

CLEAN UP YOUR PLATE

On this page I would like to offer a series of links as well as articles proving that the Biblical diet of the Creator is EXACTLY what the human body was designed to consume. NONE of us would ever place water in our automobile gas tanks would we? That wouldn't be a wise choice, mainly because it would harm the engine, and the car would become inoperable. The fuel of the Automobile is designed specifically for the internal combustion engine. We human beings created the internal combustion engine many years ago. And 100% of every single person knows that you do NOT place water or any other foreign chemicals that are not designed for that engine in its fuel tank. The owners manual of all cars specifically state what type of fuel is required of that engine.

The Word of God specifically states what type of food is required of that human body created by the Almighty as well. Why is it, almost everyone you meet, have no problem placing things inside their bodies that the Creator specifically states in the "owners manual" are very dangerous to us? Yet these very same people would never think twice about placing water in their gas tanks?

Health is the right arm of the third angel's message. -Counsels on Diet and foods. p 32 "The gospel and the medical missionary work are to advance together. The gospel is to be bound up with the principles of true health reform.....We are to present the principles of health reform before the people, doing in all our power to lead men and women to see the necessity of these principles, and to practice them." -Testimonies for the Church Vol 6. p 379

Old Testament Food Laws

Leviticus 11:46-47, "This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten."

ALLOWED/CLEAN

- Leviticus 11:3, "Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat."
- Leviticus 11:9, "These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat."
- Leviticus 11:21, "Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth;"
- Leviticus 11:22, "Even these of them ye may eat; the locust after his kind, and the bald locust after his kind, and the beetle after his kind, and the grasshopper after his kind."

NOT ALLOWED/UNCLEAN

- Leviticus 11:4, "Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he is unclean unto you."
- Leviticus 11:5, "And the coney, because he cheweth the cud, but divideth not the hoof; he is unclean unto you."
- Leviticus 11:6, "And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you."
- Leviticus 11:7, "And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you."
- Leviticus 11:10, "And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you:"
- Leviticus 11:13-20, "And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the osprey, And the vulture, and the kite after his kind; Every raven after his kind; And the owl, and the night hawk, and the cuckow, and the hawk after his kind, And the little owl, and the cormorant, and the great owl, And the swan, and the pelican, and the gier eagle, And the stork, the heron after her kind, and the lapwing, and the bat. All fowls that creep, going upon all four, shall be an abomination unto you."
- Leviticus 11:23, "But all other flying creeping things, which have four feet, shall be an abomination unto you."
- Leviticus 11:26, "The carcases of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean."
- Leviticus 11:27, "And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcase shall be unclean until the even."
- Leviticus 11:29-30, "These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind, And the ferret, and the chameleon, and the lizard, and the snail, and the mole."
- Leviticus 11:41, "And every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten."
- Leviticus 11:42, "Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination."

Many will say that after the cross of Christ, the Biblical diet changed to allow us to eat ALL that the Almighty created. The devil has been very instrumental in hiding the basic common sense of this Biblical fact. One question... Did the Almighty Creator RE-CREATE all the people on planet earth so as to make their bodies able to consume foods they were NOT designed for? Or, did the Almighty RE-CREATE the unclean animals so as to make them edible to us? Seems like a dumb question doesn't it? Then why do so many people choose to believe they can now eat food that is proven dangerous to their bodies?

Another basic fact is, have you ever noticed the high death rate in the USA due to people eating unclean foods? Everything from cancer, heart disease, strokes, liver diseases, kidney diseases, blood disorders, etc. Ever notice this as well? In countries where unclean food is scarce, people not only live longer, they have extreme RARE occasions of ALL the diseases we see as normal everyday life occurrences in the USA. Is it a Biblical fact that we should not only be prospering in our souls, we should also be blessed with HEALTHY bodies? It is written in 3 John 1:2, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." Fact is, there is New Testament PROOF that the Bible Christians did NOT eat unclean foods AFTER the cross of Christ...

3.5 years AFTER the cross of Christ, Peter receives a vision of the Lord. As we know, the Word says Peter misunderstood the vision in Acts 10:17. Because of this misunderstanding, Peter confidently declares to the Lord Himself that he has NEVER eaten anything unclean! Then later on in the same book, we see Peter contemplates the vision, and finally understands it. Confirmation is declared in...

Acts 10:28, "And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but **God hath shewed me that I should not call any man common or unclean.**" So.. how is it they say you can eat pork after Christ's death?

Everyone that "misunderstand" the vision will see as did Peter, they will see unclean ANIMALS being cleansed instead of unclean Gentiles being cleansed. The Bible confirms the meaning of the vision later on as Peter explains the vision to the "now clean" Gentiles. But one unmistakable FACT is this. Peter, "a NEW TESTAMENT Christian" three and a half years after the cross of Christ is declaring he has NOT eaten unclean meats and he has no intention of doing so either. Peter truly misunderstood! And in his confusion he blesses us with the blunt fact that HE DOES NOT EAT UNCLEAN FOOD.

Acts 11:8, "But I said, Not so, Lord: **for nothing common or unclean hath at any time entered into my mouth.**"

Some even go so far as to try an "ok" the eating of unclean food by using this passage OUT OF CONTEXT...

Matthew 15:11, "Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man."

However, if you read further, Jesus was not making reference to unclean meats at all. If you read the entire chapter you will see that He was making reference to unclean hands. In Matthew 15:20, it is written, "These are the things which defile a man: but to eat with **unwashed hands defileth not a man.**" The Jews were teaching that eating without the "ceremonial washing" defiled the eater.

Why is it so many Christians want to do EXACTLY the opposite of that which is written? So many Christians LOVE to eat pork and other unclean foods, and by doing so they are slowly but surely destroying the Temple of the Holy Spirit! It is so plainly written that, "If any man defile the temple of God, him shall God

destroy; for the temple of God is holy, which temple ye are." -1 Corinthians 3:17
But for those of you that want further proof, and Rock hard evidence, see that which was penned by Isaiah...

Isaiah 66:15-17, "For, behold, **the LORD will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire.** For by fire and by his sword will the LORD plead with all flesh: and the slain of the LORD shall be many. They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, **eating swine's flesh, and the abomination, and the mouse,** shall be consumed together, saith the LORD."

Yes, this is a little unsettling to say the least. However, IT IS WRITTEN is it not? Shall we close our eyes and ignore that which is written so we can chomp on that which is forbidden? This passage is openly speaking of the SECOND COMING and in the same breath it is talking about those that eat that which poisons the body. What people are eating today is poisoning them in many ways. Look around. Notice the people around you as you walk down the street. For those of us age 40 and above, we can see something rather strange occurring here. When I was young there were not as many obese people walking around as we see today. Since the invention of "growth hormones" that are injected into all farm animals sold for slaughter, we see people that would be considered "plump" some years ago, are now referred to as down right obese today! Some of these people are HUGE! Plus, science has already proven that eating "unclean" foods fogs a major organ in our bodies into working in a graphically less than designed manner. That organ is the HUMAN BRAIN! That is why so many Christians out there are having a major problem understanding the milk of the Gospel, not to mention the meat of the Word as well. So, if what we eat directly effects our bodies appearance as well as general health and ability to function properly. Can it affect our children as well? I am sure most everyone knows the answer to that one, but were you aware that the Almighty also speaks of that as well? In Deuteronomy 12:25 it is written, "Thou shalt not eat it; that it may go well with thee, and **with thy children after thee,** when thou shalt do that which is right in the sight of the LORD."

Final Note:

Shadrach, Mesach, and Abednego are concrete Biblical PROOF that a proper diet can help you both physically and spiritually...

Daniel 1:9-21, "Now God had brought Daniel into favour and tender love with the prince of the eunuchs. And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, **Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.** So he consented to

them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse. As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams. Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar. And the king communed with them; and among them all was found **none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king. And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.** And Daniel continued even unto the first year of king Cyrus."

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." - Galatians 6:7

Ponder this significant fact carefully. If certain animals were identified as unclean **before** the flood; if they were still counted as unclean when Peter rejected them in his vision; if they are still called unclean in Revelation 18:2, where it speaks of "unclean" birds; and if Isaiah declares that all who are eating swine and the abomination at the time of the second advent will be consumed (Isaiah 66:15-17), how can we feel that they are now fit to eat? When did they become clean? - Joe Crews "*Hogs and other hazards*"

Doesn't Romans chapter 14 say it's ok to eat unclean food?

The verses in question are...

- Romans 14:3, "Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for God hath received him."
- Romans 14:14, "I know, and am persuaded by the Lord Jesus, that there is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean."
- Romans 14:20, "For meat destroy not the work of God. All things indeed are pure; but it is evil for that man who eateth with offence."

Verses 3-6 in Romans 14 discuss those who eat certain things as opposed to those who do not. The Word doesn't say who is right and who is wrong here, instead it speaks on not passing judgment on others. In other words, let God be the judge. (verses 4, 10-12) Verse 14 and 20 are NOT referring to "UNCLEAN FOODS" as is described in Leviticus 11 or Deuteronomy 14. It is openly speaking of food that is 'OFFERED TO IDOLS' instead. Some Christians would have you believe otherwise so as to "ok" sin, and in turn destroy not only your temple, but your testimony as well. These foods were "CEREMONIALLY UNCLEAN" period!. It was not speaking of clean and unclean by nature in any way shape or form.

The actual point of the discussion here in Romans 14 is that no food is unclean or impure simply because some non-believer offered it up to an idol. And idol is "nothing in the world" -1Cor 8:4. Fact here is, if a person is bothered in his

conscience because he is eating such foods, then he or she should simply not eat that food. PLUS, if that which is "truly" clean, but is seen as "unclean" by your brother because of how the food has been "offered to idols," then we as Christians should abstain from eating those foods so as to not cause our brother to be offended. Simple fact is, the Creator chooses that which is clean and unclean, NOT mankind and his useless idols. It appears that some Christians are allowing their idol to preach unto to church at large. ONLY their idol is saying it's ok to eat unclean foods. They totally miss the fact that it's really "CLEAN" foods that are being offered to the idols. They only "appear" unclean by those who BELIEVE in the power of idols.

Doesn't 1 Timothy 4:4 say unclean food is now clean and not to be refused?

If you read verse 3 you will see that verse 4 is speaking of meats "which God hath created to be received with thanksgiving" by His people. And Biblical fact here is His people NEVER would give thanks for a pig or any other unclean meat as Leviticus 11, or Deuteronomy 14 speaks of. If you also look at verse 5 you will also see that these meats are those that are "sanctified" by the Lord. And the Lord never sanctified pigs or other unclean animals.

What really amazes me here is, 1 Timothy 4 starts out speaking of how many people in the last days people will be "giving heed to seducing spirits, and doctrines of devils" and this ability to eat unclean foods that were NOT sanctified or cleansed by the Lord is in fact one of those "doctrines of devils."

By the way, if you think "giving thanks" for unclean foods will allow for sanctification upon you OR that food, think again, for it is written in Isaiah 66:17, "They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD."