

# Health By Choice-- Not By Chance

## Seminar Fact Sheet

All information is obtained from three sources:

- A Biblical,
- Inspirational, and
- A Scientific perspective.

Disease and sickness is a result of three reasons:

- The glory of God
- Violation of spiritual laws
- Violation of natural laws

**Key Texts: Romans 12: 1, 2; John 5: 1- 15; John 9: 1-7; Numbers 12: 1- 15; Luke 5: 12- 25; and the book of Job (42: 7)**

If you or someone you know is suffering from any sickness or disease or would like to live a healthy lifestyle, it is imperative for you to avoid the following:

### Condiments and Sauces

- Avoid all hot peppers (chili, black, and white peppers), mustards, ketchup, Worcestershire sauce, barbecue sauces, ginger, mauby, vanilla, curry, turmeric, nutmeg, mace, cinnamon, cloves, apple cider, vinaigrette dressings, and all carbonated drinks. **If you are insistent on using any of the above condiments, the Tasty Vegan Delight Cookbook has numerous healthy substitutes available.**
- Avoid all fermented items. These items include but are not limited too vinaigrette dressings, alcohol, soy sauces, miso, tempeh, tamari, and items of like character.
- Hot peppers (including but not limited to chili peppers, cayenne pepper, hot pepper sauces, and so forth) are related to cancer of the stomach and hypertension. They are also stimulants and should be avoided.
- Turmeric and cayenne pepper should be used for medicinal purposes.

### Beverages

- Avoid all teas. Green and Black tea should be avoided completely. All other herbal teas can be used medicinally.
- Sweet tea, chai tea, Lipton's Iced Tea, and so forth should be completely eliminated from the diet.
- Avoid sting-a-nettle tea if you have high blood pressure or cholesterol. It reduces the blood sugar level for diabetics, but it constricts the arteries for others.
- All forms and types of coffee should be avoided.
- Carbonated drinks should be avoided because they destroy the calcium in the body.
- Avoid the constant use of juice. Juice should be used sparingly; it should be considered a treat. Juice is robbed of the necessary fiber the body needs for regularity.

- Avoid all wines and alcoholic beverages completely. Women who consume one glass of wine every fifteen days increase the risk of breast cancer by 60 percent.

### **Meats, Cheeses, and Miscellaneous Items**

- Flesh items (chicken, fish, beef, lamb, pork, and all crustaceans) and its byproducts (cheese, milk, whey, etc) are high in fat and are one of the foundational causes of all sicknesses and diseases.
- Flesh products are related to almost every type of cancer that affects the human body.
- Pork is high in parasites as well as bacterial and viral contamination. It should never be used and never be introduced into the stomach.
- Shrimp, lobster, crab, conch, wilkes, snails, mussels, squids, catfish, crawfish, tilapia, and like organisms should never be introduced into the stomach because they are difficult to digest and they contain more than 150 mg of cholesterol, more than double that of lean beef. It should be avoided by all.
- Fish is loaded with cholesterol and is one of the leading causes of cancer because of the high, industrial, chemical pollutants (mercury, cadmium, etc) that are dumped in the seas today.
- Cheese from animal sources elevates cholesterol and causes high blood pressure; not to mention it is fermented and contains a chemical called tyramine, which causes the brain to send off false signals. This causes the individual to be delusional and see and hear things that are not present.
- Milk is the one of the leading causes of allergies and childhood (juvenile) diabetes. Milk is also mucous forming.
- Avoid the use of ice cream. The combination of milk and sugar causes fermentation in the stomach and poisons the blood.
- Do not use vitamins or supplements unless you have exhausted the use of fruits and vegetables in their natural state. For example, did you know that 100 grams of sesame seeds is equivalent to 975 mg of calcium, far more than the 123 mg of milk of the same serving size? Likewise, 100 grams of black strap molasses is equivalent to 860 mg of calcium. Both the black strap molasses and the sesame seed has a greater absorption rate because these items possess all of the facilitators needed than any supplemental vitamins.
- Did you know that one orange with 53.2 mg of vitamin C is superior to 500 mg of supplemental vitamin C because of the 170 phytochemicals that are present in the natural orange?
- Did you know that black strap molasses has 2,492 mg per 100 grams of potassium versus 396 mg of that of banana?

### **Please Note:**

**Despite popular belief, Avocado and Coconut does not contain cholesterol. Avocado, in fact, lowers cholesterol. However, both avocado and coconut should be eaten in moderation because of their high fat and oil content.**

## Lifestyle

- Eating and drinking together causes food to ferment in the stomach; thus, producing as much as 32 oz of alcohol in the body. (Have you ever wondered why Christians have beer bellies and they don't drink liquor?)
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- Even temperature is essential to good circulation. Clothing should cover the extremities (arms and legs). Clothing should not be too scanty and short. When clothing does not cover the arms and legs, blood rush to these areas and cause a restriction of blood to the heart.
- Avoid capsules and/or caplets unless they say 100 percent vegetarian or are plant based. Many such capsules and/or caplets may contain gelatin from either pork or beef sources.
- All grains should be cooked for at least two (2) hours. Old fashioned oats should be cooked slowly for 2 hours to make sure that all the starch is broken down in the grains. A Study of people over age 30 found out that there were lesions on the brain caused by undercooked starches.
- The red bell has four times more vitamin C than orange juice has.
- If you feel you must have supper, then it should be as light a supper as possible. For example, fresh fruit and whole wheat or other whole grain crackers can be eaten. However, this meal should be taken 4 hours before going to bed.
- It is recommended that one reads Ministry of Healing or Pathways to Health and Happiness's chapters on Prayer for the sick, Mind Cure, and Diet and Health. To learn more, read the books mentioned above in their entirety.

## Exercise and Water

- Exercise is very essential to good health. The acronym "**FIT**" embodies the ingredients of a good exercise program. "**F**" stands for *frequency* or how often one should exercise. "**I**" stands for the *intensity* or how hard and vigorous one should exercise. "**T**" stands for the amount of *time* one should exercise for.
- One should walk 21 miles per week, which is approximately 3 miles per day seven days per week for approximately one hour. This exercise should be a very brisk, steady walk, if possible.
- As the intensity of exercise rises, blood flow through the muscles greatly increases. Of all the structures of the body, more than half (54 percent) of a fit person is muscle.
- One should get between 15- 20 minutes of sunshine daily before 9:00am or after 3:00pm. A good way to get this sunshine would be to walk casually outside after each meal. This will aid with proper digestion.

- Water, the most plentiful substance in the body, makes up more than 60 percent of its total weight.
- Water protects the eyes from drying out; thus, preserving sight. Water makes the skin soft and pliable, keeping it from becoming cracked, dry, and shriveled.
- Without water, one could not breathe. Before oxygen can pass into or carbon dioxide out of the blood, they must first dissolve in a thin film of water that lines each air sac in the lungs and surrounds each tissue cell in the body.
- A good habit would be to start the day with a glass of water. At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.

It is important to follow the Eight Laws of Health and Natural Remedies:

**N**utrition  
**E**xercise  
**W**ater  
**S**unshine  
**T**emperance  
**A**ir  
**R**est  
**T**rust in God

To learn more about what is mentioned in this fact sheet, Refer to *The Tasty Vegan Delight Cookbook* by Gloria Larson & Debbi Puffer and *Health Power- Health by Choice not by Chance* by Aileen Ludington, MD & Hans Diehl, DrHSc, MPH.

If this information has been a blessing, please support this ministry in any way possible. Donations can be sent to Home Health Education Services Online.

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Donations can be made via mail at: 5050 Laguna Blvd., Suite 112-PMB 488 Elk Grove, CA 95758, or for your convenience via our secure web site at:

**[www.try7fitness.com](http://www.try7fitness.com)**

**ATTENTION**

# Meal Sheet

Before making any lifestyle changes, it is imperative that you contact your health care professional.

All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.

Breakfast should be taken between \_\_\_\_\_ am to \_\_\_\_\_ am.

Lunch should be taken between \_\_\_\_\_ am/ pm to \_\_\_\_\_ pm.

Figure 1:1: Daily Meal Schedule (lunch can be used for breakfast and vice versa)

| Sample Meal 1  | Sample Meal 2   |
|--|---|
| <p><b>I. Fruit: 3-5 servings</b></p> <p><b>II. Whole Grain Cereal sweetened w/ Fruit 1-2 cup servings</b></p> <ul style="list-style-type: none"><li>• 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.</li><li>• ¼ cup of pumpkin seed can be eaten with the breakfast cereal.</li></ul> <p><b>III. 1-2 slice of whole grain bread with natural almond or peanut butter.</b></p> <ul style="list-style-type: none"><li>• Other natural healthy spreads/butter are acceptable as well. (i.e. Tahini, cashew)</li></ul> | <p><b>I. Salad and/ or Vegetables ½ of the plate</b></p> <p><b>II. Grains ¼ of the plate</b></p> <ul style="list-style-type: none"><li>• Grains consist of starches (i.e. brown rice, baked potatoes, whole wheat pasta.)</li></ul> <p><b>III. Nut or Bean Loaf ¼ of the plate</b></p> <p><i>Recipes for nut, grain and bean loaves can be found in the following cookbooks: Tasty Vegan Delight, Seven Secrets, The Optimal Diet, and Foods with their Healing Power vol. 3.</i></p> |
| <p style="text-align: center;"><b>Dinner</b></p> <p style="text-align: center;">PASS ON DINNER.</p> <p style="text-align: center;">If third meal is required, a few fruits or a slice or two of toasted whole grain bread with 100% fruit spread can be eaten. No nut butters should be used.</p>  |   |

- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.
- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day, seven days per week or for 1 hour a day.
- Get between 15-20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body produces melatonin between the hours of 10:00pm and 2:00am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- For further information, please contact us at [www.try7fitness.com](http://www.try7fitness.com) or call us at (916) 519-7077 and ask for Karen. Please send all donations to: Karen Johnson