

# **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**

**Physical, emotional  
and spiritual health**

**Enthusiasm for life  
Knowledge  
Discipline**

**– Each person unique**

**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

**Present in every cell type in every organism**

- **Activation of:** vitamin B<sub>1</sub>, B<sub>6</sub>, B<sub>12</sub>, 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



# 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 (“must have” nutrient)

**All essential substances present in optimum amounts + absence of toxins = healthier cells, tissues and organs**

- 20+ essential minerals

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

**Cardiovascular disease, obesity, diabetes,  
arthritis, MS, dementia, cancer and  
autoimmune conditions**



# Duke Integrative Medicine

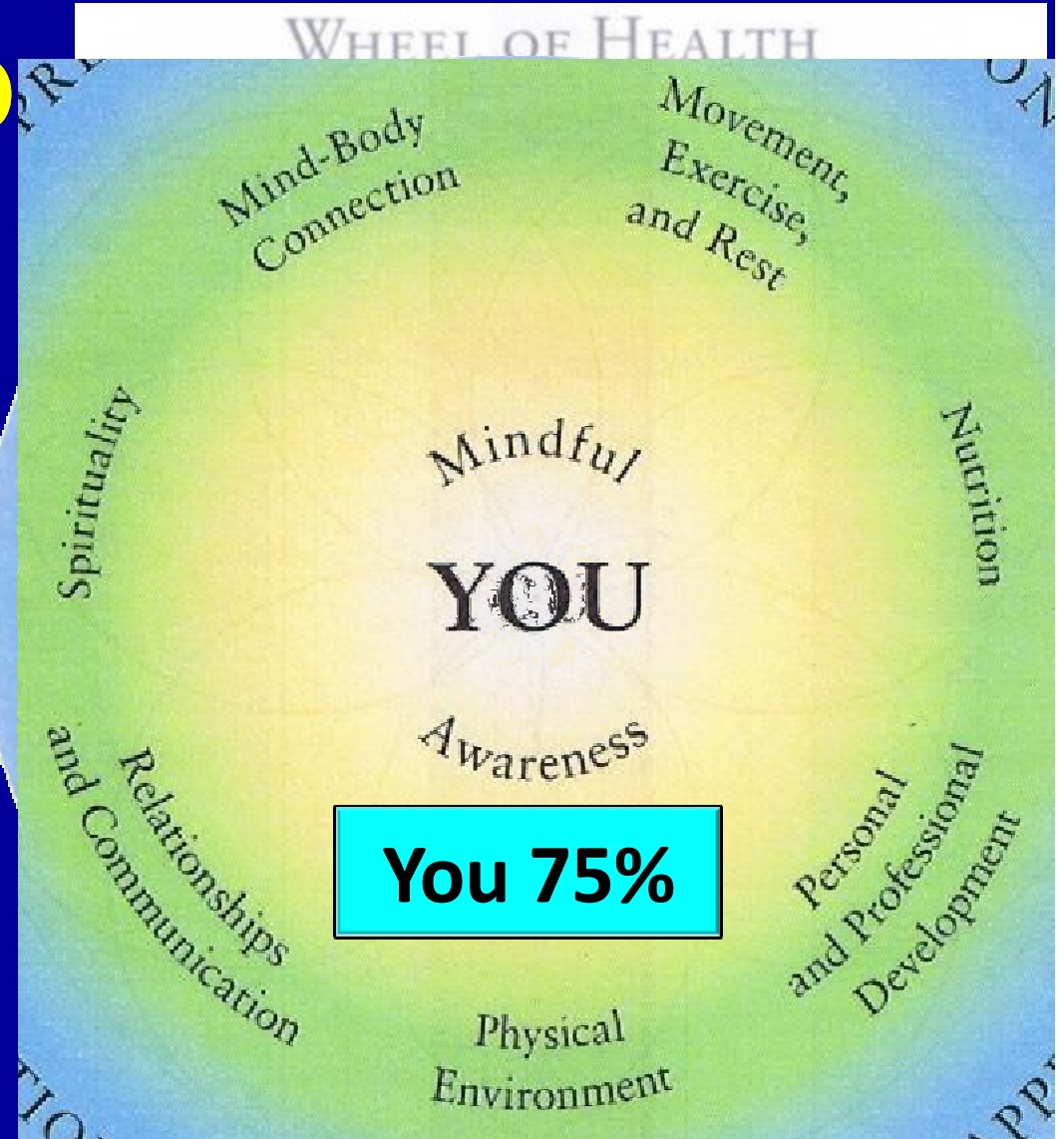
Tracy Gaudet, MD

13 year study

MD's/team =  
Prevention &  
Intervention

25%

VA Hospitals

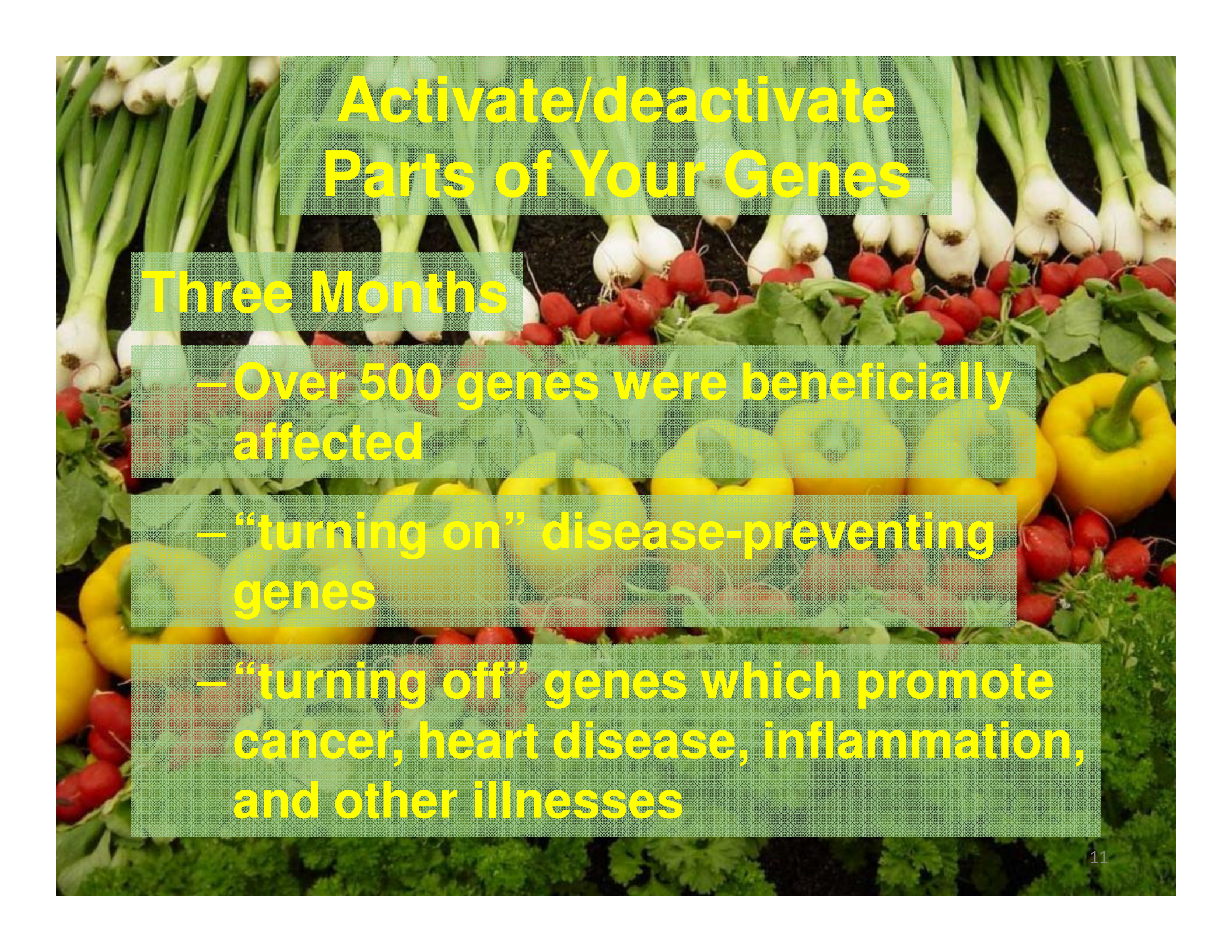




# **I am not medically trained!**

- **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

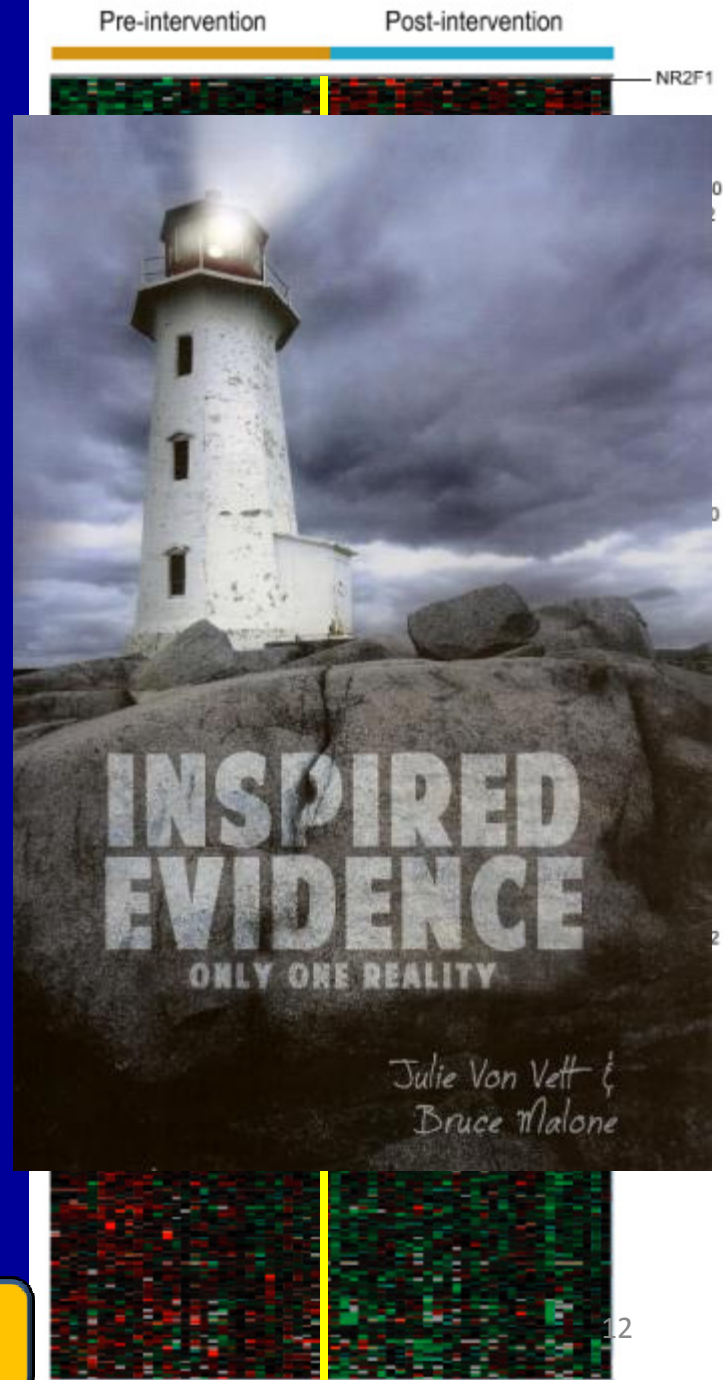
- Over 500 genes were beneficially affected
- “turning on” disease-preventing genes
- “turning off” genes which promote cancer, heart disease, inflammation, and other illnesses



# 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

	<b>AB Black</b>	<b>Ab Dark Brown</b>	<b>aB Light Brown</b>	<b>ab White</b>
<b>AB Black</b>	<b>AB AB</b>	<b>Ab AB</b>	<b>aB AB</b>	<b>ab AB</b>
<b>Ab Dark Brown</b>	<b>AB Ab</b>	<b>Ab Ab</b>	<b>aB Ab</b>	<b>ab Bb</b>
<b>aB Light Brown</b>	<b>AB aB</b>	<b>Ab aB</b>	<b>aB aB</b>	<b>ab aB</b>
<b>ab White</b>	<b>AB ab</b>	<b>Ab ab</b>	<b>aB ab</b>	<b>ab ab</b>

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**

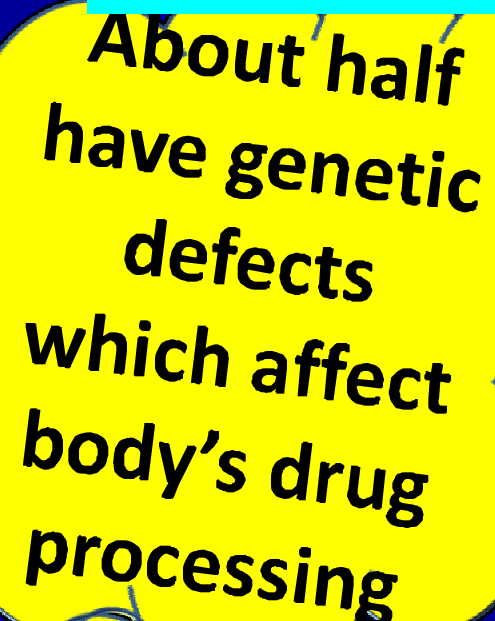
**Allegra**

**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
- 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

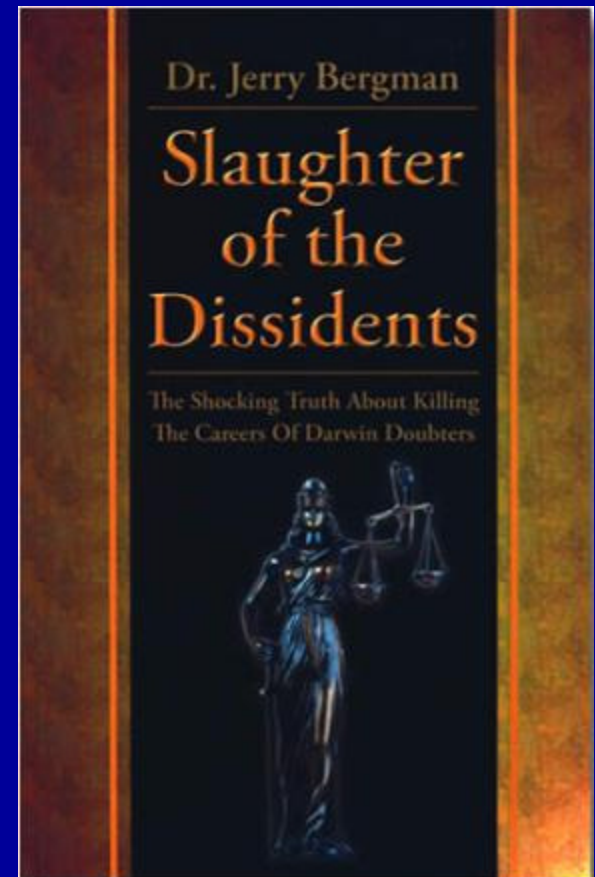


# **Discrimination & Reprisals for “not following the mainstream”**

- **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 Semmelweis 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.**





NOW  
AVAILABLE IN  
ENGLISH!

# FLAX OIL AS A TRUE AID AGAINST ARTHRITIS, HEART INFARCTION, CANCER AND OTHER DISEASES

(FETTE ALS WAHRE HILFE GEGEN ARTERIOUSKLEROSE HERZINFRAKT KREBS)



**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."

International  
Following  
weiss 18  
medical

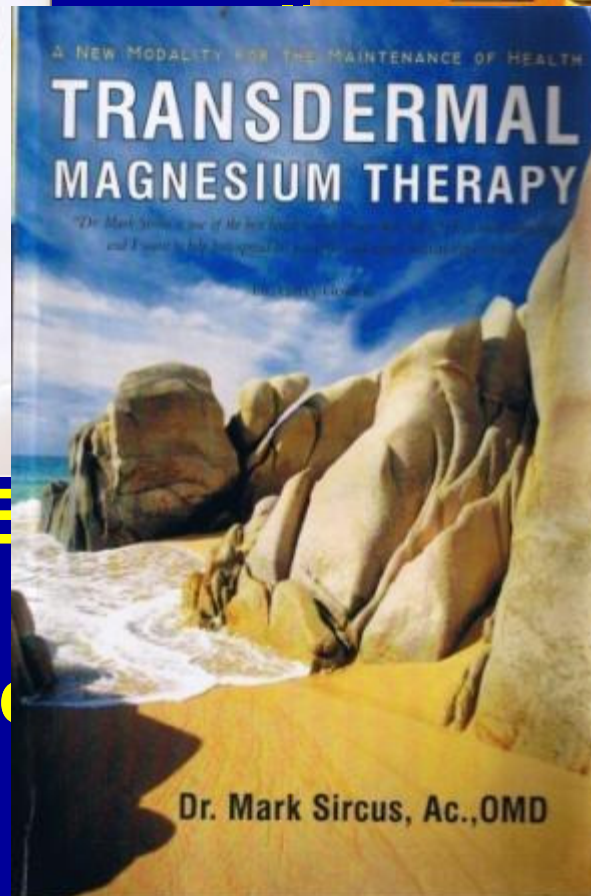


# Fats that Heal Fats that Kill

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



- Dr. Johanna B  
forced out of  
label in 50+ y

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
- “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**
  - Re
  - pe
  - “B
  - Barefoot- grounding
- **About equal daylight and dark**
  - 7<sup>th</sup> 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**

**vs. heart submitted to God**



# Garden of Eden

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

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)

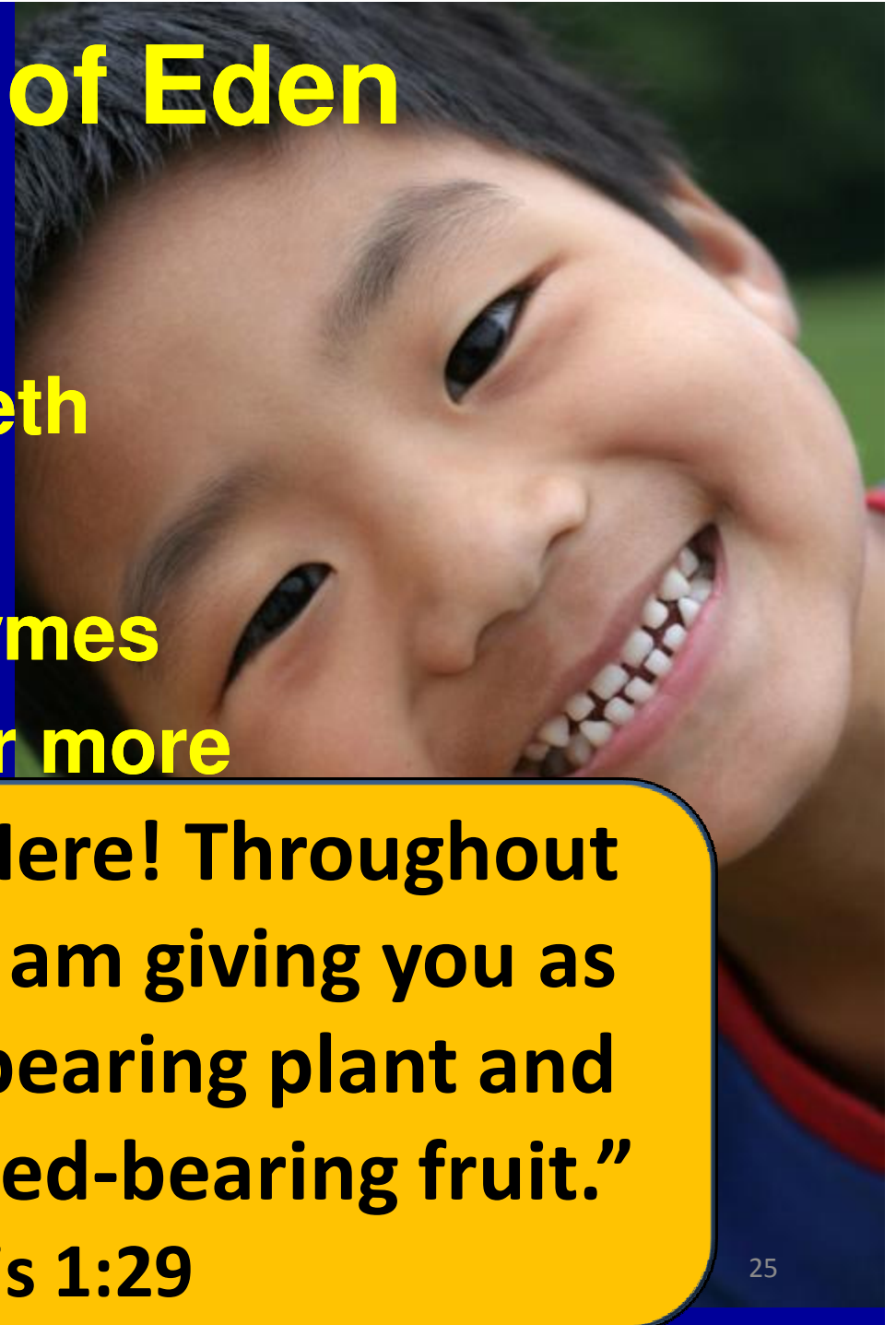


# Garden of Eden

- **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



# Sprouted Seeds

Ezekiel Bread – 6 sprouted seeds  
All essential amino acids present

am  
pro

- Fat
- fatt
- Bea
- Vita
- Min

Ezekiel Bread – first sprout the seeds so they contain all essential amino acids, easier digestion and more vitamins. Take wheat (pinkish), barley, lentils, beans (fava), millet and buckwheat; put them together in one bowl, and make bread from it. Ezekiel 4:9

Over the "Ice Man" found in the Alps had been eating bread made of grains. He lived about the time of Jacob.



# 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**

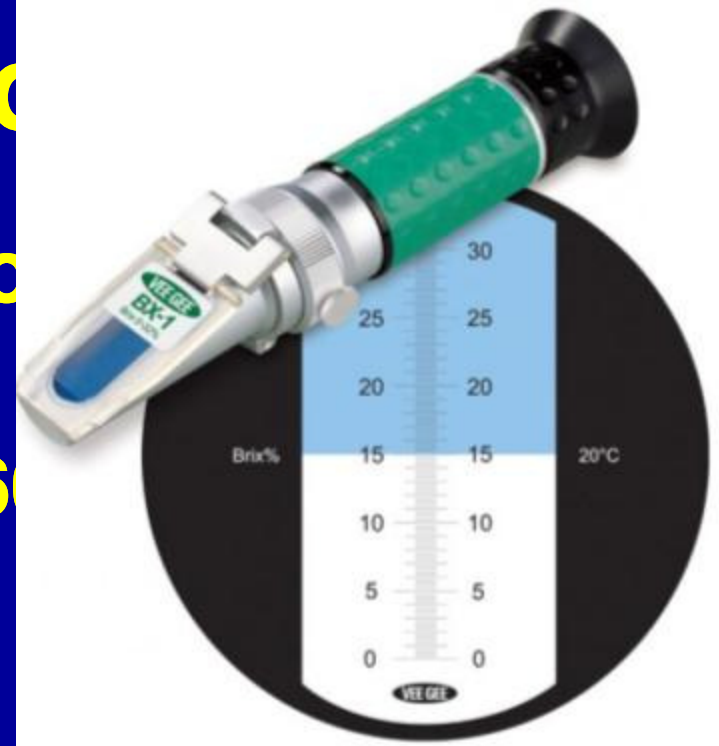
**that is how it was. Genesis 1:9**



## Garden of Eatin'

**Brix = sugar content  
(refractometer)**

- **Mine** (refractometer)
  - remineralized at worldwide
  - further at Ice Age = 2300-1600
  - 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” **Buy/grow and eat** **id**  
**associated with** **nutritionally complete foods**





# Difference from 1880

	1900	2010
<b>Heart Disease</b>	<b>8%</b>	<b>24%</b>
<b>Cancer</b>	<b>.02%</b>	<b>23%</b>
<b>Diabetes</b>	<b>.000001%</b>	<b>2.8%</b>



**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

1900 1920 1940 1960 1980 2000

RDA



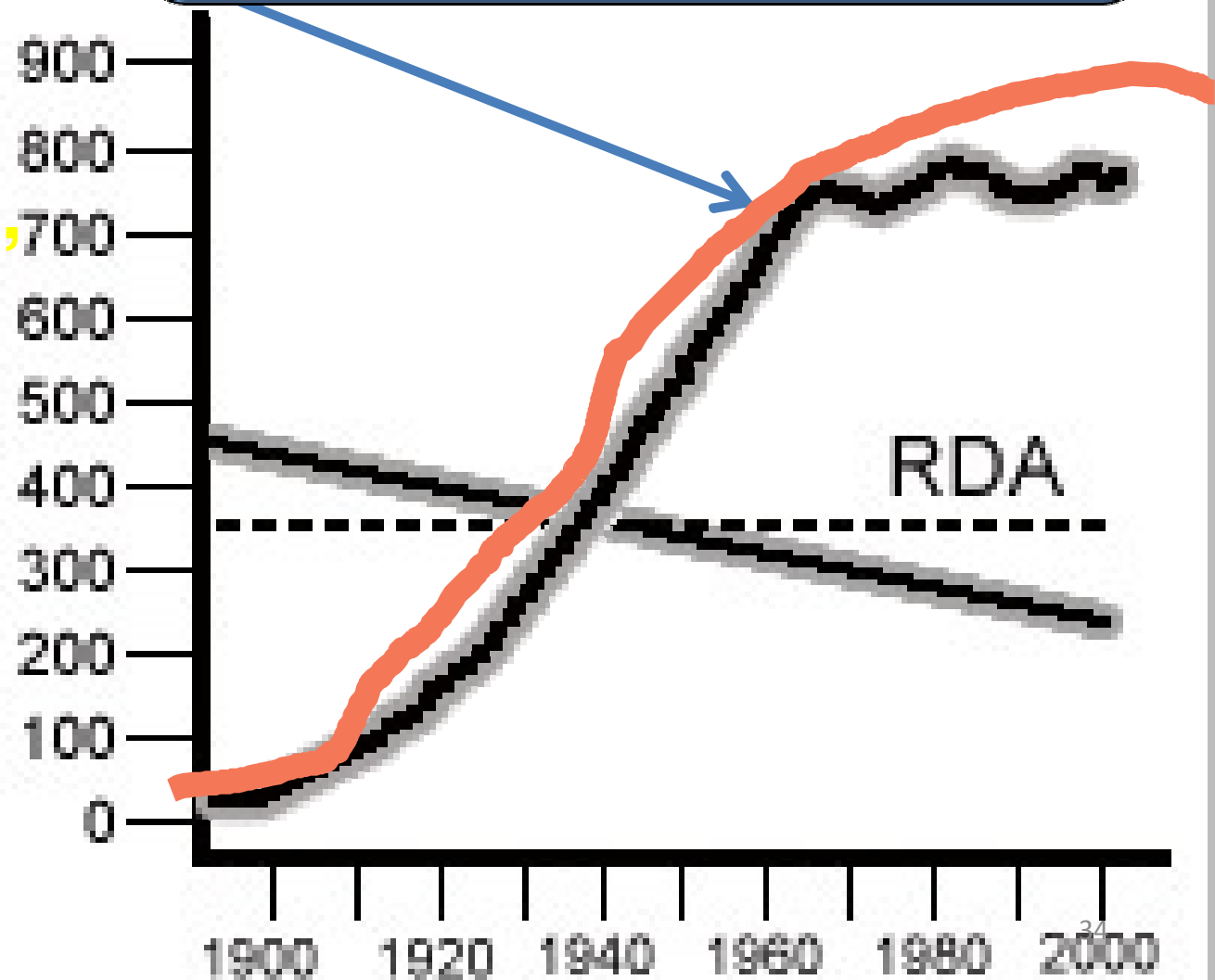
**Heart  
disease  
increase  
(cancer and  
diabetes)**

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

**Iodine and  
selenium are  
also factors**

## Magnesium Intake

**Increase in Omega 6 and  
hydrogenated oils**



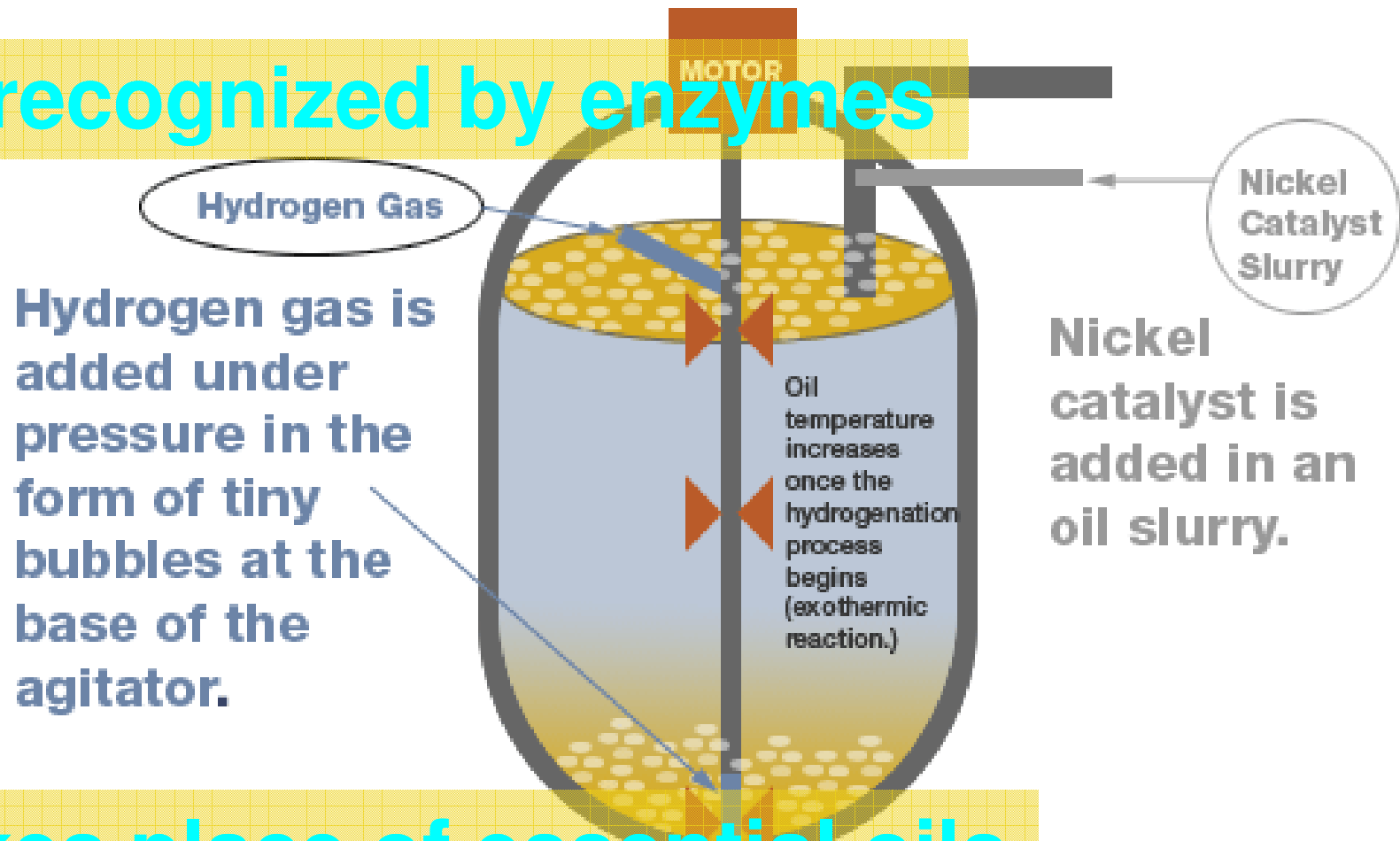


# Hydrogenated Oils

High heat + hydrogen and metal

## General Hydrogenation Process

Unrecognized by enzymes



Takes place of essential oils



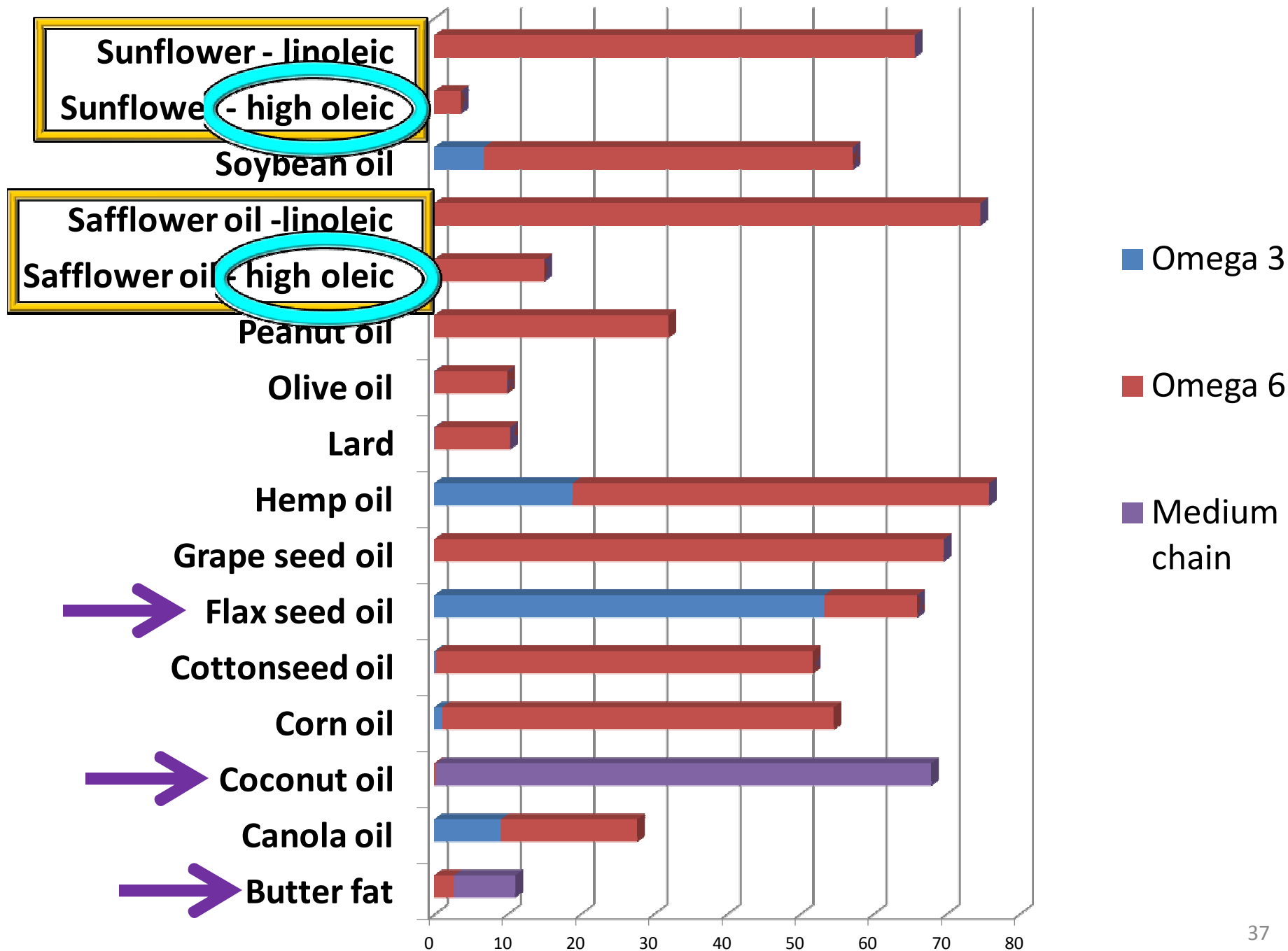
**Avoid: refined, overheated, hydrogenated  
and trans fats**



- 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





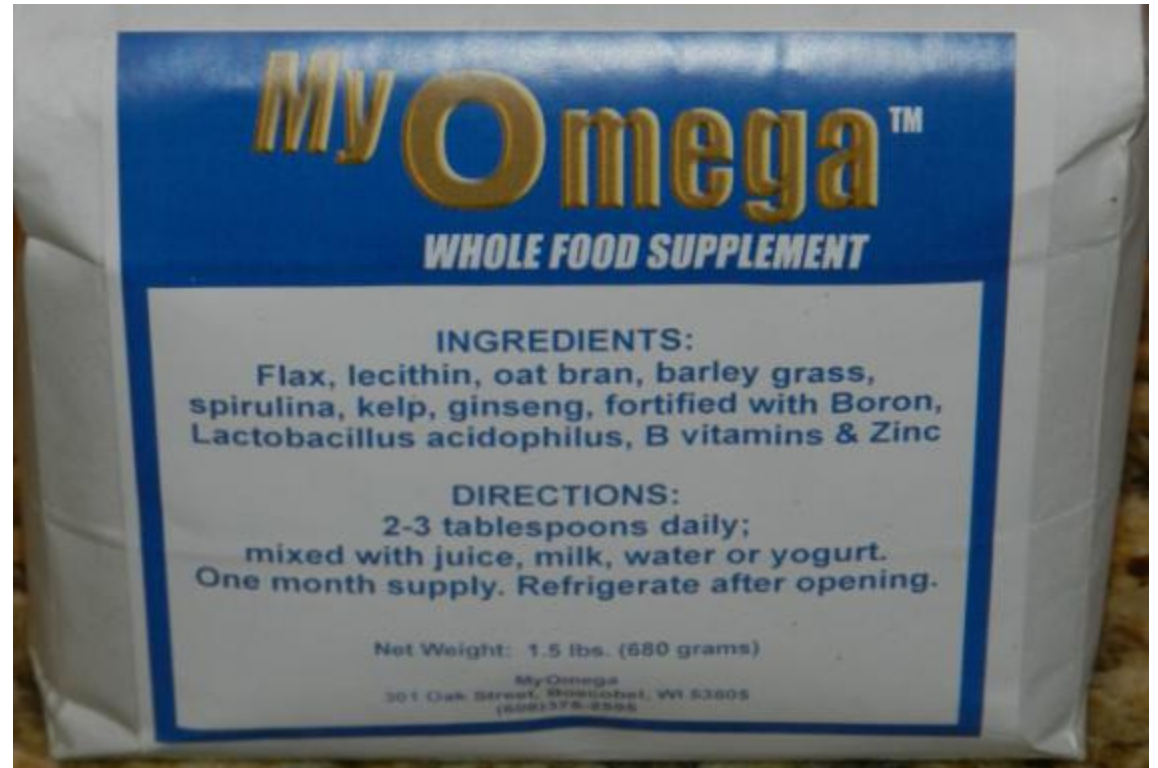
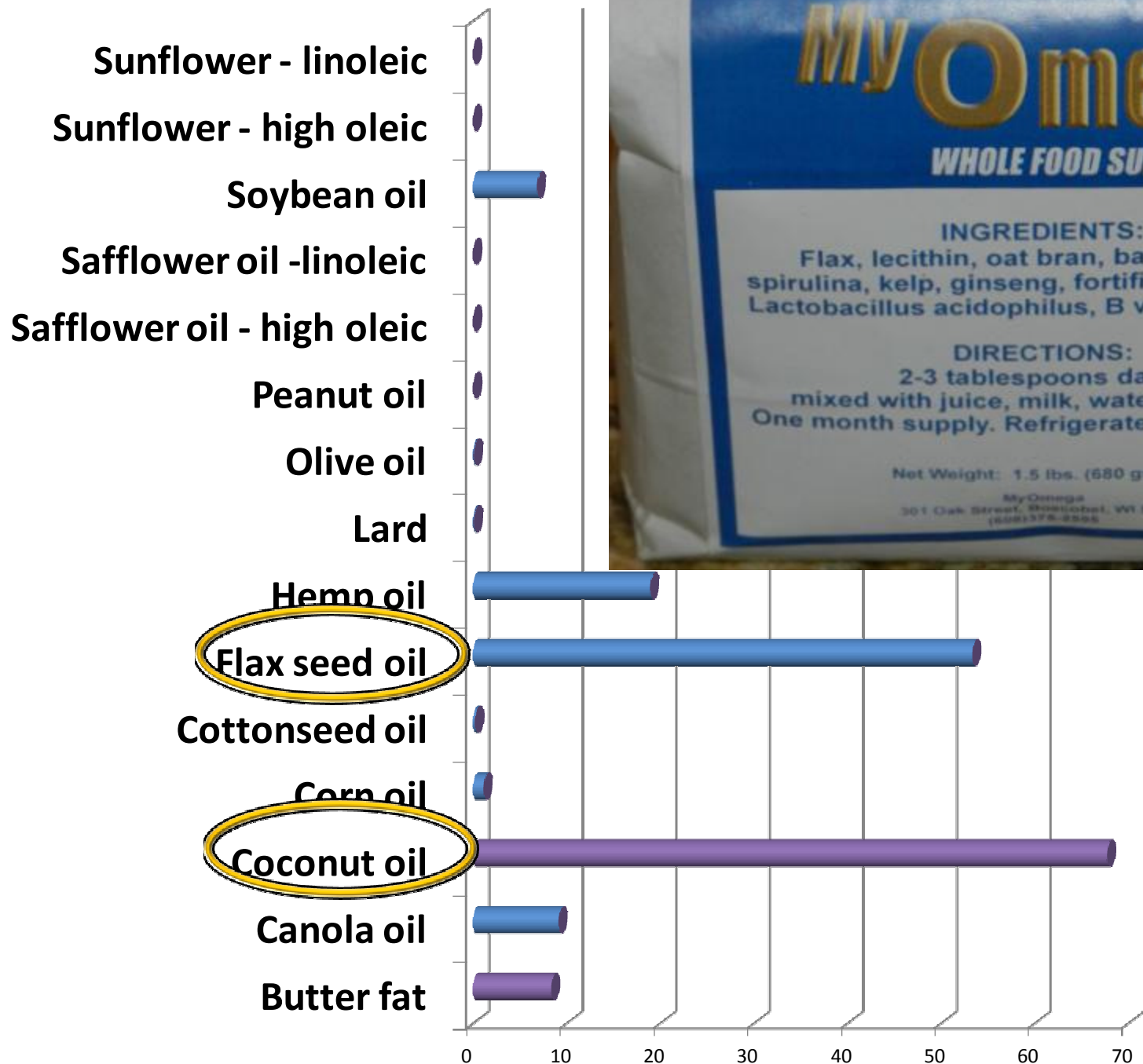




# Oils

- **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

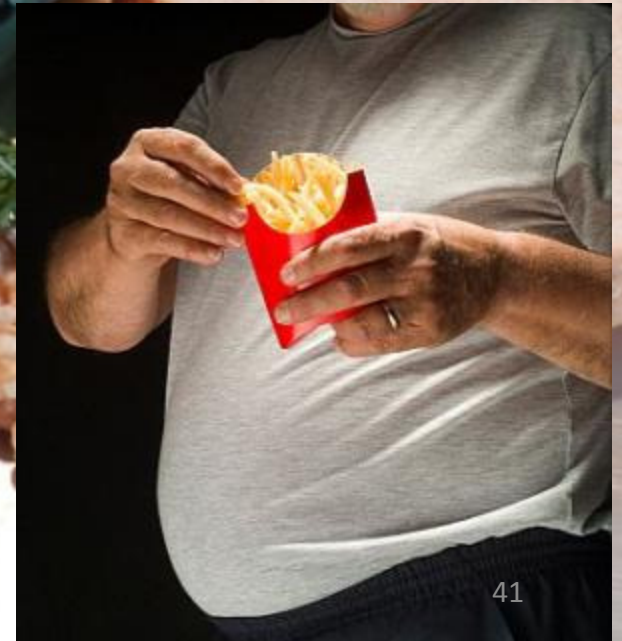
- **Berry oils**
- **Ellagic acid**
- **1800 mg/day = therapeutic**
- **Apoptosis within 72 hours – for some = each person unique**
- **Breast, pancreas, esophageal, skin, colon, cervical, lung, liver and prostate cancer cells**





# 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	
<b>Vegetables</b> 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	<b>Vegetables</b> Artichoke Asparagus Black Olives Cauliflower Mushrooms Parsnips Potato Pumpkins Spirulina Squash Sweetcorn	<b>Oils &amp; Fats</b> Corn Oil Sunflower Oil  <b>Grasses &amp; Sprouts</b> All sprouts alkaline	<b>NOTE:</b> <b>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</b>  <b>Vegetables</b> Pickled, Frozen & Canned Vegetables  <b>Fruits</b> All fruits are moderately acidic  <b>Oils &amp; Fats</b> All Cooked Processed Oils Fried Oils, Saturated Animal Fats, Hydrogenated & Trans Fats  <b>Grasses &amp; Sprouts</b> All Sprouts Are Alkaline	
	<b>Fruits</b> Avocados Grapefruits Lemons Limes Tomatoes	<b>Fruits</b> 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			
	<b>Oils &amp; Fats</b> Avocado Oil Coconut Oil Flax Oil Hemp Seed Oil Olive Oil Safflower Oil Sesame Oil				
	<b>Grasses &amp; Sprouts</b> 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

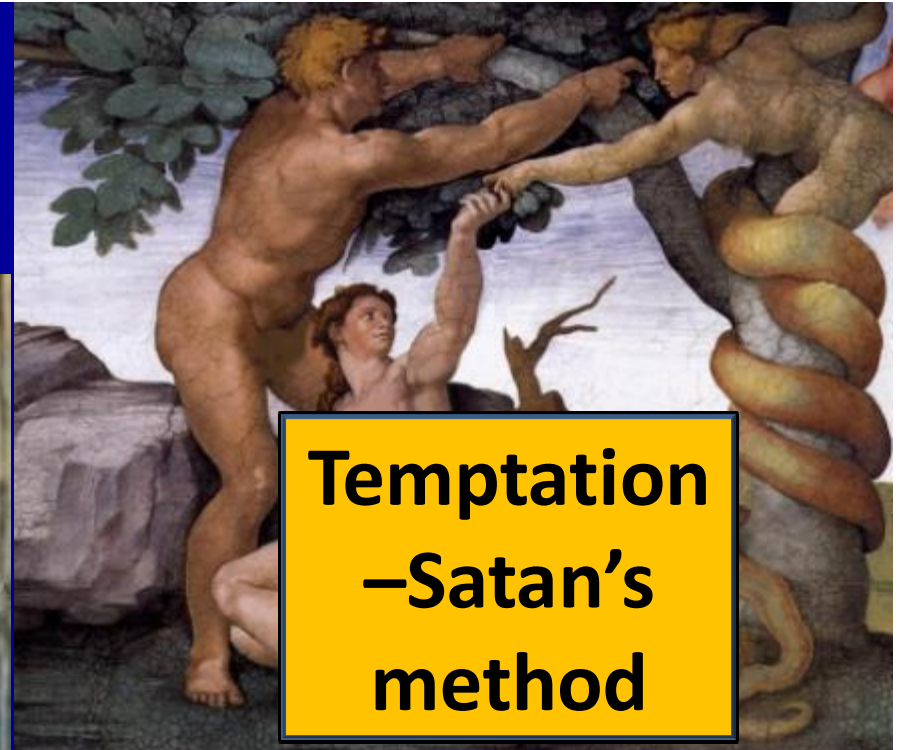


# Water

- **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**

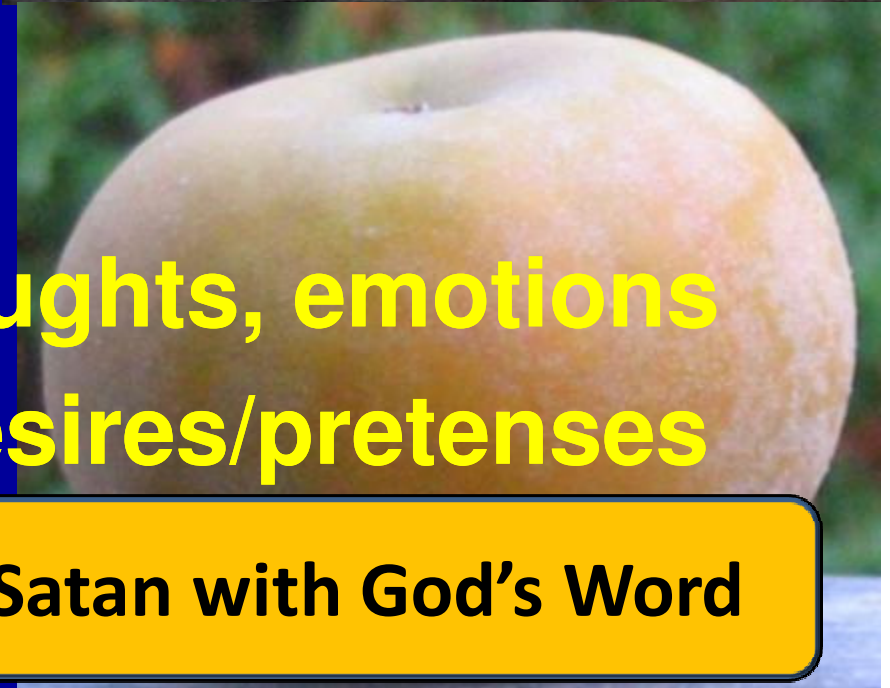


# Garden of Eden



**Temptation  
–Satan's  
method**

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



**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

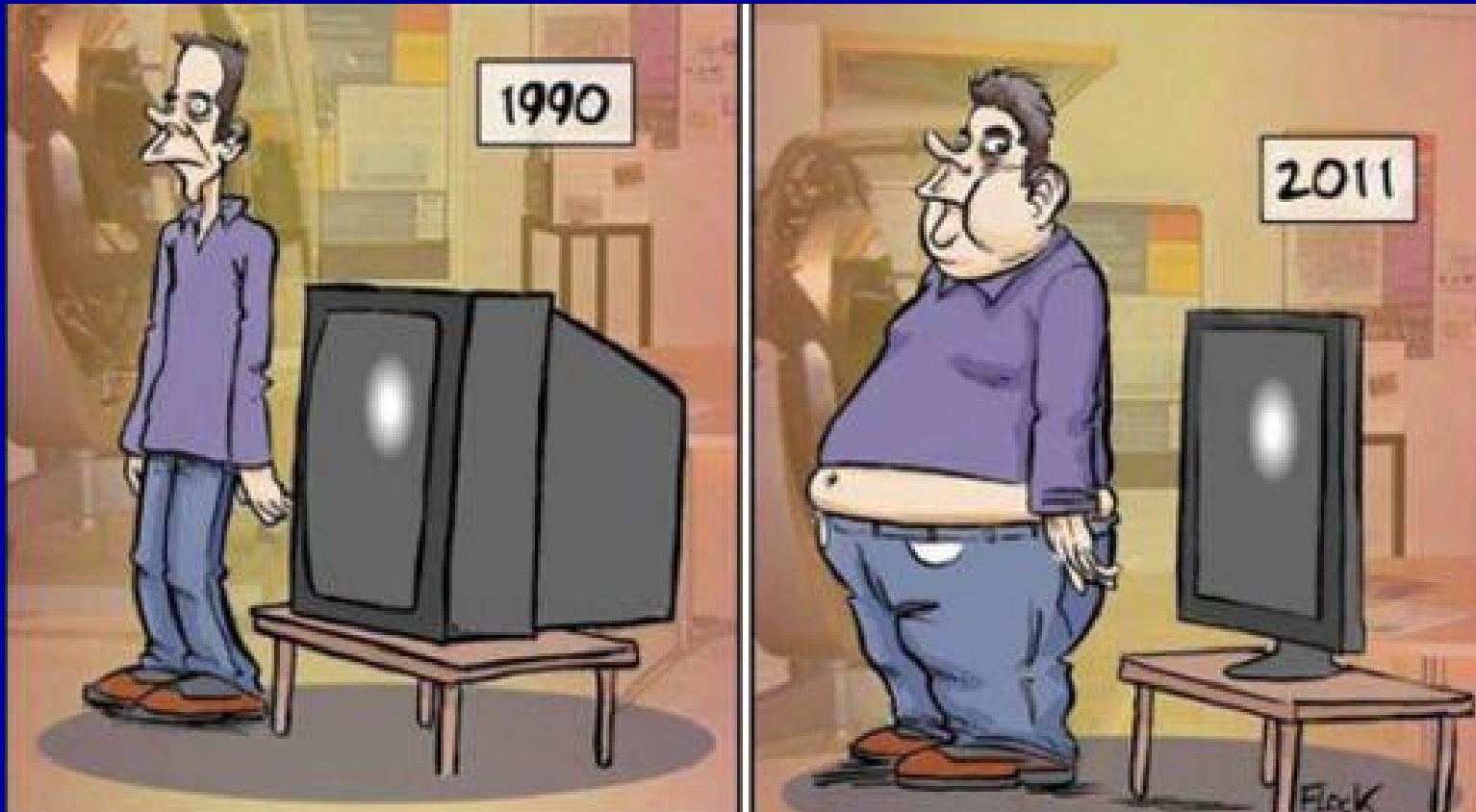
- Daily relationship with God
- “Natural” omega 3 and 6 + fish oil
- Kelp for iodine and minerals
- Eating raw – alkaline foods
- Oil-pulling
- Evaporated sea water instead of salt
- Boron and selenium
- Magnesium chloride hexahydrate soaks
- Chewing well – salivary amylase
- Drinking enough natural,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



**Begin  
with  
one!**



# Questions



**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**