



Holy Nourishment

"I the LORD
am your healer."

Exodus 15:26

[Faint, illegible text on the scroll, likely a translation or commentary of the verse above.]



*John
Rothacker*

About the Author

In 1964, John Philip Rothacker was dramatically and radically converted to the Lord Jesus Christ. Born in Fremont, Ohio, in 1935, he graduated from the College of Dentistry at Ohio State University in 1963, and completed an internship in pedodontics at Children's Hospital a year later, following which the Lord gloriously revealed Himself.

He then practiced dentistry for two years, dividing his time between private practice and working with children at the Columbus State School for the mentally retarded. Following a desire to serve the Lord full time, and stimulated to fasting and more prayer, John left to do missionary dentistry for three months in the summer program of Project Compassion in the West Indies in 1966. After this ministry, while traveling and working with other missionaries, God led John into the gifts of the Holy Spirit, and he experienced the power of God in many exciting, miraculous, and life changing ways.

After returning home, he was ordained in 1967 by the Lord Jesus "through prophetic utterance with the laying on of hands by the presbytery" (I Tim. 4:14). John was set apart as an apostle, "to plant the church," which is what the foundational book, *The church*, and his whole life and ministry, are all about. His first publication concerning women, *The Public Ministry of Women*, teaches about the biblical role that women are to have in the body of Christ, specifically in the assembly, along with many other foundational truths. The second, *A Woman's Headcovering*, is a booklet expounding "a biblical custom practiced faithfully by all godly women from the beginnings of recorded history until our present generations." A sequel entitled *Men's Headcovering* adds information concerning history on both men and women's headcovering that reveals how the errors concerning these practices have entered both Babylonian Judaism and Babylonian Christianity. *A Woman's Dress* is another booklet, teaching what God has to say from the creation of man in "Genesis" to "The Revelation of Jesus Christ" about modesty and dress for both men and women, but primarily the biblical and secular emphasis that is upon women.

In 1976, the Lord Jesus led John out of ten years of part-time dental practice ("tent making," Acts 18:3) and into a radio

ministry where he was “on call” teaching and discussing the scriptures and health related subjects over the air live for 20 years. An original “talk radio” format according to Acts 19:9, the “Truth for Today” program is an outreach through the media of radio, CDs, literature, and now the internet to “plant the church” in Christ, in His love, faith, holiness, righteousness, health, and healing, always endeavoring to speak the truth in love.

After his conversion he remained celibate for many years and then the Lord gave him a helpmate to minister with him. God is healing both naturally and supernaturally as John teaches, and his wife, Dulce, is also given manifestations of the Holy Spirit such as “a word of knowledge,” “gifts of healings,” and “spiritual songs” (Ex. 15:26; I Cor. 12:7-11; Eph. 5:19). As they minister together, the demonstration of the Holy Spirit and power brings wonderful surprises.

Among various ministries is a Basic Disciples Course available together with his books called “Apostolic Foundation Series.” This series of teachings from the Lord’s direction is very helpful for anyone who desires to build his life and God’s church in love and scriptural truth according to “the apostles’ doctrine” (Acts 2:42). These and other programs from Truth For Today are available from the Internet or upon request.

Another specific ministry given by revelation, scripture, and a dream, is “Holy Nutrition,” and now this book. In addition to teaching and public speaking, the “Health for Today” program provides literature, instructions, and certain products about health and healing. “Manna From Heaven” Whole Leaf Aloe Vera is their own brand of one of the most ancient and healing herbs that the Lord created, and He has directed them to provide it for the “health and healing” of His people.

John is also active in various ministries working to share our American Christian heritage and support religious freedom at home, and promoting unity, revival, and restoration in the body of Christ worldwide.



Holy Nativity

By
John Rothacker, D.D.S.



Available from:

**John Rothacker Ministries
Box 3219
Columbus, Ohio 43210**

www.HolyNutrition.org

Upon request, permission may be obtained to duplicate, quote, or use any of the material contained herein, but not for financial gain.

Unless otherwise indicated, all biblical quotations are from the King James Version or the New American Standard Bible as indicated.

(NAS) indicates New American Standard Bible
© 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by the
Lockman Foundation and used by permission.

International Standard Book Number 978-0-9674869-5-6

Copyright © 2004, 2009
John P. Rothacker
Columbus, Ohio
All Rights Reserved

Printed in the United States of America

Contents

	Page
About The Author	i
About The Book	Back Cover
Thank You	vii
Preface	ix
Chapter 1	Holy Nutrition 1
Chapter 2	What is Food? 13
Chapter 3	Exodus 15:26 Four requirements for Health 21
Chapter 4	Exodus 23:25-26 The Fruit of Blessed Bread and Water 27
Chapter 5	Exodus 23:20-33 The True Service of God 31
Chapter 6	Psalm 23 What and Where we Eat 37
Chapter 7	Leviticus 11 and Deuteronomy 14 The Unclean: What & Why? 41
Chapter 8	Leviticus 11:10-12 "Unclean" Minerals 53
Chapter 9	Psalm 102:25-27 The Trace Minerals 57
Chapter 10	Psalm 103:5 Good Things can Satisfy 79
Chapter 11	The Biggest Idol in a Christian's Life! What is it? 83
Chapter 12	Daniel and the three Hebrew youths 99
Chapter 13	Nebuchadnezzar and his Seven Year Diet 103
Chapter 14	Psalm 23:1-3 Healthy Digestion 127
Chapter 15	1 Thessalonians 5:23-25 Wholly Holy 129
Chapter 16	Matthew 15:1-20 and Mark 7:1-23 What did Jesus really say? 131
Chapter 17	1 Timothy 4:1-11 Prayers of sanctification vs. Prayers of blessing 139
Chapter 18	"A land flowing with milk and honey" 155
Chapter 19	Proverbs 24:13-14 Honey, Honeycomb, & More 201
Chapter 20	Acts 10 and 11 Peter's Vision 223
Chapter 21	Romans 14 All food is clean! 231
Chapter 22	Romans 11:5-10 When our table brings sickness and death! 235

Chapter 23	1 Corinthians 6:12-13, 19-20 Lawful, but unprofitable	245
Chapter 24	1 Corinthians 8; 10:23 – 11:1 Doing all to the glory of God!	251
Chapter 25	Sickness – Its Causes and Cures	255
Chapter 26	Matthew 6:16-19; 9:14-15; Isaiah 58 Fasting – For Health and Healing	267
Chapter 27	Genesis 1:29-31; Song of Solomon Herbs and Spices	281
Chapter 28	Job 5:26-27 Living and Leaving in Health	309

Thank You!

First, I want to thank the Lord for all the truth, the wisdom, instruction, and understanding, mercy and grace that He has given me in writing this book. It all started actually before I was born, by what He imparted to my parents, and then even in the natural method they used to bring this much prayed for boy child into the world. It has been and continues to be a fascinating, helpful, exciting, and health-producing journey. His desire for us is to walk in truth, so that truly we can be in health and prosper, even as our soul prospers. (3 John 1:2-3)

I will say again as I said in giving thanks in writing my book on *The church*, "I want to thank the Lord for everything! His instruction, enlightenment, the wonderful way He leads us into truth is amazing, and fills life with so much wonder and excitement. When writing on subjects such as are found in this book, to reflect on the direction, the inspiration, revelation, all of God's marvelous ways of bringing truth to us, it's just simply wonderful. Thank you Father, thank you Lord Jesus, and thank you Holy Spirit!"

Also, I want to thank my dear wife, Dulce, for her years of patience while writing this book, and for her commitment and application to the truths found herein, and for her proof reading and help.

To my friends Wilma, Jim, Donna, Brian, Sylvia, Galen, Susan, and Billy, for their input, help, prayers, support, or editorial assistance, I shall always be grateful!

And to Tom, because your artistic ability and skills in making the cover and graphics have been so amazing, working with you and the Lord and seeing the work accomplished has been also wondrously surprising! Thanks to you, and thanks again to all!

Preface

The Lord gave me a dream on Dec. 27, 1991 in which He instructed me to call what I was teaching "Holy Nutrition." I had been calling it Biblical Nutrition, but God has a more complete and explanatory term. Biblical Nutrition would refer to what is in the scriptures, but God wants not only what is in the scriptures, but also what He teaches us by His Holy Spirit. And the purpose is according to the scripture that He gave me also in the dream, **"But as He which hath called you is holy, so be ye holy in all manner of conversation [Gk.: behavior, manner of life]; Because it is written, "BE YE HOLY, FOR I AM HOLY." (1 Pet. 1:15-16, which Peter quotes from Lev. 11). So, in one aspect, we are talking about the nutrition of a holy diet. And secondly, we are to be holy as Romans 12:1-2 was referenced. "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. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."**

Now, in order for us to give ourselves to God as a holy sacrifice, we must first purify ourselves the best we can ahead of the time of offering. When the Israelites were instructed on how to offer their sacrifices, they were instructed to give animals, it is written, without **"defect."** Over and over again in Leviticus it mentions this. A bull, a lamb, a goat, **"without defect."** This means we must purify ourselves before we come to God to offer ourselves as a living and holy sacrifice! We must not touch unclean things, and we must **"cleanse ourselves"** as the scriptures says **"from all defilements of the flesh and spirit, perfecting holiness in the fear of God"** (2 Cor. 6:14 – 7:1).

Many years ago when I first started in my private practice of dentistry, about early 1965, the scripture that the Lord gave me, and which I prayed many times about and put on my business card, was 1 Thessalonians 5:23:

"And the very God of peace sanctify you wholly [that's completely]; and I pray God your whole spirit and soul and

body be preserved blameless unto the coming of our Lord Jesus Christ.”

We read here that God wants us to be completely holy, all three parts of us, our spirits, our souls, and our bodies. And this we must do if we are going to please God, have an effective prayer life, and benefit from all of His precious promises (1 Jn. 3: 21-22; II Cor. 7:1).

So, in order for us to offer our bodies to God as a living and a holy sacrifice, let us consider what we must do in regards to the things of the flesh. The people of God of old were told what to eat and what they were not to eat in order for them to be holy. There is no difference today. God has not changed, His word is still true, and even modern science is proving more and more the truths of God’s word concerning the foods that we are to eat, and those things that we are not to eat.

Holiness brings health, physically, mentally, emotionally, and spiritually. Adam and Eve died because they ate what God told them not to eat! And we are dying today for the very same reason. We think we can alter God’s word and get away with it, or else we succumb to false teaching, and pay the same price our forefathers did, and everyone else down through history. So we are going to consider a number of things that the Lord has shown me we are to do and we can do if we are to be holy, healthy, and happy!

One, “Holy Water.” Another, “Holy Food.”

Under “Holy Water” we will consider ways to purify our water from contaminants such as bad chemicals and bugs.

Under “Holy Food” there are those things we should not eat, and there are those things that we should eat. And like Adam and Eve, there are many more things that we can eat than which we should not, but our culture and religious upbringing may be dead set against the truth. And I mean DEAD set! They are dead, and set in their dead and dying ways, but we are to be alive and set in the ways of health, abundant life, and godliness.

So, one of the first things we must understand is: “What is Food?” But before we can do that we must have our hearts prepared and our minds made up, that we want to know and do the will of God, concerning food or anything else. Therefore, let us look at the verses in context that the Lord gave me in the dream when he gave me the name, “Holy Nutrition.”

Holy Nutrition

“Therefore, gird your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ.

As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior; because it is written, “YOU SHALL BE HOLY, FOR I AM HOLY.”

And if you address as Father the One who impartially judges according to each man’s work, conduct yourselves in fear during the time of your stay upon earth.”

(1 Peter 1:13-17 NAS)

Here we see clearly that God wants us to be holy just as He is holy. That means free from sin, and set apart for the glory of God! This verse tells us that we are to be holy in all of our behavior. The KJV is Old English and says “conversation,” but the word translated “behavior” is from the Greek word *αναστροφη*, *anastrophe*, and means, “manner of life, behavior, conduct.” This holiness results in what the scripture also says: **“Whether, then, you eat or drink or whatever you do, do all to the glory [meaning the praise, honor, excellence, splendor, magnificence, exultation, dignity, the glory] of God.”** (1 Cor. 10:31 NAS)

Now notice that Peter quotes from the Old Testament scriptures in Leviticus, chapter 11, where God is telling Moses and His children certain rules about what they are to eat or not to eat; it has nothing to do about religious ritual or ceremony, but about being holy. But we’ll have more to say on these scriptures later.

The other scripture which the Lord gave me was Romans 12:1-2, so let us look at this more carefully.

“I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.”

(NAS)

Here the Lord is urging us, beseeching us, the Greek word is: παρακαλω, *parakalo*, and means “to call, to exhort, to admonish, to urge, to beg, to entreat, to beseech, to comfort, to encourage.” From this word we get the noun *Paraclete*, referring to the Holy Spirit, one called to our side to help us in our times of need. So the Lord is calling us with the help and power of the Holy Spirit, because of God’s great mercy (which He had just related in the previous chapter of how God has bestowed mercy upon all of us while in our unbelief and disobedience), to a life of sacrifice. Specifically, that we would present, place at disposal, our bodies as Christ did for us, by His life and death, as a living sacrifice, and that this sacrifice of our bodies should be a holy sacrifice, and thus acceptable to God. That this living holy sacrifice of our bodies would then be accepted as true worship, spiritual worship, and the only reasonable service we can give to God who is holy.

Now for this sacrifice of our bodies (note He is speaking here of our bodies specifically and not our spirits and souls, which we are told elsewhere are to be totally yielded to Him) to be acceptable to God, that the giving of our bodies must be according to the will of God. And for us to know what the will of God is, we must understand something, and do something. Which is that we must not give our bodies according to the ways of this present evil age, to be “conformed” to its lusts and deceptions. The word “conformed” here is συσχηματιζεσθε, *suschematizesthe*, meaning to “conform oneself to another’s pattern, to fashion oneself according to” (*Thayer’s Greek-English Lexicon*). It is made up of two words, the *su*, meaning when used in composition with another word, “association, community, fellowship, participation” with. The other word is from the root, σχημα, *schema*, meaning “the habitus, as comprising everything in a person which strikes the senses, the figure, bearing, discourse, actions, manner of life, etc.” (Thayer). Trench says it is the “whole outward presentation” and he quotes Bengel as the “character,

manner of life, dress, food, posture, speech, and actions” (Trench Synonyms of the New Testament). What a powerful revelation if we can get hold of this! The Holy Spirit is pleading with us not to allow our bodies to be used like those of the unregenerate world. That whatever we put in our bodies -- the food, the drink, the body preparations, the medications, the abusive substances, whatever we can put in our bodies -- must not be taken in when they are unhealthy and destructive to our bodies, just because the world or our pre-conversion lives have habituated us to them, or we’ve been tempted by the world or carnal (fleshly) or ignorant Christians to use them! Our bodies are the temples of the Holy Spirit! They belong to God! They were bought with the precious body and blood of our Lord Jesus Himself!

“Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”

(1 Corinthians 6:19-20 NAS)

The word *suschematizesthe* is in the present middle voice in Greek, meaning we allow this because of self, our own selfishness. This also includes what we put on our bodies, our clothes and the fashions thereof when they are against godly and scriptural modesty. It includes where we take our bodies, and what we do with our bodies in every sense.

Now, this is accomplished when you are willing and obedient by not being conformed to this age, but being **“transformed by the renewing of your mind.”** The word transformed here is significant. It is μεταμορφουσθε, *metamorphousthe*, from where we get our common word metamorphosis. It is made up of two words, μετα, *meta*, meaning “exchange” and μορφη, *morphe*, meaning “the form by which a person or thing strikes the vision” (Trench). “Μορφη *form* differs from σχημα *figure, shape, fashion*, as that which is intrinsic and essential, from that which is outward and accidental” (Thayer quoting Lightfoot). A metamorphosis is what a caterpillar undergoes in becoming a beautiful butterfly. It is a change in form from the inside out. It is a complete change starting from within, within our spirits, giving us a new spirit, effecting then our minds, our souls, our emotions, intellect, and will, and then changing our bodies, our flesh from the blood and

bones to our bodies shape and form, our appearance to others. It is the same Greek word used of our Lord when he was on the Mount of Transfiguration when it was spoken that He was “transfigured” before them. (Mt 17:2; Mk. 9:2)

“Truly I say to you, there are some of those who are standing here who shall not taste death until they see the Son of Man coming in His kingdom. And six days later Jesus took with Him Peter and James and John his brother, and brought them up to a high mountain by themselves. And He was transfigured [“metamorphosized”] before them; and His face shone like the sun, and His garments became as white as light.”

(Matthew 16:28 - 17:2 NAS)

Talk about the power of God and His kingdom! Even His clothes were changed. This word is used one other time in scripture where we read:

“But we all, with unveiled face beholding as in a mirror the glory of the Lord, are being transformed [changed KJV] into the same image [eikon, literal, image] from glory to glory, just as from the Lord, the Spirit.”

(2 Corinthians 3:18 NAS)

Think of that! The Lord by His Spirit is “metamorphosizing” us. The Greek is in the present imperative passive voice, which tells us that it is a command now and He is doing it as we submit to Him. He is transforming, changing us from the inside out so that our image, what people see, is getting more and more like Him as He is now, in His glorified body! This is gradual, from one degree of glory to another, but someday those who turn many to righteousness shall actually shine as the stars forever and ever! (Daniel 12:3, 10) I believe His promise is that we can have some of that now, in this life. Isaiah the prophet promised:

“Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee. For, behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee. And the Gentiles shall come to thy light, and kings to the brightness of thy rising.”

(Isaiah 60:1-3 KJV)

I've been waiting years for this! It is coming. Wait for it, as the scripture says:

“For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.”

(Habakkuk 2:3 KJV)

Oh, beloved, let us give our bodies back to Christ as living sacrifices, letting our minds be renewed so that we can be transformed into His likeness, and then we will be able to prove, by trial and error as we learn, what is God's will for us, His will which is good, nothing bad in or from it, acceptable, the only will that God accepts, and perfect, without flaw or fault. Oh, Praise the Lord!

If you're ready for this, let's pray!

“Father, we give ourselves to you. We give ourselves totally to you. Our whole spirit, our souls, and our bodies. To be sanctified completely, to be living sacrifices, so that we can be transformed by new minds with new hearts and bodies, so that we do your will perfectly and thus give glory to you. That we might bring glory, and honor, and praise to you, our Lord, in whatever we do, and forever we pray. Amen! And, Amen!”

Now, after I had written many chapters of this book, the Lord gave me another dream in which He instructed me to insert a portion on the fear of God. Remember the last verse, which we have at the beginning of this chapter:

“And if you address as Father the One who impartially judges according to each man's work, conduct yourselves in fear during the time of your stay upon earth.”

(1 Peter 1:17 NAS)

In fact, I think it would be meaningful to share the note I wrote on my computer the morning God spoke to me through the dream.

9/10/04 I had a dream as I awoke this morning. I was in a room of about 15 -20 people and we were standing and talking

among ourselves, and said something about diet, and one woman said what I was about to share with them, "it's a lack of the fear of God" and I said "you're exactly right." And then I thought of some information I was going to put at the end of this book, but that now I needed to move it up because the scripture tells us that **"the fear of the LORD is the beginning of wisdom"** and **"the fear of the LORD is the beginning of knowledge"** and **"the fear of the LORD is to depart from evil."** And then **"Come, and I will teach you the fear of the LORD."** Oh, how many times as a young Christian I prayed "Oh, Lord, teach me 'the fear of the Lord!'"

God tells us through the scripture here from Peter that He judges us all now according to how we live now. God tells us all sin is judged, some now and some goes after us to the eternal judgment.

"The sins of some men are quite evident, going before them to judgment; for others, their sins follow after."

(1 Timothy 5:24 NAS)

Jesus tells us that the day is coming when we shall have to give an account of even every idle word that we have uttered! He said:

"I say to you, that every careless word that men shall speak, they shall render account for it in the day of judgment."

(Matthew 12:36 NAS)

So, it behooves us, beloved, to walk in the fear of God. Some might still wonder why. Because:

"The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction."

(Proverbs 1:7 KJV)

"The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding."

(Proverbs 9:10 KJV)

"The fear of the LORD is to hate evil; Pride and arrogance and the evil way, and the perverted mouth, I hate."

(Proverbs 8:13 NAS)

“In the fear of the LORD is strong confidence: and his children shall have a place of refuge.

The fear of the LORD is a fountain of life, to depart from [avoid NAS] the snares of death.”

(Proverbs 14:26-27 KJV)

These are some of my favorite verses from the book of Proverbs, a few of the 14 verses just in this book alone referring to the fear of the Lord.

You see, beloved, these verses tell us that we cannot even begin to have proper knowledge unless we embrace the fear of the Lord. All of our humanistic, godless education today is leading us and our children away from God and the truth of what we need to know to be successful in this life and in the light of eternity. And how to apply true knowledge, the wisdom of God, begins with the fear of the Lord! And if we have it, we will hate the evil of this godless generation, the pride and arrogance it promotes, and the perversion that flows continually from the mouths of the media and educational systems of this world! Our dinner tables will be a refuge from the death and disease that the customary diets of our culture shove at us continually, and we will learn of God’s ways and feast confidently in them, and drink of the health giving fountains of life. Amen!

Now, a couple of other thoughts concerning the fear of God. Even some translations of the scripture water it down and change the word fear to reverence. To be sure, the fear of the Lord includes reverence, but it is much more than that. Listen to the Lord Jesus Himself while He was teaching His chosen disciples:

“And do not fear those who kill the body, but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell.”

(Matthew 10:28 NAS)

And again,

“But I will warn you whom to fear: fear the One who after He has killed has authority to cast into hell; yes, I tell you, fear Him!”

(Luke 12:5 NAS)

Yes, we are instructed by the Lord Jesus Himself to fear God! To fear Him in the same way that people normally fear those able to take their lives. This is much more than reverence. In fact, when Paul wrote about our having to stand someday before the Lord of the universe and give an account for our lives, he wrote that we would have to give account for every thing we've done and receive a proper recompense, whether it was something good, or something bad, gain reward or suffer loss, and that it would be a very sobering and profound experience. He said:

“For we must all appear before the judgment seat of Christ, that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad. Therefore knowing the fear [Greek: phobos -- fright, fear, dread, terror; KJV terror] of the Lord, we persuade men.”

(2 Corinthians 5:10-11 NAS)

And again,

“Each man’s work will become evident; for the day will show it, because it is to be revealed with fire; and the fire itself will test the quality of each man’s work. If any man’s work which he has built upon it remains, he shall receive a reward. If any man’s work is burned up, he shall suffer loss; but he himself shall be saved, yet so as through fire.”

(1 Corinthians 3:13-15 NAS)

In the beginning, one disobedient act, initiated by the deception of Satan, brought this whole world into sin, death, and destruction. In the New Covenant, we soon have the case of Ananias and Sapphira, who died under the judgment of God, and it brought the fear of God upon both the early church and the unsaved as well. (Acts 5:1-13) In fact, it says “great fear”!

“And great fear came upon the whole church, and upon all who heard of these things.”

(Acts 5:11 NAS)

Many times in my life and ministry I have seen the Lord judge those who sin against Him and others, as well as themselves.

I think I should share a few incidences, and they will be applicable to the truths that we will be sharing in this teaching.

The first is a story of a young man, a husband and father of small children, who had developed brain cancer. He smoked cigarettes, but the Lord delivered him from smoking and healed him from the cancer. But later he went back to smoking, and then the cancer returned, and he died, leaving a wife and small children. He did not have the fear of God, and the hatred for sin and evil that goes with it. Jesus said, **“Remember Lot’s wife!”** (Luke 17:32)

Another incident was when I had been teaching on live late night radio and a man who had a live program after me started to sow discord and dissention over what I was ministering. He died suddenly, and the Lord made His judgment very real to me.

Another was when I shared some truths about God’s ways, and a “spirit filled” woman immediately rejected it very disparagingly, with the most disdainful and disgusting tone in her remark I’ve ever heard as she said slowly, “That’s holiness.” She then developed cancer and died a painful death from that dreadful disease. Beloved,

“God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh shall from the flesh reap corruption.” And **“Do not be deceived!”**

(Galatians 6:7-8 NAS)

I know of a preacher who said to some Christians who told him of the truths they were hearing from my radio program on holiness in food and dress that he would never teach those things. His wife then left him, and the pain of that experience is tragic. The Lord let me know, if a preacher doesn’t care for His bride, the church of the living God, to see that we are prepared for Him as a bride without spot or blemish, holy and blameless, then He will deal with our bride, our wives, and it won’t be nice. (Ephesians 5:23-33)

Beloved, the fear of the Lord is the beginning of wisdom, and it causes us to hate sin and depart from evil. Paul wrote about this as being part of the true grace of God:

“For the grace of God that bringeth salvation hath appeared

to all men, Teaching [Gk. Paideuo: child training, disciplining, chastening] us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; Who gave Himself for us, that He might redeem us from all iniquity [lawlessness], and purify unto Himself a peculiar people, zealous of good works.”
(Titus 2:11-14 KJV)

Some time ago the Lord had my wife and I go to the Philippines to visit her mother. I took along a very popular book which a brother had given me, *The Purpose Driven Life* by Rick Warren. It quotes many scriptures using modern translations and paraphrases. At times this can be very helpful as Rick says, seeing “God’s truth in new, fresh ways.” But it also can be very misleading, as some modern translations and paraphrases completely miss the truth of God’s word in a particular scripture. Therefore, I checked out every reference in both the King James Version and the New American Standard, both very accurate translations that I regularly use and recommend.

One verse that really spoke to me afresh was Psalm 25:14, particularly from the NAS literal notes in the margin. The paraphrase completely missed it, but the accurate literal translation really is profound:

“The secret of the LORD is for those who fear Him, and He will make them know His covenant.”
(Psalm 25:14 NAS)

“The secret [counsel, intimacy] of the LORD is for those who fear Him, And His covenant, to make them know it.”
(Psalm 25:14 NAS lit.)

Here we see that a very precious blessing of having the fear of God is that He will make us to know and understand His Covenant, what it means, and its promises. And when God emphasizes His Covenant, we can understand that all the aspects of blessings and benefits contained in His New Covenant, He will open our eyes to see and understand and cause our minds to comprehend so that we can appropriate them in our lives and ministry.

When we see that so many in the body of Christ do not

understand that healing is provided in God's New Covenant, we can then understand the great lack of the fear of God in the people of God. This is true of both supernatural healing provided which so many do not understand and appropriate, but also of natural healing through the many means God has also provided -- foods, herbs, nutrients, and various healing modalities.

The Lord says do not even touch unclean things, let alone eat them, and He will receive us and fulfill His conditional promises in our lives.

“Do not touch what is unclean; and I will welcome you. And I will be a father to you, and you shall be sons and daughters to Me,” Says the Lord Almighty.

Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God.”

(2 Corinthians 6:17 – 7:1 NAS)

The fear of the Lord must be taught and learned, so pray for it. God says:

“Come, you children, listen to me; I will teach you the fear of the LORD.”

(Psalm 34:11 NAS)

And do not be as many, especially the rulers of Christian synagogues (they call them local Churches), who fear men more than they fear God, and so will not confess certain truths about Jesus and His word.

Jesus revealed this to us:

“Nevertheless among the chief rulers also many believed on him; but because of the Pharisees they did not confess him, lest they should be put out of the synagogue: For they loved the praise of men more than the praise of God.”

(John 12:42-43 KJV)

Between the time that the Lord gave me the dream to put instruction here about the fear of the Lord and this writing, a brother mentioned a book by John Bevere entitled, *The Fear of the Lord, Discover the Key to Intimately Knowing God*. It is excellent, and I recommend it wholeheartedly. He shares many wonderful

scriptures and experiences, and so I will close with a statement he adds that goes along with our last scripture that is most important for us all concerning the truths of this book on Holy Nutrition before we proceed to the next chapter and find out what God really considers food to be. He writes:

“If you desire the praise of man, you will fear man. If you fear man, you will serve him – for you will serve what you fear.”

And God says,

“The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.”

(Proverbs 29:25 KJV)

So then,

“Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.”

(Ecclesiastes 12:13 KJV)

“What is Food?”

Very simply, but very profoundly, food is what God says is food, what God says is to be eaten, and it is not what God says is not to be eaten!

As soon as God created man, He blessed Adam and Eve, and told them:

“Be fruitful, and multiply, and replenish [Heb.: fill, not “redo”] the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

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 [Old English word for food]. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat [food]: and it was so.

And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.”

(Genesis 1:28-31 KJV)

In His first words to man, God gave Adam and Eve what to eat. He told them from the beginning instructions for life, and what was to be their food. Notice that it was “every” kind of vegetable, fruits, nuts, and seeds. It was a wonderful, complete diet of good things. There was an emphasis on green herbs for the animals and birds. This is the first color mentioned in the scripture, and we’ll have more to say about green plant life for

food later – very important.

Now, lets take a closer look at this supernatural creation of man.

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.”

(Genesis 2:7-9 KJV)

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.”

(Genesis 2:15-18 KJV)

Here we see that even before God even created a woman to be a helper, a counterpart for the man, perfectly suited for him, one we have discovered that would be skilled and proficient in preparing food, we see that God had established His authority over man by giving him commandment defining food, what was to be eaten, and what was not to be eaten, what was not food!

And we find that after the woman was created, this authority is immediately allowed to be tested and tried by the devil. And the devil is still doing the same job today. He is being used to try man as to God’s authority, to test him concerning God’s Word, and for this topic, “What is food?” Let’s look at the test.

“Now the serpent was more subtle [crafty, shrewd] than any beast of the field which the LORD God had made. And he said unto the woman, ‘Yea [Is it so], hath God said, Ye shall not eat of every tree of the garden?’

And the woman said unto the serpent, ‘We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of

it, neither shall ye touch it, lest ye die.'

And the serpent said unto the woman, 'Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.'

And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat."

(Genesis 3:1-6 KJV)

The test is this. The devil, usually speaking through someone, but maybe directly into our mind, starts by questioning God's Word. Then he flatly contradicts and denies God's Word. And then he appeals to the selfhood of man, and to the things of this world, to its lusts and desires, to his pride. John put it this way:

"Love not the world, neither the things that are in the world. If any man loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever."

(1 John 2:15-17 KJV)

Jesus was tempted in these same three ways. He was hungry after forty days of fasting, and the devil tempted Him to turn stones into bread contrary to the will of God – the lust, desire of the flesh. But Jesus was victorious by quoting the Word of God and resisting! The devil then tempted Him to tempt God by taking Him up to the top of the high temple and to cast Himself down and claim a scriptural promise of protection. Jesus again quoted the Word of God! Then the devil tempted Him through lust, the desire of the eyes, and the pride of life by showing Him the glory of the kingdoms of the world and offering it to Him, if only He would bow down and worship him. Jesus rebuked the devil with the Word of God again, and then angels came and ministered to the Lord! Praise His name!

Now, notice also, that after God made Adam and placed him in a beautiful garden in Eden and gave him a job to do, "to

dress it and to keep it," (that means to keep it beautiful, cultivated and trimmed for God loves beauty and has made man the same way, and work is not a curse) that God allowed Adam and Eve to be tempted.

Satan attacks first through the weaker vessel, and so Eve is made to doubt, then has the Word of God that she knew contradicted by reasoning and an appeal to her pride. Eve had gotten this Word of God from Adam, her husband, who got it from God before she was created. She looks at the forbidden fruit and she desires to just taste it. Then she reasons it would be good for food after all, it looks so very good. And to be like God! WOW! She had either reasoned enough about the fruit herself or with Adam, or God had added later, not to even touch it. That is God's wisdom! Don't get near temptation! Don't handle it. Don't purchase it! Don't look at it! Flee lusts! (2 Tim 2:22) But she talked too long with the devil. She yields to the temptation. And Adam, who was right there with her yields to the desire of his wife, and the whole human race is still suffering! From deciding they knew better than God what was food, that which was good to be eaten, and listening to the devil, all of us are still paying the price today. From one bite each, and we think just a little piece won't hurt, "just a taste!"

Then we wonder why we have no power, why we have so many unanswered prayers, why this and why that. Why we are sick, and sick and tired of being sick and tired. Disobedience, my dear friend. Disobedience! Listening to false reasonings of the scripture, listening to the devil. Listening to the desires of our flesh and eyes, and letting carnal Christians feed our pride or attack us with rejection or persecution.

Dearly beloved, when you are threatened with rejection or more, rejoice, God is wanting to bless you. He is wanting to allow you to store up rewards in heaven. He is wanting to make the kingdom of God more real and powerful in your life now! Rejoice! Jesus said:

"Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so

persecuted they the prophets which were before you.

Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men."

(Matthew 5:10-13 KJV)

So occasionally you might have to go hungry. Fast! Again it is written:

"Blessed are ye that hunger now: for ye shall be filled. Blessed are ye that weep now: for ye shall laugh. Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake. Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets.

But woe unto you that are rich! for ye have received your consolation.

Woe unto you that are full! for ye shall hunger. Woe unto you that laugh now! for ye shall mourn and weep.

Woe unto you, when all men shall speak well of you! for so did their fathers to the false prophets."

(Luke 6:21-26 KJV)

Now from the story of creation, we have learned what food is. It is what God says it is, and when God says something is not food, it is not food even if it has vitamins, minerals, proteins, or anything else we think would be good for us. This is important, for the deceitfulness of false foods, either that which is not really food or else real foods that have been corrupted or adulterated, is enormous.

We also learn from these scriptures that God is the original author of sickness and disease, not the devil. He told Adam that in the day they ate, they would die. Death means separation from God, and death and disease started then. He tells us:

"For the LORD shall judge His people See now that I, even I, am He, and there is no god with Me: I kill, and I make alive; I wound, and I heal: neither is there any that can deliver out of My hand."

(Deuteronomy 32:36, 39 KJV)

“The LORD’S voice crieth unto the city, and the man of wisdom shall see thy name: hear ye the rod, and who hath appointed it. . . . Therefore also will I make thee sick in smiting thee, in making thee desolate because of thy sins.”

(Micah 6:9, 13 KJV)

“The LORD will make the pestilence cling to you until He has consumed you from the land, where you are entering to possess it. The LORD will smite you with consumption and with fever and with inflammation and with fiery heat and with the sword and with blight and with mildew, and they shall pursue you until you perish. . . . The LORD will smite you with the boils of Egypt and with tumors and with the scab and with the itch, from which you cannot be healed. The LORD will smite you with madness and with blindness and with bewilderment of heart The LORD will strike you on the knees and legs with sore boils, from which you cannot be healed, from the sole of your foot to the crown of your head. . . . Then the LORD will bring extraordinary plagues on you and your descendants, even severe and lasting plagues, and miserable and chronic sicknesses. And He will bring back on you all the diseases of Egypt of which you were afraid, and they shall cling to you. Also every sickness and every plague which, not written in the book of this law, the LORD will bring on you until you are destroyed.”

(Deuteronomy 28:21-22, 27-28, 35, 59-61 NAS)

“For he who eats and drinks, eats and drinks judgment to himself, if he does not judge the body rightly. For this reason many among you are weak and sick, and a number sleep. But if we judged ourselves rightly, we should not be judged. But when we are judged, we are disciplined by the Lord in order that we may not be condemned along with the world.”

(1 Corinthians 11:29-32 NAS)

“And I will kill her children with death; and all the churches shall know that I am He which searcheth the reins and hearts: and I will give unto every one of you according to your works.”

(Revelation 2:23 KJV)

“For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things,

God shall add unto him the plagues that are written in this book: And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book."

(Revelation 22:18-19 KJV)

The following are additional scriptures for your consideration:

Ex. 15:26; Num. 11:33-34; Deut. 7:15; Lev. 26:16-46; Psa. 38; Psa. 107:17-18; Hos. 4:6, 6:1; 2 Chr. 21:14-19; Mt. 18:23-35; Jn. 5:14; Acts 5:1-11, 12:23, 13:11; Heb. 12:6; Rev. 11:3-6. For more scriptures and complete quotes, see chapter 25 on "Sickness – Its Causes and Cures."

So we have seen in this chapter what food is according to God. It is what He says it is, and when He says something is not to be eaten, then it is not food for us. This understanding must be realized throughout the scriptures if we are going to properly interpret them regarding food. We shall find now as we go through various scriptures that have confused Christians, and caused them to misunderstand the true meaning of God's Word concerning eating, that they can be understood properly only when we realize that God sets the definition of food, what is to be eaten or not. So with this in mind, realizing the seriousness of knowing and obeying the truth as we have seen and been warned, let us look at some individual scriptures, often overlooked or misunderstood, for the truth of God's word, and for our health and holiness, and therefore happiness, both now and forever.

Exodus 15:26

Four requirements for Health

“Then Moses led Israel from the Red Sea, and they went out into the wilderness of Shur; and they went three days in the wilderness and found no water. And when they came to Marah, they could not drink the waters of Marah, for they were bitter; therefore it was named Marah [Bitter]. So the people grumbled at Moses, saying, “What shall we drink?” Then he cried out to the LORD, and the LORD showed him a tree; and he threw it into the waters, and the waters became sweet. There He made for them a statute and regulation, and there He tested them. (:26) And He said, ‘If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer.’

Then they came to Elim where there were twelve springs of water and seventy date palms, and they camped there beside the waters.”

(Exodus 15:22-27 NAS)

I shall never forget when God first gave me this scripture concerning natural healing. It was in 1973. However, to better understand and appreciate the revelation, I will share some experiences beginning seven years earlier when the Lord had taken me to the mission field in 1966 as a dentist. I had given my life to Him for His service with the only talent that I knew at the time, and that was my profession of dentistry. So the Lord opened

for me a short missionary trip to the West Indies for a three-month pilot program, called Project Compassion. I did the dental work, there was a surgeon and nurses who did the medical work, and we all did evangelism. At the end of the three months, they all went back to the States for school, but as I had given myself for the Lord's work, I traveled to other islands for two more months, seeking where I might set up a dental missionary ministry and visiting various missionaries I had met during our program. When I got to Puerto Rico, I was invited to a Sunday service where I saw miracles and healings that just amazed me. Arthritics and paralytics were healed, and a little child had her short leg grow out even with the other by prayer to "Dr. Jesus" as she sat on the evangelist's lap, Peter Nell. I myself was healed of three conditions — hay fever, athlete's feet, and from the need of eye-glasses which I had worn for over 15 years. And I was given a prophecy that I was called to be "an end-time preacher." It changed my life! I had gone to the mission field having been taught that God didn't do miracles today, but now I not only knew He did, but was restoring the five-fold ministry as well (Eph. 4:11).

But a couple years later I was in a meeting in Columbus when the same evangelist came through whom I had seen in Puerto Rico, and when he asked how many had cancer, or heart disease, or one of many other conditions, hands went up all over the large auditorium. This surprised me, as this was a congregation of people that believed in healing and miracles, and yet most were sick with something. So I prayed and asked God what was the answer. He did not reveal the answer to me at that time because He was preparing me for the answer.

In 1969 I took my mother and dad to a healing meeting because of my dad's glaucoma. The evangelist called my mother out and told her that she had a growth on her right eye, and that it had been there for a couple of months. She said that it had. And after prayer, it came off and I rubbed it between my fingers. Then he told her by a Word of Knowledge that she had arthritis in both shoulders, but that it was worse in her left one. That was correct, but she wasn't healed of this condition. Then she said that we had actually come for "Daddy's healing" so the evangelist prayed for him and he was healed, the pressure never went up again. But the fact that mother had been healed of her eye condition, and told about her arthritis but not healed, puzzled me, and I prayed a lot about this.

It wasn't until four years later when I received a testimony

from a fine preacher and teacher about how he had been healed that I got my answer. The man had sought healing in many ways. He had tried orthodox medicine, anointing with oil and the laying on of hands, many prayers, but all to no avail. Then someone told him about taking a little food supplement, but he rejected it. However, after more time and attempts to be healed, he thought he would try it, and so after taking a little food supplement, he was healed. The light went on! My mind was enlightened, and I knew that what I had been asking God about was this. So I sent for a month's supply for myself, and immediately I noticed a difference. I felt healthy, but yet I realized that instead of about twenty pushups in my daily exercise routine, I could do thirty, then forty, before my muscles began to ache. There was something different in my body, and I was pleased. So I sent for three months' supply – one for my mother, one for my father, and another for myself. At the same time, I had been given Dr. Atkins' new book on *The Diet Revolution*, and was learning about carbohydrate metabolism, and so I convinced my mother to stop eating all white refined sugar and take these little vitamin-mineral tablets. Wow! That very month all her pain from arthritis went away which she had had for as far back as I could remember. This was the first of the year, and the pain didn't come back until about two weeks before Christmas that year. I asked my mother what she was eating, and sure enough, as her custom had been for years, she had been baking "Christmas goodies," Seafoam and Divinity candy for baskets and gifts, and had been sampling it as she made it. When she quit, the pain all went away again!

One might wonder why it took so long for me to get my eyes opened to natural healing through vitamin-mineral supplementation. One big reason is that I had been taught erroneously in dental school, the same as most in medical school, that if you "just eat a well balanced diet, you get all the nutrients you need." That is a colossal and serious lie. There are many reasons why that is not true. First, our soils are not what they once were. Soil conservation is not what it once was. Modern fertilization methods produce large crops, but the fertilizer doesn't have the many minerals needed for good health, so the crops are low in these very essential nutrients. Food processing also depletes the food of many nutrients, and then many harmful chemicals are added for various purposes. Many cooking methods further deplete the vitality of our foods, and so one can pick out the finest fruits and vegetables available, but they are not

what God originally created and intended for us to eat so that we would be healthy and filled with vitality ourselves.

Another reason I was so slow in realizing the truth of the need for vitamin-mineral supplementation was that since I had been trained as a “doctor,” taken post graduate training in Pedodontics (interned at Children’s Hospital in children’s dentistry), I thought since I had gotten so much education and understanding of human physiology, anatomy, histology, biology, and so forth, that what I had been taught was correct and the latest information necessary for good health. The trouble was that although most of my training was correct, there were some serious errors and deficiencies when it came to human nutrition. Also, since I knew so much more than most people, I didn’t readily accept the suggestion of one of my patients that vitamins were a good thing to take and necessary for good health today. That is human pride, and God had not sufficiently delivered me as yet from that destructive and serious to have spirit, and that attitude of fallen human nature. Learning knowledge without love “puffs up,” as the scripture says (1 Cor. 8:1). But after years of prayer, when I heard the testimony of someone I respected, the Spirit of God opened my eyes and delivered me from erroneous doctrines propagated by professional pride, ignorance, and prejudice, and if we go back a little way in our medical and dental training, greed, not just by doctors, but by the pharmaceutical industry and governmental agencies involved.

So now it’s 1973, and after having my eyes opened to natural healing, I asked the Lord where this was taught in the scriptures, as I believed that everything I taught needed to be supported by God’s Word. God spoke to me, “Exodus 15:26.”

As I read this scripture, and its context, I immediately recognized another error that I had been taught by the church. I was taught that when this verse was speaking of God being our healer, Jehovah Rapha, that it was to be interpreted as support for supernatural healing, which I had come to believe in and read about. But although God may choose to heal us supernaturally, and I have experienced it and seen it hundreds of times, this verse is primarily speaking of natural healing and health. So let’s look at it closer.

God tells us four things we are to do, and if (please notice the big **I**), if we do these four things then He will be our physician, and we won’t get sick and diseased with all the diseases of the world (Egypt) which **H**e puts upon people who are disobedient

to His word and will!

The first thing we must do is heed, that is listen and obey the voice of God! **"If you will give earnest heed to the voice of the LORD your God."** (vs. 26) Many people are taught that God doesn't speak today like He has in times past. That is a lie! Jesus said, **"My sheep hear my voice, and I know them, and they follow me"** (Jn. 10:27).

I can remember years ago when I was just a very young lamb in the faith, that I spoke up in a prayer meeting how that God had spoken to me and said, "Psalm 35" when I had been praying about being sued and about to go to court. The Christians looked at me in amazement, that I would believe such a thing. Well, God did speak to me, and that Word caused me to stand strong against even the advice of my Christian lawyer, the amazement of the judge and bailiff, so that I never paid one cent to those who were falsely accusing me and attempting to take revenge and get a lot of money from this young "doctor" who they thought would be easy pickin's. God still speaks today, and we must be obedient to His voice if we want to succeed in life and walk with Him.

The second thing we must do is just learn to do what God says is the right thing to do, what God teaches us by His Word and Spirit is right, and not do what we may think is best for us, but to do what we believe is the right thing to do according to the truth of God's Word and ways. He said, **"Do what is right in His sight."** (vs. 26) Often we may think of a lot of ways to do something, or ways to get out of something, that are not the way God wants us to do it. But God says, **"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths."** (Pro. 3:5-6 KJV). He says, **"And thou shalt do that which is right and good in the sight of the LORD: that it may be well with thee, and that thou mayest go in and possess the good land which the LORD sware unto thy fathers, To cast out all thine enemies from before thee, as the LORD hath spoken."** (Deut. 6:18-19 KJV)

The third thing we must do if God is to be our healer and keep us well is that we must **"give ear to His commandments."** We must study God's Word in order to obey His Law, His Commandments given to us throughout His Word. We must listen to Him and give heed.

The fourth thing we must do is **"keep all His statutes."** His statutes are "things prescribed or owed, enactments, ordinances, decrees, codes" of conduct. There are many statutes for many

different purposes, such as statutes concerning idolatry (the statutes of the heathen, and Israel's false statutes, 2 Ki. 17:7-19), vows (Num. 30), and ethical, moral, social, and spiritual behavior (Lev. 18 - 20). And there are many statutes directly concerning health such as for the cleanliness of priests and their sacrifices, of which we all are both priests and the sacrifice. Also, cleanliness of food, hands, bodies, clothes, eating and storage vessels, houses, and from disease (Ex. 29:4, 17; 30:18-21; Lev. 11 - 15). Quarantine of those with infectious disease was necessary, and the washing of the clothes they touched and burning of them if the clothing was infected (Lev. 13:45-59). Also, statutes of sanitation (Deut. 23:12-14). And there are statutes concerning not eating blood or the fat (Lev. 17:10-14; 3:16-17; 7:22-34; Deut. 12:16, 23-25, 27; Acts 15:20, 29; 21:25).

And so we see from this scripture that there are four things we must do if we are to expect God to heal us or keep us free from the world's diseases. And many of the statutes that we must keep are dietary, and for those who have been taught and understand, many are recognized as good medical and health practices.

And then the very next verse, which the Lord had me reading at that time in the New American Standard Version, mentions that the Israelites came to Elim, where there was something good to eat, dates, and water. As I was hungry for the scriptures that teach the necessity of nutrition, I kept reading that day until I came to the twenty-third chapter, and I began to rejoice. Lets look at these scriptures and see why.

Why this Book is for You!

- Are you ready for the coming of the Lord?
- Are you holy, healthy, and happy? You can be.
- Find answers to commonly misinterpreted scriptures. (Listed in the Contents)
- Learn principles and ways of weight loss, renewed energy, being healed, and confident health.
- Look, feel, and actually be younger!
- Learn how to be set free from food addictions!
- The Title and Purpose of the Book was given by God in a Dream explained in the Preface.
- Desire God's will for your life!

“Because it is written,
‘BE YE HOLY FOR I AM HOLY.’ ”

1 Peter 1:16

Romans 12:1-2

Read the Book!

ISBN: 978-0-9674869-5-6



5 1 9 9 9

9 780967 486956

