

NUTRITION, HEALTH & GOD'S DESIGN

Our bodies were *designed* to be compatible with the nutrients in the **vegetation** that was created for us to eat. When God created mankind, He also created the vegetation in such a way that all the nutrients our bodies need can be found in plants.

There are tens of thousands of nutrients in **fruits** and **vegetables**, as water, carbohydrates, proteins, enzymes, fats, vitamins, minerals, antioxidants, phytochemicals, etc., which our bodies need to stay healthy and function properly.

Adam and Eve were created with perfect, defect-free bodies and given all the seed-bearing **herbs** and **fruits** for their food to keep them healthy (Gen. 1:29-31). The perfect, defect-free design of their bodies and of the nutrient-rich **vegetation** allowed them, and their descendants before the flood, to live long healthy lives. Many lived to be over 900 years old. (Our bodies, vegetation and environment are

no longer defect-free) Prior to the curse (Gen. 3:14-19), both mankind and animals were vegetarians and they were *designed* to live forever.

The following shows a brief explanation of why these nutrients are important for us.*

Water is an essential nutrient that is involved in every function of the body.

Carbohydrates supply the body with the energy it needs to function. They are found almost exclusively in plant foods.

Protein is essential for growth and development. It provides the body with energy and is needed for the manufacture of hormones, antibodies, enzymes, and tissue.

Enzymes are energized protein molecules that play a necessary role in virtually all of the biochemical activities that go on in the body.

Fats are necessary in our diet for normal brain development in children, and to support growth and provide energy throughout our life. Only small amounts of fat are needed by our body after about 2 years of age.

Vitamins, which are essential to life, contribute to good health by regulating the metabolism and assisting the

biochemical processes that release energy from digested food. They are considered *micronutrients* because the body needs them in relatively small amounts compared to the nutrients listed above.

Minerals are also *micronutrients* which are essential to life since every living cell on this planet depends on them for proper function and structure.

Antioxidants are specific vitamins, minerals, and enzymes found in **fruits**, **vegetables**, grains and legumes that help prevent cancer, heart disease, diabetes, high blood pressure, and a number of other diseases by protecting cells against damage from free radicals caused by oxidation.

Phytochemicals are the biologically active substances in plants that are responsible for giving them color, flavor, and natural disease resistance. They powerfully fight cancer by blocking one or more of the steps that lead to cancer.

The human body was also *designed* to heal itself as seen by how our skin heals after being cut. Our internal body was *designed* to heal itself too with proper **nutrition** and **care**.

Care includes **regular exercise**, which causes the endothelium of our blood vessels to release chemicals that heal and

protect us; eating seafood twice per week or taking at least 600mg per day of **Omega 3 supplements**; and keeping our **spine** flexible and properly aligned as it was *designed*, so the nerves from our muscles, joints, organs, etc. can properly communicate with our brain. These help our body heal itself too. **Care** also includes eating a **proper diet**.

Since the Israelites were not satisfied with eating plants alone, God gave a list of food which He permitted them to eat and also foods forbidden to eat (Lev. 11:1-23). Although we no longer have to live by the Leviticus laws, they are still good guidelines on how to eat for a healthy life. God did not give us laws (as these or the 10 commandments) so that we would be in trouble with Him if we disobeyed them, they were to warn us and protect us from having to suffer the natural consequences of breaking them.

If our body is not functioning properly, it is going to be more susceptible to mental and physical illness, disease, infections, viruses, and cancer. Therefore if the body is *designed* to heal itself and eating quality nutrient-rich foods helps the body function properly, given enough time on a proper diet and care of our bodies, we should see improved health with less symptoms. **WARNING:** Chronic disorders, as diabetes, cause damage over time, so expect a period of time for changes to

occur. Also many disorders are correctable, but damage from some disorders is often beyond repair, so know that there are limits to how much healing can occur.

We were also *designed* to be in constant contact with our Creator. Praying often & living a Christian life helps reduce disorder-causing stress. God can provide comfort and guidance, and He has amazing power to heal to the point that He desires.

Now back to nutrition in the Bible. In the Old Testament, Daniel convinced the chief of the eunuchs to let him and his 3 friends eat **vegetables** and drink water instead of the king's usual food and drink. Later when these 4 young men were seen to look healthier than the other specially selected men, all the men were taken off the king's diet and given **vegetables**. (Dan 1:5-16)

The USDA now recommends that we eat 7-13 servings of **fruits** and **vegetables** every day. But most people do not get nearly enough quantity or variety of **fruits** and **vegetables** in their diet every day.

If we can't eat fresh, vine-ripened, fruits and vegetables every day, then we need to take nutritional supplements of excellent quality. One such supplement, which is highly researched and has proven results, is **Juice Plus+**.

According to **Juice Plus+** their supplements are the next best thing to fruits and vegetables. **Juice Plus+** is not a multi-vitamin; it is concentrated food - fresh, vine-ripened, high-quality **fruits** and **vegetables**, berries and grains - with their wide range of nutritional benefits. Unlike multi-vitamins, which have large amounts of only a few vitamins and minerals, **Juice Plus+** provides a small amount of 1000's of nutrients which work together with our body, as designed to do, to help our body heal and protect itself, increase energy, and improve our chances of living longer and healthier lives. **Remember** that our body only needs relatively small amounts of micronutrients

Live an abundant life by God's design: get whole food nutrition, exercise, & pray. Learn more about **Juice Plus+**, contact:

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OR

Read about **Juice Plus+**, see clinical research and watch their informative videos at:

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*Most of this information on nutrients comes from the 2nd Edition of "*Prescription for Nutritional Healing*" by Balch & Balch (p.3-47).