

In this week's Health Tip, we are going to take a look at the affect temperature has upon our physical bodies, and upon the foods that we eat.

#### THE SUN, SUSTAINER AND DESTROYER OF LIFE!

On day three of creation God said: "Let the earth bring forth grass, the herb (vegetable) 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." (Genesis 1:11-12) But without a source of light and heat, neither plant LIFE, nor human LIFE, could be sustained, and so on day four of creation:

"And God made two great lights; the greater light to rule the day (the sun), and the lesser light to rule the night (the moon): he made the stars also. And God set them in the firmament of the heaven to give light upon the earth."

(Genesis 1:16-17)

Have you ever thought about this? If the earth was in an orbit that was only slightly closer to the sun, or if the earth's circumference was only slightly greater, the earth would not be able to sustain LIFE! Why? Because the sun's heat would destroy all plant and animal LIFE! Conversely, if the earth was in an orbit only slightly further from the sun, or if its circumference was only slightly less, the earth would not be able to sustain plant or animal LIFE either! Why? Because everything would freeze to death! What an awesome testament to the wisdom of our God!

"Nevertheless He left not himself without witness, in that He did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness." (Acts

14:17) ". . . All things were created by Him, and for Him:

and He is before all things, and by Him all things consist." (Colossians 1:16-17)

To think that all of this precision just happened by chance through a process called evolution is beyond my comprehension. No my friend, God hung the earth in just the exact place in the universe so that the earth could support LIFE! No other planet or star has this precise placement in the universe! Man has spent billions of dollars on space exploration, in an effort to find LIFE on other planets, but without success. Nor will man ever find LIFE on any other planet in our solar system, because the Bible tells us in Genesis 3:20 that Eve is "the mother of all living."

With that as an introduction, let's look at the affect heat has upon LIFE:

#### HOW HEAT AFFECTS THE HUMAN PHYSICAL BODY

Have you ever thought about the affect temperature has on the physical body? For instance, if a person has a fever of 104, do we get concerned? Of course we do! How about if the temperature goes up to 106 degrees? At that temperature we become extremely concerned! Why? Because when the internal temperature of the physical body reaches 107, brain cells start to scramble and die, and by the time the internal temperature of the body reaches 108, that person is usually dead!

Several years ago, I was in the Detroit area one hot summer day, driving to a seminar location, where I was to deliver my "How to Eliminate Sickness" message. As I was driving, I was listening to the local news. What I heard

on the newscast that day is something I have never forgotten, because it revealed to me just how greatly the sun's heat can affect LIFE.

On the news that day, they were telling of a mother who had hastened home with her three children from a shopping trip, because she did not want to miss the beginning of her Soap Opera. As she pulled into their drive, it was just about time for the Soap to begin, and not wanting to miss its beginning, she jumped out of the car, ran into the house, leaving her three children behind in the car, on a very hot July day. It wasn't until 90 minutes later that she remembered the children. When she went out to the car, she found that the two older children, who could walk, had gotten out of the car, but had closed the car door behind them, and the little child in the car seat had been left trapped in that very hot automobile. The child was still alive and still breathing. She rushed the child to the hospital where they found the child's internal temperature to be 107 degrees. The child lived, but suffered permanent and severe brain damage, and they were talking about bringing criminal charges against the mother for neglect.

About a month later, on a very hot August day, as I was driving near Pittsburgh, Pennsylvania, listening to the local news, when I heard an almost identical scenario to the affect heat could have upon a human physical body. Only this time, when the mother went out to the car, she found her child unconscious, yet still breathing. She rushed the child to the hospital. Internal temperature was 108, and the child died. How tragic, and yet we hear almost every summer of similarly sad incidents.

#### HOW HEAT AFFECTS THE FOODS WE EAT

However, the heat of the sun affects not only the LIFE of the physical body, but it also affects the LIFE of the foods we eat! For instance, at approximately 107 degrees, the enzymes, which are the LIFE force found in raw fruits and vegetables, start to be destroyed. And by approximately 122 degrees, all enzymatic activity has ceased, and that food is now dead - because the heat has destroyed its life force!

At approximately 150 degrees, the protein molecules within that food starts to break down, and by 160 degrees, the molecular structure has been totally deranged. This can be very vividly seen when a raw egg (which is comprised of almost 100% protein) hits a hot frying pan. Before our very eyes the clear, liquid, jelly-like substance surrounding the yoke, becomes hard and white.

Before most of the food we eat today is consumed, it is placed in or on a heat source. We boil many of our vegetables in water of 212 degrees, or steam our vegetables at a temperature also of 212 degrees. Many of our foods are baked in ovens at even higher temperatures. A slow oven starts at about 250 degrees, while other foods are baked in ovens that reach to over 400 degrees. Or we cook our food in a microwave oven. Do not all of these heat sources produce temperatures above the temperatures that destroy LIFE? Of course they do!

Back in the 1920's, the zookeepers thought they could economize by feeding the carnivorous animals the leftover cooked meat from the restaurants. But this practice was soon abandoned because the zoo animals thus being fed were getting sick and dying. When you go to a zoo today, you will find the carnivorous zoo animals are always fed their flesh food in its uncooked raw form. All carnivorous animals in the wild, also, always, eat the flesh uncooked!

#### DR. POTTENGER'S RESEARCH OF RAW VERSUS COOKED

One of the best-known studies of raw versus cooked foods involves a 10-year research project conducted by Dr.

Francis M. Pottenger, using hundreds of cats. His study was published in 1945 in the "American Journal of Orthodontics and Oral Surgery." Dr.

Pottenger fed all the cats the same food, with the only difference being that one group received their food raw, while the other received it cooked.

The results dramatically revealed the advantages of raw (LIVING) foods over a cooked diet. Cats that were fed raw, living food produced healthy kittens year after year with no ill health or premature death. But cats fed the same food, only cooked, developed heart disease, cancer, kidney and thyroid disease, pneumonia, paralysis, loss of teeth, arthritis, birthing difficulties, diminished sexual interest, diarrhea, irritability, liver problems, osteoporosis, and more (the same diseases common in our human cooked-food culture).

The first generations of kittens, from cats fed cooked food, were sick and abnormal, the second generation was often born diseased or dead, and by the third generation, the mothers were sterile.

#### DR. POTTENGER'S FINDINGS BEING EXPERIENCED IN HUMANS

Sadly, many of the results Dr. Pottenger obtained in his cat experiments are being repeated in our human population today. For instance, with each succeeding generation of cats fed exclusively cooked food, fewer and fewer were able to produce an offspring. I just heard a figure the other day that greatly alarmed me: They said that 42% of the young adults in our country are unable to conceive. Do you think that the almost 100% cooked food diet being consumed today, might have a part in the decrease in the number of young adults being able to produce a baby today?

When I was a child, the only people I remember having arthritis were the elderly who often needed a cane to assist them in walking. Today, arthritis is not just an affliction of the elderly, as an ever-increasing number of our youth are being diagnosed with juvenile arthritis. Diabetes used to be a disease of the elderly! But today, diabetes is afflicting more and more of our young people. Cancer used to be something experienced primarily by the elderly. But today, after accidents, cancer is the number one cause of death among our youth. Could the almost exclusively cooked food diet being fed our young people today, have something to do with the ever earlier development of these physical problems?

What is going on? Why are our young people experiencing serious degenerative diseases at an ever-earlier age? And why are an ever-increasing number of our young adults not being able to reproduce? My dear friends, if you will go back to Dr. Pottenger's experiment with the cats, you will find that the longer the cats were fed a completely cooked food diet, the sooner they experienced physical breakdown within their bodies. The SAD diet (Standard American Diet) being consumed today is basically a cooked (dead) food diet that is lacking the necessary LIFE force, and living building materials, necessary to produce and maintain a healthy physical body.

This editor contends that the physical breakdowns being experienced in our human physical bodies today have the same causes as the physical breakdowns within the cats. We are consuming a basically dead food diet, loaded with all kinds of chemical additives, that fails to provide our physical bodies with the building materials necessary to sustain a vibrantly ALIVE and healthy physical body.

Here at Hallelujah Acres, as we see people change from the dead, devitalized cooked foods of this world, and switch to a predominantly LIVING foods Hallelujah Diet, which contains the foods God designed their physical body to be nourished with, physical health and a vibrantly alive body almost always results! If you will go to our website at <<http://www.hacres.com>> and read the TESTIMONIES available there, you will find that The Hallelujah Diet, a basically LIVING foods diet, has been instrumental in restoring health to thousands, who were suffering from a multitude of different physical problems.

LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember, it was God who created a LIVING organism (physical body), comprised of LIVING cells that He designed to be nourished with LIVING food! Jesus said: "I AM COME THAT THEY MIGHT HAVE LIFE, AND THAT THEY MIGHT HAVE IT MORE ABUNDANTLY!" (John 10:10) 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) 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. For more information, visit our website at <<http://www.hacres.com>> or call (704) 481-1700.

If you are not already on The Hallelujah Diet, may I encourage you to give it a try!