



September 2004

September *has* arrived!

Days are getting a little shorter and cooler but the garden still thinks it's summer. What a deal! We've gone from a fabulous plum harvest into the height of Oregon's tomato season. Hope you're all enjoying it as much as I am.

My health and strength is continuing to build. It's taken years of working with the diet plan and then having the dental cleanup last year but now it's happening. That isn't to say I haven't been seeing results all along—for I have. But I do appear to have turned a corner and am working up to a new level right now. So if you're not where you want to be yet, be encouraged. You didn't get where you were overnight and you can't remove all the effects in one day but you can get started any time. And if you get started you can see improvement fairly quickly, just not all the results immediately.

I think however, I'm going to need a little more health. Sandra and I did get our wedding date confirmed. It will be on Saturday, October 30th in the Chapel at City Bible Church. You're all invited and we'll talk more on the details next month.

A couple months ago we looked at the previews of the "Healing for Life" video series. They're available now at \$5 each so it will be easy to pick one up for a friend. This month I'm especially featuring the one on diabetes. It's a beautifully done presentation featuring reports and analysis by medical doctors and testimonies by people who've been helped. Diabetes (type

II, Adult Onset) is actually one of the easiest and most consistent turn-arounds for people who try the Hallelujah Diet®. But people die from diabetes every day and suffer some of the most horrible side effects one could name.

Just before I began writing this I read about the death of Don Leslie, the man who invented the famous Leslie organ speaker. He lived to be a sharp and bright 93 but was plagued with diabetes the last 20 years of his life. How sad it is when a condition that can respond so readily to a lifestyle change becomes a long, slow death sentence. Patients expect nothing but a lifetime of drugs and disease management. I want more and the *Hallelujah* in the diet is that I can have more!

It keeps coming down to the wisdom and goodness of God. Genesis 1:29 marks the spot where God told man what to eat. But man knows so much more than God... Not only did he add all manner of animal products to what he ate, often forsaking the herbs and fruits that gave him the most as he did so, but he started messing with his food in other ways. First it was cooking and preserving, some of which may have been made necessary by the seasons which began with the flood. Noah's bout with drunkenness may have been a failed attempt to preserve grape juice beyond its season- but look what we've done with it since.

When God gave the law to Moses certain foods were declared unclean. Later, under the New Covenant we learned that such restraints had been lifted. It was no longer considered a sin to eat pork, or shellfish, or any of a host of other foods. But as we learned more we discovered something. Those foods really are unclean. There's something about each one that makes it harmful. It isn't a sin to eat them, just stupid. Is it a sin to be stupid?

Make your own call on that one.

In our day however, we've gotten into designer food. If you look at what the average person eats you'll find little that isn't highly processed. Few people eat a potato unless it's been deep fried in oil and salt-coated. It gets worse.

In order to produce lots of cheap meat, animals are raised in unspeakable conditions. In a few months the President will pardon two Thanksgiving turkeys. But the ones he pardoned last year will not be in the audience. They're dead. Between heart attacks and cancer, the 'pardoned' birds don't usually see New Year's. Do you really think we can eat diseased flesh and not be affected?

And so we go to our doctor, who's just as sick as we are and he authorizes us to purchase a drug so deadly we aren't allowed to obtain it on our own recognizance and we add that to the witch's brew already bubbling within our system and pray that God will restore our health. It just doesn't add up!

But is the fault really the day in which we live? Sure there are problems with how crops are raised and pesticides are everywhere and now even the genes of the plants themselves are being tampered with. Supermarkets are filled with imitation food and little fast food places lie in wait for you on every corner. But wait just a minute, with knowledge and wisdom you can conquer that whole scenario!

We live in a day when fresh, live food is available year-round. We live in a day when mechanical juicers can take the living essence of a carrot and pour it into a glass for us, creating our own powerful supplement! We live in a day when the finest barley growing is being juiced and using a low temperature process that preserves

the living enzymes is being packaged in a powdered form that can be kept fresh for years if need be and is ready to nourish us at a moment's notice. We live in a day when the truth of how to eat for maximum health is starting to come out and people are once again having a shot at 120 good biblical years and keeping their mind and their health right up to the end. Hallelujah!

In Exodus 15:26 we're admonished to hearken diligently to the word of the Lord. A word like *diligently* is many sided. It speaks of repeated attempts and striving for excellence, of digging beneath the surface, expending energy, of going beyond that which is common and accepted. One way I interpret and apply *diligently* is to go back to God's very first thoughts on a subject, and take them seriously to heart. For diet, that would be Genesis 1:29.

When Jesus was given a question on marriage he took his listeners to Genesis 2:24. The controversy in Jesus' day arose because some subsequent laws and regulations seemed to be at variance with the plain example of Genesis 1-2. The people speaking to Our Lord went so far as to claim men were *commanded* to divorce their wives. What Moses permitted because of their hard, unrepentant hearts was now, to their mind, a command.

In like manner people keep bringing up Peter's vision of the great sheet and God's commanding him to *kill and eat* of all the clean and unclean animals. I tell such expositors to be careful, for if God's word to Peter applies to their diet (it was clearly explained in Acts 10 as being an instruction to Peter on how to treat his next speaking engagement) then perhaps the dung cakes that God gave to Ezekiel apply to us too. Or do we only claim the Scriptures we think might taste good? (Ez 4:9-15)

But if we want to restore our health, what do the early chapters of Genesis have to tell us? Many things. A vegan (fruit and vegetable) diet. By inference, this was raw or predominantly raw food. Pure water, lots of it. Pure air. Sunshine. Good physical labor-exercise and walking. Healthy relationships. Regular spiritual activities, daily time with the Heavenly Father.

We shy away from doing it because it just sounds too easy. And so we show up at the altar at our church hoping there will be someone there spiritual enough to pray the cholesterol or cancer out of our body and bring us back into speaking distance with God. I believe in prayer. But there's a fine line between faith and presumption, *tempting God*. We need to pray the prayer but we also need to read the book and do what it says.

There's a painful part to this too. Most of the body of Christ does not accept this level of responsibility for their health. There are two doors into my church, each one has a coffee bar. I understand we're about to do some remodeling in the foyer to make it more caffeine-friendly, or at least make it look more like Starbuck's. When you go to a church dinner or small group fellowship they will not be very supportive or sympathetic to how you're trying to live. It can be lonely.

New Testament teaching makes it very clear that our fellowship is not to be belittled or divided over dietary issues. Jesus never made an issue over it in His teaching. (I tell people He could afford that- He never planned on living past 33). But sooner or later there will be things that will cost us as we do what it takes to follow The Lord. It will not be diet for everyone. But there will be something that will be make or break. Hebrews 13:12-13- "Wherefore Jesus also, that He might

sanctify the people with His own blood, suffered without the gate. Let us go forth therefore unto Him without the camp, bearing His reproach."

For me the bottom line is the will of God. It takes a level of health and strength to be able to do something for God. I find a lot of support for this in the words of the Apostle Paul, a man who accomplished a staggering amount for His Lord.

And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptable crown, but we an incorruptable. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached unto others, I myself should be a castaway.

1 Cor 9:25-27:

Keeping one's body under subjection means more than just dealing with sexual passions or even all the flesh issues such as jealousy and anger. Part of that, if you think about it, requires you give your body the care it needs so it will have the strength to carry you through the will and calling of God.

There are many parallels between our body and our automobile. Our car doesn't get us where we need to be when it's broken down. Neither does our body. But there's one big difference. We can't trade our body in on a newer, better model, at least until Jesus comes back. Till then, we have to keep it running.

Now, regular auto maintenance doesn't make me a bit better Christian than perhaps some other fellow who might not be so careful. Agreed? But I'm sure more likely to be in church on Sunday if my car starts that morning!

Friday evening- hope you can make it!

-GAH-

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