

Meat - The Cause of Most Sickness

ANIMAL PRODUCTS

Animal products are the main feature in most meals consumed in America today. To support what I am saying here, go to almost any restaurant and take a look at their menu. If you were to eliminate every offering from the menu that contained something of animal origin, in most restaurants, there would not be anything left to order. I did this in a very large and popular restaurant in our area recently and was absolutely amazed when I could not find even one item on their menu that did not contain something of animal origin! And when I asked the waitress what they had on the menu for a vegetarian, she replied: "Well we have fish, and chicken, and pasta with cheese!" Friends, our bodies were NOT designed by God to process ANYTHING of animal origin!

DEAD FOODS

The animal products being consumed today are almost always cooked. Animals designed by God to be carnivorous, were designed to consume the flesh they ate raw, not cooked. When the raw flesh of animals is cooked, it becomes a dead food because all its enzymes have been destroyed, and foods devoid of enzymes are very difficult for the body to process. Besides that, dead food cannot properly fuel a LIVING organism (body), which is comprised of LIVING cells.

NO FIBER

Another thing is that animal source foods are totally devoid of fiber! When there is no fiber to move the flesh through that lengthy digestive tract, the flesh putrefies in that 98.6-degree environment, causing constipation, body odor and a myriad of digestive and colon problems, including IBS (irritable bowel syndrome).

HIGHLY ACIDIC

God designed our physical bodies to be alkaline. Disease thrives in an acid environment, but has great difficulty surviving in an alkaline environment. All animal source foods are highly acidic and are the primary cause of most of the stomach acid problems. Plant source foods are alkaline! Hundreds of people attest that their acid stomach problems disappeared within days, when they eliminated animal products from their diet and adopted The Hallelujah Diet.

LOADED WITH FAT

The average person on the SAD (*Standard American Diet*) puts into their physical body some 100 pounds of animal fat each and every year. This fat clogs their arteries and veins, and hinders the free flow of blood through their system, as well as the free flow of oxygen to their cells. This fat is the primary cause of cardiovascular problems as it narrows the passageways the blood travels. Most people suffering from high blood pressure or high cholesterol usually see these readings normalize once they eliminate animal products from their diets, and adopt a basically raw plant based diet, along with some exercise. This fat is also the primary cause of diabetes, as the fat coats the cells of the diabetic, preventing the insulin from reaching the insulin receptors within the cell. Most Type 2 diabetics can be off insulin, with blood sugar normal, usually within a very short time after they eliminate animal products from their diet, and adopt a basically raw plant based diet, along with some exercise.

TOO HIGH LEVEL OF PROTEIN

Animal source foods are too high in protein! This high protein becomes high-octane fuel for the growth of cancers and causes many other physical breakdowns. Our bodies do need some protein, but not the incredibly high amount of protein found in the flesh and dairy of animals. Remember, all the protein found in that animal source food, originated in the living plants that animal consumed. All the protein our human physical bodies need is provided in the basically

living plant foods. All that I have said above concerns not only commercially raised animals and their products, but also organically raised, grass fed, animal source products. However, when you consume animal products of that first category, the potential for harm to the physical body becomes even greater.

ANTIBIOTICS

Most commercially raised animals are given high doses of antibiotics to keep them from dying of some disease before they reach market. The antibiotics contained in animal products kill the friendly flora in the gut of those who eat their meat, causing candida, yeast infections and making it more difficult for their immune system to function properly.

GROWTH HORMONES

Most of the animals grown commercially today receive growth hormones, in order to grow the animal more rapidly - so it will be ready for market sooner, thus increasing profit - and also to induce the dairy cow's body to produce more milk. These growth hormones are entering our children's bodies when they eat or drink these animal products, and the hormones contained in those jump start puberty. They are the reason why the age of puberty in young girls has decreased over the past 60 years and why many of the children of today are much taller than their parents.

TO ESCAPE MOST DISEASE, ELIMINATE ANIMAL SOURCE FOODS

Animal source foods are the cause of, or a contributing cause of, a long list of physical breakdowns, including, but not limited to : heart attacks, strokes, high blood pressure, high cholesterol, numerous cancers (especially breast and prostate), diabetes, arthritis, varicose veins, sinus problems, cardiovascular problems, osteoporosis, Alzheimer's, acid stomach problems, gout, constipation, bad breath, congestion, indigestion, phlegm, PMS, menopausal problems, Crohn's disease, Diverticulitis, Diverticulosis, colitis, ulcerative colitis, colon cancer, and more. We have received testimonies from folks reporting the elimination of every one of the above physical breakdowns after they eliminated animal products from their diet.

THE ATKINS' DIET

This diet, which promotes a high intake of animal source foods, while producing weight loss in the short run, often produces horrible physical problems in the long term. As you no-doubt know, Atkins himself died with a heart problem, and his company went bankrupt. A local Health Food store, which for years carried a lot of his products in a huge display, recently had the entire product line for sale for \$1.00 per item. It has always amazed me that so many people would be attracted to a diet that promoted such a high intake of these dangerous animal source foods. Animal source foods that for years, the American Heart Association, the American Dietetic Association, the National Institute of Health, along with many other health organizations, have been warning the American people against consuming in large amounts.

In Jordan Rubin's book, "The Maker's Diet," we find on page 210 a sample day's menu for his program. For breakfast he recommends : "fried eggs;" for Lunch, "Tuna Salad;" for Dinner "London Broil;" and for an Evening Snack, "Raw Goat's milk cheese." In view of what we have just seen in this Health Tip, will these animal source foods have a positive or negative effect upon the bodies of those who adopt Jordan Rubin's diet?

POTENTIAL DANGERS IN MAKER'S DIET

I lately received a letter saying in substance that a young 17-year-old Christian girl recently died of leukemia. She had been on The Hallelujah Diet and had seen great results, even her cancer go into remission. Then she got off the diet and the cancer came back. She started in again with lots of carrot juice and BarleyMax, but after reading The Maker's Diet, started consuming animal products again, including lots of goat's milk. The person who wrote the letter

asked me : “Could the huge amount of goat's milk and the introduction of other things from The Maker's Diet have caused this young girl's death?”

My answer is : “ABSOLUTELY!” I have repeatedly warned folks, that if they have seen their cancers go into remission on The Hallelujah Diet, **THEY SHOULD NOT GO BACK TO CONSUMING ANIMAL PRODUCTS OF ANY KIND!** The reason is that I have had several reports of people who had seen their cancers go into remission, only to see the cancer return after adding animal products back into their diets. Also, an ever increasing number of scientific studies reveal that not only do animal products **CAUSE** cancer, but that animal products actually **FEED** cancer. In **THE CHINA STUDY** book, Dr. Campbell shares that in laboratory, after inducing cancer into an animal, they could hold that cancer in check by feeding it a pure vegan diet, yet when they added animal protein back into the animal's diet, the cancer started growing like wild fire.

My above response generated another letter from someone else, saying : "Is there absolutely no compromise between your Hallelujah Diet and a 'modified' diet that more realistically allows for travel, eating out or with friends and family, eating organic animal products? It **SEEMS** you believe there is **NO** advantage to eating less animal products or organic animal products - it's none or forget even trying to include some ideas of The Hallelujah Diet. Am I interpreting you correctly? Right now I am trying to limit my diet to one serving of animal protein per day or a maximum of 9 servings per week and get back to more raw fruits and vegetables. But the 'follow The Hallelujah Diet 100% or don't bother' concept causes me frustration and discouragement."

I have never said “follow The Hallelujah Diet 100% or don't bother!” But what I have said is that the closer a person follows The Hallelujah Diet, the better their chances will be of eliminating their physical problems and experiencing the ultimate health God designed for each of us! And I have said that animal products are either the cause or a contributing cause of some 90% of all the physical problems being experienced today.

The total, 100% exclusion of animal products from The Hallelujah Diet, has been a stumbling block to many people wanting to adopt our diet. Jordan Rubin used our stand against animal products to make his Maker's Diet more acceptable to the masses by promoting lots and lots of animal products. You see, most people have been brought up on animal products, are addicted to them and have been programmed that these foods are necessary for proper nourishment. So it only stands to reason that the teachings of Hallelujah Acres, encouraging the exclusion of **ALL ANIMAL PRODUCTS** is difficult to accept by many people.

Nevertheless, I keep saying : “Beware of any diet that promotes the consumption of animal source foods, because the more animal products in the diet, the more dangerous the diet”. Some authors of diet books, even those who know the dangers inherent in animal source foods, include them in their writings in an effort to make their diet more acceptable to a population that is addicted to animal foods.

But I am not here to try and win some popularity contest or to cater to the addictions of the American people or in particular the Christian Community. My purpose is that people might have the very best chance of restoring their health, and maintaining it and I will not compromise these teachings to make the diet more acceptable to the masses. Integrity must prevail over acceptance or popularity. Compromise will only hinder our obtaining the ultimate health God designed for each of us! If poison is harmful to the body, will consuming just a little poison be ok?

I have been studying diet and its relationship to sickness and health for almost 30 years now, and has found that there is ABSOLUTELY NOTHING that we consume more harmful to our health than animal products! And science has proven this statement to be true over and over and over again. If you haven't already done so, please get a copy of Dr. T. Colin Campbell's book THE CHINA STUDY. Here is an eminent scientist who has spent most of his life researching the relationship of diet to disease, and after over 40 years of scientific research concludes: 'only small intakes of animal products were associated with significant increases in chronic degenerative diseases!'

I kept writing as an answer to that letter :

“(...) One of the aspects of The Hallelujah Diet that seems to be very difficult for you to accept is that there seems to be no compromise between our diet and a 'modified' one making travel and eating out easier. Rhonda and I travel a lot, and thus are forced to eat out a lot, yet we never compromise by eating something of animal origin! And as far as family and friends are concerned, again we have no problem, because they all know that we are on a 100% vegan diet for our health and they respect that.

You are free to choose to eat anything you want, just like we are. It is all a matter of choice! I have chosen to place only foods that would promote health into my body for the past almost 30 years, and Rhonda for the past 14 years, rather than what we had been programmed to eat before we made the diet change : what others thought or what our bodies craved for. We each have a choice! But we each need to remember that God gave us an irreversible law in Galatians 6 : 7 : *whatsoever a man soweth, that shall he also reap.*”