

principles.

I Corinthians 10:31 *"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."*

Eating and Drinking to the glory of God, giving our bodies a living sacrifice.

Romans 12:1 *"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."*

It is written "the curse causeless shall not come"(Proverbs 26:2). If you are cursed, there is a cause. But there is also the remedy and that is to put our full trust in the Father of Jesus Christ who will "keep none of these diseases from coming upon thee...who healeth thee."(Exodus 15:26).

As you continue to go through the link listed you will find testimony after testimony, principle upon principle. Let us not be like the



Israelites who craved the dainties of Egypt and many were destroyed because of it, but be like those who truly desire the fruit of the land.

Numbers 11:4 *"And the mixed 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?"*

Let us not cry like these:

I Corinthians 10:10-11 *"Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer. Now all these things happened unto them for ensamples: and they are written for our*

For more information, testimonies from others who have reversed almost all major diseases, plus, health tips, weight loss, natural remedies, recipes, and information regarding the dangers in foods,

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## THE HEALTH MESSAGE - BACK TO EGYPT OR ON TO THE PROMISED LAND - BIBLICAL HEALTH

### Calling us out of Egypt (bondage)

God has told us that "If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."(Exodus 15:26).



Egypt was a symbol of slavery. Many today are slaves to their diet and eating unhealthy food or to smoking or drinking or to gluttony.

### A Designed Diet

God brought the Israelites out of the slavery in Egypt and fed them a very plain diet. In the wilderness he gave them manna from heaven. After 40 years in the wilderness, it is written that Moses was in perfect health at 120 years old.

Deuteronomy 34:7 *"And Moses was a hundred and twenty years old when he died: his eye was not dim, nor his natural force abated."*

The Egyptians had many diseases and this from not hearkening unto the principles of Gods government diligently(Exodus 15:26) which included things like "abstain from blood"(Acts 15:20, 29) and not to look upon fermented wine.(Proverbs 23:29-33). The Egyptians were also well known for their sugary dainties as well as their flesh meats. (Exodus 16:3)

### Israelites Perverted the Diet

After receiving such a simple diet the Israelites perverted the diet. They wanted the Egyptian flesh pots and the breads of Egypt.

Exodus 16:3 *"And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger."*

How many do not realize that are bodies our designed. Better designed than any machine the world can make. If we continue to put the wrong things in our bodies, they break down very quickly. What we eat and drink will affect how we feel, how long we live etc. If we were to drink some gasoline straight we might die a little quicker. If we put it in slowly we might last longer. A slow poison is still destroying your body. And obviously some things are better than others to put into our designed bodies. Cars were designed to run on gas, humans were designed differently.

## Two Diets

If God designed the body, he must know what is good for it. So therefore we can look to the bible and see. We do see that there was allowance to eat meat at the flood, however we were not to eat the blood in it.(Genesis 9:4, Acts 15:20, 29) and we were not to eat unclean animals.(Genesis 7:2, 8, 8:20). God has always distinguished between the "unclean" and the "clean"(Revelation 18:2) and God "does not change"(Malachi 3:6).



The reason God allowed us to eat meat after the flood was because there was not alot of vegetation growing at that time. However that was not God's intent, nor is it optimal for rebuilding the cells of the body. And not too many people would like their meat without the blood and the fat in it as God restricted.(Leviticus 3:17).

15.7 million people in the US (6% of the population) have diabetes,

one in three don't even know they have it. About 2,200 people are diagnosed with diabetes every day. 8.4 million Americans alive today have a history of cancer. As many as 99.5 million American adults have high cholesterol levels. Over 40% of people dieing each year die from cardiovascular problems. 30% of the nation is classified as obese.

But there are many people today, in fact millions that have been recognizing that God is healing people who will turn back to his way. Who are realizing that their bodies were not designed to ingest all the chemicals contained in the sweets, drinks, packaged and processed foods on the market. Who are turning to the food that comes from the garden, that is untouched, uncooked by man, raw and as close to the way God made it as we can get it today.

## Testimonies

1000's are testifying of victories over weight issues, arthritis, cancer, diabetes, multiple sclerosis who are turning towards a raw vegan diet. Who are denying themselves of the gluttonous pre-packaged foods with no nutritional value that are being sold in the stores today, and their diseases and symptoms are vanishing into thin air.

People are exiting out of Egypt from the slavery of the Standard American Diet and are coming to the promised land. Some are turning back to Egypt where they can eat their fleshpots, but some are heading towards the promised land preparing themselves to dine with Jesus on the tree of life.

Revelation 22:2 *"In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations."*

Jesus was always pitiful towards those who were suffering. It is not his will that any should be unhealthy. He went around healing the

sick and cleansing lepers. And his commision to us was to share the same things.

Luke 9:2 *"And he sent them to preach the kingdom of God, and to heal the sick."*

In this last day there is a people who are sharing this message. It is a message that points back to "the statutes" and "commandments"(Exodus 15:26). A message that points back to the creator and the creation. A message that points to "diligent observance"(Exodus 15:26) and complete faith in God.(Revelation 14:12).

Genesis 1:29 *"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."*

Revelation 14:7 *"Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters."*

*And in that creation he created us healthy, he created us to eat herbs, fruits, nuts, and seeds.*

A reform is being called for in "spiritual.. Egypt"(Revelation 11:8). There is to fall on the earth 7 last plagues.(Revelation 16). Many are suffering already from plagues such as Cancer, diabetes, and heart disease. But that is not our call.

Ill John 1:2 *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."*

There is nothing more that God wants for us than for us to be in health. He want's us to "give glory to him"(Revelation 14:7) and one way in which we may glorify him is by strictly adhering to his health