

chapter two

A Biblical Foundation



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 [food] (Genesis 1:29).

In Genesis 1:29, God gave Adam and Eve, and all of mankind who would follow, the ideal way to nourish their marvelous physical bodies. Now for a moment, let's consider the setting—God had just finished creating the physical body of Adam. Then He, God, the Creator, placed Adam, the creation, in a garden called Eden, where He, God, the Creator, had already created and placed within, all manner of plant life (fruits and vegetables, seeds and nuts), in anticipation of Adam's arrival.

And God said, Let the earth bring forth grass, the herb [vegetables] yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so...and God saw that it was good. And the evening and the morning were the third day (Genesis 1:11-13).

In Genesis 1:29, God told Adam that these fruits, vegetables, seeds, and nuts, in the garden, that He had previously created, were to be Adam's food. Who would know better what Adam's physical body had been designed to be nourished with, than the very Creator of that physical body?

Thus man was to forage for his food, just like all the rest of God's animal creations. All that was necessary for man to do, to

obtain the nutrients necessary to sustain his life, was to go into the garden and harvest the living plant foods God had placed there.

In fact, if you take a closer look at what God created on each of the first four days of creation, you will see that all these previous creations were necessary if God's human creation was going to be able to sustain life after God had brought him into this world—dry land on which to live and to grow his food, air to breathe, water to drink, living plants to nourish his body, and the sun to keep him warm and grow the foods he was to eat!

As we enter the garden, we see all manner of colorful fruits and vegetables. What a gorgeous site it is! Can't you just envision the brilliant blue sky, with the puffy white clouds, and the crystal-clear atmosphere, along with all those brilliantly colored foods just waiting and ready to be plucked, for man's enjoyment and the nourishment of his just-created physical body? And can't you just feel the rays of the sun warming and energizing the body? Wow! This pristine garden has been prepared by God to be man's beautiful home and source of nourishment.

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 2:9).

Once in the garden, almost immediately, our eyes are drawn to an apple tree, covered with beautiful, brilliant, red apples that are shimmering and glimmering in the sunlight. Instinctively, we are attracted to the beauty, the smell, and ultimately the taste and texture of that apple, which is full of nutrients. Real food appeals to our sight, touch, smell, and taste when in its natural unadulterated state.

Now, since those apples contain nutrients to nourish the physical body, how is man to get those nutrients contained within that apple, from the cellular level of the apple to the cellular level of the body, where those nutrients must eventually arrive if they are going to nourish the physical body?

Instinctively, the man goes to the tree, plucks a beautiful apple from the tree, and instinctively takes a bite from that apple. But now I must ask a very important question? Are the nutrients

in that apple immediately available at the cellular level of the body as fuel and nourishment as soon as that bite of apple is taken? Obviously, the answer is “no.”

So what is the next step? What do we have to do with that bite of apple? Instinctively, we start chewing that bite of apple with the teeth God placed in the mouth at the time of man’s creation, so that the apple can be processed in preparation for swallowing and digesting. Once we swallow that first bite of apple, it begins its journey through the digestive tract, a system God designed to be the means of processing that apple and placing it into a form the physical body could utilize as fuel and nourishment.

I am sure you have already noticed that I have used the word “instinctively” numerous times. If man did not act *instinctively*, then how did he know that the apple contained nourishment, and how did man know to pick that apple and what to do with that apple once it had been picked? I believe God the Creator placed all the “instincts” required to pick and process that apple into man when He created him, so that man would naturally be drawn to those foods that contain the vital nutrients necessary to sustain his physical life!

I will praise Thee; for I am fearfully and wonderfully made: marvellous are Thy works; and that my soul knoweth right well (Psalm 139:14).

To show how we get nutrients from the cell level of the foods we place into the mouth, to the cellular level of the body, its ultimate destination if that food is to provide nourishment for the body, let me use a raw carrot as an illustration. If I were holding a raw carrot in my hand, you would notice that it is an appealing orange color and is comprised of very firm fiber. How do I process that carrot into a form my body can utilize at cellular level?

Instinctively, I take a bite from the carrot. Are the nutrients immediately available at cellular level? No! So instinctively, I place that bite of firm fiber on the flat masticating molars in the back of my mouth and start chewing on it. The teeth reduce that bite of carrot from its hard fiber form to a pulp form. Only now, after it has been reduced to a pulp form and mixed with the saliva, do I instinctively swallow it. First step in digestion!

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Now that the carrot pulp has been swallowed, it is called a bolus as it slides down the esophagus to the upper chamber of the stomach, where the enzymes contained in that raw carrot work on it for a time, further breaking it down in preparation for utilization by the body. After spending some time in the upper chamber of the stomach, little by little, the stomach transfers the food to the lower chamber of the stomach, adds gastric juices to it, and grinds it to a semiliquid mass called chyme.

The chyme now bypasses the openings from the common bile duct, which is dripping digestive juices from the pancreas and gallbladder to facilitate the digestive process, and enters the small intestines. As the chyme travels through the three segments of the almost ten feet of the small intestines, the nutrients along with most of the liquid are absorbed into the bloodstream while the remaining chyme (fiber) enters the colon for eventual elimination. Only now are the nutrients in that carrot in a form the body can utilize as nourishment at cellular level.

For approximately 1,700 years, from creation to the flood, man's life was sustained by this Genesis 1:29 diet, as God had designed! And Scripture reveals that during those 1,700 years, on this pure raw vegan diet, man lived to an average age of 912 (age of patriarchs at death), without a single recorded instance of sickness.

It wasn't until after the flood, which covered all plant life, that God gave man permission (possibly for survival purposes because all plant life had been destroyed by the flood) to eat the flesh of the clean animals (see Gen. 9:3). Interestingly, it was only after God allowed man to consume animal flesh into his physical body, that we read of the first instance of sickness, and man's lifespan starts dropping dramatically. Within ten generations, the average lifespan of 912 years on the pure Genesis 1:29 diet before the flood, fell to 110 years on a cooked, meat-based diet after the flood.

The digestive system and the process just explained before the introduction of animal products in Genesis 9:3 above, was designed by God to process the living plant foods God had given man in Genesis 1:29 to be his means of nourishment. Raw plant source foods are loaded with fiber, and it is the fiber that keeps

the food moving rapidly through a very lengthy digestive tract, a digestive tract with many pockets, loops, and bends.

However, when an animal source food is consumed and sent through the digestive tract, a digestive tract that was designed by God to process raw fruits and vegetables loaded with fiber, problems develop! Why? Because animal products contain absolutely no fiber! Thus, animal foods move very sluggishly through the digestive tract, in an atmosphere of 98.6 degrees, and they putrefy! This putrefied flesh causes physical problems that range from body odor to acid stomach problems, to Irritable Bowel Syndrome (IBS), to colitis, to ulcerated colitis, to Crohn's disease, to colon cancer. And it doesn't matter if the animal is raised organically or commercially! All animal flesh is devoid of fiber, and putrefies in the warm temperatures of the digestive system!

Interestingly, here at Hallelujah Acres, we have received hundreds of testimonies from people who had been experiencing the above digestive tract problems when they adopted *The Hallelujah Diet*, a basically raw plant-based diet, loaded with fiber. When they made the diet change, they saw their digestive tract problems simply disappear, and sometimes very quickly. For instance, acid stomach problems are usually gone within less than a week after a person stops consuming animal products, and starts consuming a basically raw, plant-based diet, loaded with fiber.

Some 1,500 years after the flood, we find that Daniel and the three Hebrew children chose not to defile themselves with the rich foods of the king's table: "*But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself*" (Dan. 1:8).

And as we read in the Scriptures that follow, after only a ten-day trial diet of fresh vegetables and water, Daniel and the three Hebrew children were stronger and healthier than their counterparts who had consumed the SKD (Standard King's Diet).

Well, here we are some 6,000 years after God gave mankind the Genesis 1:29 diet, and what are we placing into our beautiful God-made bodies for food? Well, if we are honest—very little of what God designed these physical bodies to be nourished with. Instead of eating our fruits and vegetables raw as God designed,



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we cook them, thus destroying all enzymes (life force) within them, as well as a high percentage of nutrients. But that is just the beginning of the defiling. Just look at all the junk foods and sugar and alcohol-based beverages being consumed. Are we not defiling our bodies with what we are putting into them on a daily basis?

Today, we put all manner of animal products into our bodies, which are loaded with fat, containing all the toxins from everything that animal has eaten during its entire lifetime, not to mention the antibiotics and growth hormones that were introduced into that animal's body. The animal fat within these products accumulate in our body, clog our arteries, and cause the death of about 40 percent of our population due to heart attacks and strokes each year, while the other toxins contained within, cause all manner of other physical breakdown.

Today, man puts some 170 pounds of refined sugar into his body each year. Sugar is an immune system suppressant that neutralizes our body's immune system—an immune system given us by our Creator to protect us from the germs, viruses, and bacteria of this world. Sugar also affects our brain, causing emotional upset, misbehavior of children and adults alike, and so much more. We consume fiberless and nutrient-devoid white-flour products that clog up our systems, causing constipation and other physical breakdown. And I could go on and on telling of the harmful effects of the Standard American Diet.

Friends, *"if the foundations [upon which our bodies were designed to be nourished] be destroyed, what can the righteous do?"* We can get sick, or...we can return to eating the foods God designed these physical bodies to be nourished with, and be well! And what is so amazing to me, is that when people return to the principles of the Genesis 1:29 diet—the very diet that God, our Creator gave Adam, and through Adam to all mankind some 6,000 years ago—their bodies will receive healing from almost every physical problem they were experiencing. And they usually don't get sick anymore; they die of old age, rather than disease! Isn't that the way God designed!

In First Corinthians 6:19-20 we read, *"What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price:*



therefore glorify God in your body, and in your spirit, which are God's." How can we possibly glorify God with a body that is less than its best because we have failed to nourish it and maintain it the way God intended?

Preachers, like myself, dedicate their lives to serving the people in our churches. However, for far too long now, we have ministered to their spiritual needs only, while relegating their physical needs to prayer and the world's medical system. Jesus ministered to more than just the people's spiritual needs; He also ministered to their physical and emotional needs. In Third John 2, we are told of God's will for His people concerning their physical bodies:

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Unfortunately, it took me a long time to understand this. During my four years of ministry preparation, I learned everything I could about how to minister to the spiritual health of man, but I learned absolutely nothing about how to minister to the physical needs of the people in my congregations. When members of my church fell ill, all I could do was pray for them and send them to the medical doctor.

Surgery, radiation, chemotherapy, and other drugs of man are not God's answer to sickness. These modalities are unnatural and toxic, and interfere with the body's ability to heal itself. Moreover, they treat only the symptoms of the disease and not the cause. Yet the Bible has many instructions about how we are meant to care for our bodies. Thus, if we want to experience true wellness, we must turn to the Bible for instructions, rather than to the world.

And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse (Mark 5:25-26).

We must personally heed the instructions found in Romans 12:1-2, and encourage others to do likewise: *"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*

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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."

Hallelujah Acres is a Christian ministry that teaches health from a biblical perspective! Hallelujah Acres is trying to help the Christian community (as well as anyone else who will listen) to realize that God's *original* diet, as given by God in the Bible, in Genesis 1:29, was God's perfect plan for the proper nourishment of His human creation. Multitudes have made this diet change that we teach here at Hallelujah Acres, and experienced normalization of weight, as well as the elimination of almost all their physical problems.