

Nutrition

Nutrition, a vast topic, encompasses not only the proper selection, ingestion, digestion, assimilation, and elimination of waste products but also an individual's conduct and eating habits.

The power of nutrition lies in its ability to nourish the body at a cellular level, providing the essential vitamins, minerals, and nutrients our bodies need to function optimally and heal naturally. Proper nutrition reduces inflammation, boosts the immune system, and supports the body's detoxification process. For example, antioxidant-rich foods, such as berries and leafy greens, help protect cells from damage, while fiber-rich foods aid digestion and help eliminate toxins. The right foods can also balance hormones, stabilize blood sugar, and enhance mental clarity, all of which contribute to overall well-being. Nutrients provide the body with the necessary building blocks for repair and regeneration.

A well-balanced, nutrient-rich diet can be the key to preventing and even reversing many chronic health conditions. Many people can acquire proper nutrients from the moderate consumption of fresh fruits, vegetables, nuts, seeds, and whole grains. These foods are packed with life-giving nutrients.

Conversely, a poor diet tends to hinder mental and physical efficiency. It damages the body and impedes proper mental function. Consider, for example, an individual with intemperate eating habits; it is impossible for that person to be patient. It is prudent, therefore, to eat the right food at the right and regular times.

The nature of the food consumed can lead to either health or destruction. At creation, man was only permitted to eat simple and nourishing foods. God commanded, **"Behold, I have given you every herb bearing seed... and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat (food)" (Genesis 1:29)**. This food was inherently simple and fully nutritious. Deviation from this command has, to a great extent, dragged the human family into innumerable woes.

To fully grasp this point, we need to re-examine God's original plan for man's diet. We need to delve deeper into the human structure and observe the patterns God put in place, marveling that it was "very good!" Our present world, filled with temptations, consumed by appetite, swayed by human passions, and the customs of society, is never a safe guide in matters of healthful living.

Care should be taken in the selection of food. Our diet should be suited to: *the season, the climate in which we live, and the occupation we pursue.*

Some foods may be suitable for use in one season or climate but wholly unfit for use in others, just as some foods may suit an individual engaged in sedentary labor compared to one performing heavy manual labor. Similarly, He who created Adam appointed his food, stating, "I have given you every herb yielding seed... every tree in which is the fruit of a tree yielding seed; to you it shall be for food." When sin entered our world, and Adam proved unfit to remain in

perfect Eden in his fallen, corrupted nature, God, in His infinite wisdom, permitted him to partake of the herb of the field.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart strength, power of endurance, and vigor of intellect that are not afforded by a more complex and stimulating diet. Thus, in order to maintain health, a sufficient supply of nourishing food is needed.

NUTRITIONAL PRINCIPLES FOR PERFECT HEALTH.

Erroneous eating and drinking lead to erroneous thinking and acting. In daily life, all our enjoyment and suffering can surely be traced, without failure, to the transgression of natural law. Examine your eating and drinking habits properly; study the cause and effect more closely, and you will acknowledge that we never needed pills more than we needed to commit to a transformative lifestyle. The will must be taught and exercised with persevering efforts to turn away from wrong habits that have been strengthened by continuous past abuse.

For us to turn back the wave of degradation that has ravaged the human frame, we need to strike at the root issue in matters of nutrition: TEMPERANCE. Hence, the following principles are meant to guide us back to health if decisively observed.

1. **Those foods should be chosen that best supply the elements needed for building up the body.** In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society. **The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.** {MH 295.2}
2. **Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition;** and when properly prepared, they constitute the diet that best promotes both physical and mental strength. {Ed 204.3}
3. There should not be a great variety at one meal, for this encourages overeating and causes indigestion.
4. Refined foods are not the best choice for any meal; they are neither healthful nor economical. Refined foods always lack nutritive elements found in wholesome foods. Refined foods often cause constipation and surely lead to other unhealthful conditions.
5. The use of baking soda in cooking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system.
6. Grains should not be rapidly cooked but should endure heat for several hours.
7. The use of milk and sugar together should be avoided. This combination has always clogged the system and will always lead to fermentation.
8. **POORLY COOKED FOODS SHOULD NOT BE ON YOUR PLATE:** Scanty, ill-cooked foods deprave the blood by weakening the blood-making organs. It deranges the system and brings on disease with its accompaniments of irritable nerves and bad tempers.

9. Meals should be taken only at regular intervals. One should have a specified time for each meal. At such times, everyone should eat only what the system requires and chew nothing more until the next main meal. Snacking does more harm to the system than hunger can do.
10. It is a pernicious habit to eat, especially heavy meals, just before bedtime. This causes the digestive process to continue through sleeping hours, and digestion will not be effectively completed. Many times, sleep is disturbed with unpleasant dreams, and in the morning, the person awakes unrefreshed and with little relish for breakfast.
11. When we lie down to rest, the stomach should have completed its work so that it, as well as the other organs, may enjoy rest.
12. At least five or six hours should intervene between meals, and most persons who try it will find that two meals are better than three.
13. Food should not be washed down, and no drink is needed with meals. Eat slowly and allow saliva to mingle with the food. The more liquid taken into the stomach with meals, the more difficult it is for the food to digest, for the liquid must first be absorbed.
14. Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands, and the colder the water, the greater the injury to the stomach. The best time to drink water is half an hour before or an hour after your meals. A couple of large glasses of hot water first thing in the morning will assist your bowels in elimination.

WRONG CONDITIONS OF EATING

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