

68 Years of Nutritional Study
by Dr. Mary Ruth Swope

The greatest lessons I have learned after 68 years of study, research and teaching in the field of Foods and Nutrition, mostly at the university level, are these:

1. Life can only come from life. "Dead food" makes dead people.
2. Life begins, is maintained and ends at the cellular level. Doctor's agree!
3. Plant foods grown organically, served fresh, raw and unprocessed are our best sources of life. They also are our best "medicines". (The Father of Medicine, Hippocrates, said this in 450 BC – before the birth of Jesus.)
4. Man-made foods are "dead foods"; they cause disease and early death.
5. International research studies have proven that the Jewish dietary laws, when followed, produce the healthiest people on earth. (Read Genesis 1:29)
6. Herbs made from stems, roots, bark, leaves, fruit and blossoms of natural plants outperform synthetic drugs to restore sick cells in almost all cases – and without dangerous, expensive side-effects.
7. The Bible declares barley leaves to be God's champion food creation – the most perfect and complete of all foods. Leviticus 23:9-11 (offerings had to be perfect!)
8. I believe almonds are God's second most perfect food creation. They are a near-perfect food. Like barley, they are a first fruit.
9. I do not believe in the germ theory of disease. Disease results when the immune system is weak. Poor eating and lifestyle habits cause a weakened immune system. We are then subjected to all kinds of disease because of a lack of fighter cells.
10. The "Real Doctor" is in every cell. He has a recipe for changing any sick cell into a healthy one. Man-made drugs are needed only for crisis situations; Nutrients heal.
11. We were made to have Divine health with an expected life-span of 120 years. (Genesis 6:3)
12. Following are the basic rules of a healthy diet. I am trusting God is the most brilliant Scientist ever – and I hope you, too, will follow His advice for your physical health. Here is the record of His advice:
 - A. Plan A of the Original Diet for Adam and Eve (Genesis 1:29). All of Nature's foods are balanced sources of protein, carbohydrates, fats, vitamins, minerals and phytochemicals (the natural medicines). Eat a wide variety in every category for the best health.
 - Eleven cereal grains (barley, wheat, rye, spelt, millet, oats, etc.)
 - Sixty-four vegetables.
 - Beans, legumes, lentils, seeds and nuts.
 - Forty-six fruits.
 - Goats' milk, eggs, cheese and butter were allowed.
 - God allowed "a little" honey.

Then God cursed the soil and people began to lose their vibrant health.

B. Plan B of the Original Diet.

In Genesis 3:18 God added the green herbs of the field to their diet.

(Things like garlic, capsicum, black cohosh, bee pollen, parsley, black walnut, catnip etc.).

C. Plan C of the Original Biblical Diet

In Genesis 9:3 God added meat to the approved diet with carefully designed rules to distinguish clean from unclean meats. See Leviticus 11 and Deuteronomy 14 for guidance.

Modern-day researchers confirm this information.

These are the basic rules of a healthy diet.

A very important last point is this: the quickest, easiest most accurate way to evaluate the status of your own health (before doctors get involved) is to test the pH of your saliva and urine. "