Divine Dietary Laws
for
Hebrew Israelites
and
the
World
יהוה בָּנֵי יִהוּדָה

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for
Hebrew Israelites
and
the
World

REVISED AND EXPANDED
Second Edition

מלאת הארץ רעיה א-והו

"The earth shall be full of the knowledge of the Lord as the waters cover the sea."
Isaiah 11:9
Attention

We are not purporting to give medical or prescribed advice. It is your choice to make use of the information provided for you in this book. We recommend that you seek out several health professionals for advice.

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If we may assist you in learning more about הַדְּנָא בֶּן יח黑白 (Yahweh Ben Yahweh) and the Nation of יהא (Yahweh), please write us without obligation:

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Shalom Aleichem. I am the Grand Master of the Celestial Lodge, Architect of the Universe, the Blessed and Only Potentate, and I am the Founder of the Nation of True Holiness and Righteousness, the Kingdom of Shalom, which is the most powerful knowledge of peace in existence.
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Dedication

This book is dedicated to the health and resurrection of the righteous people of the earth and to the establishment of the Kingdom of God, הוהיה (Yahweh).
Shalom Hebrew Israelites:

I want you to know that the health of your body depends upon what you eat. There can be no substitutes for a proper, healthy diet. Taking away the knowledge of our dietary laws was one of the things the enemy of God, יהוה (Yahweh), did to us as a people. Our people, the so-called Black man of America, suffer most from the various diseases as a result of improper diets. This is another one of the many schemes of the oppressor to destroy us as a people and as the chosen ones of the Almighty, יהוה (Yahweh). However, the promises of Almighty God יהוה (Yahweh) are coming to pass and the fulfillment of St. John 8:32 is now becoming a reality, which says,

"And ye shall know the truth, and the truth shall make you free."

Free from what? Free from all kinds of sickness and disease.
When we come into the knowledge of the truth, we discover we have a great responsibility as individual Hebrew Israelites. The greatest description of this responsibility is found in II Timothy 2:15, which says,

"Study to shew thyself approved unto God יָהֵה (Yahweh), a workman that needeth not to be ashamed, rightly dividing the word of truth."

As you become conscious of the effect food has on your health and a proper nutritional diet, you suddenly discover that there are thousands of books written on the subject. I have no desire to try and compete with those many thousands of books; therefore, I will recommend some of those books to you in the "Recommended Reading" section of this brief exposition.

According to the Bible, in the beginning during the Garden of Eden, we were vegetarians and fruitarians, and according to the Book of Revelation, in the end, we will be fruitarians and vegetarians. In the beginning we lived forever. And after the destruction of the enemy of God, יהוה (Yahweh), we will once again be able to live forever.
After our fall from the grace of הוהי (Yahweh) by breaking His law, we were allowed to eat meat if properly killed, the term today being kosher, but the facts are no meat is good for us. We have laws governing how it should be prepared and the fact that we should not eat any fat. So we know that since meat is full of so many different parasitic worms and susceptible to so many diseases, and the fact that we have no way of preserving the health of the animal ourselves, and knowing that the god of this world has no regard for the health laws established by our Great, Good and Terrible God, הוהי (Yahweh), we really are taking a chance by eating any meat at all.

However, My job is not to try to make vegetarians and fruitarians of you, but to simply bring you the facts and let you make your own choice. I certainly want you to read with clarity that we are permitted by the Mighty One, הוהי (Yahweh), to eat clean fowl, certain fish, and certain meat.

Dear brothers and sisters, we are living in a most challenging age. Truth is the only reality that can resolve our
dilemma. Materialism is dying before our very eyes; materialism has served its purpose. All of the ugliness and suffering about us have resulted from worshiping and loving materialism. יָהָウェָה (Yahweh) has a plan; they are not accidents. יָהָウェָה (Yahweh) is calling all of us to listen to His plans. Everything in the universe is going according to His plan. The rulers of this world, in their desire to control nature, have created conditions on this planet which are destructive, such as poisonous chemicals, pollution, war, murder, famine, plague, and the rape and devaluation of our Black men and women, who are unaware that they are the Hebrew Israelites, the chosen people of God יָהָウェָה (Yahweh).

Be not dismayed as you begin to practice the dietary laws of יָהָウェָה (Yahweh). You can count on your past so-called friends and members of your family who are still blind, deaf, dumb, ignorant, and dead to the knowledge of the truth to ridicule you. Do not let them offend or provoke you. There is no need for you to fight or argue with them, for you know that they are ignorant. Our job is to pass the Word of truth to our
dead brothers and sisters so that they can make the choice for themselves; for we also know that many are called but few are chosen.

In the Bible, Genesis 1:26, it is clearly expressed that we are created in the image of יהוה (Yahweh), who is all perfect, all powerful, all knowing, and all present. It is up to us to claim our birthright. Practicing this knowledge will allow you to awaken your dead, sick, diseased bodies and rejuvenate them. You can rebuild your body; it is built to live indefinitely.

This little booklet is put together as a service and help to you. It is natural for us to want to share knowledge with our loved ones which we know is good for us, but I warn you to please not try to force this knowledge on them. Don't argue with them, don't create disharmony or hate by trying to push your way or your new-found knowledge upon them. Let them make their own choices and decisions the same as you made yours.
Now let us turn to the Word of Yahweh concerning that which is clean and unclean:

Leviticus - Chapter 11

1 "And the Lord spake unto Moses and to Aaron, saying unto them,"

2 "Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth."

3 "Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat."

4 "Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you."
5 "And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you."

6 "And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you."

7 "And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you."

8 "Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you."

9 "These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat."

10 "And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you":

11 "They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination."

12 "Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you."

13 "And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the osprey,"

14 "And the vulture, and the kite after his kind";

15 "Every raven after his kind";
"And the owl, and the night hawk, and the cuckow, and the hawk after his kind,"

"And the little owl, and the cormorant, and the great owl,"

"And the swan, and the pelican, and the gier eagle,"

"And the stork, the heron after her kind, and the lapwing, and the bat."

"All fowls that creep, going upon all four, shall be an abomination unto you."

"Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth;"

"Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind."

"But all other flying creeping things, which have four feet, shall be an abomination unto you."

"And for these ye shall be unclean: whosoever toucheth the carcass of them shall be unclean until the even."

"And whosoever beareth ought of the carcass of them shall wash his clothes, and be unclean until the even."

"The carcasses of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean."
"And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcass shall be unclean until the even."

"And he that beareth the carcass of them shall wash his clothes, and be unclean until the even: they are unclean unto you."

"These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind,"

"And the ferret, and the chameleon, and the lizard, and the snail, and the mole."

"These are unclean to you among all that creep: whosoever doth touch them, when they be dead, shall be unclean until the even."

"And upon whatsoever any of them, when they are dead, doth fall, it shall be unclean; whether it be any vessel of wood, or raiment, or skin, or sack, whatsoever vessel it be, wherein any work is done, it must be put into water, and it shall be unclean until the even; so it shall be cleansed."

"And every earthen vessel, whereunto any of them falleth, whatsoever is in it shall be unclean; and ye shall break it."

"Of all meat which may be eaten, that on which such water cometh shall be unclean: and all drink that may be drunk in every such vessel shall be unclean."
"And every thing whereupon any part of their carcass falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: for they are unclean, and shall be unclean unto you."

"Nevertheless a fountain or pit, wherein there is plenty of water, shall be clean: but that which toucheth their carcass shall be unclean."

"And if any part of their carcass fall upon any sowing seed which is to be sown, it shall be clean."

"But if any water be put upon the seed, and any part of their carcass fall thereon, it shall be unclean unto you."

"And if any beast, of which ye may eat, die; he that toucheth the carcass thereof shall be unclean until the even."

"And he that eateth of the carcass of it shall wash his clothes, and be unclean until the even: he also that beareth the carcass of it shall wash his clothes, and be unclean until the even."

"And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten."

"Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination."

"Ye shall not make yourselves abominable with any creeping thing that creepeth, neither shall ye make yourselves unclean with them, that ye should be defiled thereby."
"For I am the Lord your God, הוהי (Yahweh): ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth."

"For I am the Lord that bringeth you up out of the land of Egypt, to be your God, הוהי (Yahweh): ye shall therefore be holy, for I am holy."

"This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth":

"To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten."

DEUTERONOMY

Deuteronomy - Chapter 14, Verses 1 Through 21

1 "Ye are the children of the Lord your God, הוהי (Yahweh): ye shall not cut yourselves, nor make any baldness between your eyes for the dead."

2 "For thou art an holy people unto the Lord thy God, הוהי (Yahweh), and the Lord hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth."

3 "Thou shalt not eat any abominable thing."

4 "These are the beasts which ye shall eat: the ox, the sheep, and the goat,"
"The hart, and the roebuck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois."

"And every beast that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud among the beasts, that ye shall eat."

"Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; as the camel, and the hare, and the coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you."

"And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you: ye shall not eat of their flesh, nor touch their dead carcass."

"These ye shall eat of all that are in the waters: all that have fins and scales shall ye eat":

"And whatsoever hath not fins and scales ye may not eat; it is unclean unto you."

"Of all clean birds ye shall eat."

"But these are they of which ye shall not eat: the eagle, and the ossifrage, and the osprey,"

"And the glede, and the kite, and the vulture after his kind,"

"And every raven after his kind,"

"And the owl, and the night hawk, and the cuckow, and the hawk after his kind,"
16 "The little owl, and the great owl, and the swan,"

17 "And the pelican, and the gier eagle, and the cormorant,"

18 "And the stork, and the heron after her kind, and the lapwing, and the bat."

19 "And every creeping thing that flieth is unclean unto you: they shall not be eaten."

20 "But of all clean fowls ye may eat."

21 "Ye shall not eat of any thing that dieth of itself: thou shalt give it unto the stranger that is in thy gates, that he may eat it; or thou mayest sell it unto an alien: for thou art an holy people unto the Lord thy God, יהוה (Yahweh). Thou shalt not seethe a kid in his mother's milk."

The proof that we were vegetarians and fruitarians in the beginning of our creation as God, יהוה (Yahweh), intended is found in Genesis 1:29, "And God, יהוה (Yahweh), 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."

After we experience the new heaven and the new earth according to Revelation, Chapter 21, we know that we will be fruitarians according to Revelation, Chapter 22:2, which says,
"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." All praises be to the Mighty One, יְהֹוָה (Yahweh).
Chapter 2

PORK

As we have just read from the Word of Yahweh, we as Hebrew Israelites are forbidden to eat or touch pork or the swine or the pig in any way, shape, or fashion.

Modern scientists have proven through scientific research that pork meat contains 999 different worms which causes 999 different types of diseases. Many of these diseases he has absolutely no drug to combat them or cure to eliminate them.

Pork meat is known to cause such famous diseases as high blood, low blood, terms like hypertension, stroke, tumors, cancers, cataracts of the eye, arthritis, lumbago, gout, rheumatism, heart attacks, skin eruptions, acne, destruction of the beauty of the body, and many, many more. The enemy of God Yahweh feeds us this forbidden animal because he knows that he is causing us to break the law of the Most High, Yahweh, and he knows that we will remain in hell and subservient so long as we break the laws of the Mighty One,
This is why we must have the truth, so that we can become free of these many traps of breaking the law due to our ignorance. For as we know, Hosea 4:6 says, *My people are destroyed for lack of knowledge.*

One of the best known and most popular worms coming from pork meat is called trichina worm and the disease that they named after him is called *"trichinosis."* The following report is a clear exposition relative to the trichina worm or the disease called *"trichinosis."*

**TRICHINOSIS**

*A Terrible Disease from Eating Pork*

The Bible is a book of guidance -- with sound dietary regulations and guidelines -- which *Yahweh* has established for Hebrews, and is laid out clearly in order to promote life -- the moral, spiritual, and physical good health of our holy Nation of *Yahweh*. Hebrew Israelites who may have wondered why the above restrictions were placed on their eating habits should have no difficulty today in understanding
when they hear of the rise of diseases in this country, many of which are now known to be caused directly or indirectly by poor or improper dietary habits. We emphasized the importance of "eating to live," and arduously caution the followers of יהוה (Yahweh) against the "evils of swine." We encourage Hebrews to fast as part of their survival effort and, indeed, fasting is a part of our history.

Today it appears that the prevalence of major diseases in the United States, such as heart disease, cancer and stroke, and their increase in the population, can be attributed to improper dietary, mental, and physical hygiene.

A small, white or gray-white cylindrical worm, the trichina worm, is found in most regions of the world, but is most prevalent in the Western Hemisphere. It is transmitted to humans when raw or improperly cooked meat is ingested. Its primary source is pork. Within a few hours of ingestion in the small intestine, the parasite begins to develop into male and female larvae; for up to seven days, it reproduces and multiplies at a very rapid rate, inflaming the small intestines.
Symptoms may vary depending on the length, severity, and stage of the infection. The disease may manifest itself as a minor skin rash or increased heart palpitations during the initial phase when the larvae first enter the bloodstream. Loss of appetite, abdominal discomfort, and nausea are notices. Within a few hours, the larvae are present in the gastrointestinal tract. Patients have reported that they have diarrhea or gastritis.

At times, the symptoms may not develop until the larvae have settled into the muscle. At this late phase, the patient may not know that there is a relationship between the infected pork he has eaten and the muscle pain and inflammation of his intestines. He may even consider his situation to be nothing more than a bad case of stomach virus. In more serious infections of trichinosis, the lungs, heart, and central nervous system become infected.

TRICHINOSIS as a disease now occurs less frequently in this country, but trichinosis is still a worldwide problem. Recent outbreaks of the disease have been reported in the
Virgin Islands, British Columbia, Canada, parts of Europe, and Southeast Asia. Dr. Harry Most noted in a research article published in the New England Journal of Medicine that, "Infection with trichinella spiralis is widespread in mammals," with more than 100 different animals capable of being infected. *Trichinella larvae can be found in animals which feed upon rancid, decayed, or infected matter.* A few current studies have indicated the presence of such larvae in foxes, whales, walruses, and other game species. However, in the United States, notes Dr. Most, "Only the pig and man, and to a lesser extent the bear, are involved in the maintenance of human trichinella infections."

Although recent reports may indicate that outbreaks of trichinosis in the United States may be under control, there yet is a *definite rash in diseases that relate to a high meat, high fat consumption.* And they have reached such alarming proportions in the population that they are presently the *three top killers in this country.* Detailed studies were conducted by the staff from the Parasitic Disease Division of the Bureau of
Epidemiology at the Center for Disease Control before the Department of Health, Education and Welfare issued its annual report on trichinosis surveillance. According to the report, cases of trichinosis in the U.S. for 1978 were 91. Reports of the disease range from mild to severe, and no deaths were reported. Eleven common source outbreaks were accountable for 63 per cent of all cases of trichinosis reported last year. One probable source of an outbreak was the use of a common meat grinder for both beef and pork. Another was the meat of an Alaskan bear that had been infected. The report concludes that, "The majority of all infections were acquired from pork products purchased from commercial sources." However, the study also revealed that in 28 cases, the meat of wild animals was the cause, and in three cases, ground beef to which pork had apparently been added, was the cause.

Trichinosis first became a reportable disease in 1947, when the average annual incidence was well over 300 cases. Since 1947, there have been 7,078 cases of trichinosis reported in this country; 128 deaths have been attributed to the disease.
since then. Great concern arose in the pork processing industry over the high percentage of outbreaks of trichinosis in the population. Fear on their part over the possible effects this might have in reducing pork consumption may have influenced the passage of federal, state, and local laws prohibiting the use of raw garbage as feed for swine. Thereafter, the percentage of Americans infected with trichinosis declined. In 1940, approximately 12 per cent of the population was infected with trichinella larvae. By 1970 there was a fourfold decrease in the prevalence of the infection in humans. Studies of pigs also indicated a reduction in the presence and number of the larvae in swine.

Officials such as Dr. Most refer to several factors which have attributed to this decline. The common practice of storing meats in freezers is one. Freezing meat at a temperature of 5°F (-15°C) is believed to kill the trichinella spiralis. An increase in the amount of beef consumption has also been a strong factor.
Although better education on the part of the consumer, and federal standards and regulations have helped reduce infections from trichinosis to less than 2 per cent of the population, as Dr. Most points out, "Many people are not aware that there is no meat inspection specifically designed to detect trichinella larvae in pork or pork products."

While adequately curing sausage destroys trichinella larvae, the HEW study regards most small processors and householders who prepare their own sausage as being frequently unaware of established standards for the proper curing and cooking of pork products. Dr. Most recognizes that many ethnic groups prepare their own sausage, a practice which leads to frequent family epidemics. Further, the HEW study reveals, "The stamp 'U.S. inspected and passed' on raw pork products does not guarantee that the product is free from infective trichinella larvae. The USDA only specifies that "ready-to-eat" pork products be heated to an internal temperature of at least 137°F which it maintains is sufficient to kill the larvae.
MEATS obtained from supermarkets, butcher shops or other commercial outlets were the source of the majority of cases of trichinosis reported last year. Hunted wild animals were the source of the second largest percentage. Pork and pork products were incriminated in more than 50 per cent of those cases. As the HEW study indicates, there appears to be a consistent seasonal pattern to the outbreak of the disease, which appears to peak during December and January, primarily due to common-source outbreaks associated with homemade pork sausage prepared for the Christmas season.

Dr. Most cautions the public that, "The control of trichinosis can only be accomplished by ensuring the absence of trichinella larvae in foodstuffs." Present controls are not sufficient assurance of this, since USDA specifications are not uniformly applied throughout the country, and more stringent regulations on meat inspection have been viewed as too costly to initiate. Therefore, Dr. Most and others feel that for the foreseeable future, "Control of trichinosis will depend on strict compliance with existing regulations and a widespread awareness on the
part of the public to the methods and dangers of acquiring the disease."

Let the consumer beware: the burden of responsibility for preventing human infection rests with him.

What should further alarm the public, with predictions of rising meat prices and a projected shortage of beef for the next year, is that the price of adulterating beef with pork has resulted in a "substantial number of cases of trichinosis."

According to Dr. K.T. Reddi, Epidemiologist with the Department of Health for the State of Illinois, the public may have something else to be concerned about. Toxoplasmosis, also caused by eating raw meat such as pork, has been on the rise. The symptoms of toxoplasmosis are different. Skin rash usually develops, but in addition, the glands, liver, or spleen may become enlarged. If a pregnant woman is infected, the disease can be transmitted to her baby. This disease appears to be on the rise, according to Dr. Reddi, not only because it is transmitted by eating infective meat, but it also can be
transmitted by domestic animals such as dogs or cats which may have eaten infective meat. Still there remains generally no concern about the disease among most health officials. "We are no longer concerned about trichinosis; that disease we feel we have under control," Dr. Reddi said.

The Illinois Department of Health, in conjunction with other federal agencies, such as the Center for Disease Control, has concentrated its efforts of late on broader areas of disease control; diseases which are related to dietary habits; diseases such as heart disease, cancer, and stroke. Dr. Reddi feels that in the medical community there is now a general consensus that "the fat content in the meats we eat is a major contributing factor to the wide prevalence of high blood pressure." Although Dr. Reddi does not attribute this to any one meat in particular, he does admit that a high meat diet is responsible for high blood pressure and cancer of the colon. These poor dietary habits, which account for the over-consumption of meat, he says, may be attributable to socioeconomic factors. These diseases are known to have genetic qualities, indicating that
not only the disease but dietary habits may be inheritable.

Dr. Reddi does not rule out other factors, such as age and stress, when discussing the rise of these diseases, and he is more inclined to include "a combination of factors," diet being one of the most significant among them. One of the major treatments for these diseases, he says, is a "low-salt, low-fat diet."

It is essential to remember that there are 998 other diseases from little worms in pork meat besides the trichina.
Chapter 3

Foods That Are Good For Us

Vegetables:

Vegetables are foods that we obtain from the leaves, stems, flower clusters, roots, tubers, seeds, or fruits of plants. Vegetables are considered different from fruits. Fruits generally may be eaten raw or just as they come from the plant, while vegetables are most often cooked. Some vegetables are important because of their leaves or stems. They include: cabbage, lettuce, spinach, mustard, kale, endives, crest, parsley, asparagus, and rhubarb. Still others are important because of their roots or their underground stems and leaves. These include: white potatoes, sweet potatoes, carrots, beets, turnips, rutabagas, parsnips, and onions. The seeds of other vegetables are an important part of our diet; these include vegetables such as peas, beans, soybeans, and sweet corn. Vegetables are important to us because of the vitamins and
minerals they contain. They are especially rich in vitamins such as Vitamin A, Thiamine, Niacin, and Vitamin C. They are also important sources of necessary minerals, including calcium, phosphorus, and iron. Vegetables also give bulk to the diet, which helps the digestive processes. Vegetables are among the most important types of food that we should eat daily.

As Hebrew Israelites, we should learn to prepare the following vegetables for our tables: artichoke, asparagus, beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, Chinese cabbage, chives, corn, crest, cucumbers, eggplant, endives, garlic, horseradish, kale, leek, lentils, lettuce, mustard, okra, onion, parsley, parsnip, peas, peanuts, peppers, potatoes, radishes, rhubarb, rutabaga, shallot (baby onion), soybeans, spinach, squash, sweet potato, tomato, turnips, watermelon, yams.
Fruit:

Fruit is grown, eaten, and enjoyed by man in every country in the world. The varied colors of different fruits range from red and yellow to blue and purple. Their many flavors range from the sweetness of the banana and strawberry to the tartness of the lemon and the cranberry. Fruits are prized throughout the world for their health giving properties and for the variety of spices they add to our food. Fruits are juicy, fleshy, pulpy tissue, produced by various plants. They are the seed or seeds of a plant, together with the part in which they are enclosed. To the plant itself, the fruit is a matter of life and death because of the seed it has within it.

Crops that are listed as fruits are usually grown on trees, shrubs, vines, and fleshy-stemmed plants. These trees and plants live and produce fruits for a number of years.
Food Value of Fruit:

Fruits are a highly important part of the human diet. The acid, salt, and vitamins they furnish are very helpful in keeping a balanced, healthful diet. The water and roughage found in all fruits make them good laxatives. Furthermore, fruits are delicious in flavor, handsome in appearance, easily digested, and stimulating to the appetite and digestion; but green fruits may be hard to digest. We should be careful about those.

Scientists have found that all fruits contain one or more of the vitamins necessary to good health, especially Vitamin C, which prevents scurvy (a disease caused by deficiency of vitamin C, characterized by spongy and bleeding gums, bleeding under the skin, and extreme weakness). Sugar is the chief nutritive substance in fruits. Pectin, a vegetable gum found in fruits, becomes (with proper treatment) fruit jelly. Fruits also contain several valuable mineral salts as those of iron, phosphorus, and calcium. Because of the vitamins and minerals found in them, fruits are eaten more and more,
getting back to what רְאֵוִי (Yahweh) gave us in the Garden of Eden in the beginning (Genesis, Chapter 1). Experts of today who are studying what our God, רְאֵוִי (Yahweh), gave us in the beginning have found that the diet of a people improves as the eating of fruits increases. Therefore, we should eat all of the fruits that we possibly can as often as we can.

**Fruits That We Should Eat Plenty Of Are:**

Apples, apricots, beets, plums, blackberries, blueberries, boysenberries, casaba, cherries, crabapple, cranberries, currants, dewberries, gooseberries, grapes, huckleberries, loganberries, loquats, melons, musk melons, nectarines, organ grapes, peaches, pears, pomegranates, prunes, quince, raisins, raspberries, strawberries; avocados, citrons, dates, date palms, figs, grapefruits, kumquats, lemons, limes, olives, oranges, tangerines, acerola, anchovy pears, bananas, bread fruit, cherimoya, coconut palm, guava, mangoes, mangosteen, papayas, persimmons, pineapples, tamarind.
A word of warning concerning pesticides, insecticides, and other poisons used in raising fruits and vegetables: Be sure and wash them thoroughly several times with clean, running water. Also, be careful about waxed fruits and vegetables such as apples, eggplants, and cucumbers. As a result, you will have to cut the outside away when it is waxed, for it is found that the waxes are indigestible. The devil is always ruining that which the Mighty One, יהוה (Yahweh), made perfect.

**Grains:**

We basically use whole wheat flour in the making of our bread and cakes, etc., for white flour has absolutely no vitamin content whatsoever. Grain is usually the dried and threshed seeds of grasses. The plants on which they grow are also called grains. The cereal grains are grasses whose seeds can be used for food. The most important cereal grains are wheat, rice, and corn. Others include oats and rye. Flour made from these grains can be used for yeast breads -- we are talking about wheat and rye. Besides wheat and rye, the other cereals do not
make good bread, but they can be used for pastry, meal, breakfast cereals. Hominy and grits are made from corn treated with lye to remove the hull. Manufacturers prepare starch from corn, wheat, or other grains. Makers of corn products prepare corn syrup by treating corn starch with acid. We must keep in mind that most cereal grains are used for animal feed.

Foods We Should Avoid and Why:

(1) Collard greens because they are weeds; (2) some of the dry beans because they cause terrible gas pains in the stomach; (3) junk foods because they provide little if any nutritional value and contain additives, preservatives, artificial colors, and artificial flavors which are cancer causing; (4) pork and pork by-products because our Great, Good and Terrible God, יהוה (Yahweh), forbids us to eat or touch pork in any form; (5) commercial dry cereals because they contain 40-60 per cent white sugar, which causes a host of various diseases; (6) canned foods because they contain monosodium glutamate and many
other types of additives and preservatives, and sometimes sit on the shelf for years, losing their nutritional value altogether; (7) fats from the animals because the Most High, יהוה (Yahweh), forbids us to eat fat from animals; (8) most ice creams are forbidden because they contain emulsifiers, artificial colors, white sugar, artificial flavors, and many other additives and preservatives that will cause our bodies to be destroyed; (9) most commercial cheeses as found in the average grocery store because they use animal enzymes. (When you read the package on the cheeses it only says enzymes, but they do not tell you what kind.) To avoid eating pork enzymes (which they use), you should go to a kosher market and buy either kosher cheese or go to a health food store and read the package and make certain that it says vegetable enzymes or rentless. (10) We avoid white flour because it has absolutely no nutritional value; the wheat germ has been robbed from it, which is the life found in flour. (11) We avoid the majority of all types of soaps for washing the face and body because they are made with animal fats (primarily pork), therefore, you
should seek out and find vegetable soaps such as Castile, Carbolic, or Castile with olive oil.

**Read Labels:**

We must forever keep in mind as Hebrew Israelites that Satan cannot be trusted. We have proof in black and white that whatever our Great, Good and Terrible God, יהוה (Yahweh), has forbidden us to do, he teaches the people that it is alright to do it. Therefore, he has no regard for the laws of יהוה (Yahweh); in fact, he hates them. For example, our laws forbid us to eat any creeping thing in the sea or scavenger; yet in the most exclusive restaurants, his delicacies are shrimp, oysters, lobster and other such filthy scavenging, creeping creatures. Therefore, you must read all labels when you do your grocery shopping.

Avoid all canned goods which state preservatives, additives, artificial flavors and colors, as well as monosodium glutamate, which is known to cause cancer. Whenever you are buying any item and you read the label and see words that you
do not understand and that you cannot find in a regular dictionary, it is simply best to avoid that food, for this is the devil's way of adding poison to that item and hiding the fact that it is a poison with a long technical word that will require you to go to a scientific medical dictionary to try to find out what it is. We avoid all unclean, unnatural foods.
White Sugar

Background:

White sugar is a devastating poison and destroys our bodies in many, many ways. There are over 150 billion pounds of sugar consumed worldwide. America consumes over 31 billion pounds of sugar each year -- the largest consumer worldwide.

Millions of acres of land used exclusively to grow sugar could be used to grow food to feed the world's hungry.

In the processing of sugar, considerable amounts of water is used. The sugar is then heated and calcium hydroxide (lime) -- a toxin to the body -- is added. The purpose for doing this is to remove the "impurities" or those ingredients that interfere with sugar processing. Then carbon dioxide (another toxin) is used to remove the lime (and it's not all removed). The sugar is turned from a sticky, black substance to a clear juice which
is heated to remove any other "impurities." It is then bleached "white" with a chemicalized solution that uses pork by-products (blood albumin and/or animal charcoal). According to the Bible, Hebrew Israelites should not eat pork or pork products. Sugar is processed at least three times to get it to the form that is used normally. By that time, it no longer resembles a food and is actually a drug or an artificial substance.

**What's wrong with White Sugar?**

Does **white sugar** really cause harm to our health? Did you know that most children's cereals contain more white sugar than candy does?

Sugar moves very slowly out of the stomach. This causes all foods to ferment (or decay) in the stomach. This creates an over-acidic condition in the stomach which influences the secretion of enzymes and hydrochloric acid to help digest our food. This over-acidic condition also affects the entire body. Such diseases as cancer, diabetes, high blood pressure, and others are the result of eating too many highly acidic foods.
Entirely too much sugar is consumed. Individuals in America consume more than 125 pounds of sugar annually, and they may not be aware of it. That's because sugar is hidden in many foods such as cereals, ketchup, canned foods, frozen foods, etc. In fact, almost 70 per cent of the sugar that we consume is hidden in foods. For instance, a typical 12 ounce soda contains 10 teaspoons of sugar. The typical candy bar is almost all sugar. Why, even pizza has a considerable amount of sugar in it. The sweetness of the pizza is hidden by putting a lot of salt and other ingredients, which give a semi-sweet taste.

An abundance of sweets is sure to make sugar addicts of your children, as well as destroys their teeth, their blood sugar regulatory mechanism, and their circulatory systems: making them overweight and diabetic, and teaching them that all foods should taste sweet.
Artificial Sugar Substitutes

Artificial sugar substitutes are unnatural and unhealthy. Some have been banned. Some were found to cause bladder cancer. It has been reported that aspartame, also know as Nutra Sweet or Equal, has an adverse effect on the brain and the nervous system; causes headaches, and affect moodiness.

Diseases and Disorders Sugar is Known to Cause and Contribute to:

Hyperactivity *(in children and adults)*.

Hyperactivity is excessive, abnormal behavior due to food choices. Hyperactivity is characterized by children and others who are nervous and can't seem to relax. It is accompanied by consistent, irrational shouting, running around, and movement. There may be impatience, mood swings, high sensitivity levels or irritableness. Sometimes their behavior can be extremely antisocial, even violent and destructive.
This problem becomes even more frequent when children eat refined sugar foods and/or foods that contain artificial colorings and flavorings. This is something that can't be taken lightly, for this can lead to children having low self-esteem or having discipline problems in school. Children that eat improper foods may go through school being labeled as a discipline problem and/or a slow learner.

A change to more natural foods is the best way to control hyperactivity. Pay attention to and read all labels. Do your best to avoid foods that are overly processed or chemicalized. Shop for foods with no refined sugar.

**AIDS (Acquired Immune Deficiency Syndrome)**

Sugar can contribute considerably to the weakening of the body's immune system (lymphatic system). The immune system loses the ability to defend. When this occurs, the body's ability to resist disease is reduced -- making it prone to the AIDS virus.
Skin Diseases

The skin is an organ. The skin eliminates waste from the body through sweating. Sugar slows down the function of all eliminative organs. Skin problems usually represent congestion of the liver and blood pollution problems. The liver absorbs and stores waste indefinitely. When the liver stores too much waste, it cannot function properly. When this happens, more burden is placed on other organs.

Our largest organ -- our skin -- attempts to take over. When the job is too big, the waste usually accumulates around the face. This collection of waste manifests as acne, eczema, and psoriasis. Warts, blackheads, pimples, and athletes foot are also skin problems related to sugar consumption.

Other Diseases and Disorders:

Sugar consumption is also known to bring on the hardening of arteries, heart attacks, strokes, respiratory infections; muscle and nerve degeneration, the enlargement of
the liver and kidney, cataracts, myopia, glaucoma, retinitis, or blindness; short life span, mental dullness and illness, allergies, gout and arthritis, obesity, malnutrition, headaches, high blood pressure, hypoglycemia; anxiety attacks, emotional instability, forgetfulness, depression, multiple sclerosis, diabetes, yeast infections, anemia, sinus problems, gray hair, balding, and much more.

**What's the solution?**

A bit of honey (pure, raw unfiltered with the comb) and raw brown sugar or molasses will not be harmful. The "BEST WAY" to satisfy your "SWEET TOOTH" is to eat plenty of fresh fruit. This is the "NATURAL WAY."

**Honey**

Honey is the by-product of the secretion of bees. If it is natural, raw and organic, it is taken from the hive without raising the temperature, which minimizes nutrients. The use
of honey is the best alternative to refined sugar.

There are different qualities of honey. Commercial honey is the lesser quality of honey. Commercial honey is filtered and heated, which depletes nutrients and diminishes the quality. The main reason this is done is to get a clear and watery honey that is easy to handle and looks good. Commercial honey is also derived from bees who are probably fed white, refined sugar in a watery solution.

Honey that is natural, raw, and organic is not heated, filtered, or treated. The bees are fed more natural products. This type of honey possesses many vitamins and minerals. It is also high in protein.

The best honey is raw and organic (if possible with the honey comb in it). Along with its nutritional benefits, raw, organic honey has many health and medicinal benefits. Honey is called a good antibiotic. It is also an antiseptic, and a bactericidal agent; and it is non-irritating. It is effective in the promotion of healing burns, ulcers, and surface wounds. It is also known to be good for allergies. It nourishes the nervous
system, lowers the blood pressure, and soothes the stomach. It has been used as a surgical dressing and is a good laxative. It is loaded with all the minerals that help build the body.
Chapter 5

Meats

Meat Eating:

Meats of all kinds are, first of all, unnatural foods. Flesh, fish, fowl, and sea foods are very likely to contain a number of germs. Medical scientists have proven this over and over again, but since the devil is the opposer of the Most High God, יהוה (Yahweh), he does not make this knowledge mandatory teaching in the school system.

You have to be a researcher and an avid reader and have a knowledge of health in order to come upon these facts. It is known that meat contains bacteria. This bacteria infects the intestines causing colitis, and many other diseases. They always cause putrefaction. Research has shown, beyond all shadow of a doubt, that a meat diet produces cancer.

Excessive uric acid is caused by meat eating. Excessive uric acid causes rheumatism, Bright's disease, kidney stones,
gout, and gallstones. When you exclude meat from your diet, you get relief from most sicknesses that you suffer from. It is an established fact that meat protein causes putrefaction twice as quickly as vegetable protein. There is no ingredient in meat that cannot be procured in better quality in products than in the vegetable kingdom.

Meat is an expensive secondhand food material and will not make healthy, pure blood form good tissues in your body. The argument of the enemy of God is that flesh must be eaten in order to supply the body with sufficient protein is a lie; for sufficient protein is found in abundance in beans, peas, lentils, and all kinds of nuts, although we do not recommend that you eat too many nuts either. Peanuts are not too good because they are used to clean the earth of various types of poisons in the rotation of the crops. Naturally, the devil wants to make money out of everything possible, so he does not hesitate to sell us those things which are not very good for us.
Kosher Meats:

First, we must keep in mind that no meat is really good for us. Don't forget that historically, in Genesis 1:29, the Mighty One, יהוה (Yahweh), prepared us to be vegetarians and fruitarians. However, after we broke His law originally and were cast out of the Garden of Eden wherein we did not have to work or worry about food, clothing or shelter, He let us take on some of the habits of the other nations around us, which included the eating of meat. However, as we have already read in Leviticus, Chapter 11 and Deuteronomy, Chapter 14, He forbid us to eat certain types of meat. And also after Jacob wrestled with the angel, the Almighty, יהוה (Yahweh), touched the hallow of his thigh and, because of this, we do not eat the back part of any animal, and the front part of the animal is considered kosher or good for us to eat.

When an animal is slaughtered kosher style, he is killed in such a manner as to allow all the blood possible to drain out of the animal. However, I caution you that when you buy kosher meat from a kosher market, you are to further wash this
meat as to wash away as much of the blood that is left as possible. When you have ground beef that is kosher, you should roll it into a patty, rinse it off, squeeze it with your hands, remake the patty, run some cold water through your hands and continue to squeeze out as much blood as you can. Soon you will have a piece of meat that becomes fit to eat since it is permitted by the Mighty One, יהוה (Yahweh).

Therefore kosher means that it is fit to eat; it has been prepared in as clean a manner as possible according to the laws of our Great, Good and Terrible God, יהוה (Yahweh). Also, when we cook our meats, we should avoid frying them at all costs. The Holy Word says that we should either cook them over an open fire or we should bake or broil them in an oven so as to allow the fat and any excess blood to drain from the meat as it is being cooked.
Cooking Oils:

Since we are not permitted to eat fat, that means that we should not cook anything with animal fat. Therefore, we should use polyunsaturated oils, free of animal fats, mainly vegetable oils such as olive oil (which is very important), corn oil, sunflower, or some other vegetable oil.

We should use even those oils sparingly -- never in abundance. This means that we should be careful in the amount of butter that we use in anything that we cook because butter is also a fatty content from the animal; so we should be careful in our consumption of butter. It is permitted, but we should not eat butter to the excess, for it helps to clog up the veins and arteries of the body and can still lead, over a long period of time, to arterial sclerosis, heart attacks, and strokes. The oils are sometimes necessary in the making of breads and
cakes, but our vegetables are best prepared with a small amount of water to start them off in a pot because they make their own water, inasmuch as they are 3/4 water to begin with.

This knowledge will enable you and your family to live a most healthful life and to live to a good old age -- free of the many sicknesses and diseases that the ignorant law breakers suffer from.

Aluminum Utensils

Aluminum poisoning is so prevalent that it is My duty to warn you, My people, Hebrew Israelites, against the use of aluminum. Cooking with aluminum utensils can cause terrible bowel problems. The aluminum utensils break down and become part of the foods little by little and settle in the organs of your body such as the liver, spleen, and the kidneys. If you boil water in aluminum utensils, you can easily see the particles of aluminum in the glass. Everyone who knows anything about aluminum knows that aluminum is poison: It gives off very easily when food is cooked in it. Aluminum
utensils contaminate food with poisonous effects; food values are damaged or destroyed as noted by the best available scientists in America.

The color of cooked foods show adverse chemical changes when cooked and stored in aluminum. The various chemical poisons are formed according to the kinds of foods cooked when the salts become mixed with the metal or when seasoning agents are employed like salt, cooking soda, etc. It was observed that a poisonous gas, hydrogen, is formed by them, which permeates the room in which they are used. And there are many other dangerous side effects from their use, and you are slowly, but definitely, dying from the use of any aluminum utensil.

The government of the United States made a thorough investigation upon this particular problem from 1925 to 1930. The Federal Trade Commission, docket 540, took more that 4,000 pages of closely typewritten testimony from more than 150 witnesses, and they said that they have evidence of a real nature (understandable by anyone as a further proof) that the
aluminum that dissolves from the utensils has evil effects upon the body when consumed with food. They went on to say that American people are banqueters: they love picnics, and have extensive church gatherings at which they come to enjoy food, to worship, or have a good time. Often these are turned into places of grief, anxiety, and death as a result of using aluminum utensils.

You must also avoid alum baking powders, for they contain aluminum, which will ultimately cause you to become very, very ill.
Chapter 7

Expectant Hebrew Israelite Mothers

Delivery

We should, first of all, follow the health plan for a healthy mother and baby as directed by the Most High, יהוה (Yahweh), according to Scripture.

We as Hebrew Israelites, followers of יהוה (Yahweh), should have our babies naturally (home deliveries). This protects us from two primary evils: (1) The doctors using the laser beam to mark our babies with 666. (2) We avoid paying an unnecessary hospital bill which now amounts to thousands of dollars to have what is a natural occurrence; and, also, to avoid having our newborns injected with all types of poisons and chemicals and mercury salts and things which they place into the eyes of newborn babies which are known to cause many children to be blinded.

It also eliminates unsavory and unsolicited advances
toward our Hebrew Israelite women. This is the duty of our Hebrew Israelite midwives and the husbands to avoid bringing our children into the world allowing them to be subject to the administering of punishment at birth by way of spanking, strangulation, and otherwise murdering our unborn children.

We should also be careful about even visiting the doctor as pregnant mothers because they are known to prescribe various types of drugs, such as "thalidomide (a sedative and hypnotic drug)" and other types of drugs which cause deformed babies to come into the world as well as mentally damaged children.

It also eliminates anyone from being able to count us, for the Mighty One, יהוה (Yahweh), forbids the Hebrew Israelites from being counted. We should only take a Hebrew Israelite mother to a hospital under extreme emergency when we see that a natural birth is all but impossible.
Caesarean Operations

We also know that some doctors are guilty of performing Caesarean operations, claiming that the natural process is not recommended, thereby limiting the number of children we have and destroying the mother as well as causing various traumas to be experienced by the newborn baby.

Breast-feeding

The next major protection for our babies is that we should breast-feed the baby. It has been found that a sick mother's milk is healthier for the baby than the most healthy cow on the Planet Earth. Only when a mother's milk is empty of nutritional value, which is unlikely in the majority of the cases, would we ever think of giving the baby a substitute for the breast. It is perfectly permissible for the mother to nurse her baby two years or more if she so desires. Healthy food and proper diet insure healthy milk from the mother for a healthy baby, and breast-feeding aids birth control naturally.
Water

Water is the most important substance on earth. Your very existence depends on it. Without water, blood could not even circulate. It is the beverage given by יהוה (Yahweh) to quench our thirst, and to cleanse the poisons from our systems.

On the average, the adult body contains about 45 quarts of water and loses about 3 1/2 quarts daily. The body temperature is controlled through water. Next to oxygen, water is the most important substance in the body.

The best natural agent against all kinds of virus infections, such as influenza, pneumonia, whooping cough, measles and other infectious diseases is the right kind of water. Water is a flushing agent. The proper amount and right kind of water help to keep the cholesterol level down.
You have billions of powerful brain cells which are 70 per cent water. The body requires water, but it must be chemically pure water, that is 100 per cent pure hydrogen and oxygen. One source that this pure water comes from is fresh fruit and vegetables (יהוה [Yahweh] distills water in fruits and vegetables).

Man has polluted the public water supply with deadly chemicals. Public Health Service records show that there is an increase in outbreaks of water-borne disease (intestinal flu, typhoid fever, infectious hepatitis, etc.) in the United States.

You should either buy spring water, distilled water, or boil your water.

**Fasting**

As a general rule, we as adult Hebrew Israelites should only eat once per day at a maximum. There is much said throughout the entire Bible about fasting. Our Great God, יהוה (Yahweh), instituted fasting for both spiritual and physical blessings.
Throughout the history of the Bible, our people fasted and prayed in order to gain victory. Fasting has two purposes: (1) the upbuilding of the body and (2) the spiritual upbuilding of the soul. Immanuel fasted 40 days to get the victory over sin. I have many experiments with fasting. I have gone long periods of time wherein I fast three days out of every month, and now I fast every Shabbat. Also, I once fasted six weeks on nothing but fruit juice after having gone the first three weeks on air and water. However, I warn everyone against long fasts. Short fasts from one to three days are very beneficial both spiritually and physically, especially when you drink water freely.

Knowing that famine and hard times are coming upon us in this country according to the Word, to abstain from rich foods and to eat but very little plain food, even for days and weeks at a time, would be very beneficial -- physically and spiritually. You may use the Strong's Exhaustive Concordance of the Bible and find many Scriptures on fasting. I suggest you read it.
Healing and Nutrition

Your first duty is to make your body healthy, and this is done with the proper knowledge of food and following proper dietary habits. **Without health, nothing can be achieved.** All achievements are based on your health. Whatever you want to do spiritually, socially, nationally, or otherwise, you have to do it with a healthy body.

Always remember there is no disease, only a polluted body. If it is cleaned out and given proper nourishment, your body can heal itself. Learn to follow the laws of nature. If, however, your body is polluted because of your past ignorance, then a proper fast, the eating of fresh vegetables and fruits only will cure practically any problem you may have.

I recommend highly that all Hebrew Israelites have one book in their library which is **BACK TO EDEN**, by Jethro Kloss. **BACK TO EDEN** is a classic guide to herbal medicine, natural foods, and home remedies. Check with Me and I will inform you where you may find and buy any of the herbs you may need in reference to your health.

יהוה בן יהוה

(Yahweh Ben Yahweh)
Scriptural References

(in order of appearance)

John 8:32
11 Timothy 2:15
Genesis 1:26
Leviticus 11:1-47
Deuteronomy 14:1-21
Revelation 21
Revelation 22:2
Hosea 4:6

(The King James Version of the Bible [KJV])
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