When Vegetables Were Nutritious and Delicious: Biblical Nutrition Based on the Garden of Eden

Don Slinger

Eat to live or live to eat?
I am not medically trained!

- Mother diabetic
- Numb feet
- Prostate cancer
- Must know why you want to change!
- Find answers for myself – Bible + research
  - Each person unique

Physical, emotional and spiritual health

Enthusiasm for life

Knowledge

Discipline

Moses was 120 years old when he died, with eyes undimmed and vigor undiminished.

Deuteronomy 34:7
Overlapping Research—interpretation??

Magnesium chloride hexahydrate

- **Metabolism of:** calcium, potassium, sodium, phosphorus, zinc, copper, iron, selenium, boron, lead, cadmium, mercury, hydrochloric acid, acetylcholine and nitric oxide

Present in every cell type in every organism

- **Activation of:** vitamin B₁, B₆, B₁₂, D, E, K and folic acid

- **Interdependent with the essential fatty acids**

- **Necessary for:** 300+ enzyme functions, muscle relaxation, immune function, cardiac function, clotting, nerve conduction, etc.

- **Metabolic syndrome reduction**
Overlapping Research

- Magnesium chloride hexahydrate
- Fulvic acid and humates
- Amino acid chelated minerals
- Essential “natural” omega 3 & 6 oils/foods – highly unsaturated fats
- Essential vitamins
- Iodine from deep sea kelp
- Evaporated sea water solids
- Methyl Sulfonyl Methane
Overlap Because of “Essentials”

Body can’t make these

Every cell requires these

Shortage = cell damage -> death

Can reverse some/most damage

Body can’t make these

Every cell requires these

Shortage = cell damage -> death

Can reverse some/most damage
Overlap Because of “Essentials”

- 2 essential fatty acids ("natural", "parent")
  - cold pressed, fresh flax oil = omega 3
  - whole, unadulterated form
  - required as found in nature
  - 5% become derivatives (EPA, DHA, GLA - i.e. fish oil)
  - 95% used in other ways
Overlap Because of “Essentials”

- 2 essential fatty acids (“natural”, “parent”)
- 8-11 essential amino acids
- 14 essential vitamins
- 20+ essential minerals
- Energy source (carbohydrates, etc.)
- Water
- Oxygen
- Light
- Relationship with God
Overlap Because of “Essentials”

- 2 essential fatty acids
- 8 essential amino acids
- 14 essential vitamins
- 20+ essential minerals
- Energy source
- Water
- Oxygen
- Light
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All essential substances present in optimum amounts + absence of toxins = healthier cells, tissues and organs

One or more not optimum = mixture of syndromes / degenerative diseases

Cardiovascular disease, obesity, diabetes, arthritis, MS, dementia, cancer and autoimmune conditions
Duke Integrative Medicine

Tracy Gaudet, MD

13 year study
MD’s/team = Prevention & Intervention

25%

VA Hospitals

You 75%
I am not medically trained!

- Mother diabetic
- Numb feet
- Prostate cancer
- Must know why you want to change!
- Find answers for myself
  - Each person unique
  - Duke Integrated Medicine 13 year study
  - 1991-2008 Dean Ornish, MD studies - heart disease, melanoma, colon, breast and prostate cancer
Activate/deactivateParts of Your Genes

Three Months

- Over 500 genes were beneficially affected
- “turning on” disease-preventing genes
- “turning off” genes which promote cancer, heart disease, inflammation, and other illnesses
Positive Gene Changes in 3 months

- **Overall** way of eating and living
- Consistency
- Walk, swim or bike 20-30 minutes
- Eating mostly alkaline foods
- Meditative-contemplative time of prayer and Bible reading

Principles from Garden of Eden
In the Garden of Eden

Tree of Life

Intended to live forever

garden

土 + 口 + 亻 + 口 = 園

dust breath two enclosure garden persons

The Discovery of Genesis, C.H. Kang and Ethel Nelson, p. 54
In the Garden of Eden

About 6 non-dominant genes determine skin color so children tend to look like their parents.

<table>
<thead>
<tr>
<th></th>
<th>AB Black</th>
<th>Ab Dark Brown</th>
<th>aB Light Brown</th>
<th>ab White</th>
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<tbody>
<tr>
<td>AB Black</td>
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</tbody>
</table>

64 trillion possible combinations from one set of parents.
You are unique!

Defects which affect body’s drug processing

Allegra
Amitriptyline
Dilantin
Dytuss
Effexor
Haldol

Hydrocodone
Metoprolol
Tamoxifen
Tusstat
Valium
Zoloft
2010

• Roadway deaths = 32,885
• Vitamin / mineral overdose = possibly 1
• Medical prescriptions used properly > 60,000+  (97,000 reported)

You are unique!

About half have genetic defects which affect body’s drug processing.

Allegra Amitriptyline Carisoprodol Claritin Coumadin (warfarin) Cyclobenzaprine Diazepam Dilantin Dytuss Effexor Haldol Hydercodone Metoprolol Paxil Premarin Prevacid Prozac Rhythmol Tagamet Tamoxifen Tusstat Valium Zoloft

Roadway deaths = 32,885
Vitamin / mineral overdose = possibly 1
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- 14 essential vitamins
- 20+ essential minerals
- Energy source (carbohydrates, etc.)
- Water
- Oxygen
- Light
- Relationship with God

Can’t patent, cost little and don’t act fast

I ask questions – what essentials am I missing & want multiple options from my MD

Univ. shows Omega 3 and magnesium reduces cholesterol = no more grants
Discrimination & Reprisals for “not following the mainstream”

- Dr. John Oliver 1968 driven from geophysicist career for writing “Seismology and the new Global Tectonics” - now considered the “father of plate tectonics”

He said to them, "Foolish people! So unwilling to put your trust in everything the prophets spoke!" Luke 25:25
Discrimination & Reprisals for “not following the mainstream”

- Ignaz Semmelweiss 1847 “hand washing important for medical professionals – driven from practice and eventually committed to an asylum – today is a recognized hero.
- 1497 Vasco de Gama – citrus fruit prevents scurvy – not accepted by English navy until 1790’s
- Dr. Johanna Budwig – trans fats kill = 1952 – forced out of profession – trans fats finally on label in 50+ years later.
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- Dr. Mark Sircus, Ac., OMD

**FLAX OIL**
**AS A TRUE AID AGAINST ARTHRITIS, HEART INFACTION, CANCER AND OTHER DISEASES**

(Vertrieb von Adrienne Dueben) - Dr. Johanna Budwig

"A MUST READ BY EUROPE'S BEST SELLING AUTHOR ON FATS & OILS. DR. JOHANNA BUDWIG IS A SEVEN TIME NOBEL PRIZE NOMINEE AND IS CONSIDERED BY MANY TO BE THE FOREMOST AUTHORITY ON FATS AND HEALING."

**FATS THAT HEAL**

Fourth Printing

The complete guide to fats, oils, cholesterol and human health

**FATS THAT KILL**

The revised, updated and expanded edition of the bestseller Fats and Oils
In the Garden of Eden

Do you think Eve was “eating less and exercising more”? What was she doing?
Garden of Eden

• Strolling with God
  – Relationship / mental break / valued as person / movement & exercise
  – “Behave in a way” vs. heart submitted to God
  – Barefoot- grounding

Don't worry about anything; on the contrary, make your requests known to God by prayer and petition, with thanksgiving. Philippians 4:6

time of the evening breeze

Genesis 3:8
Garden of Eden

- Strolling with God
  - Relationship / mental break / valued as person / movement & exercise
  - “Behave in a way” vs. heart submitted to God
  - Barefoot - grounding
- About equal daylight and dark
- 7th day – “separated as holy” – day of rest
- Work, serve, worship, obey + keep, watch, preserve (5647 8104)

God took the person and put him in the garden of Eden to cultivate and care for it. Genesis 2:15
Spiritual health, relationship, communication, exercise, stress free, grounding, work & rest

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For we are of God's making, created in union with the Messiah Jesus for a life of good actions already prepared by God for us to do. Ephesians 2:10

Work, serve, worship, obey + keep, watch, preserve (5647 8104)
Garden of Eden

- Ate only plants
  - straight, healthy teeth
  - “oil pulling”
  - raw and full of enzymes
  - work up to ½ raw or more

Then God said, “Here! Throughout the whole earth I am giving you as food every seed-bearing plant and every tree with seed-bearing fruit.”

Genesis 1:29
Enzymes

- Do “all the work” in the cell
- Body has to make them if food is:
  - Refined
  - Pasteurized
  - Homogenized
  - Preserved above 118°F
- Chew food well - amylase
- Eat more raw foods!
Sprouted Seeds

- Enzyme inhibitors reduced
- Starch broken down into simple sugars
- Proteins converted into amino acids and amides – becomes most easily digested protein source (8 essential present)
- Fats and oils converted into simpler fatty acids
- Bean gas reduced 50-90%
- Vitamins increased
- Minerals made more available
Enzyme inhibitors reduced the breakdown of starch into simple sugars. Proteins are converted into amino acids and amides, making them more easily digested. Fats and oils are converted into simpler fatty acids. Bean gas is reduced by 50-90%. Vitamins are increased, minerals are made more available, and protein sources, especially containing all eight essential amino acids, are improved in sprouted seeds.
Garden of Eden

• New fruit every month
  – Pomme Gris and Hawaiian apple varieties
  – Food combining and portions

Seeds, plants, fruits and berries - raw, frequent and variety
Garden of Eden

- Mineralized soil – created out of ocean
  - remineralized at worldwide flood
  - further at Ice Age = 2300-1600 BC
  - no cancer in the oceans

The water overpowered the earth mightily; all the high mountains under the entire sky were covered; the water covered the mountains by more than twenty-two-and-a-half feet

Genesis 7:19-20

that is how it was. Genesis 1:9
Garden of Eden

- Mineralized soil created out of ocean
  - remineralized at worldwide flood
  - further at Ice Age = 2300-1600 BC
  - no cancer in the oceans
- Soil biology intact
- Raw foods with enzymes and lots of minerals – brix = refractometer
- ANDI score = phytochemicals, vitamins, minerals and unknowns
- “organic” = carbon based – amino acid associated, so minerals utilized

Buy/grow and eat nutritionally complete foods
<table>
<thead>
<tr>
<th></th>
<th>1900</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>8%</td>
<td>24%</td>
</tr>
<tr>
<td>Cancer</td>
<td>.02%</td>
<td>23%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>.000001%</td>
<td>2.8%</td>
</tr>
</tbody>
</table>
Heart disease increase (cancer and diabetes) Boron, calcium, sodium and potassium balances were also affected. Iodine and selenium are also factors.

My mineral additions:
- Evaporated sea water
- Laminaria digitata
- Spirulina
- Magnesium chloride hexahydrate

Every ailment, every sickness, and every disease can be traced back to an organic mineral deficiency.

Dr. DeWayne Ashmead
Heart disease increase (cancer and diabetes)

Boron, calcium, sodium and potassium balances were also affected

Iodine and selenium are also factors

Increase in Omega 6 and hydrogenated oils
Hydrogenated Oils

High heat + hydrogen and metal

Unrecognized by enzymes

Takes place of essential oils

General Hydrogenation Process

Hydrogen gas is added under pressure in the form of tiny bubbles at the base of the agitator.

Nickel catalyst is added in an oil slurry.
Avoid: refined, overheated, hydrogenated and trans fats

- Cold pressed
- 5-7% calories should be “natural” “parent” essential fatty acids
- 2-3 tablespoons fresh ground flax seed daily
- 1:1 – 1:3 omega 3 to omega 6
- 1 part flax oil + 2 parts linoleic sunflower oil

Avoid: refined, overheated, hydrogenated and trans fats
Oils

- Coconut oil - Heat stable – 350°F
  - 2/3 medium and short chain triglycerides
  - Directly converted into ketones
  - Easily digested
    - IV food in hospitals
    - Fights bacterial and viral infections
  - Alzheimer’s, Parkinson's, Huntington's disease, MS, ALS, type I & II diabetes
    - Glucose can’t get into brain cells – insulin receptors problem
    - Ketones
Garden of Eden

- Berry oils
- Ellagic acid
- 1800 mg/day = therapeutic
- Apoptosis within 72 hours – for some = each person unique
- Breast, pancreas, esophageal, skin, colon, cervical, lung, liver and prostate cancer cells
Difference from 1880

- Began eating less vegetable and more animal based food
- Today we eat 13-14 oz. less vegetables and grain per day
- Missing essentials
- Many more toxins
- Eating less healthy fats
# Alkaline Diet Health Tips

## Alkaline Foods

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Debatable / Moderately Acidic Foods</th>
<th>Very Acidic Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichokes</td>
<td>Sweet Potatoes</td>
<td>Oils &amp; Fats</td>
</tr>
<tr>
<td>Asparagus (tips)</td>
<td>Swiss chard</td>
<td>Corn Oil</td>
</tr>
<tr>
<td>Bamboo Shoots</td>
<td>Tomatoes</td>
<td>Sunflower Oil</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Turnips</td>
<td>Grasses &amp; Sprouts</td>
</tr>
<tr>
<td>Beetroot</td>
<td>Watercress</td>
<td>All sprouts</td>
</tr>
<tr>
<td>Bell Peppers</td>
<td>Wheat grass</td>
<td>alkaline</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Wild Greens</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>Zucchini</td>
<td></td>
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<tr>
<td>Carrots</td>
<td></td>
<td><strong>NOTE:</strong> ALL processed, pre-packaged, preserved, long-shelf life, refined, microwavable, takeaway, fast, dried, tinned, meat, dairy &amp; frozen foods are ACIDIC – such as cakes, chips, burgers, tinned soup, granola bars, chocolate bars, pasta, ice cream &amp; bread</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Fruits</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Celery</td>
<td>Avocados</td>
<td>Pickled, Frozen &amp; Canned</td>
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<tr>
<td>Chard</td>
<td>Grapefruits</td>
<td>Vegetables</td>
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<tr>
<td>Chayote</td>
<td>Lemons</td>
<td>Fruits</td>
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<tr>
<td>Chicory</td>
<td>Limes</td>
<td>Acai Berry</td>
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<tr>
<td>Chives</td>
<td>Tomatoes</td>
<td>Apples</td>
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<tr>
<td>Collard Greens</td>
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<td>Apricots</td>
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<tr>
<td>Cucumbers</td>
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<td>Bananas</td>
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<tr>
<td>Dandelions</td>
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<td>Berries</td>
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<tr>
<td>Dill</td>
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<td>Cherries</td>
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<tr>
<td>Dulse</td>
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<td>Coconuts</td>
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<td>Eggplant</td>
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<td>Cranberries</td>
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<tr>
<td>Endives</td>
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<td>Currants</td>
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<td>Garlic</td>
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<td>Dates</td>
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<td>Green Beans</td>
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<td>Figs</td>
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<td>Green Olives</td>
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<td>Goji Berries</td>
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<tr>
<td>Green Peas</td>
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<td>Gooseberries</td>
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<td>Greens (leafy)</td>
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<td>Grapes</td>
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<td>Horseradish</td>
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<td>Jerusalem Artichokes</td>
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<td>Kule</td>
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<td>Oranges</td>
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<td>Okra</td>
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<td>Pears</td>
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<td>Spinach</td>
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<td>Pineapples</td>
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<td>Prunes</td>
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<td>Raisins</td>
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<td>Sprouts</td>
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<td>Raspberries</td>
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<td>Rhubarbs</td>
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<td>Sprouts</td>
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<td>Strawberries</td>
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<td>Sprouts</td>
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<td>Tangerines</td>
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<tr>
<td>Sprouts</td>
<td></td>
<td>Tropical Fruits</td>
</tr>
<tr>
<td>Sprouts (all)</td>
<td></td>
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</tbody>
</table>

## Fruits

- All fruits are moderately acidic

## Oils & Fats

- All Cooking Oils
- Processed oils
- Fried Oils
- Saturated Animal Fats
- Hydrogenated & Trans Fats

## Grasses & Sprouts

- All Sprouts Are Alkaline

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Should I eat more alkaline?
Over Acidity of Fluids in Body
(Lactic Acid Buildup)

- Decreases antioxidant function of water
- Weakened body systems
- Steals alkali minerals from muscle & bone (calcium, magnesium, potassium and zinc)
  - osteoporosis, spinal degeneration, tooth decay, dry skin and nails, rheumatism, obesity, immune deficiency, premature aging, soft tissue calcification...
- Urine pH < 5.3 = serious
- If continued = ???
10 Main Foods

- Wheat
- Refined sugar
- Vegetable oil
- Refined corn
- Beef
- Processed potatoes
- Iceberg lettuce
- Canned tomatoes
- Orange juice
- Apples

50% of Calories

Acidic foods
Main Liquids in USA

- Soft drinks
- Water
- Coffee and tea
- Alcoholic beverages
- Milk
- Fruit and vegetable juices
- Sports drinks

5 most common
All acidic except some water
Garden of Eden

- Fresh water - Not softened - not chlorinated - not fluorinated
  - not “hunger” but “thirst”

<table>
<thead>
<tr>
<th>Body Weight</th>
<th>Ounces of Water/Day</th>
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<tr>
<td>128</td>
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<td>160</td>
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<td>192</td>
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<td>256</td>
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<td>288</td>
<td>103</td>
</tr>
<tr>
<td>310</td>
<td>107</td>
</tr>
</tbody>
</table>
Water

- Regulate body temperature
- Transport nutrients, oxygen, waste (blood is 82% water)
- Protects joints and organs
- Negative ion source (electrons) to stabilize free radicals
- 1:1 inside to outside of cell
Garden of Eden

- Test God’s Word
- Physical- urges, thoughts, emotions
- Power, wisdom, – desires/pretenses of life

Temptation – Satan’s method

Answer Satan with God’s Word
Many More Topics
Research for yourself

A stable mind is impossible without a balanced brain.
Dr. Linus Pauling
What Works for Me

- Daily relationship with God
- “Natural” omega 3 and 6 + fish oil
- Kelp for iodine and minerals
- Eating raw – alkaline foods
- Oil-pulling
- Evaporated sea water instead of salt
- Boron and selenium
- Magnesium chloride hexahydrate soaks
- Chewing well – salivary amylase
- Drinking enough natural, non-toxic water
- Rebounding

Begin with one!
Moses was 120 years old when he died, with eyes undimmed and vigor undiminished.

Deuteronomy 34:7
Watch out, so that no one will take you captive by means of philosophy and empty deceit, following human tradition which accords with the elemental spirits of the world but does not accord with the Messiah, Jesus. Colossians 2:8