prescribed foods of the Old Testament *just* for God's chosen people? Plus, what God says about animal fat.

29 For Us Today? 207

Does the New Testament do away with the dietary laws of the Old Testament?

30 Did Jesus Eat Ham On Easter Sunday? 221

W.W.J.E?

31 God's Dietary Guidelines 223

What God's Word says about what you eat. Plus, "Clean and Unclean Foods."

32 Does This Work? 233

Evidence that there are health benefits from eating the way God instructed.

Action Steps V 242

Afterword: A Final Thought 245

Appendix I: Canadian Recommended Blood Cholesterol Levels 247

Appendix II: Modifying Recipes and Healthful Ingredient Substitutions 249

Appendix III: Clean and Healthy Recipes 255

28

Just for Israel?

Some would say that the Old Testament dietary laws were **S**only for the nation of Israel, that the Jews were God’s chosen people, and that God created specific regulations and laws so that they would be a holy people, different from the rest of the sinful world.

But that was for the Jews. It wasn’t for the rest of the world; and it’s certainly not for Christians today. Some would say “We don’t have to follow all these rules; after all, we are free through Jesus Christ.” I agree. We don’t *have to* follow the Old Testament dietary laws—we are indeed free through Jesus Christ. Nevertheless, we might still *want to* follow them.

Everybody on the Boat!

How many animals of each kind did Noah take on the ark? Two, right? Well, I thought it was two also, until I saw Genesis 7:2:

Take with you *seven* of every kind of *clean animal*, a male and its mate, and *two* of every kind of *unclean animal*.

Did you know that was in there? I never did. We've all seen the little Sunday school story pictures, with two animals, side by side. Well, those must have been the unclean ones going in; the clean animals must have already been on the boat!

Why would God tell Noah to take seven of every kind of clean animal, but to bring only two of every kind of unclean animal? Could it be that God recognized the need for Noah and his family to have animals for both food and sacrifice after the flood?

How many of each animal did Noah take on the ark?

Keep in mind that all plant life was also destroyed in the flood and that Noah and his family had to have something to eat. Furthermore, it would not have been appropriate for Noah to offer up an unclean animal as a thanksgiving offering to God for His provision.

So God provided for seven of each kind of clean animal to survive, both for Noah's needs and for the continuation of the species. But God only provided for two of each unclean animal, simply to make sure they survived the flood.

Here are some questions to consider: Where is the nation of Israel at the time of the flood? Nowhere! It doesn't exist yet. Has Abraham been born? Not yet. Has Moses received the Ten Commandments? No—he hasn't been born yet either. And yet, clean and unclean animals were already identified.

It appears that Noah knew which were which. The Lord told him to choose seven of the *clean* and two of the *unclean*. God seems to have identified certain foods that man would do best to avoid from very early on. *And it appears that God identified those foods long before we see their specific application to the nation of Israel.*

The wisdom of the clean and unclean foods may, therefore, not be limited only to the nation of Israel. This wisdom

may, in fact, have application for all of God's people, regardless of when they lived, even those of us living today.

Whose Fat Is It, Anyway?

As a nutritionist, if there is one bottom-line health message I deliver as I speak, it is to “eat less fat.” Especially to “eat less saturated animal fat.” You know that by now. You also know that fat from vegetables and plant sources—while it's still loaded with calories—can be a part of healthful eating. Saturated animal fat contributes dramatically to the number one killer today—heart disease. Animal fat just doesn't seem to agree with us humans. Consider what God's Word has to say about this issue:

- “This is a lasting ordinance for the generations to come, wherever you live: You must not eat any fat or any blood.” (Leviticus 3:17). If you read the Scripture in the context of the chapter, it's clear God is prohibiting animal fat specifically.
- “The LORD said to Moses, ‘Say to the Israelites: “Do not eat any of the fat of cattle, sheep or goats.” ’” (Leviticus 7:22–23). Scripture is clear that animal fat is not to be used for human consumption.
- “The priest shall burn them on the altar as food, an offering made by fire, a pleasing aroma. *All the fat is the LORD's*” (Leviticus 3:16).
- “The priest is to sprinkle the blood against the altar of the LORD at the entrance of the Tent of Meeting and *burn the fat as an aroma pleasing to the LORD*” (Leviticus 17:6).
- “Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. *But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry,*

and his face was downcast. Then the LORD said to Cain, ‘Why are you angry? Why is your face downcast? *If you do what is right*, will you not be accepted?’” (Genesis 4:2).

- “Since you eat meat with the blood still in it . . . should you then possess the land?” (Ezekiel 33:25). This is one of the reasons Israel was taken into captivity and lost the promised land.
- “Eli’s sons were wicked men; they had no regard for the Lord. Now it was the practice of the priests with the people that whenever anyone offered a sacrifice and while the meat was being boiled, the servant of the priest would come with the three-pronged fork in his hand. He would plunge it into the pan or kettle or cauldron or pot, and the priest would take for himself whatever the fork brought up. This is how they treated all the Israelites that came to Shiloh. *But even before the fat was burned*, the servant of the priests would come and say to the man who was sacrificing, ‘Give the priest some meat to roast; he won’t accept boiled meat from you, but only raw.’ If the man said to him, ‘Listen, let the fat be burned up first, and then take whatever you want,’ the servant would then answer, ‘No, hand it over now; If you don’t, I will take it by force.’ *This sin of the young men was very great in the Lord’s sight*, for they were treating the Lord’s offering with contempt” (1 Samuel 2:12–17). In what way were they sinning? They were eating the meat with the fat still on it.
- “[The Israelites] pounced on the plunder and, taking sheep, cattle and calves, they butchered them on the ground and ate them, together with the blood. Then someone said to Saul, “Look, the men are sinning against the LORD by eating meat that has blood in it” (1 Samuel 14:32–33a).

It goes without saying that we would never eat blood today. The idea is disgusting. It almost suggests some type of satanic

involvement. If it were discovered that someone at your church was drinking blood, a special meeting of the pastor and church leadership would most likely be called. This kind of activity would be addressed quickly and decisively. We seem to know in our very beings that eating blood is unacceptable.

As we've seen in Leviticus 3:17, in God's sight, *eating animal fat* is just as unacceptable. And that prohibition is for all the generations. Consuming blood would cause real indignation in your church, and yet eating animal fat is practiced by many church members today without any thought whatsoever. It may be that animal fat was never designed for human consumption. We may be better off just not eating it.

It may be that animal fat was never designed for human consumption.

30

Did Jesus Eat Ham on Easter Sunday?

Did Jesus ever break the dietary laws? If He did, that would settle the issue for us today. Consider Luke 24:41–43. After the resurrection, the first thing Jesus did after revealing Himself to His disciples was to ask, “Do you have anything here to eat?” They gave Him a piece of broiled fish, and He took it and ate it in their presence. We also know Jesus ate bread and drank wine at the Last Supper (Mark 14:22–25). Yet we have no evidence that Jesus broke the dietary laws.

Jesus certainly had the opportunity to break the dietary laws during his three-year ministry. He certainly took the opportunity of his ministry to correct misconceptions in other areas. He *made a point* of breaking the Jewish traditions.

Jesus associated and ate with sinners (Matthew 9:10). He allowed His disciples to glean wheat on the Sabbath (Matthew

12:1) and He healed on the Sabbath too (John 5:9-16 and John 9:14). He drove the money changers out of the temple (Mark 11:15) and basically pointed out the barrenness and hypocrisy of the Jewish traditions.

Jesus put things in perspective. Yet He made it clear that God's Law was still the standard. In Matthew 23:23 Jesus said:

Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cumin. But you have neglected *the more important matters* of the law—justice, mercy and faithfulness. You should have practiced the latter, *without neglecting the former*. You blind guides! You strain out a gnat but swallow a camel.

When Jesus healed the leper in Matthew 8:3–4 He told him, “But go, show yourself to the priest and offer the gift Moses commanded, as a testimony to them.” Here Jesus had a perfect opportunity to do away with the old law but instead He encouraged the healed leper to honor it nevertheless. In Matthew 5:17 Jesus said, “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.”

The account of the demon-possessed man is given in Mark 5:1–17. Chains couldn't bind him, and no one was strong enough to subdue him. Jesus commanded that the demons leave him, and He sent them into a herd of cattle on the hill. Is that correct? No, he sent them into a herd of pigs. The pigs then ran down the hill and into the water and were drowned. Could Jesus have been giving us a subtle message that those pigs weren't of much value anyway? Isn't it ironic that on Easter—the day we celebrate Jesus' resurrection—many Christians eat ham, a food that Jesus may never have eaten Himself.

As far as we can tell, Jesus never broke the dietary laws.