

THE ORIGINAL BIBLE DIET

Genesis 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."
"Behold, I have given you every herb bearing seed"...*

Some examples are:

GRAINS: Wheat, corn, rye, barley, rice, millet, oats and buckwheat.

SEEDS: Sunflower, sesame, flax and pumpkin seeds, etc.

LIGUMES: Soybeans, lentils, peas, peanuts, other beans.

SUCCULENT FOODS (containing seeds):

Eggplant, okra, bell pepper, squash, green beans, pumpkins.

Cucumbers, tomatoes and melons.

"...and every tree in which the fruit of a tree yielding seed..."This category is the woody, perennial plants, shrubs or bushes. Some examples are:

FRUIT TREES: Citrus fruits, sub-acid fruits, sweet fruits, neutral fruits.

NUTS: Almonds, pecans, cashews, brazil, walnuts, chestnuts, filberts, acorns and pine nuts.

"...TO YOU IT SHALL BE FOR MEAT."

Originally, the green herbs were given by God as food for the animals in Genesis 1:30.

"And to every BEAST of the earth, and to every FOWL of the air, and to everything that creepeth upon the earth...I have given every GREEN HERB for MEAT; and it was so."

But, these vegetables (green herbs) were added to man's diet AFTER he sinned (to help fight disease), and are part of our diet today.

"And unto Adam He said. Because thou hast harkened unto the voice of thy wife...cursed is the ground for thy sake...and thou SHALT EAT the HERB of the Field." (Genesis 3:17, 18)

Some of these Vegetables include:

LEAFY HERBS: Celery, Cabbage, Kale, Chard, Lettuce, etc.

FLOWERS: Globe Artichoke, Broccoli, Cauliflower.

ROOTS: Carrots, Beets, Potatoes, Turnips, etc.

THESE FOODS ARE YOUR KEY TO TOTAL HEALTH!