

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

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

Deuteronomy 34:7

**Physical, emotional
and spiritual health**

**Enthusiasm for life
Knowledge
Discipline**

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

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**

Overlap Because of “Essentials”

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

Overlap Because of “Essentials”

- 20 essential nutrients (ent’)
 - 8 essential amino acids
 - 1 essential fatty acid
 - 20 essential minerals
 - E
 - **Water**
 - C
 - 1
- 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

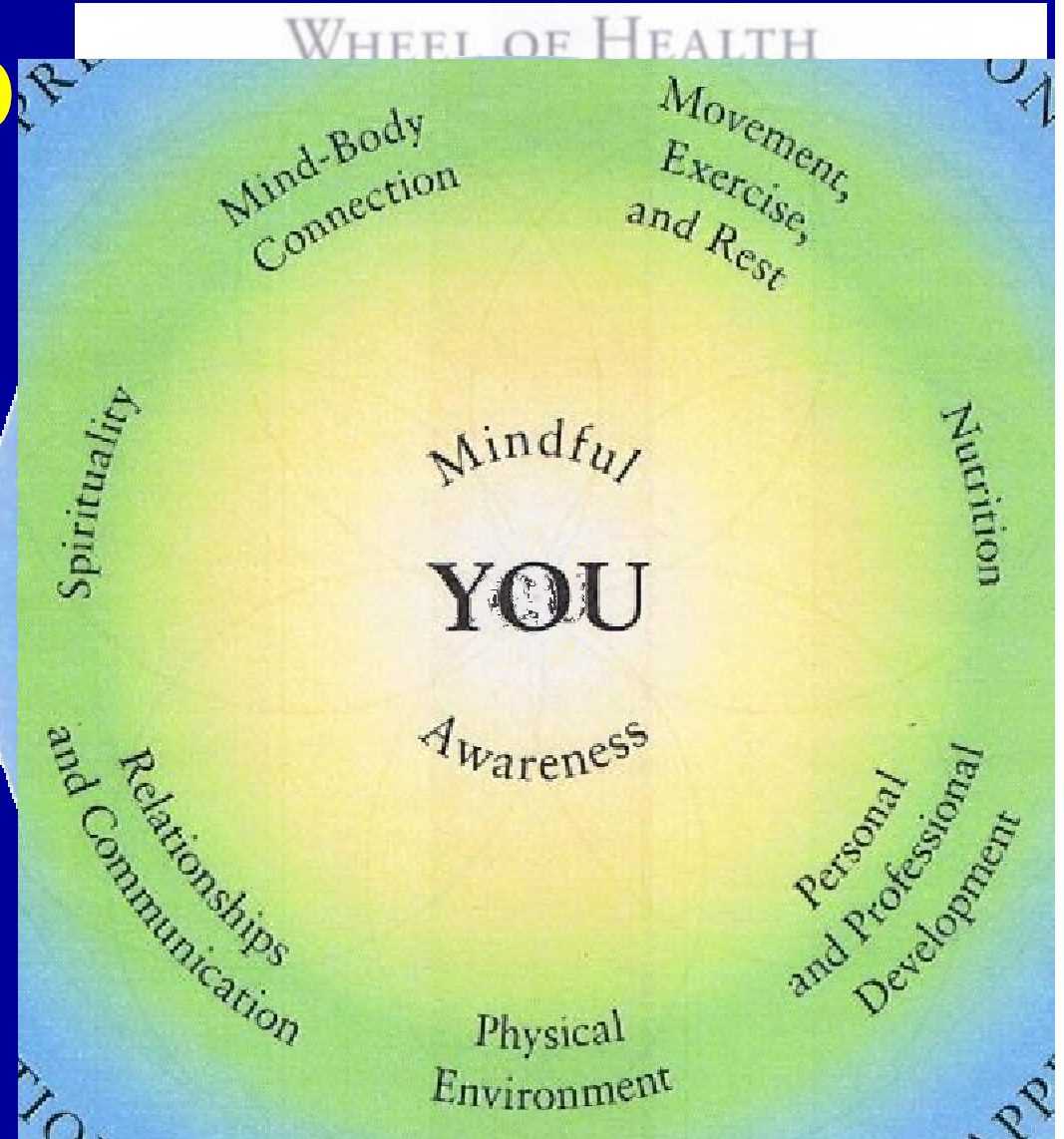
Tracy Gaudet, MD

13 year study

MD's/team =
Prevention &
Intervention

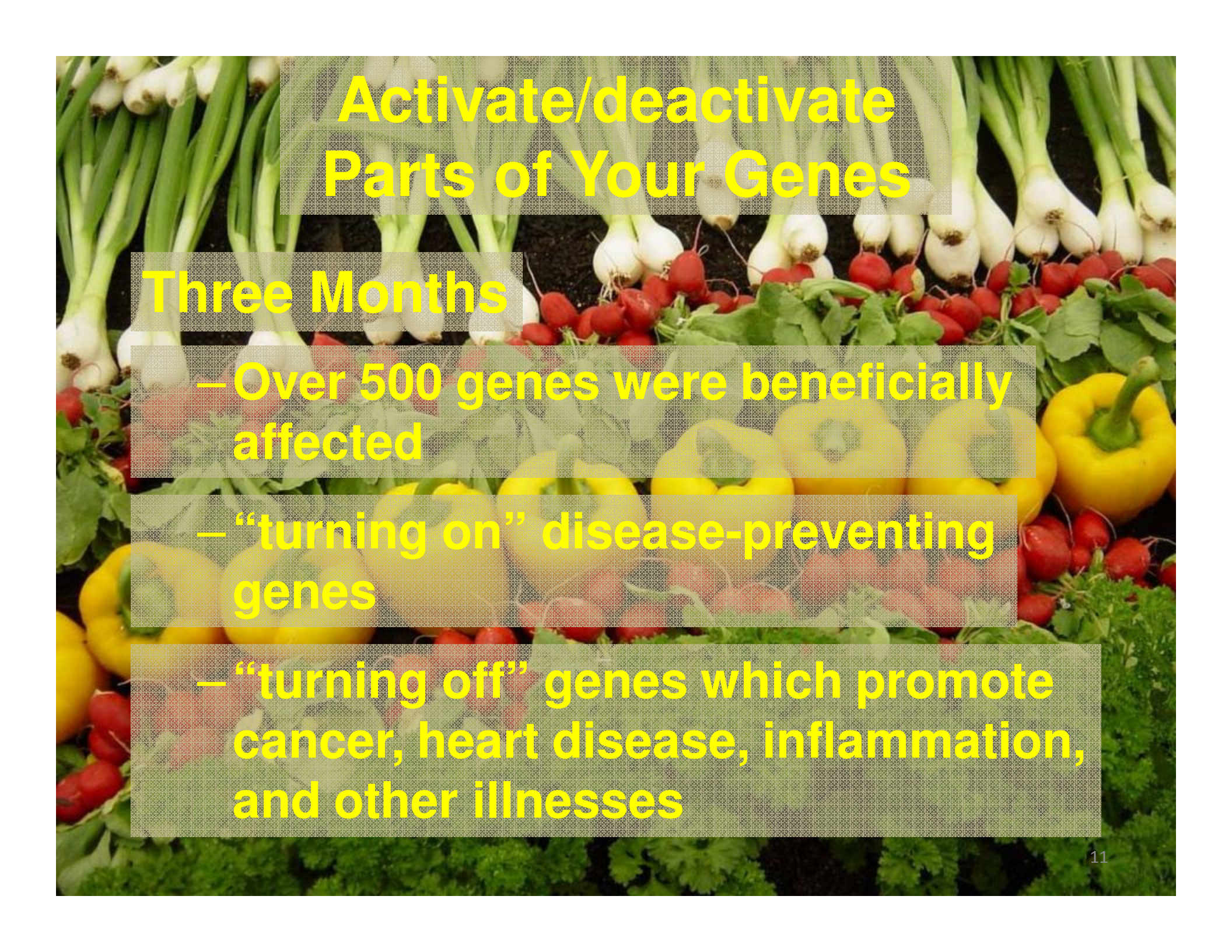
25%

VA Hospitals



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/deactivate Parts of Your Genes

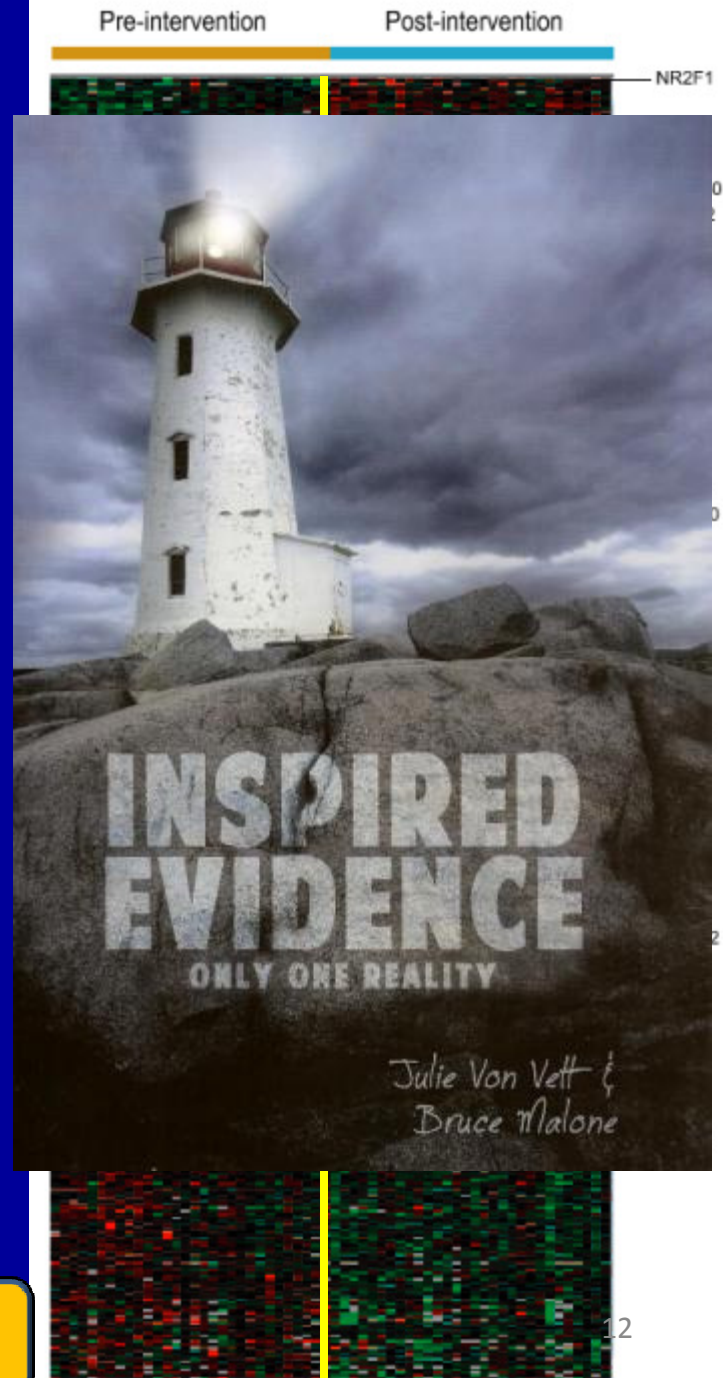
Three Months

- 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

Tree of Life

Intended to
live forever

園

garden

土 + 口 + 欠 + 口 = 園

*dust breath two enclosure garden
persons*



In the Garden of Eden



aB



Ab

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

	AB Black	Ab Dark Brown	aB Light Brown	ab White
AB Black	AB AB	Ab AB	aB AB	ab AB
Ab Dark Brown	AB Ab	Ab Ab	aB Ab	ab Bb
aB Light Brown	AB aB	Ab aB	aB aB	ab aB
ab White	AB ab	Ab ab	aB ab	ab ab

64 trillion possible combinations from one set of parents

**You are
unique!**

**Allegra
Amitriptyline**

**Hydrocodone
Metoprolol**



**defects
which affect
body's drug
processing**

**Dilantin
Dytuss
Effexor
Haldol**

**Tamoxifen
Tusstat
Valium
Zoloft**

**You are
unique!**

2010

Allegra

Hydrocodone

• **Roadway deaths = 32,885**

• **Vitamin / mineral overdose = possibly 1**

• **Medical prescriptions used properly >
60,000+ (97,000 reported)**

**About half
have genetic
defects
which affect
body's drug
processing**

(warfarin)

Cyclobenzaprine

Diazepam

Dilantin

Dytuss

Effexor

Haldol

Prozac

Rythmol

Tagamet

Tamoxifen

Tusstat

Valium

Zoloft

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

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

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

Discrimination & Reprisals for “not following the mainstream”

- **Univ. shows Omega 3 and magnesium reduces cholesterol – no more pharmaceutical grants**
- **Dr. John Oliver 1968 driven from geophysicist career for writing “Seismology and the new Global Tectonics” - now considered the “father of plate tectonics”**
- **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. Jerry Bergman

Slaughter of the Dissidents

The Shocking
The Careers

A NEW MODALITY FOR THE MAINTENANCE OF HEALTH

TRANSDERMAL MAGNESIUM THERAPY

"Dr. Mark Sircus is one of the best health care professionals I have ever known. He is a true leader and I want to help him spread his message of health and healing to the world."

Dr. Sircus is a



Dr. Mark Sircus, Ac., OMD

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Fats that Heal Fats that Kill

Fourth Printing

The revised, updated and
expanded edition of the best-
seller *Fats and Oils*

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

Udo Erasmus **alive**
books

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
 - Barefoot- grounding

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

Garden
Spiritual health, relationship,
communication, exercise, stress free,
grounding, work & rest

in union with the Messiah Jesus for a
life of good actions already prepared
by God for us to do. Ephesians 2:10

• **Ab**

Garden of Eden

- 7th day – “separated as holy” – day of rest
- Work, serve, worship, obey +
keep, watch, preserve (5647 8104)

Garden of Eden

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

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

Sprouted Seeds

- Enz
- Sto
- P
- a
- pro
- Fat
- fatt
- Bea
- Vita
- Min

Ezekiel Bread – 6 sprouted seeds
All essential amino acids present



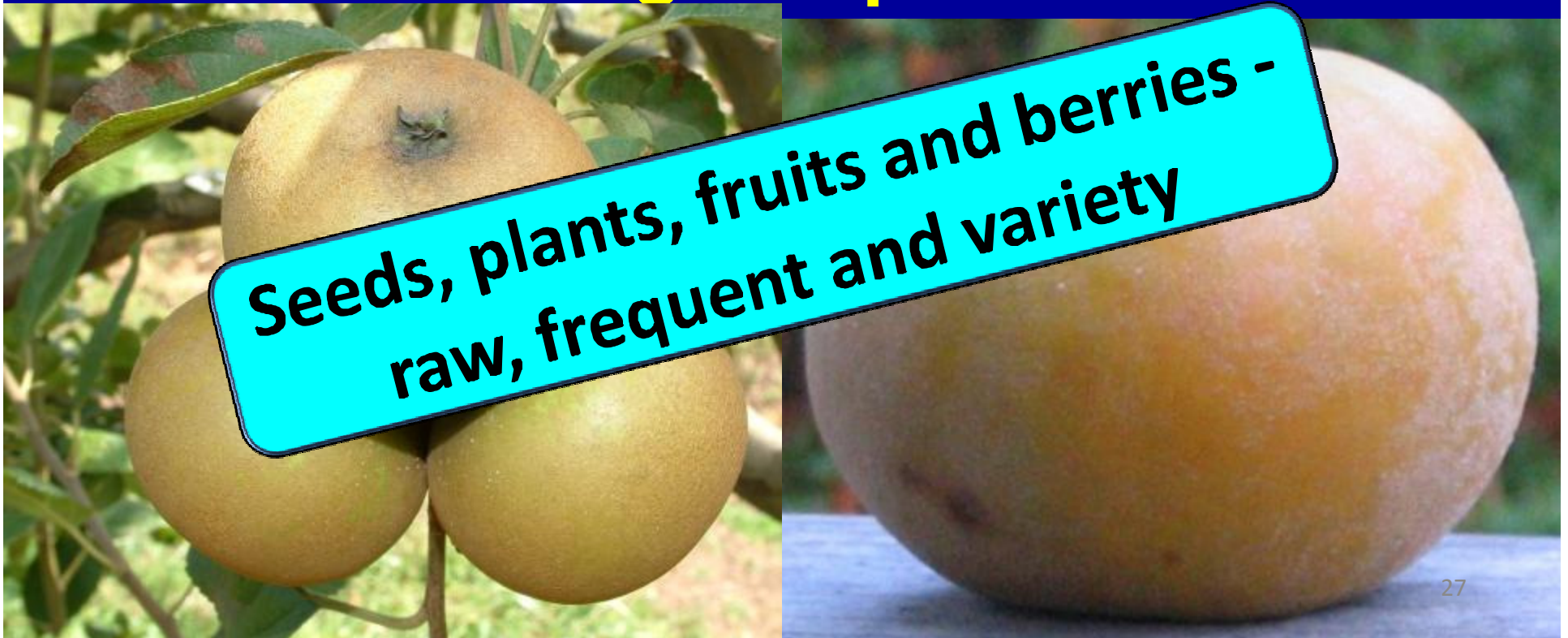
so they contain all
and more vitamins,
oil, millet and buckwheat
from it. Ezekiel 4:9

Old the "Ten Men" found in the Bible
had been eating bread made of
wheat, oil, millet and buckwheat
from it. Ezekiel 4:9



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**
 - **no cancer in the oceans**

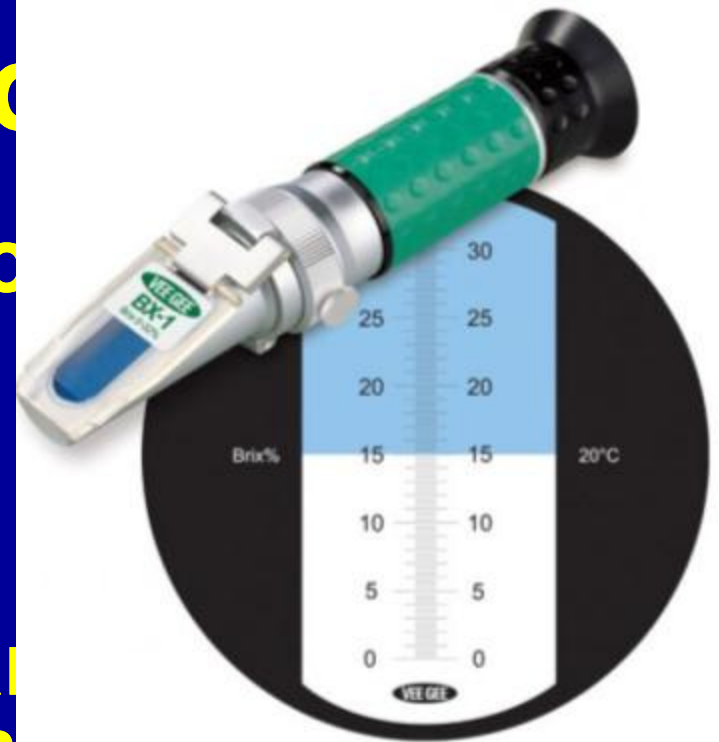
The water overpowered the earth mightily; all the high mountains under the entire sky were covered; the water covered the mountains by more than twenty-two-and-a-half feet

Genesis 7:19-20

Garden of Eatin'

- Mineralized soil – created o
 - re Brix = sugar content e
 - no (refractometer)
- Soil biology intact
- Raw foods with enzymes and 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**



Difference from 1880

	1900	2010
Heart Disease	8%	24%
Cancer	.02%	23%
Diabetes	.000001%	2.8%

**Heart
disease
increase
(cancer
and
diabetes)**

Magnesium Intake

American daily magnesium
intake (in milligrams)

N P K fertilizer

My mineral additions:

Evaporated sea water

Laminaria digitata

Spirulina

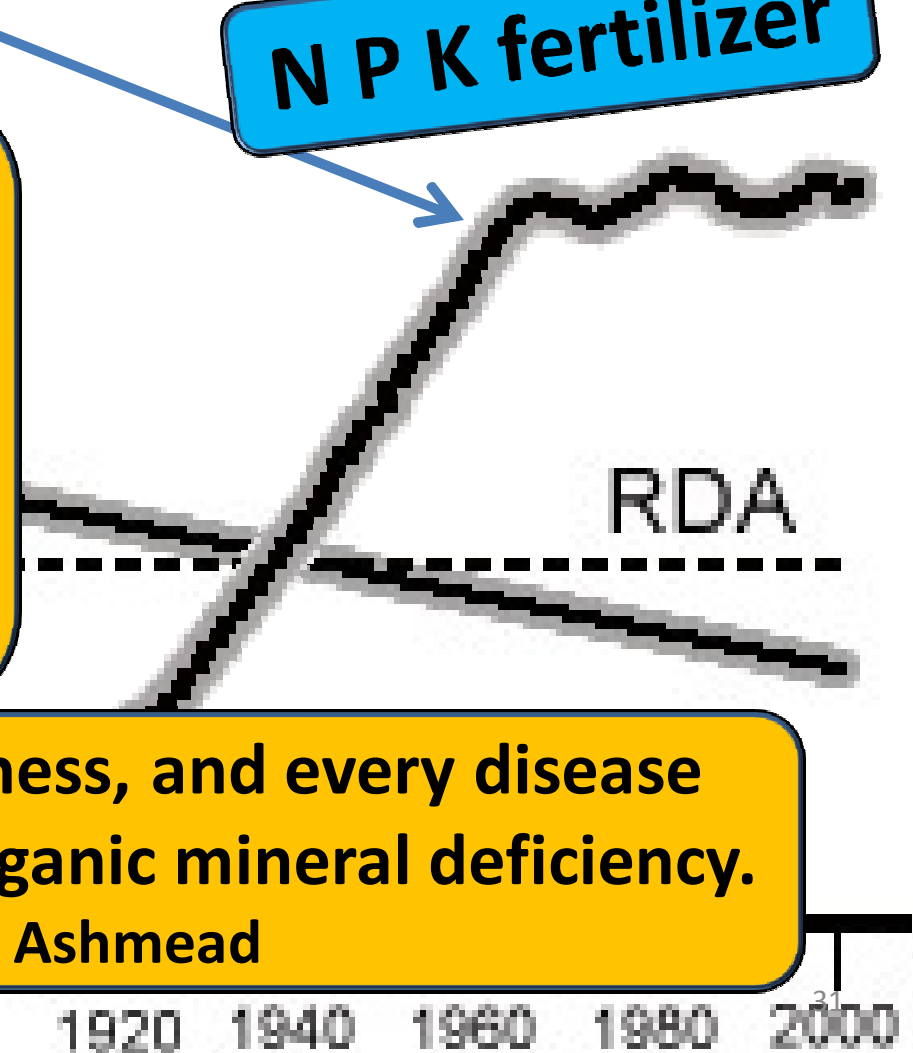
Magnesium chloride
hexahydrate

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

Dr. DeWayne Ashmead

factors

1900 1920 1940 1960 1980 2000



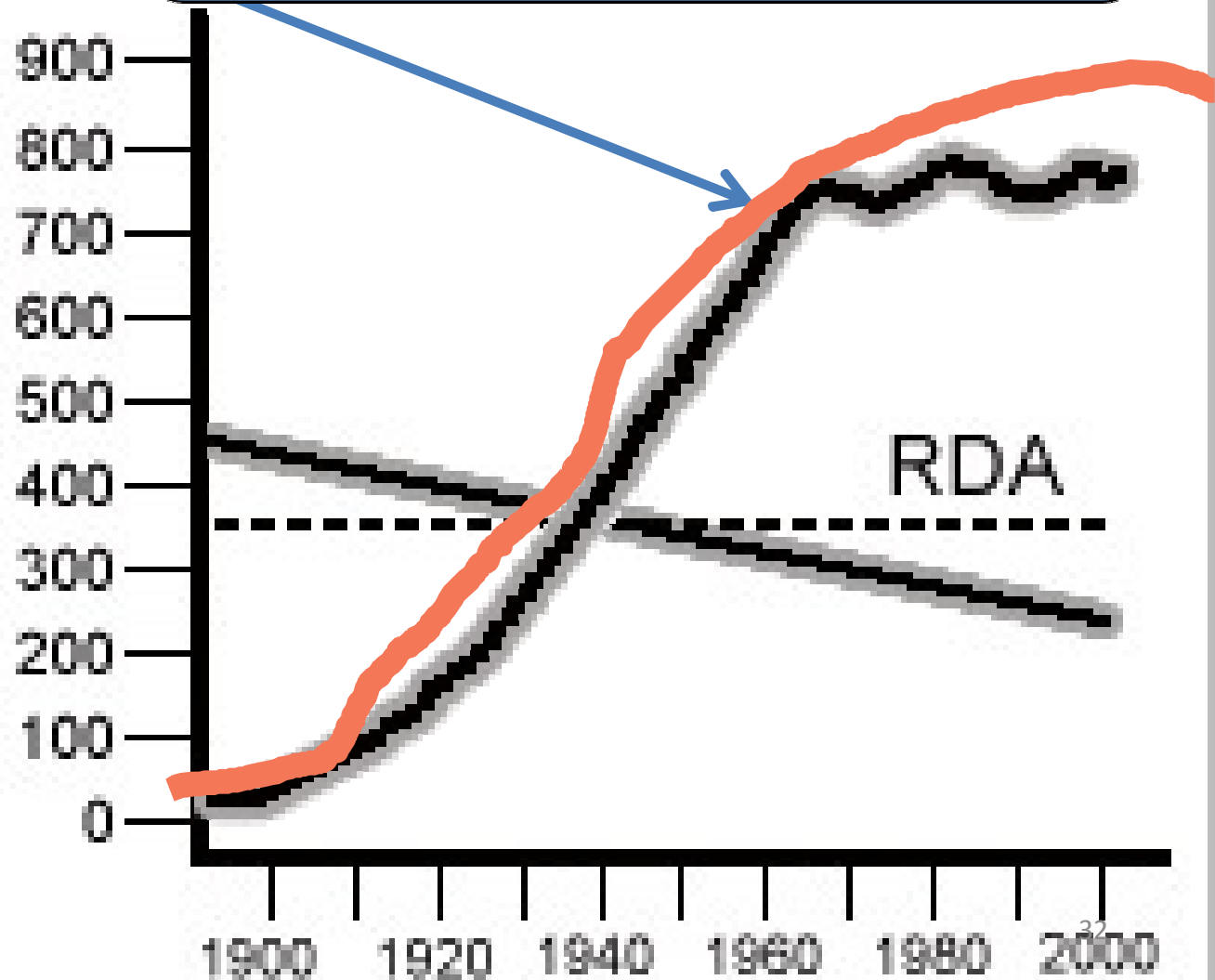
**Heart
disease
increase
(cancer
and
diabetes)**

**Boron,
calcium,
sodium
and
potassium
balances
were also
affected**

**Iodine and
selenium
are also
factors**

Magnesium Intake

**Increase in Omega 6 and
hydrogenated oils**

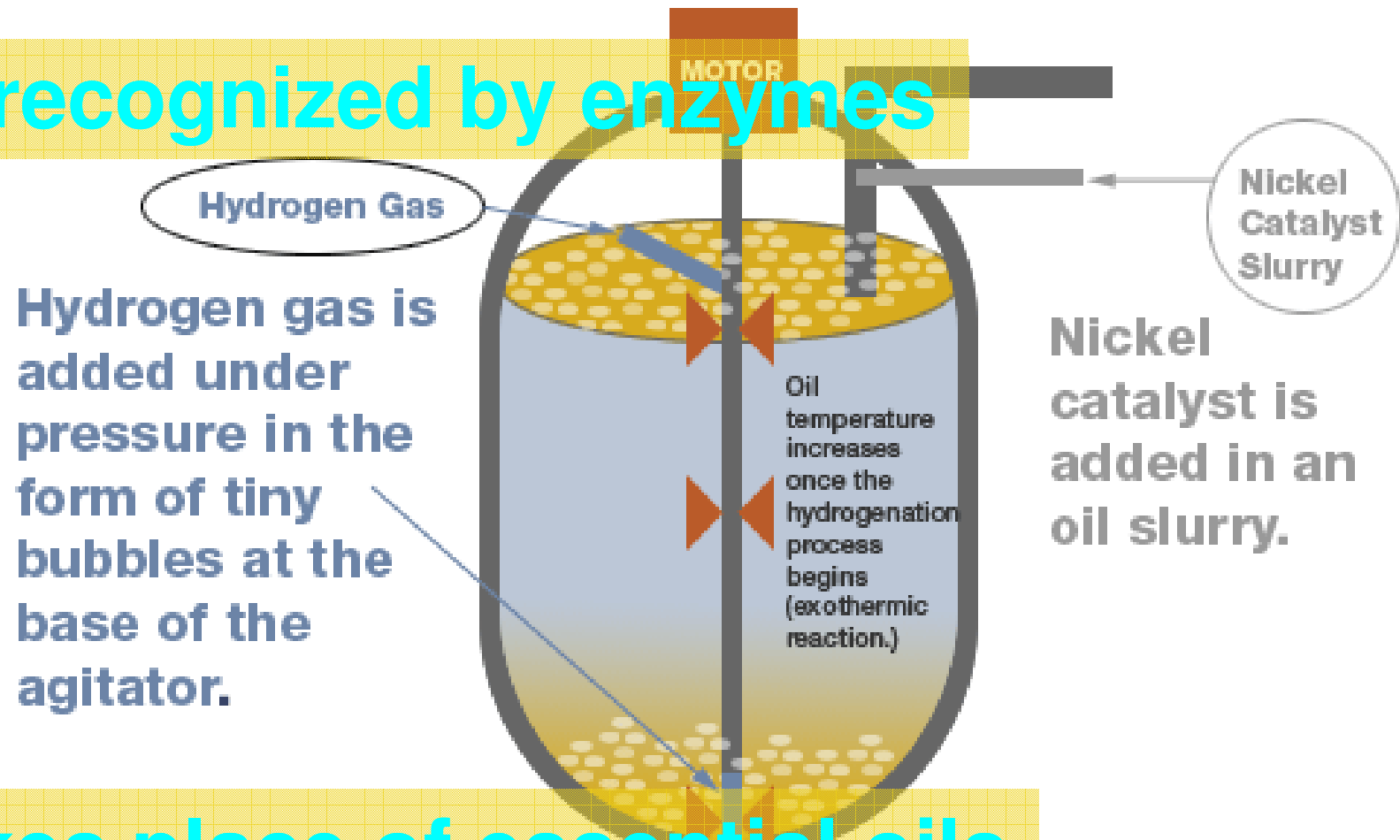


Hydrogenated Oils

High heat + hydrogen and metal

General Hydrogenation Process

Unrecognized by enzymes



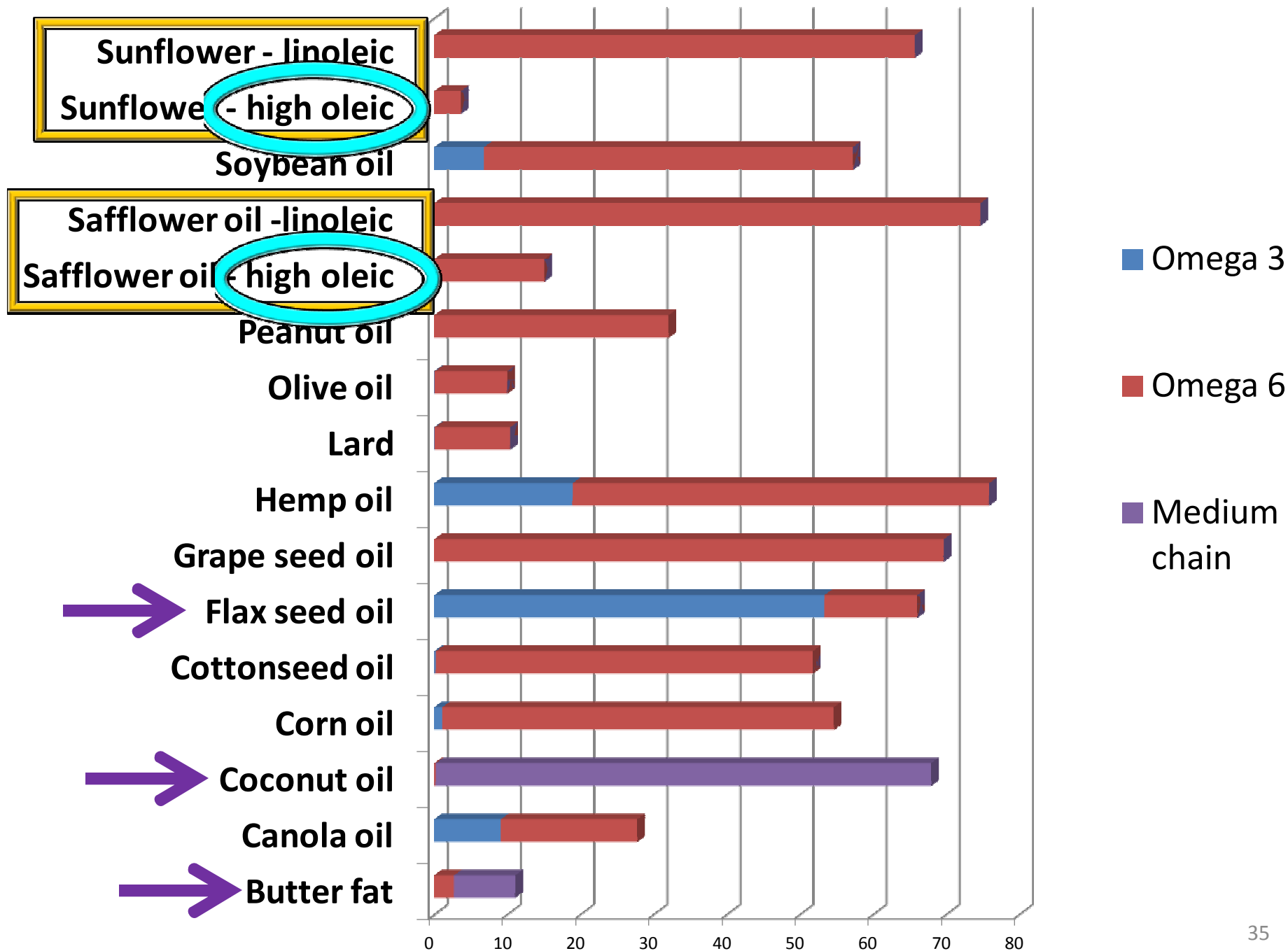
Takes place of essential oils

Avoid: refined, overheated, hydrogenated and trans fats



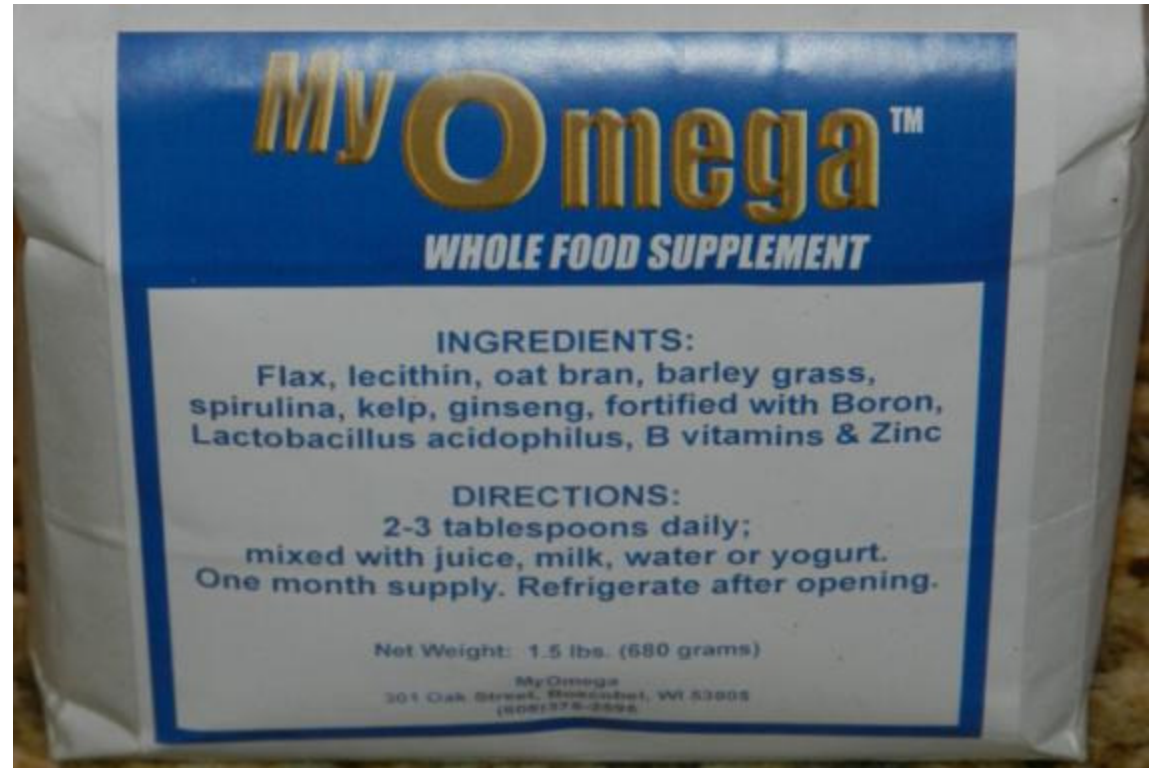
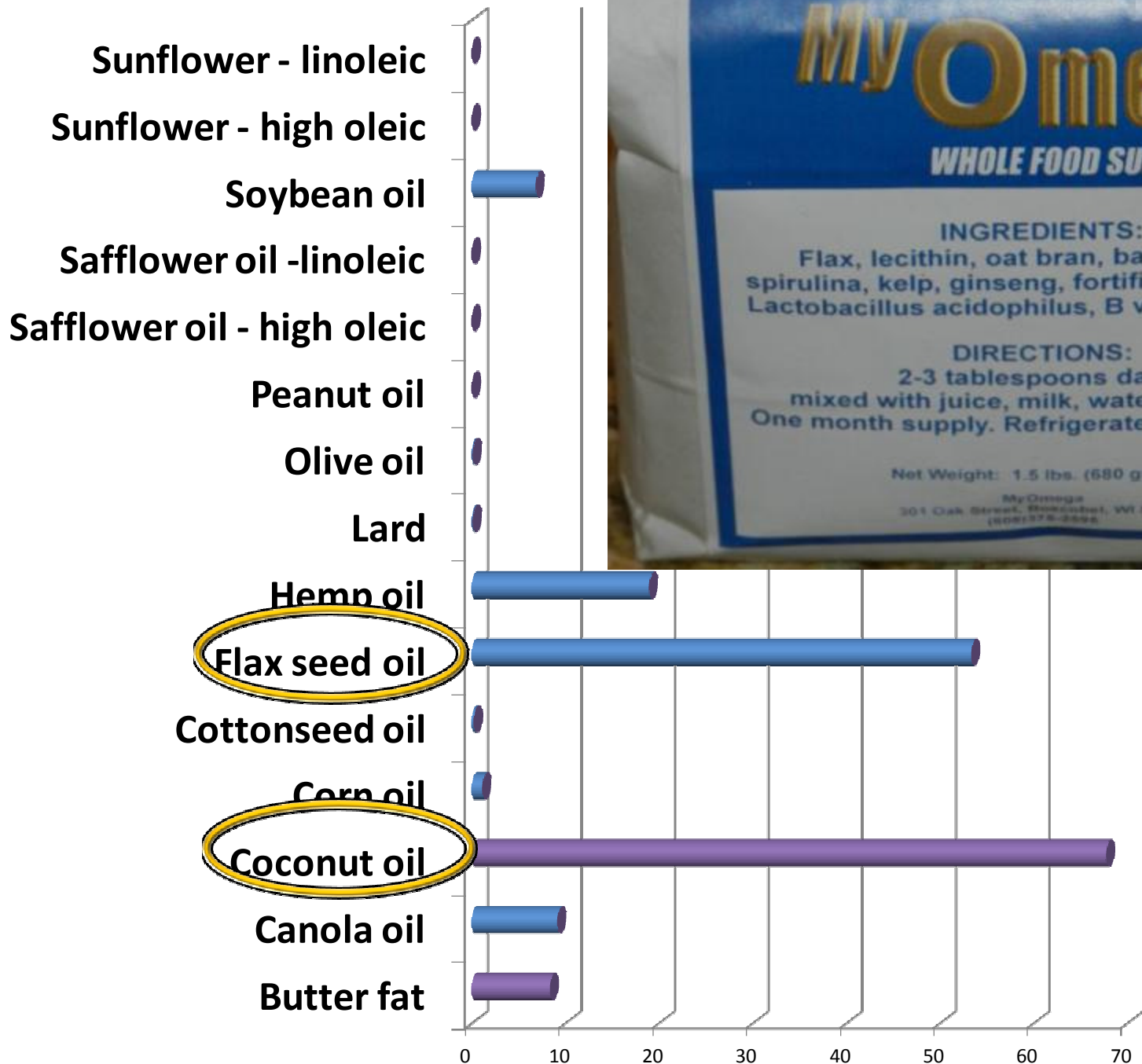
- Cold pressed
- 5-7% calories should be “natural” “parent” essential fatty acids
- 2-3 tablespoons fresh ground flax seed daily
- 1:1 – 1:3 omega 3 to omega 6
- 1 part flax oil + 2 parts linoleic sunflower oil





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**



■ Medium chain

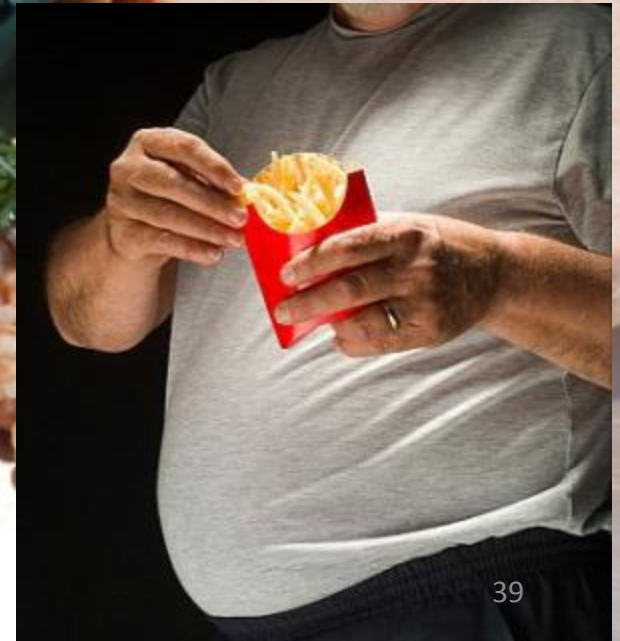
Garden of Eden

- 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		Debatable / Moderately Acidic Foods		Very Acidic Foods	
Vegetables Artichokes Asparagus (tips) Bamboo Shoots Broccoli Beetroots Bell Peppers Brussels Sprouts Cabbages Carrots Cauliflowers Celery Chard Chayote Chicory Chives Collard Greens Cucumbers Dandelions Dills Dulse Eggplant Endives Garlic Green Beans Green Olives Green Peas Greens (leafy) Horseradishes Jerusalem Artichokes Kale Kelp Leeks Lettuces Mustard Greens Okra Onions Oyster plants Parsley Parsnips Peas (fresh) Peppers Radishes Rutabagas Sea Veggies Spinach Sprouts (all)	Summer squash Sweet Potatoes Swiss chard Tomatoes Turnips Watercress Wheat grass Wild Greens Zucchini	Vegetables Artichoke Asparagus Black Olives Cauliflower Mushrooms Parsnips Potato Pumpkins Spirulina Squash Sweetcorn	Oils & Fats Corn Oil Sunflower Oil Grasses & Sprouts All sprouts alkaline	NOTE: ALL processed, pre-packaged, preserved, long-shelf life, refined, microwavable, takeaway, fast, dried, tinned, meat, dairy & frozen foods are ACIDIC – such as cakes, chips, burgers, tinned soup, granola bars, chocolate bars, pasta, ice cream & bread Vegetables Pickled, Frozen & Canned Vegetables Fruits All fruits are moderately acidic Oils & Fats All Cooked Processed Oils Fried Oils, Saturated Animal Fats, Hydrogenated & Trans Fats Grasses & Sprouts All Sprouts Are Alkaline	
	Fruits Avocados Grapefruits Lemons Limes Tomatoes	Fruits Acai Berry Apples Apricots Bananas Berries Cherries Coconuts Cranberries Currants Dates Figs Goji Berries Gooseberries Grapes Mangos Melons Muskmelons Nectarines Oranges Papayas Peaches Pears Pineapples Plums Pomegranates Prunes Raisins Raspberries Rhubarbs Strawberries Tangerines Tropical Fruits			
	Oils & Fats Avocado Oil Coconut Oil Flax Oil Hemp Seed Oil Olive Oil Safflower Oil Sesame Oil				
	Grasses & Sprouts Alfalfa Alfalfa Sprouts Amaranth Sprouts Barley Grass Broccoli Sprouts Dog Grass Fenugreek Sprouts Kamut Grass Kamut Sprouts Lemon Grass Millet Sprouts Mung Bean Sprouts Oat Grass Quinoa Sprouts Shave Grass Spelt Sprouts Wheat Grass				


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”

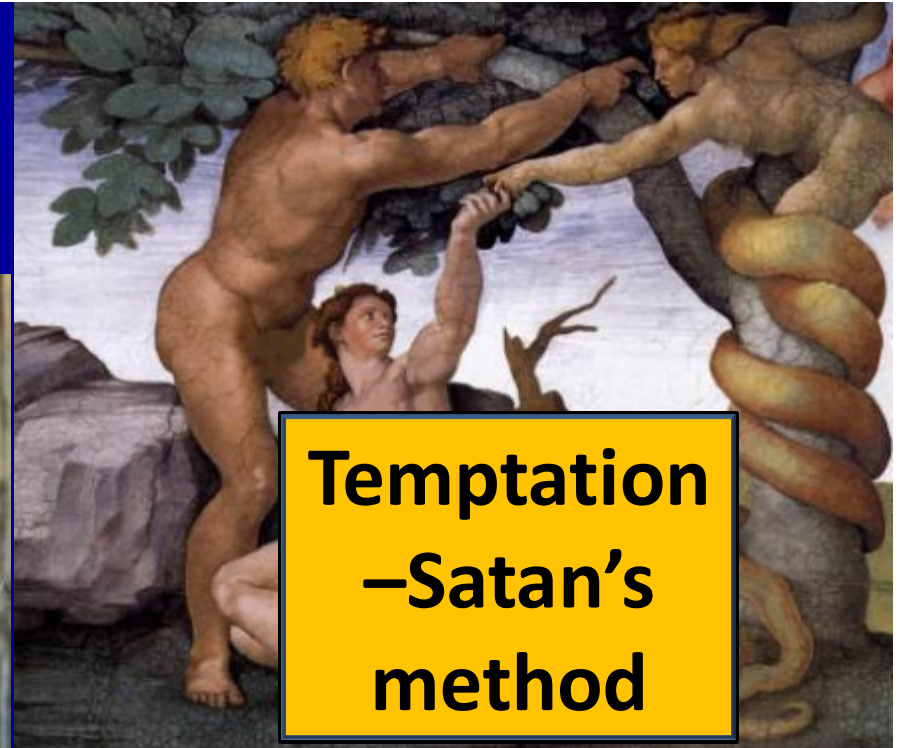
Hydrated cells & body

Body Weight	Ounces of Water/Day
128	56
160	67
192	78
224	88
256	96
288	103
310	107

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



**Temptation
–Satan's
method**

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



Many More Topics

Research for yourself



A stable mind is impossible without a balanced brain.

Dr. Linus Pauling

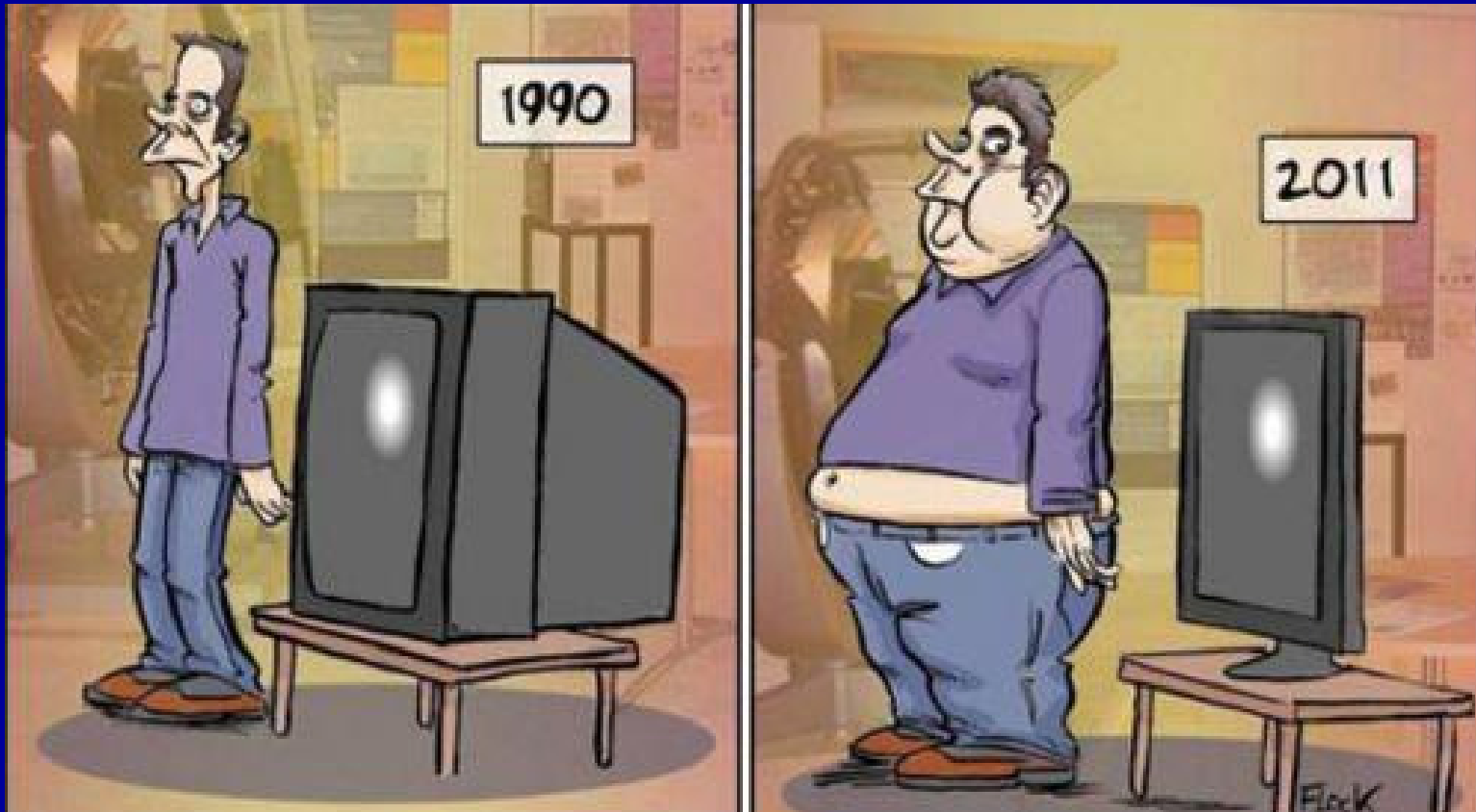
What Works for Me

- 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!**

Questions



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

Deuteronomy 34:7