

“THE GENESIS 1:29 CURE”

Live Food Makes Live People

By

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UNDERSTANDING BIBLICAL NUTRITION

Genesis 1:11: “And God said, ‘Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth; and it was so.’” This took place the third day of creation and God saw that it was good.

Genesis 1:29: KJV “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.’” This statement was made to Adam and Eve. From this we see that the original diet that God planned for man is what we would call a vegetarian diet.

Therefore:

Eat:

- All beans, legumes, lentils, seeds & nuts. These are your main protein foods.
- All **whole** grains. Barley, rice, wheat, oats, millet, corn, spelt, amaranth – any natural grain. Use only whole grain breads. Boxed cereals are **not** whole grain.
- All fresh vegetables and fruits. Eat as many of them raw as you can tolerate. Frozen or canned veggies and fruits are better than none.
- Distilled or reverse osmosis water only. Six to eight glasses of water daily is your goal.
- The key to disease prevention or prevention is to eat a **wide variety** of veggies and fruits and whole grains. **The wider the better.**

OMIT FROM YOUR DIET:

It only takes about 8 months to one year to turn sick cells into healthy cells.

- All meat. All flesh, including fish, fowl and especially pork. (See Explanation for additional details.)
- All milk products unless you can purchase certified, unpasteurized milk. See Proverbs 27:27.
- Eggs unless you can purchase fertile farm eggs – then 3-5 per week.
- “Man-made” products of all kinds. i.e. Designer foods like Cool Whip are all dead foods. Dead foods make dead people.
- Most canned goods. A few won’t kill you.
- All white sugar and baked goods using white flour. Use whole wheat flour and honey, maple syrup, molasses, fruit juice concentrates, dates, and raisins as sweeteners.
- All soft drinks. They contain phosphoric acid, too much sugar and artificial products which soften bones and cause many other health problems.
- All fruit juices except freshly squeezed ones. They have too much sugar for sick cells unless you dilute them about one-half with water.
- NO margarine. It is “plastic-like” and plugs arteries. Butter is OK.
- Water from your tap. Chlorine and heavy metals produce free radicals which produce carcinogens.
- High fat foods. Fried foods, sandwich meats like bologna, mayonnaise, snack foods, nuts in large amounts, doughnuts, potato and other chips.
- Use cold pressed virgin olive oil or canola oil in cooking.
- Coffee. Not more than 1-2 cups per day. None if you have cancer. Use hot water with a slice of lemon. This will help cleanse the liver, kidneys, and bladder.

Of course rest, exercise and a positive mental attitude are also very important components of a health lifestyle.

EXPLANATION:

Meat:

Genesis 9:2-3: gives us permission to eat all animals and creeping things. The only reason meat of all kinds is off my list of foods to eat is if you are chronically ill. Present day methods of producing animals for the

market – the antibiotics, hormones and drugs used are detrimental to the health of people, especially those ill with such diseases as heart problems, arthritis, diabetes, cancer, liver failure, kidney disease, etc.

Fat Foods:

Many studies have proven that a 20-30% total fat calorie diet will help reverse various diseases, especially of the heart, circulatory system and cancer. Here is how you calculate your fat calorie intake:

Look at two figures on the label of any food. See the number of fat grams (gms) and multiply it by 9. Then, divide that number by the calories per serving.

For example: my airlines potato chip package said it had Gms of fat and 150 calories per serving. $10 \times 9 = 90$. 90 divided by 150 = 60% fat. The label said, "No cholesterol"—what a misleading bit of information!!! Our body produces cholesterol from fatty foods.

The bottom line: don't buy any food that is more than 30% fat. You will easily control your weight and your diseases by doing this.

ADDITIONAL RAW, ORGANICALLY GROWN, WHOLE, "LIVE" FOOD PRODUCTS THAT PROMOTE THE HEALTH CELL CONCEPT:

- 2-6 teaspoons of **BarleyLife*** a day. Drink 30 minutes before a meal or 2 hours after a meal. Mix with water or juice. *** If you consider yourself chronically ill, you may find 10 teaspoons of **BarleyLife*** a day to be helpful. Take 2 teaspoons every 2 hours, 5 times a day –always on an empty stomach. Start with 1 tsp. 20 minutes prior to breakfast, then 2 tsp's – one before breakfast and one at 3PM, later 3 tsp's, etc.
- 4 glasses a day of freshly squeezed vegetable and fruit combinations. Use carrots as the basic ingredient.
- 2 heaping teaspoons or more of **Just Carrots***. This may be considered a substitute for fresh juicing.
- 2 **PrepZymes*** prior to each meal.
- At least 2 heaping teaspoons of **Herbal Fiberblend*** per day. A dirty colon produces and sustains disease. Drink plenty of water to activate the fiber.

***AIM International** offers these products to the public. I've been associated with this company for more than 25 years. I use these products and encourage you to use them for better health. The products are top quality. Contact me for details on how you can receive your products at a reduced price or even free.

BIBLICAL INSTRUCTION IN NUTRITION

Gen. 1:1 "And God said, "Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth; and it was so."

Gen. 1:29 "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."

Gen. 9:2-4 " And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that move upon the earth, and upon all the fishes of the sea; into your hand are they delivered. Every moving thing that lives shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, which is the blood thereof, shall you not eat."

Lev. 3:17 "It shall be a perpetual statute for your generations throughout all your dwellings, that you eat neither fat nor blood."

Lev. 7:23-24 "Speak unto the children of Israel, saying, you shall eat no manner of fat, of ox, or of sheep, or of goat. And the fat of the beast that dies of itself, and the fat of that which is torn with beasts, may be used in any other use but you shall in no wise eat of it."

Lev. 2:4-5 “And if you bring an oblation of a meat offering baked in the oven, it shall be unleavened (no yeast) cakes of fine flour mingled with oil, or unleavened wafers anointed with oil. And if your oblation be a meat offering baked in a pan, it shall be of fine flour unleavened, mingled with oil.”

Psalms 141:4 “Incline not my heart to any evil thing, to practice wicked works with men that work iniquity and let me not eat of their dainties.”

Deut. 14:3-21 “You shall not eat any abominable thing. These are the beasts which you shall eat: the ox, sheep, goat, hart, roebuck, fallow deer, wild goat, pygarg, wild ox and the chamois. And every beast that parts the hoof and cleaves the cleft into two claws and chews the cud among the beasts that you shall eat. Nevertheless these you shall not eat of them that chew the cud, or of them that divide the cloven hoof: the camel, hare and the coney for they chew the cud but divide not the hoof. Therefore they are unclean to you. And the swine (pig) because it divides the hoof, yet chews not the cud. It is unclean unto you. You shall not eat of their flesh nor touch their dead carcass. These you shall eat of all that are in the waters: all that have fins and scales shall you eat. **And whatsoever has not fins and scales (shellfish, etc) you may not eat. It is unclean unto you.** Of all clean birds you shall eat. But these are they of which you shall not eat: the eagle, ossifrage, glede, kite, vulture, raven, owl, night hawk, cockow, hawk, little owl, great owl, swan, pelican, gier eagle, cormorant, stork, heron, lapwing and the bat. Every creeping thing that flies is unclean unto you. They shall not be eaten. But of all clean fowls you may eat. You shall not eat of any thing that dies of itself for you are a holy people unto the Lord your God.”

Lev. 11:2-23 “Speak unto the children of Israel, saying, These are the beasts which you shall eat among all the beasts that are on the earth. Whatsoever parts the hoof, and is cloven footed, and chews the cud, among the beasts you shall eat. Nevertheless, these shall you not eat of them that chew the cud, or of them that divide the hoof: the camel because he chews the cud but divides not the hoof, he is unclean unto you. The coney, because he chews the cud but divides not the hoof, he is unclean unto you. The hare because he chews the cud but divides not the hoof, he is unclean unto you. The swine (pig) though he divides the hoof and be cloven footed yet he chews not the cud, he is unclean to you. Of their flesh shall you not eat and the carcass shall you not touch. They are unclean to you. These shall you eat of all that are in the water – whatsoever has fins and scales in the waters, seas and river. These shall you eat. **All that have not fins and scales in the seas (shrimp, lobster, clams, shellfish, catfish, crab, etc)** 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.**”

Prov. 25:16 & 27 “Have you found a likeness in honey? Eat so much as is sufficient for you lest you be filled therewith and vomit it. It is not good to eat much honey...”

Prov. 27:27 “And you shall have goats’ milk enough for your food, for the food of your household and for the maintenance of your maidens.”

Col. 2:16 “Let no man therefore judge you in meat, or in drink or in respect of a holy day or of the new moon or of the Sabbath days.”

Rom. 14:21 “It is good neither to eat flesh nor to drink wine nor any thing whereby your bother stumbles or is offended or is made weak.”