

**Wisdom
Strengthenth
the Wise**



Decline in life span

Life Spans BEFORE FLOOD		Life Spans AFTER FLOOD	
Person	Life Span	Person	Life Span
Adam	930	Shem	600
Cainan	910	Eber	464
Jared	962	Terah	205
Methuselah	969	Abraham	175
Noah	950	Moses	120
AVERAGE	944	AVERAGE	312

Moses



Moses *was* one hundred and twenty years old when he died. His eyes were not dim nor his natural vigor diminished.

Deuteronomy 34:7



Daniel



But Daniel purposed
in his heart that he
would not defile
himself with the
portion of the king's
delicacies, nor with
the wine which he
drank;

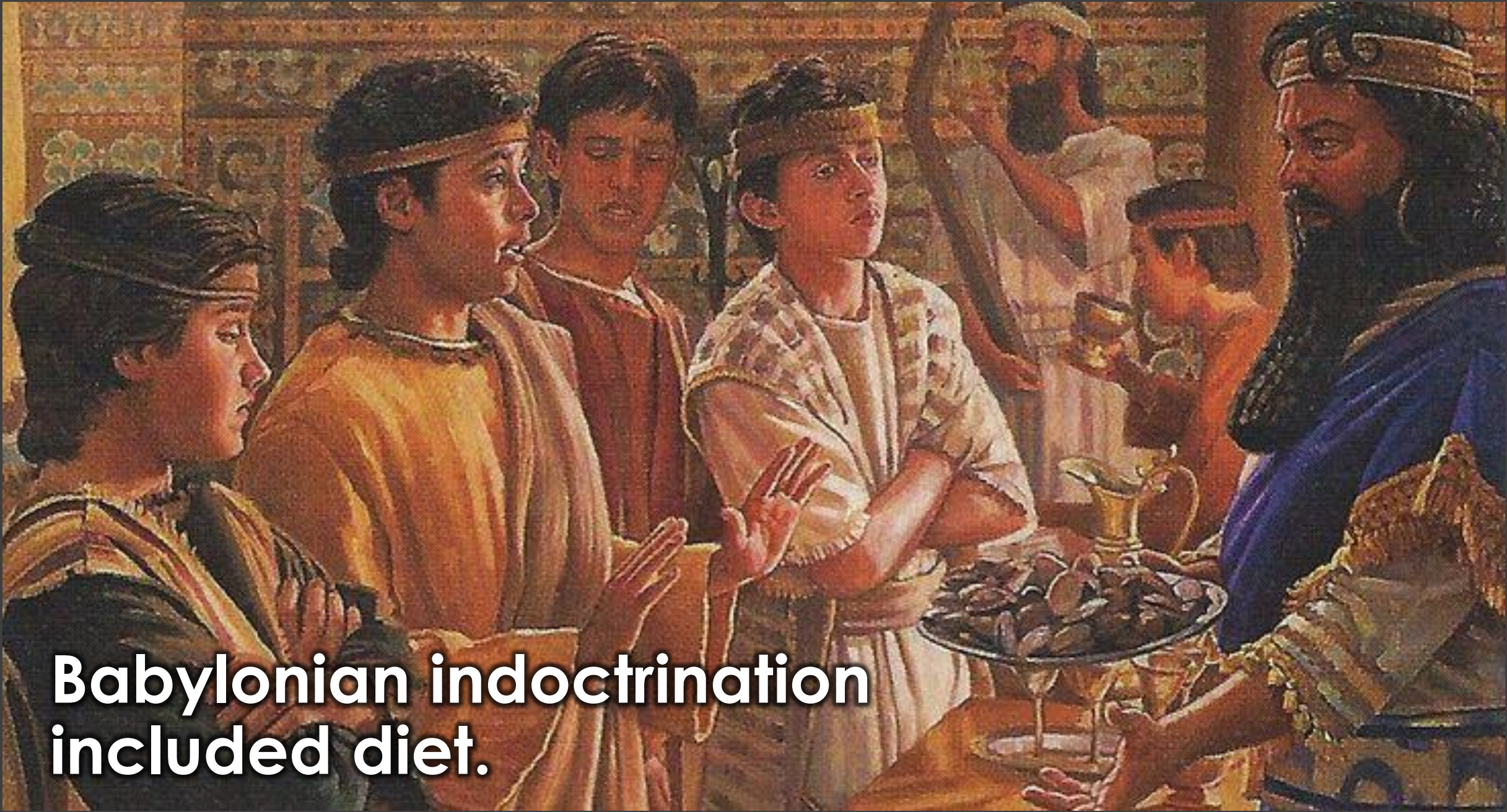
Daniel 1:8



therefore he
requested of the
chief of the eunuchs
that he might not
defile himself.

Daniel 1:8

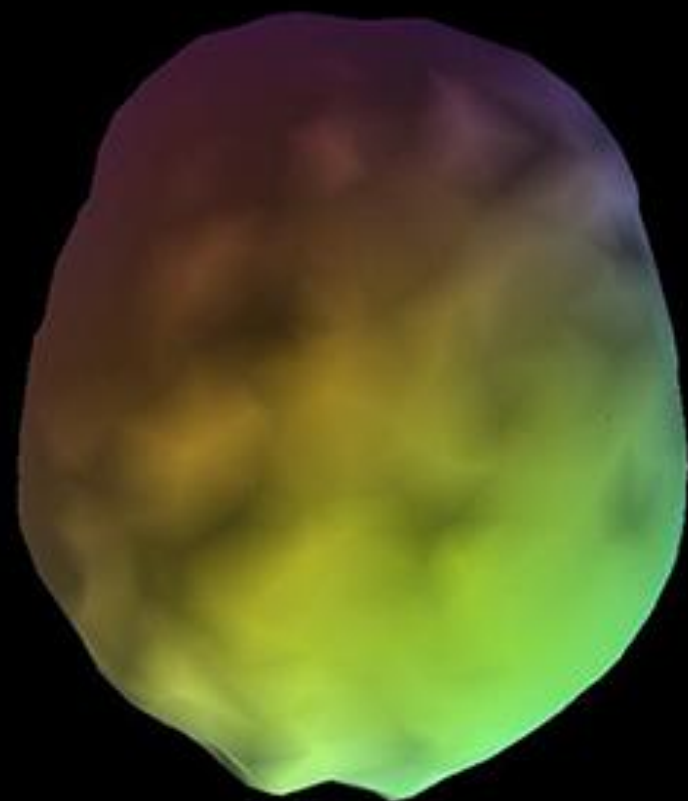




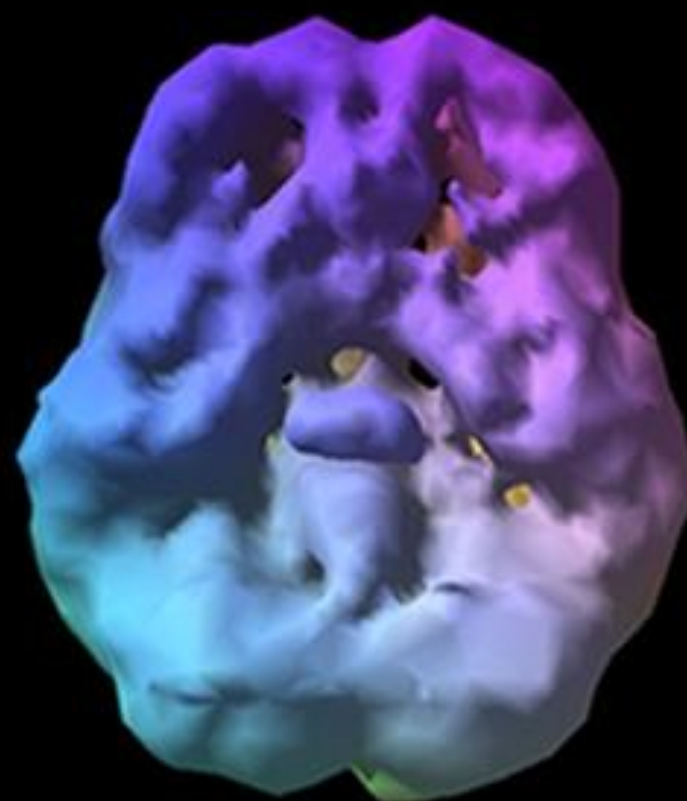
Babylonian indoctrination included diet.

Daniel's kindness
to the jailer
afforded him the
opportunity to
glorify God.



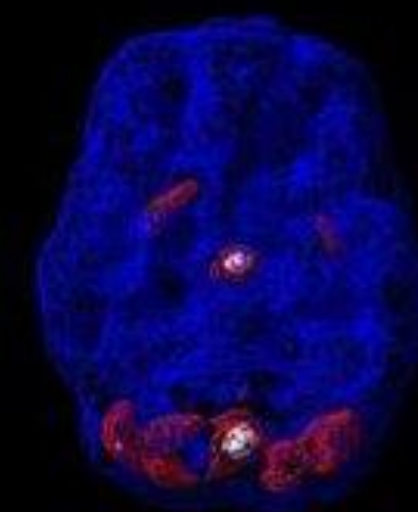
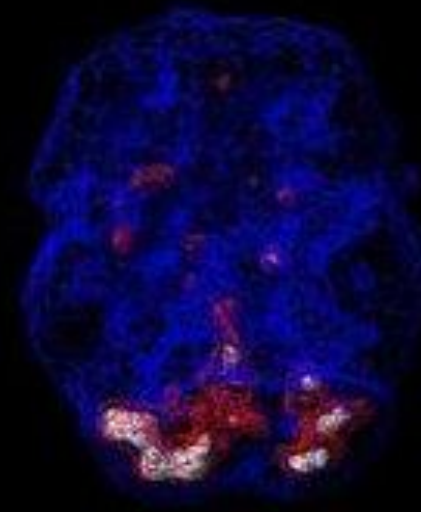
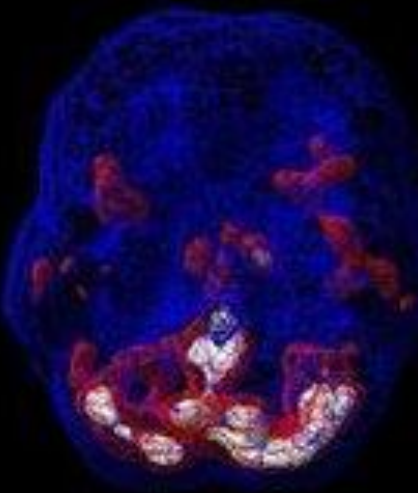


HEALTHY BRAIN



MARIJUANA USER'S BRAIN

Normal BMI vs Overweight vs Obese



Normal BMI

Overweight

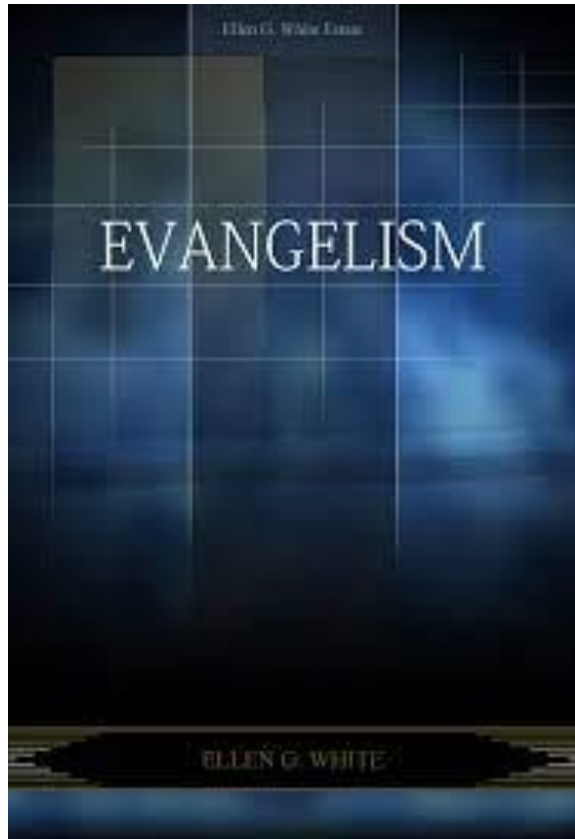
Obese



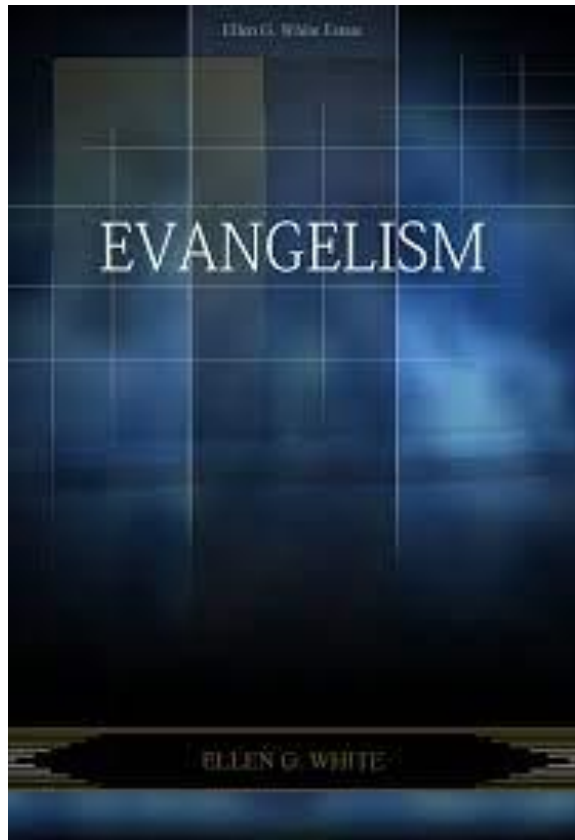
Nutrition - Exercise - Water - Sunlight - Temperance - Air - Rest - Trust



WHAT DOES THE BIBLE SAY ABOUT
NUTRITION?

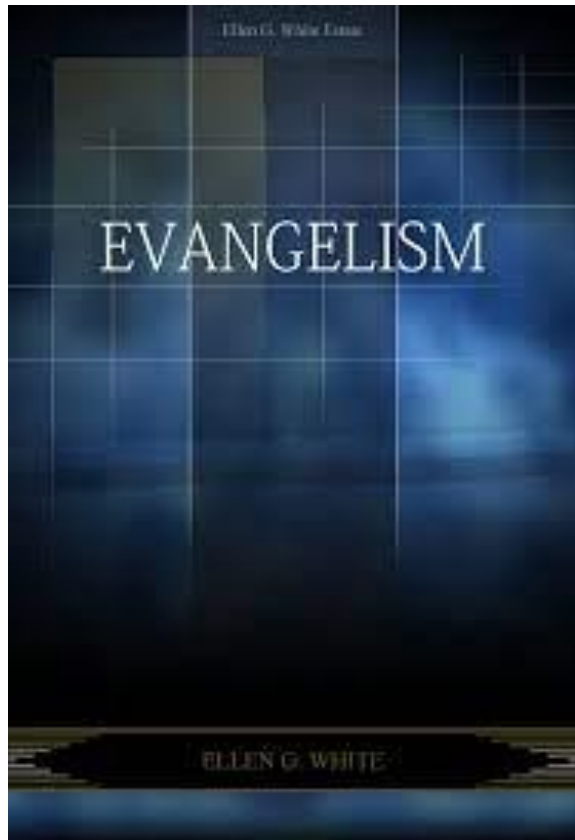


Our work is to be practical. We are to remember that man has a body as well as a soul to save. Our work includes far more than standing before the people to preach to them. In our work we are to minister to the physical infirmities of those with whom we are brought in contact.

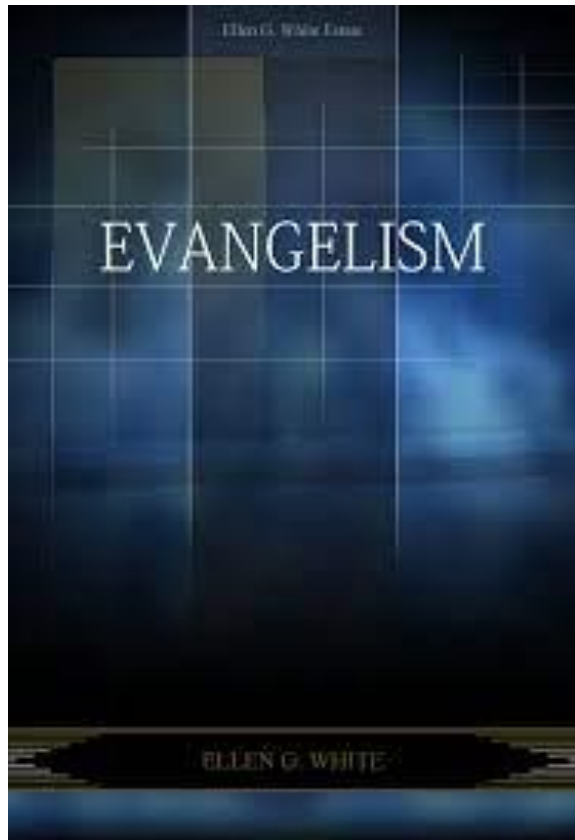


We are to present the principles of health reform, impressing our hearers with the thought that they have a part to act in keeping themselves in health.

The body must be kept in a healthy condition in order that the soul may be in health. The condition of the body affects the condition of

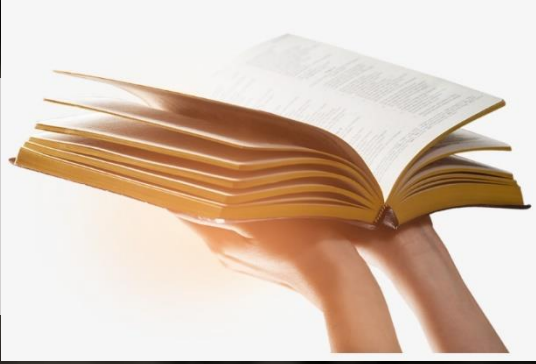


the soul. He who would have physical and spiritual strength must educate his appetite in right lines. He must be careful not to burden the soul by overtaxing his physical or spiritual powers. Faithful adherence to right principles in eating, drinking, and dressing is a duty that God has laid upon human beings



The Lord desires us to obey the laws of health and life. He holds each one responsible to care properly for his body, that it may be kept in health.-- Letter 123, 1903.

Evangelism, E.G.W. P. 260-261



God's original diet

And God said, "See, I have given you every herb *that* yields seed which *is* on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

Genesis 1:29



Vegetables came after sin

**Both thorns and thistles it shall bring
forth for you,
And you shall eat the herb of the
field.**

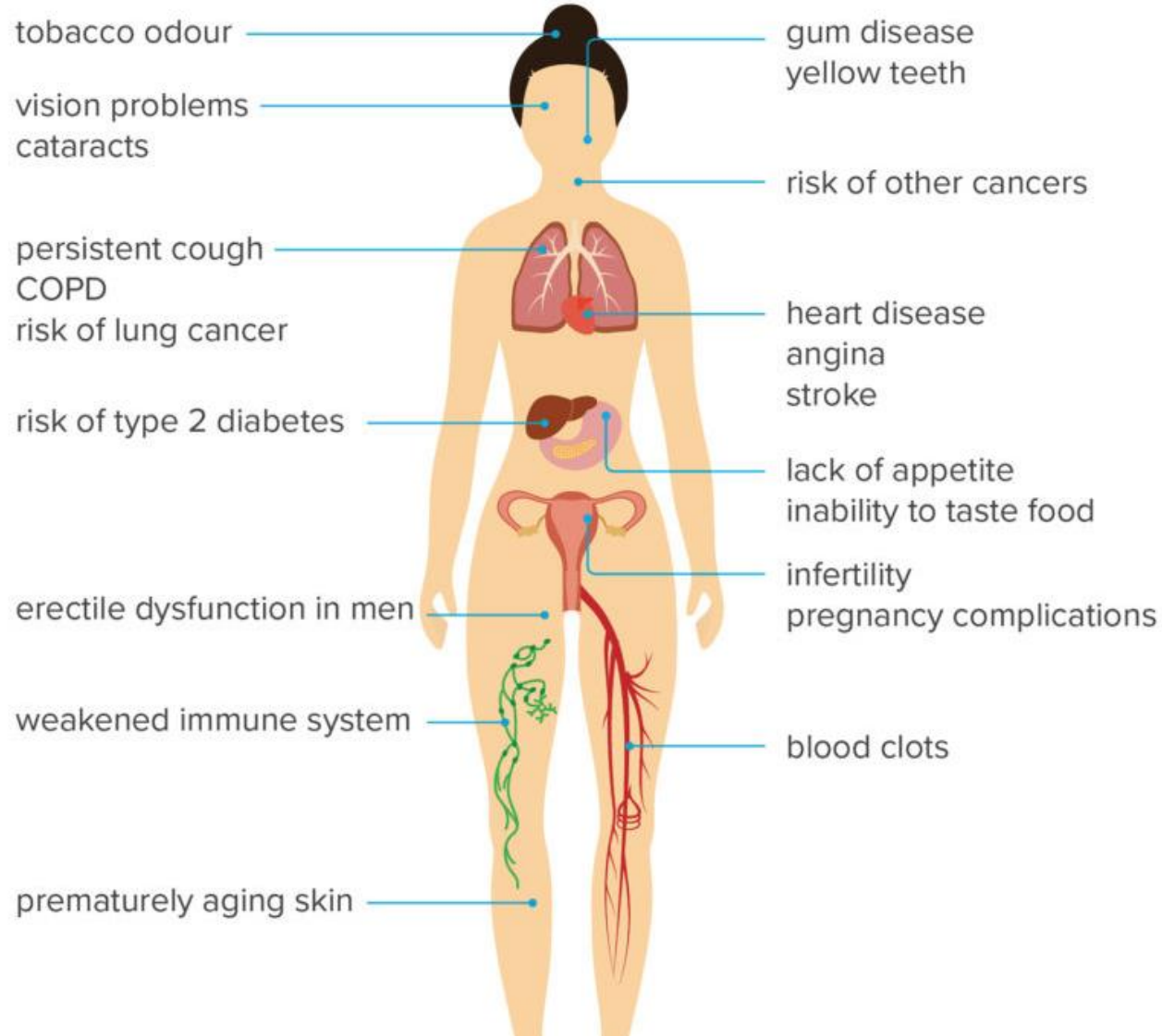
Genesis 3:18

What was not on the menu?

What was not on the menu?

-Nicotine

Effects on the Body Smoking



CHILDREN

ADULTS

Middle ear disease

Stroke

Nasal irritation

Respiratory symptoms,
impaired lung function

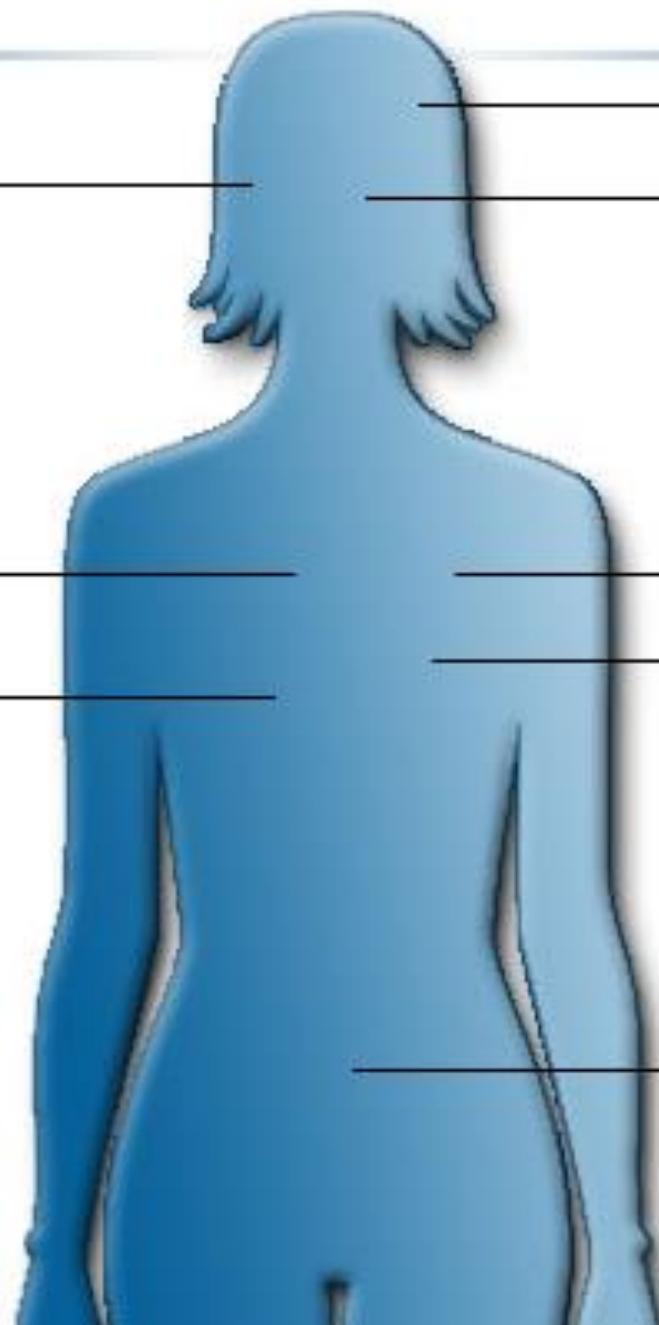
Lung Cancer

Lower respiratory
illness

Coronary heart disease

Sudden infant
death syndrome

Reproductive
effects in women:
low birth weight



What was not on the menu?

-Nicotine

-Caffeine

What was not on the menu?

- Nicotine
- Caffeine
- High sugar foods

What was not on the menu?

- Nicotine
- Caffeine
- High sugar foods
- Meat



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RIGHT NOW | GETTING THE RED OUT

A Diabetes Link to Meat

by JONATHAN SHAW

JANUARY-FEBRUARY 2012



Photographs by iStock Images


RED-MEAT consumption is already linked to higher levels of colorectal cancer and cardiovascular disease (atherosclerosis, heart disease, and stroke). Now researchers from Harvard School of Public Health (HSPH) have added an increased risk of type 2 (adult onset) diabetes to that list.

[HTTPS://HARVARDMAGAZINE.COM/2012/01/A-DIABETES-LINK-TO-MEAT](https://harvardmagazine.com/2012/01/a-diabetes-link-to-meat)



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RIGHT NOW | GETTING THE RED OUT

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The study found that substituting other foods—such as whole grains, nuts, low-fat dairy, fish, and poultry (listed in order of effectiveness)—for meat substantially lowered diabetes risk. (Beans were not part of the study because consumption levels are so low, but Hu says that the benefits would likely be similar to consumption of other plant-based foods.)

[HTTPS://HARVARDMAGAZINE.COM/2012/01/A-DIABETES-LINK-TO-MEAT](https://harvardmagazine.com/2012/01/a-diabetes-link-to-meat)

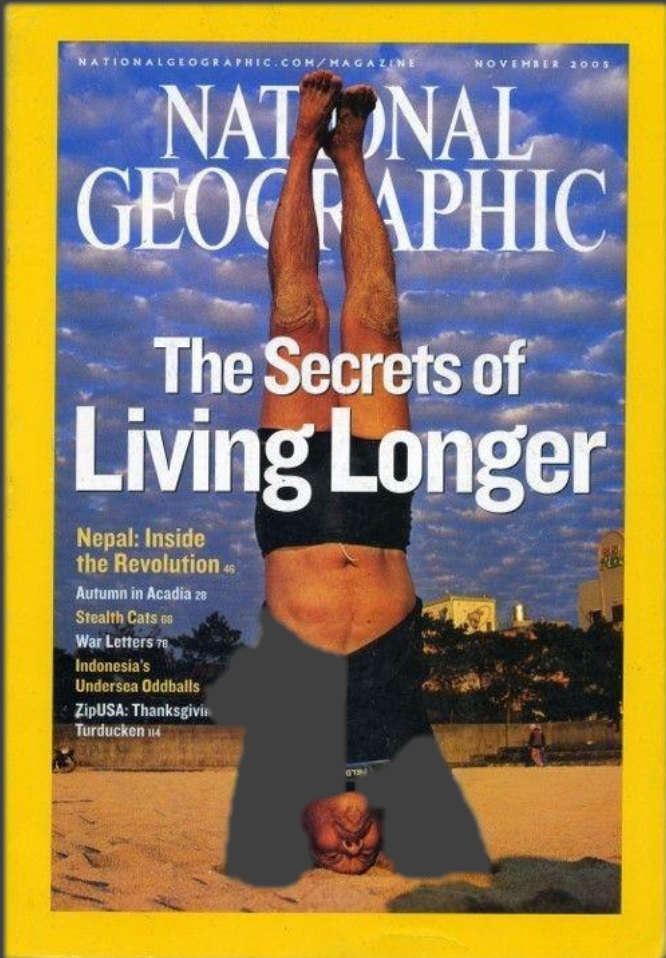


MORE SKILLS, FEWER PILLS

John Harvey
Kellogg

1852 - 1943





HOW MUCH IS ENOUGH

In 1880, the famous German scientist, Dr. Justus von Liebig had discovered that muscles were made of protein.



HOW MUCH IS ENOUGH

Later, his student **Dr. Carl Voit**, from watching coal miners, calculated that these strong, muscular men ate about 120 grams of protein a day.



HOW MUCH IS ENOUGH

Although the beliefs of these great men were later proven incorrect, they spurred a worldwide concern over getting enough protein, a concern that persists even to this day.





HOW MUCH IS ENOUGH

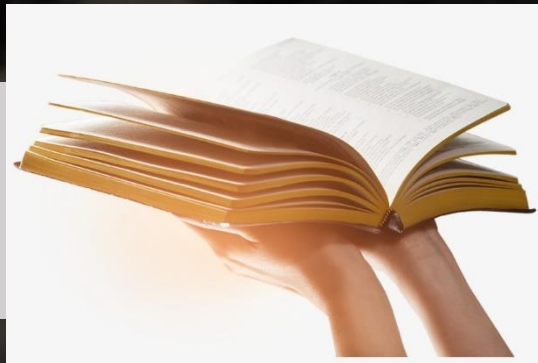
- 45 – 60 grams of protein are recommended (N.A.S. & WHO)
- Average westernized American diet is eating twice the recommended amount.

ACCIDENTLY



VEGAN!





Noah's Ark





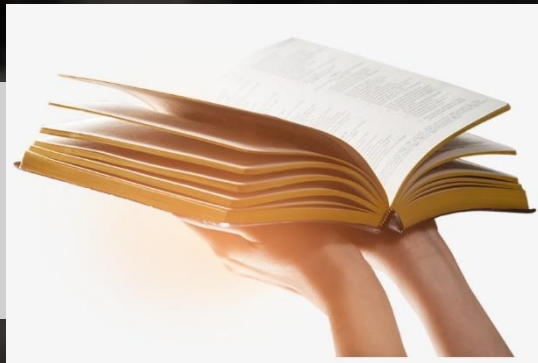
You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female;

Genesis 7:2



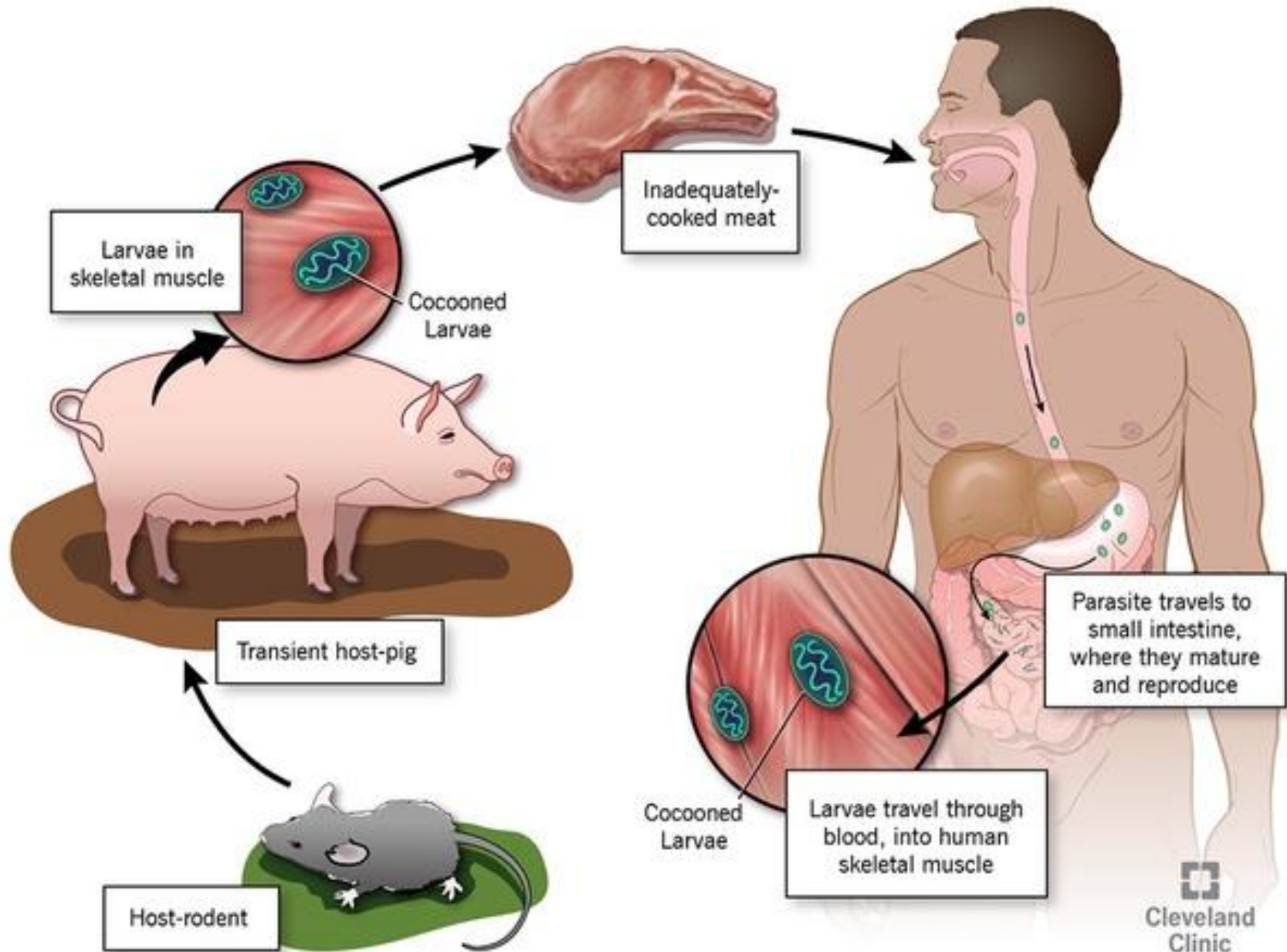
Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud-that you may eat.

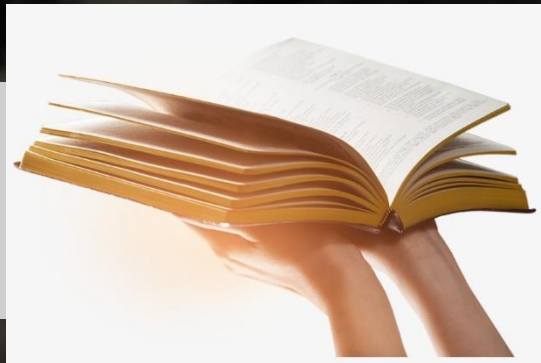
Leviticus 11:3



And the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you.

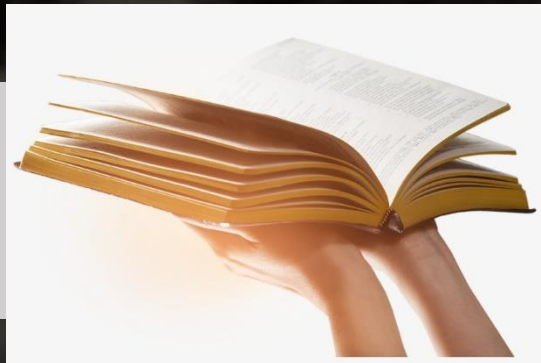
Leviticus 11:7





These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers-that you may eat.

Leviticus 11:9



But all in the seas of in the rivers that do not have fins and scales, all that move in the water or any living thing which is in the water, they are an abomination to you.

Leviticus 11:10



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Simplified Digestive System

1.) Shellfish **aren't able to properly expel waste** which can be blamed on their highly simplified digestive system.



High Cholesterol

2.) Unlike regular fish, shellfish tends to be high in cholesterol. **One serving of shrimp alone contains more than half of the daily recommended limit of cholesterol.**



salted egg crab
chasingfooddreams

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Bacterial Infections

3.) Consuming spoiled shellfish can be extremely hazardous leading to **food poisoning and a serious bacterial infection.**



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Garbage Eaters

4.) Because shellfish is a bottom feeder, they are twice as likely to contain food illnesses such as salmonella Norwalk virus, E. coli, and Hepatitis A than their fin and scale counterparts (regular fish). **They literally eat all the garbage that is thrown in the ocean.**



High Levels of Mercury

5.) Shellfish
**contain high levels
of mercury** which
is one of the most
dangerous heavy
metals and can
cause a plethora of
health problems.



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Shellfish Allergy

6.) Shellfish are among the highest allergy causing foods and intolerance to them is quite common worldwide.



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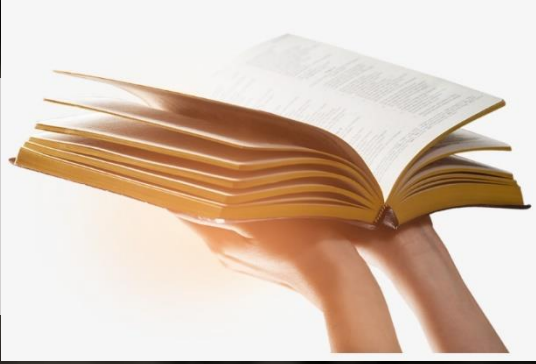
Parasites

7.) Due to the lack of adequate digestive system, **shellfish cannot easily flush toxins and parasites out of their system.** This means that anyone eating it, will also consume the unwanted garbage from the sea as well.



Insects of the Sea

8.) **They are literally insects of the sea...** although not directly related, there are some similarities in body structure making them... distant cousins.



And these you shall regard as an abomination among the birds; they shall not be eaten, they are an abomination: the eagle the vulture the buzzard

Leviticus 11:13



Yet these you may eat of every flying insect that creeps on all fours: those which have jointed legs above their feet with which to leap on the earth.

Leviticus 11:21

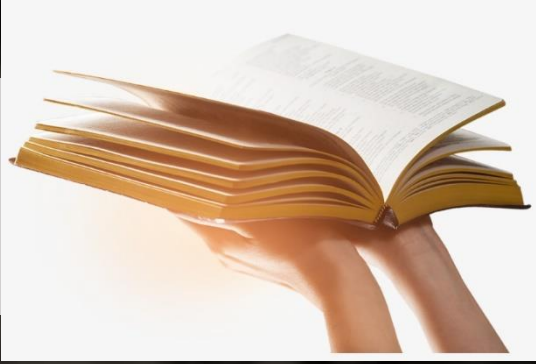


These you may eat: the locust after its kind, the destroying locust after its kind, the cricket after its kind, and the grasshopper after its kind

Leviticus 11:22

What about the verses that say you can eat anything?

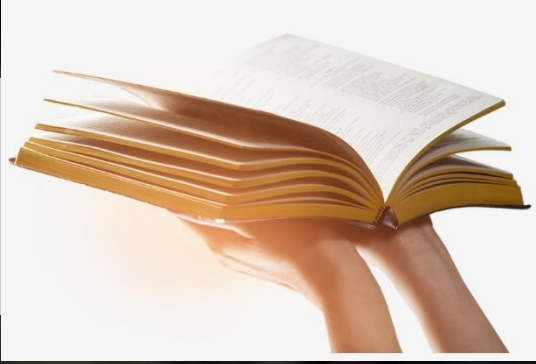




NIV

For it doesn't go into their heart but into their stomach, and then out of the body. (In saying this, Jesus declared all foods clean.)

Mark 7:19



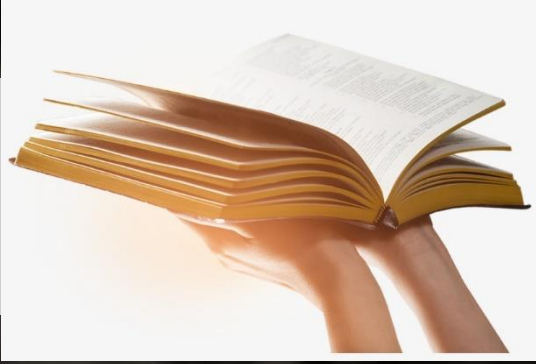
KJV

**Because it entereth not into his heart,
but into the belly, and goeth out into
the draught, purging all meats?**

Mark 7:19

Did Jesus' die
on the cross to
make forbidden
food healthy?





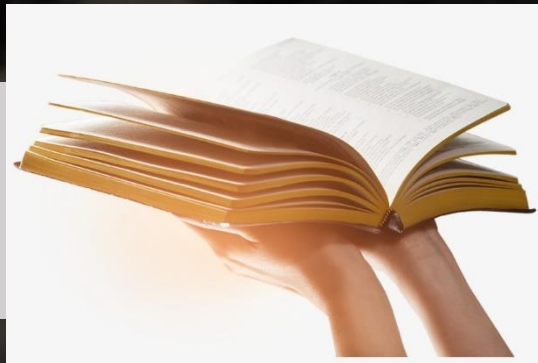
The Second Coming





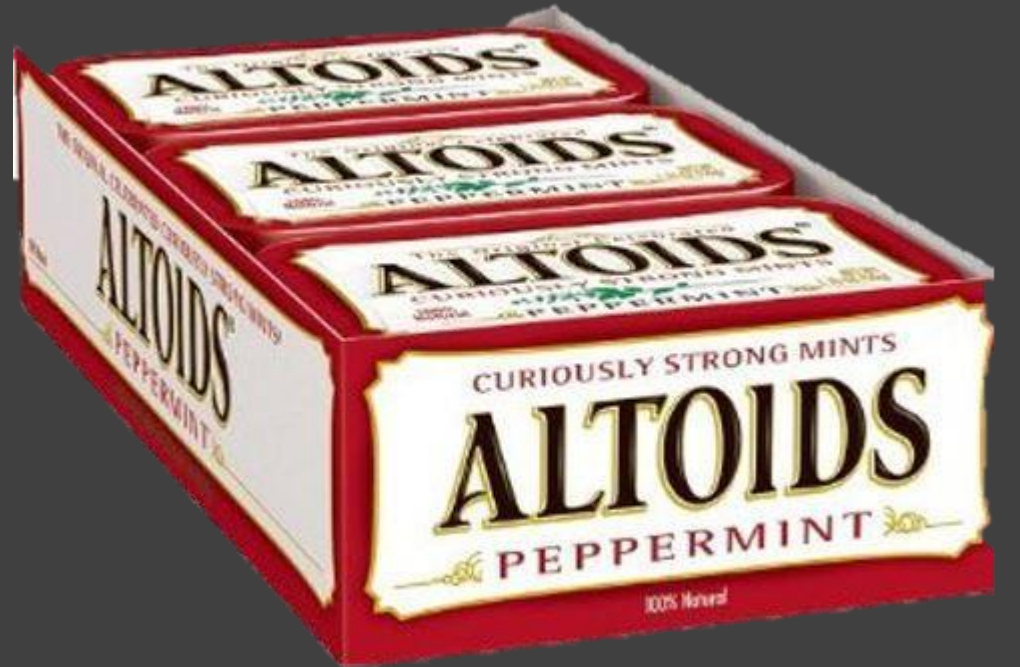
For behold, the Lord will come with fire and with His chariots, like a whirlwind, to render His anger with fury, and His rebuke with flames of fire.

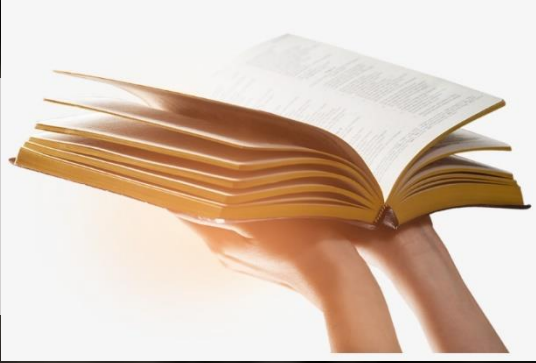
Isaiah 66:15



“Those who sanctify themselves and purify themselves, to go to the gardens after an idol in the midst, eating swine’s flesh and the abomination and the mouse, shall be consumed together,” says the Lord.

Isaiah 66:17

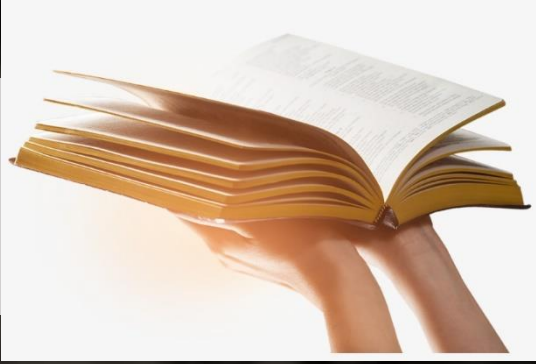




Glorify God

**Therefore, whether you eat or drink,
or whatever you do, do all to the
glory of God.**

1 Corinthians 10:31



God doesn't change

I know what whatever God does, It shall be forever. Nothing can be added to it, and nothing taken from it.

Ecclesiastes 3:14



HEALTH

YOUR LIFE DEPENDS ON IT



A scenic landscape featuring a bright sun rising over a range of mountains. The foreground is filled with lush green trees and foliage, while the background shows distant mountain peaks under a sky with soft, wispy clouds. The overall atmosphere is peaceful and serene.

Closing Hymn
#430: Joy By and By

**Wisdom
Strengthneth
the Wise**

