

## **ABOUT PROTEIN**

If one element were going to be named as “most important” when it comes to food items, it would have to be protein. Some refer to it as the staff of life, meaning life could not exist without it. All parts of your body are dependent upon protein in some way for survival. It is most important in terms of what it does in the body, but also because it is surrounded by the greatest amount of controversy, and with the exception of chemical poisons like preservatives and additives, it can inflict the most harm in the human body.

### **What are some of the important functions of protein?**

- Antibodies, which protect your body from infection, are proteins.
- Your genetic code (DNA) is made of proteins.
- Hormones, excreted by most glands, used to regulate your body, are proteins.
- Insulin, the secretion of the pancreas, is a protein.
- Enzymes, which perform a myriad of jobs in your body, are proteins.
- The red coloring in your blood (hemoglobin) is a protein.
- Your heart, liver, kidney and eyes are made of protein.
- Your hair, skin and nails, your bones, teeth and many other parts are made of protein.

### **What symptoms may result from a lack of protein?**

If your body becomes too deficient in protein, it can cause anemia, kidney disease, liver disease, peptic ulcers, poor wound healing, lack of resistance to infection, irritability, fatigue, low blood pressure, nerve instability, low blood sugar (hypoglycemia), weakness, wasting, high cholesterol, poor circulation, constipation, mental retardation in children, poor vision and edema or water retention.

### **How much protein is healthy on a daily basis?**

Every country has a different amount of protein that is recommended. No one can agree on amounts and that is primarily because the amount of protein required by the human body is really dependent on how well each person breaks it down or digests it. This cannot be determined unless the origin of the protein is discussed. There are high protein diets on the market promoting well-being and weight loss and, although some people find success, many do not because undigested protein is actually very toxic in the body and most blood types have a hard time digesting protein, especially meat protein. Protein digestion requires a high amount of stomach acid to break it down into amino acids, which the body uses on a cellular level. Although many suffer with heartburn, believing it to be an over-acid condition in their stomach, they are actually deficient in hydrochloric acid, the stomach digestive enzyme primarily responsible for protein digestion. The symptoms of too much acid and too little acid in the stomach are exactly the same, so most people are trying to remedy the wrong problem, which ultimately complicates the issue.

Because the amount of protein you need is really dependent on how much you break down, the answer is variable. The solution can be understood if the kinds of protein are understood. I realize that most people just need to have a number. They are not interested in factoring in variables, so I can tell you that the meat and dairy association recommends you ingest one gram of protein per 2.2 pounds of body weight. Those involved in alternative health with no financial agenda in the equation believe that if you are getting an assimilable form of protein, meaning your body is breaking it down, 30 grams is plenty for the same 220 pound person. Ultimately, the amount of protein you eat is irrelevant because it is of no use to the body if you are not breaking it down. I think the body does just fine on 30 grams of protein if it is all digested. More than that actually creates acid in the body, which is very harmful and sets the stage for almost every disease faced in the world. So I could say that the kind of protein is not that big an issue as long as the body is digesting 30 grams of it, but that would not be the whole truth. The kind of protein

you eat pretty much dictates how much you will absorb. Most of the protein sources used today cannot be assimilated, and that is where the problem begins.

### **The best source of protein**

Protein can be a double-edged sword because it is literally essential for health maintenance and repair of tissue, but if you eat too much of it and do not digest it, it becomes one of the most poisonous toxins in the body. Excess protein can actually cause all of the symptoms that can come from a lack of it. That is why I keep stating that the key is not going to be how much protein you eat, but how much you digest.

When people are told to eat protein, they generally think of meat, eggs or dairy. Although this is what most modern nutrition books indicate as the best sources of protein, modern nutrition is based on identification of content with no thought placed on the digestive ability of that item. So it is true that meat, dairy and eggs are the highest sources of protein, but they are the least digestible or usable sources of protein for the human body. If you were a lion, vulture or other carnivorous animal, I would highly suggest meat as the main staple in your diet. If you were a baby cow in need of growing horns and a hide thick enough to stop a .22 caliber bullet, I would highly recommend milk. Human digestive systems cannot break these protein sources down, though. The fact that these foods are high in protein becomes irrelevant.

You will notice that all animals in the wild that eat meat do not chew it: they swallow it. They use their teeth, claws or beaks to rip chunks off and swallow those chunks. These animals do not need to chew because their stomach's contain special enzymes needed to digest the meat. Animals that eat meat also eat it raw, and raw meat contains certain enzymes needed in the stomach to help break it down. The human body does not create the same enzymes in the stomach, and neither is the stomach able to convert the enzymes found in raw meat to a form usable by the human body. A vulture's stomach can do it, but not a human's. Enzymes will be discussed shortly, but we are left with little choice. Yes, meat, dairy and eggs are great sources of protein, but if you are not going to break them down, they simply rot in your intestine.

### **Created vegetarian**

In the beginning, man was created to be vegetarian, or herbivore. In the Massoretic texts of the Torah, dietary principles were very clear. The Amplified Bible describes Genesis 1:29 as follows: "And God said, See, I have given you every plant yielding seed that is on the face of all the land, and every tree with seed in its fruit; you shall have them for food." Now some translations have used the word meat at the end of that sentence, but if you look at the original Hebrew text, the noun used there means food, not meat. The next verse, verse 30, actually goes on to say, "I have given every green herb for meat." So the word meat in Genesis Chapter 1 did not mean what it does today. Meat did not mean animal products: it meant food, or protein if I had to define it using my own word. We were given instructions to name the animals, not eat them! So the original diet, mentioned directly after the creation of man, was a diet consisting solely of fruits, vegetables, nuts, seeds and grains.

The physical anatomy of the human body was primarily designed for the consumption of plant foods, not animal foods. For example, we have 20 molars, designed for crushing and grinding plant foods (nuts and seeds). We have eight frontal incisors, which are used for biting into fruits and vegetables. We have only four canine teeth, designed for tearing meat. Our jaws move vertically and horizontally to crush food into small pieces. A carnivore's jaw only moves vertically. The large intestine of a human is very long (about 8 feet) while the intestine of a carnivore is very short (generally a matter of inches). This is because meat putrefies in the intestine if it is not eliminated right away, and putrefied meat creates very toxic poisons.

A carnivore's stomach also contains about four times the amount of hydrochloric acid as humans. Hydrochloric acid is required to digest meat protein. We are not similar to carnivore animals because we do not have claws for ripping and tearing: we have hands (like monkeys) for picking fruits and vegetables. Our saliva is alkaline and contains ptyalin, which helps us digest carbohydrates. The saliva of

carnivores is acidic, promoting hydrochloric acid. Finally, carnivorous animals have a larger liver and kidney, needed to handle the excessive amount of uric acid and nitrogenous waste, both by-products of meat protein digestion.

NOTE: The Hebrew word for meat is *basar*, which means shame, corruption and worms.

### **The addition of meat**

For those of you who know your Bible, perhaps I should say, for those of you who want to justify meat eating and have found the following verse as a back-up to your lusting nature, let's discuss Genesis 9:3. Genesis chapter 9 is the point at which Noah's flood has just come to an end and God is setting a new standard for man. Noah's flood was a few thousand years after Genesis chapter 1. Verse 2 of chapter 9 indicates that every animal would be afraid of man and verse 3 (amplified version) states: "Every moving thing that lives shall be food for you; and as I give you the green vegetables and plants, I give you everything."

In the first chapter of Genesis, we were to be strictly vegetarian. This is promoted several times through the beginning of Genesis until we reach chapter 9. What happened nine chapters later, when the diet suddenly included meat that had previously been forbidden? Rabbi Abraham Isaac Hacoen Kook, the well-respected Jewish spiritual leader and Torah scholar in the early part of the twentieth century, was a vegetarian. He was the first Chief Rabbi of the pre-state of Israel. He believed that the permission to eat meat was only a temporary concession to the people. He believed it was inconceivable that God would design a perfect plan of harmony for humanity and the Earth and find that it was imperfect a few thousand years later. He felt Genesis 9:3 was a temporary concession because people had sunk to such a low level of spiritual awareness that they needed to feel superior to the animals. He said that humanity's lust for flesh was so strong that if they were denied it, they might have reverted to eating human flesh. So eating meat was a way to control the blood lust.

I have two thoughts on this. First, I can believe that human beings were that horrible during that time because the earth was in such turmoil and violation that God himself wiped the earth clean of all the people He created in His own image. That's pretty drastic. And it isn't like there aren't people who eat human flesh. Even today they can be found, and we are supposed to be a civilized world! Thank God He decided not to do that again, or I am sure we would all be swimming again today. So you can imagine the corruption level had to have been enormous. The problem I have is that meat eating became acceptable after all the people were wiped out and only Noah's family remained. Until this point, man and animals were all vegetarian, and they lived in harmony.

Practically speaking, Noah and a multitude of animals came off a boat because the entire earth had been flooded. How many fruits and vegetables do you think were available? Remember that all the animals were vegetarian as well. How long does it take to plant vineyards, see fruit trees produce, have a jungle grow to maturity, etc? It seems practical that meat eating was allowed because there wasn't much else to eat. It wouldn't have been right if the animals were hunting humans, so God created a natural prey/predator order that placed man on the top of the food chain. Up to this point, all animals had been vegetarian, so meat was basically made up of vegetation. There were no hormones, no antibiotics, no harmful pathogens or toxins that would find their way into the human body if the animal was eaten.

### **You can eat the meat, but not the blood**

Genesis 9:4, the verse following the one that indicates we are allowed to eat meat, now indicates that the blood of the animal could not be eaten. Leviticus 17:11 explains that the soul of the flesh is in the blood. The soul is the living part. God did not want us to partake of the living matter of animals. When an animal was slaughtered, there was a specific way the blood was to be drained. After an animal is dead, you can only remove the stagnated blood, but you cannot drain the blood. The only way to drain the blood is to cut the main artery on the throat of the animal before the animal is dead and let the heart

pump the blood out of the body as the animal is dying. It sounds pretty brutal, doesn't it? The Bible is clear about not eating blood, though. The Torah explains a very precise method of killing an animal and draining the blood. Draining the blood also included very thorough washing of the meat (several times) as well as salting the meat so that the salt would absorb any remaining blood. The more blood that remains, the more of the soul of that animal would be present. You remember the discussion we had in the previous chapter about how we become what we eat. You become entrained, or you will manifest the qualities of the food you eat. If we combine the fact that food can entrain you with the fact that the soul of a living thing is in its blood, you can certainly see how the more blood of an animal you eat, the more you would begin to manifest some of that animal's qualities.

Of course, some people want to get particular about the blood issue. You see, the Bible says eat no blood, not eat as little blood as possible, and there is no physiological way to drain all the blood from meat. You can drain the blood from the veins and arteries as described before, but there is no way to drain the blood out of the capillaries. If we were to refrain from any blood at all, why were we given permission to eat meat in the previous verse? It seems like a contradiction, but I do not think God gets confused. And what of the fact that God originally made us vegetarian and now allowed meat eating? The physiology of the body did not change; we still don't make the needed enzymes and our colon is still about eight feet long instead of a couple of inches. And what about the fact that God told us in the fifth commandment that we were not allowed to kill anything? The word *kill* in the original Hebrew means "take no life." It did not mean just human life: it meant no living thing. But you were not allowed to eat meat that had been found dead, either. This was general wisdom because the animal might have died from a disease that would have been harmful to the human body. So here we are in what seems to be a double standard again: we are given permission to eat meat, but we are not allowed to kill anything and we are not allowed to eat the blood.

Some feel that in addition to the health hazards of the blood and the fat (we are later told to refrain from any fat), meat eating was not designed to be easy and convenient so we would not do it very often. Every indication of meat used for food indicates that people went out to their herds and fetched the animal they were going to eat. This would make the animal alive so it could be killed and bled appropriately. So what happens when we take a gun or bow-and-arrow out and kill the animal before it is bled? I guess that is why God didn't make guns or weapons to kill at a distance. Good luck catching a deer and taking it home alive, though.

It seems reasonable that meat eating was a temporary concession because there was nothing else to eat after Noah, his family and a whole lot of animals got off the ark. But then, God didn't allow Noah to get off the ark until the bird brought him an olive branch indicating there was vegetation to eat. So the land could not have been barren when Noah and all the animals got off the ark. We could debate the translations, interpretations and various factors, but as I have studied it I am convinced there is some room for individual interpretation or conviction in the matter of eating meat or not eating meat. In other words, eating meat or not eating meat is not what will dictate how God judges your heart in the end. A Christian might say that eating meat will not revoke your salvation. I agree. I do think we are to follow the kosher diet described in Leviticus 11 and refrain from eating blood and fat, though. This is plain wisdom, and the Bible doesn't give you much choice on that: it is a strict mandate we were to follow. I know people use Peter's vision, in which God told Peter not to call unclean what God had created, justification for eating anything they want, but this scripture referred to people, not animals. Peter was to meet with a Gentile, and they were considered "unclean" in those days. God wanted Peter to know that no person was going to be unclean or unworthy anymore. Everyone had the same potential.

The Bible indicates several blessings that were to be used in thanks to God before eating fruit from the vine and bread of the earth, but there is no indication of any blessing for eating flesh food. Perhaps blessing it did not do it much good. The Song of Solomon describes the Divine Bounty in terms of fruits, vegetables and other vegetarian cuisine. I would say that being a vegetarian is without a doubt the perfect will. First of all, our bodies will not handle very much meat. The inability to digest meat and the lengthy colon which cannot eliminate meat very efficiently are probably the two most dominant factors. The

medical facts that go along with meat eating are pretty convincing as well. I will let you investigate this for yourself by reading John A McDougall's work.

Back to eating vs. not eating meat, though: I call it the perfect will vs. the acceptable will. God originally made the human body vegetarian. That was the perfect plan and, as I said, the physiology of the body has not changed. After a few thousand years, God saw that man just wasn't going to live up to the potential available and so He removed part of the strict mandate. Part of it seemed logical, because Noah and his family had no harvest from a recently flooded earth. Keep in mind that God could have said meat eating was only for a time, but He did not put a restriction on it that way. So fine, God thought, my perfect creation, made after my own image, does not want to do what is best for them. They want to do their own thing, make their own decisions. They love meat; they like to kill animals, feel superior, indulge the blood lust that must have become part of man when Adam sinned and Caan killed Abel. I don't like it. Their bodies were not designed to digest meat or eliminate meat products, but I will give them the freedom to choose.

Would there be a consequence?

### **Consequences of eating meat**

In Genesis 9:5, two verses after we are told we could eat meat, we are told that the blood of our lives would be required. I take that to mean that your physical bodies won't last as long. To eat meat or not to eat meat, that is the question. If you combine the fact that the blood contains the soul of the flesh or the life of the body and verse 5 says that we can eat meat, but the blood of our lives would be required, I would take that to mean you won't live as long. Animals have a short life span, certainly shorter than humans, and we know that we become like that which we eat, so it makes sense that we might start to die faster. The fact of the matter is, man started eating meat when God allowed it after Noah's flood, and within one generation the life span dropped from 900 years to 300 years and slowly decreased from there to the diseased mess we are in today. So what is the consequence? It seems clear, the more meat you eat, the more time you are taking off your life span. The Bible actually refers to the shortened life span just before the allowance of meat eating, but I don't think it was a curse or limit that was placed, merely a statement. When you study the effects of meat protein on the body, you can see a direct correlation between meat consumption and tissue degeneration, which ultimately creates a shorter life span. This is not Biblical, just medical fact. Is it possible God made the statement that life would be shorter because He knew He was about to give the option of meat eating? Or perhaps if He gave the option to eat meat man would not sink to the low level they did that initiated the flood and death to everyone. The fact is, there are men older than 120 years living today with records of life as long as 200 years in China. So the 120-year limit does not indicate that it was not going to be possible for man to live beyond that.

It is interesting that God tried to get man to be vegetarian again when the Isrealites were in the wilderness being fed manna, but once again man became unhappy and desired meat (Numbers 11:4). Numbers 11:33 indicates how upset God was with His people for requesting meat, and while they ate the meat He sent them (quail), He struck them with a great plague and many died. While most of us will no doubt reach the conclusion that meat eating is acceptable, you can see that it does not please the Creator. At the very least, it was not the design upon creation. We are told in the Bible that all the diseases would be kept from us if we abided by the statutes. What is a statute? A statute is a principle, a suggestion. We were told to be vegetarian; we were told we could eat meat, but it would require the blood of our lives, meaning death to our bodies. Is it possible that the diseases we face are in large part because of statute disobedience? We have chosen the acceptable will instead of the perfect will? Some of us are just plain choosing sin in eating the meats that are strictly forbidden in Exodus 11. To those, I would hastily recommend some deep consideration. We certainly have a say in how long it takes to die because we can defile our physical bodies to death. This choice of death is most often painful, riddled with disease and missing body parts from all the surgical procedures required to keep us alive. Personally, this seems like absolute mistreatment of the body that is supposed to be God's temple, of which we are supposed to be good stewards. How do you think God will feel about the way you are treating the body you were given? Are you being a good steward? The exterior is a reflection of the interior. How do you look? If you do

not change anything, how will you look in 20 years or 50 years? What you do today will dictate how you feel and look tomorrow. What happens tomorrow will be a consequence of what you choose today.

### **Additional consequences of meat consumption**

This isn't exactly related to diet, but diet is directly related to the fact that people are starving to death because of the amount of meat we eat in today's society. How in the world is the amount of meat we each consume contributing to the people dying of starvation each day?

The fact is, raising animals for meat and dairy has a disastrous effect on our ecological system. *Diet for a New America* by John Robbins explains that livestock use 50% of all the water in the US. Keep in mind that only 1% of the water on the earth is drinkable, and animals are using half of it. The rest of the water in the world is salt water. Livestock produce 20 times the excrement as the human population of the US, which increases nitrate/nitrite water pollution. It requires 60-100 times more water to produce a pound of beef than a pound of wheat. A flesh-food diet creates the need for 4,500 gallons per day per meat eater as compared to 300 gallons per day for a vegetarian. Each vegetarian saves approximately 1,500,000 gallons of water each year when compared to a flesh and dairy eater. I suppose fish do not fall into this category because you don't have to give them any extra water.

The rain forest is also being eliminated because more grazing ranges are needed. I won't even get into Deuteronomy 20:19 which says, "You must never destroy its trees . . . you may eat of them, but you shall not cut them down." An article in the *Vegetarian Times* estimated that 1,000 species are going extinct each year because of deforestation. For each fast food, quarter-pound hamburger, 55 square feet of rain forest are destroyed. The effects of livestock land use in the US account for about 85% of the four million acres of topsoil lost each year. A pure vegetarian diet would require less than five percent of that.

One acre of land yields 20,000 pounds of potatoes versus 165 pounds of beef. An acre of grain gives five times more protein than beef. An acre of legumes gives ten times more, and an acre of leafy greens produce twenty-five times more protein than one acre of beef. Grain for 100 cows will feed 2,000 people. US livestock regularly eat enough grain and soy to feed the US population five times over. 80% of corn and 95% of oats grown in the US are used to feed livestock. The fact is, 14 vegetarians could live off the same land and water supply required for one meat eater.

- ✓ In conclusion, forty-two thousand children die each day from malnutrition. That's fifteen million children who die each year from starvation. When you include the number of adults starving to death, the number increases to a staggering sixty million deaths from starvation while US livestock eat enough grain and soy foods to feed our population five times over!
- ✓ If we cut back our flesh-food intake by only 10% each year, there would be enough resources and grain to feed these 60 million people for an entire year.

Can one person make a difference? Well, if you decrease your meat consumption by 10% and no one else does, little will be noticed. But you can make a difference by sharing what you have just learned with others. Get a copy of this book to everyone you know, and together we can surely change the world.

### **More about meat**

Pork is the worst of all the meats. Pigs are gluttons by nature, meaning they would literally eat until they died if the food were not rationed. In the wild, they have to hunt for it or they would eat until they burst. Pigs are also filthy, and worst of all they harbor bacteria, viruses and parasites that are extremely harmful to the human body. The wild boar is not as filthy and disease-ridden as the domesticated pig raised for food, but by nature it is still the same. God made certain animals to act as waste disposal. This means they would eat what humans should not, or that which everyone else leaves behind. Pigs will eat garbage, feces and even rotting flesh. Today's market is interested in the sale, so pigs are fed feed that is filled with hormones and waste material that is cheap and would otherwise be garbage. Do you know the story of Legion? Jesus sent all the demons into the pigs who in turn jumped off a cliff and died. God is the

creator of all things, and He loves all His creatures, right? How compassionate is that? Perhaps pigs are so filthy they didn't deserve better. Consider carefully before you decide to eat "the other white meat." I know you have been told that cooking meat at certain temperatures kills the microbes in it, and, assuming this were true, how healthy is it to eat dead bacteria, parasites and otherwise toxic meat. Cooked or not cooked, it is still gross. The fact is, many parasites and microbes do not die in the amount of heat you cook your pig in: they simply hibernate. It takes almost 600 degrees to kill some of the pathogens that live in pig meat. When these hibernated spores get into your intestine and find the 98.6 temperature they love, they set up house and slowly take over.

Red meat, which we generally eat in the form of beef, used to be the form that people ate most. In 1991, the US was slaughtering three hundred cows and calves every hour. That's a lot of death, and a lot of meat going into human bodies that are practically unable to digest and eliminate meat. Just how does hamburger end up ready to go on your grill? First, a steer walks down a ramp toward a man who has a bolt gun. This gun has a retractable bolt that is shot at the forehead of a steer. It is hard enough to knock it out, if the precise point is hit. It often takes several tries. When the steer falls, it is chained up by its back legs and a worker stabs its throat in the attempt to cut the carotid artery. This is done to bleed the animal. Their throats are stabbed while they are alive, so their heart will pump the blood out through large arteries in the neck and make it easier for the workers. The kosher way includes slitting the whole throat so the nerves were cut and the animal would die very quickly. In modern slaughter, steers often remain alive for up to seven minutes, which is halfway through the skinning process. Because so many of the animals are alive during this painful process, their bodies are constantly releasing hormones (mainly cortisol) that are very toxic when they are consumed with the meat. The fear and pain also causes the animal to tighten up, creating constriction of arteries. This constriction traps a lot of blood in the meat. It is said that if slaughter houses were made of glass, we would all be vegetarian.

In the wild, animals instinctively know that cortisol in the blood is toxic, so they kill their prey and then sit over it waiting, for the liver to filter out all the toxic material. In addition to the toxic hormones, growth hormones are fed to the animals so they will grow quickly. The name of the game is the sale, right? Did I mention that the grass and feed they are fed is heavily sprayed with pesticides and herbicides, so they are in the meat as well? How about the antibiotics and vaccinations administered to many of them to control the diseases they have? I didn't say cure or eliminate, I said control, meaning cover it up so the inspector won't notice.

Veal is created by taking a calf from its mother after about three days and placing it in a stall where it is fed a high calorie diet free from iron. This means it gets no green grass at all. The lack of iron is what makes veal meat tender and gives it the pale color. Antibiotics are used whether they are needed or not, and they are so strong they often create lung adhesions.

Beef use no longer exceeds that of chicken. Many people eat chicken as a primary staple believing that beef is a red meat and harder on your intestines, but chicken, commercial chicken, is not better than beef and may be the worst! The modern, commercially raised chicken is so full of infection and tumors before it gets nicely packaged that the FDA agents that oversee the quality control process won't even eat chicken! They know what those chickens look like before they are sent to the grocery store, and the thought of eating it grosses them out. Why are they allowed to sell diseased meat? Because it is believed that cooking the meat deactivates the disease in the meat. I wouldn't take that theory to the bank.

The average chicken today never even sees the light of day. It spends its entire life in a small cage given feed filled with steroids, growth hormones and antibiotics. This produces a nice plump (fat) chicken in as little time as possible. The combination of steroids, hormones and antibiotics makes chickens, and their eggs, resistant to strains of salmonella, staphylococcus and campylobacter bacteria. The slaughtering process can be just as brutal; I will assume you will trust me on this and not make me explain it to you all over again. If you tend to have low-grade infections and can't seem to beat them, avoid chicken for sure, but any meat that is not free range would be better. The constant introduction of antibiotic resistant bacteria just keeps filling your body with pathogens that should not be there. This can be very antagonistic to people with candida or parasite caused infections.

I don't consider eggs to be a health hazard, not a natural, whole egg. Eggs do contain cholesterol, but they also contain lecithin that helps the body convert it into HDL (high-density lipoproteins), or good cholesterol. So eggs in their natural form are not the problem; the problem is that an egg cannot be any more than the laying hen was, and you just read about that. If you can find chickens that are allowed to roam the field eating bugs and insects, feel free to enjoy some of those eggs.

How about fish and seafood? Are they better than chicken and red meat? On average, I would say yes to that question. It is true that millions of gallons of waste, pollution and toxins reach our rivers, streams and oceans each year, but they still seem to be dwarfed when compared to that found in the more cultivated animals like beef and chicken. It is true that there are many fish farms, and God only knows what happens there. I have not found too many written statistics, but I can say that anything man touches in the form of food can pretty much be assumed toxic. Biblically, scavenger animals were not to be eaten. When it comes to seafood, they are almost all scavengers. The only clean fish are the ones that contain fins and scales. So you be the judge as to what meat you place in your body because you will ultimately be the one suffering the consequences for it. I will say that the closer to nature, meaning untouched by man it is, the better it will be for you. If you are going to eat that which is not good for you, at least pick the better of the poisons and avoid the contaminants man has added. I personally eat some fish, but I only eat the ones considered kosher. A list can be found in the following pages.

#### **More anti-protein information.**

When it comes to a subject like protein, there are many opinions. Unfortunately, if you pick the wrong one, it may kill you, slowly. Many people believe you need lots of protein in order to be healthy, especially for the large, hard-working types. If we consider that the size of a mammal determines the need for protein, perhaps we should look at nature. Would it be fair to consider that all animals larger than man should be consumers of high protein diets? Don't you find that the larger the person, the more protein they think they need? The fact is, horses, cows, giraffes, elephants and every other animal larger and stronger than man are primarily vegetarian. Even dinosaurs were vegetarian. You would think these large animals need an incredible amount of protein to grow such big bones, be so strong and tough and grow that thick hide, but the misconception of eating meat for your source of protein is literally killing us.

When I state that too much protein will kill you, I am referring to animal protein, not plant protein like nuts, seeds, green vegetables, grains, beans and legumes. When I learned that a human mother's milk contained only 2.38% protein and that amount dropped to 1.2-1.6% after six months of nursing, I was sold on the low-protein theory. Who needs more protein than a newborn, thriving baby? If protein is what the body needs to make antibodies, you might think the more protein the baby gets, the better its immune system would be. But it doesn't work that way. The body knows that intake is not the same as metabolism, and a baby can only metabolize small amounts of protein.

One of the top researchers on this topic, Dr. Ralph Bercher, stated the following in *Bike World Magazine*: "Excess protein can't be stored; it must be quickly metabolized. Acceleration of metabolism does in fact deliver an extra shot of energy . . . like flooring the gas pedal of your metabolism . . . excess protein over-stresses the kidneys with enormous amounts of useless decomposition by-products, which must be quickly eliminated".

Dr. Paavo Airola, Ph. D., ND, says, "But, what is more important, the world wide research brings almost daily confirmation of the scientific premise, that proteins, essential and important as they are, can be extremely harmful when consumed in excess of your actual need. The metabolism of protein consumed in excess of the actual need leaves toxic residue of metabolic wastes in the tissues, causes autotoxemia, over-acidity and nutritional deficiencies, accumulation of uric acid, purines in the tissues, intestinal putrefaction, and contributes to the development of many of our most common and serious diseases, such as: arthritis, kidney damage, pyorrhea, schizophrenia, osteoporosis, arteriosclerosis, heart disease and cancer. A high protein diet also causes premature aging, and lowers life expectancy."

Dr. Schwarz of Frankfurt University in Germany, and Dr. Ralph Bircher, a famous biochemist from Zurich, Switzerland, reported that the aging process is triggered by myeloid, a by-product of protein metabolism that is deposited in all the connective tissues and causes tissue and organ degeneration, thus leading to premature aging. Perhaps this explains why the human race looks so wrinkled by the age of sixty, though it is only half the minimal life expectancy according to the Bible. It is sad that people are going in for face lifts on their lunch hours now, but it might all be avoided if we were to cut down on the amount of animal protein ingested. How interesting that God instructed Adam to name the animals, not eat them.

The daily allowance of 25-30 grams of protein a day is proven by science and the United States Government to be more specific. The present RDA for protein is 70 grams daily, although that figure was established on research that clearly showed 30 grams to be completely adequate. The extra 40 grams (more than double the needed amount) were set as a margin of safety, although one of the board members admitted that the real reason for the higher dose was a fear of the public outcry over the 30-gram figure.

There is so much scientific proof disclaiming this high-protein figure we should take note. It is not widely known, however, as the financial agendas of the meat and dairy producers do not allow it. Dr. Willard J. Visek relates high protein to cancer development and diabetes; Dr. C.D. Langen of Holland and Dr. A. Hoyguard of Denmark relate meat-eating and high-protein diets to osteoporosis, arteriosclerosis, and heart disease. Everyone wants proof and hard facts before they will believe something. Well, here they are. What are you going to do about it?

#### **Further proof that low protein diets are good.**

People who traditionally eat low protein diets – the Hunzakuts in Pakistan, Bulgarians, Russian Caucasians, Yucatan Indians and East Indian Todas—also have the highest life expectancy in the world. These people with low-protein intake are living lives of 90-140 years. They are working in the garden at the ages of 115. There are Chinese people from high in the mountains that are reported to live longer than 140 years.

On the opposite scale, people who live on high-protein diets -- Greenlanders, Laplanders, Eskimos, Russian Kirgiz tribes and others – have the lowest life expectancy in the world, 30-40 years. The heart simply cannot take excess protein for an extended period of time. Americans are at the top of the industrialized nations in meat consumption, and they rank twenty-first in life expectancy among the nations surveyed.

#### **Why do you crave high amounts of protein?**

The body is very intelligent, and food cravings is one of the ways the body helps you fulfill a balanced diet. Those people who eat diets high in meat tend to crave meat, and the reason is that the body needs protein. That's right, if you crave it, you probably need more of it. It doesn't make sense, does it? How could someone have a high protein diet and still crave meat, more protein? The answer is that the protein they are eating is not breaking down, it is not digesting. The body is not getting the small amount it needs, even though that person is hyperdosing on it. If the person would begin to supply the amount of protein needed in a digestible form, they would find those cravings would lessen and eventually be totally satisfied with a better source of protein, and much less of it. Those who crave meat and high protein diets only do so because they lack digestion of that element. Eating more of it or high amounts of it will only make the problem worse long term. It will never solve it. The key to cravings is found in correcting the digestive system.

#### **Why does protein make you feel good while it kills you?**

Many people who have trouble losing weight try high-protein diets with success. The main reason for this is that sugar is more fattening than protein when it comes to the amount of calories each provide. So people tend to eat fewer carbohydrates when they are on high-protein diets and ultimately eat fewer

calories. While results seem to be achieved, the internal disturbance you are creating is quite damaging. Many times diabetics will feel better with high-protein diets, but this is symptomatic and the reaction will make the condition worse in the end. You may not die of diabetes, but you will die of kidney failure instead, so I guess you can pick the one you like. Personally I would stick with the diabetes; it is less painful in the end. I suggest you read *The Homocysteine Revolution* by Kilmer S. McKully. This book discusses protein's involvement in many of today's health concerns. It also discusses protein in correlation to arteriosclerosis, heart disease and many of the issues that tend to blame fat. Neither I nor the book discount the issue of excess fat in the diet, but fat is only part of the problem. Protein is actually more of the problem than fat.

### **How do you tell if you are digesting protein?**

As stated earlier, the crucial factor is not always the amount of protein being ingested, but the amount being digested, assimilated and metabolized. I am not going to discuss digestion in depth as it is covered in the next workbook, but the first thing needed to digest protein is HCl (hydrochloric acid). HCl is an acid naturally secreted in normal stomachs. Most people decide that they are too acid because of the commercials on TV or misguided advice, but symptoms cannot determine whether you are over- or under-acid. It is hard to tell if you are over-acid or under-acid from your symptoms because the symptoms are exactly the same for both. The only way of knowing, other than using a form of kinesiology, is a trial-and-error test. One thing is for sure: if you take some antacid when the stomach is not really too acid, you are compounding the problem.

This process is best understood in Ted Morter's book, *Your Health, Your Choice*. Dr. Hugh Tuckey, an expert in HCl, says that you might experience heaviness in the stomach or a lumpy feeling after eating a meal with protein if you are not digesting it. I have confirmed this in my own digestive system and that of many of my clients. He recommends taking some pepsin from a health food store and, if this relieves the symptoms, you are most likely in need of HCl. Because HCl is an acid, it should be taken in a broken-down form, which is why pepsin is recommended. If you have too much acid, the solution is to alkalize the stomach, and this is done with calcium. Again, the products advertised on television are very hard on the body, and ultimately make your problem worse. Some say it is done on purpose so you will continue to need and use the product. Personally, I would see your nearest GWSW practitioner and have my digestive system tested as to why there might be a problem, but if you are interested in simply remedying it for the time being, I recommend whole products. This topic is fully covered in Ted Morter's book, *Your Health, Your Choice*, a wonderful book for understanding acidity and alkalinity in the digestive system.

### **Helping the body digest proteins**

The body uses hydrochloric acid to begin digestion of proteins naturally, so you may want to begin with some food enzymes that have a high concentration of HCl. Safflower is good for stimulating the body to make its own HCl, but this may be difficult after the age of thirty-five. You probably need to supplement the body. I recommend that anyone over thirty-five take HCl with any meal that contains animal protein. A couple tablespoons of apple cider vinegar each day can do the job for many. If you have large pores, especially on the nose, you have a low ability to digest animal proteins, so it might be wise for you to avoid them all together.

Meat is very hard to assimilate when eaten in combination with carbohydrates. If you are going to eat meat, eat it alone or with vegetables. If anything interferes with protein digestion (such as liquids with a meal or carbohydrates), the protein will convert to uric acid instead of amino acids. Uric acid is toxic: it overtasks the liver, which has to convert excess protein into urea, and the kidneys that are responsible for eliminating it.

NOTE: All allergies can be linked to an accumulation of undigested proteins. These are called Trapped Plasma Proteins as discussed in the book, *The Seven Plus One* by Samuel West.

Low-salt diets further restrict the ability of metabolizing proteins. All salt is not the same, though. Table salt (sodium chloride) is quite negative for the body, but an organic form of sea salt can be very positive and even reduce blood pressure. The Grain and Salt Company (800-867-7258) has the best sea salt in my opinion. Those who are trying to avoid salt and fat in their diets by purchasing the low-salt and low-fat products are actually doing as much harm as those doing nothing at all. It is simply a different kind of hurt. Sodium is needed to digest protein, but if you use regular table salt, you are not supplying the kind of salt the body needs.

### **Health care of high protein users**

If you have consumed a high-protein diet in the past (meat or dairy), you really need a good colon cleanse to begin with and then a program to clean the liver and kidneys. If you are still a big meat eater when you are done reading this book, you should do a major cleanse every three months, at least, and I suggest you fast at least one day each week. This is good general practice anyway, but a must with meat eaters. When protein is not broken down, it accumulates in the kidney, and excess waste produced by the metabolic process also stresses the kidneys. This is the main cause of arteriosclerosis and heart disease. The colon suffers as well. Autopsies have found that by middle age, most people are carrying anywhere from 20-50 pounds in the colon. I'm not talking about fat: this is undigested, accumulated food waste. It is said that we accumulate one pound per year on average. Why do you think your poop smells so bad? This stuff is rotting in your intestine. This extra sludge is made of excess proteins and foods that were of little or no nutritive value to the body. This waste is very toxic. If left, it begins to seep through the colon walls and contaminate other parts of the body. The first part of the body to be affected by this leakage is the reproductive system and bladder, which sit inside the colon parameters. Women become infertile, have terrible cramping and PMS. Men get elevated PSA counts.

### **Why you have a big tummy**

People today are trying so hard to lose weight, with little success in many cases. Many companies are making millions on weight loss products, but people never know what will work, and more often than not, the products tried do not bring success. If you begin to look around, weight gain is primarily in the lower abdomen for men and hips and thighs for women, yet people always say they need to stop eating so much because they have a big tummy. That ain't your tummy, honey! That "tummy" of yours is made primarily of many pounds of something we call crap in the modern world. Your tummy is above your waistline, so if your waist is bigger than it should be, consider what you are harboring. The very first step to weight loss should be detoxification and cleansing of the colon, not an increase in your metabolic system. When you take those diet pills that pump up your metabolic system and force the weight off, it is like putting your car in first gear when you are going 60 mph. Please refer to the last chapter for information about cleansing.

### **Is vegetarianism the answer?**

While the facts surely seem to lean that way, one must look at life and do what is realistic. Is it realistic for most people to become vegetarian? In terms of possibility, it is possible for anyone to stop eating meat, but if we are being realistic, you need to admit that you probably won't do that all together. So let's make a plan that is do-able. A plan that will work. What are you willing to do and stick with? Can you say you will cut back to eating meat at only one meal each day? Perhaps meat every other day? Most people eat bacon or sausage for breakfast, hamburger meat or a hotdog for lunch, and a rare steak or chicken for dinner. Let's say you don't care about the starving people or the rainforest or the species going extinct. Let's say you don't care what God says about it. Do you care about yourself enough to eat healthy? Do you want to avoid the diseases coming your way if you make no changes? Can you give up a little lust of your flesh? A multi-faceted number of rewards will come from any changes you are willing to make for the better.

Let's assume you are going to continue the use of meat in your diet. If that is what you decide, that is fine. I am not here to bring judgement. I have presented the facts, and you are free to choose what you

feel is best for you. Ultimately, you will answer to God for the choices you make, sooner rather than later if you don't change. I personally do not feel convicted to eat a totally vegetarian diet, not at the time I am writing this book anyway. Why? Moderation in all things. From a health standpoint, it isn't necessarily good to go totally vegetarian for everyone. It is not because of your blood type, but some people have digestive systems that do not assimilate protein very well. If they did not hyperdose with protein, they would feel hypoglycemic, would no doubt become irritable, antibody counts would decrease, and they would become anemic, which translates to lethargic or low energy. I want to make it clear that animal protein is not good for you; you cannot justify it as the answer, but you may need some time to adjust. Some people need to correct their digestive systems before they could become totally vegetarian. This is the stage that I am in. I don't care who you are, you do not need meat more than once each day, and you do not need more than four ounces in each portion. More than that is just plain lustful and bloodthirsty. If you need help correcting your protein addiction, find the GWSW practitioner nearest you and have your digestive system tested and balanced. Find out why you don't break down proteins, and make the improvements needed so that you can start living a life that is health-promoting, pleasing to your Creator and helping to save the planet and hundreds or thousands of lives by conserving the environment.

It is interesting to note that all the people recorded to have lived more than 100 years in the last several centuries were not vegetarian. Because of the imbalance of the land, it is very difficult to be a healthy vegetarian. I would say that meat eaters are the most toxic people alive, but vegetarians are some of the most nutritionally imbalanced. It sounds harsh, but this is what I see as a practitioner. The key is balance and quality. The meat eaten by those reported to live over 100 years of age was fish and broth made from bone marrow. If you study the Bible, you will see that Jesus was involved with catching fish, multiplying and feeding fish to others on several occasions. It is hard for me to believe that He was vegetarian if He did these things, but it is not clear. I told you at the beginning of this chapter that I was going to try and make a realistic approach to what you might be able to do, how you might be able to live. I am not telling you to live on green foods and nuts, but you should eat the right kinds of foods in each of the categories. Because we were given 120 years, it is important that you make all 120 count, not fewer. I think you can make 120 years if you are eating small portions of kosher meats, making fish the primary meat. I can't prove this because I am not 120, but if you don't stay healthy long enough to see me reach that, you will never know. I don't think you need to be vegetarian, but your main staple should not be meat. Grains, fruits and vegetables should be the primary elements in your diet.

### **Alternatives for meat**

The best sources of protein for the human body are natural, non-meat products. Anything that is green and grows in the ground is generally high in protein – digestible, metabolizable protein:

- Grains – People in past generations who abided by the natural or dietary laws outlined in the Bible used grains as the staple of life. When Genesis, the first book of the Bible, refers to meat, it actually refers to grains. The two most common grains in Biblical times were wheat and barley. Because of the genetic weaknesses that have accumulated over the generations, some people today have a hard time digesting many grains and may need to get their protein from plant sources rather than grain, nuts and seeds because plants are easier to digest, and they don't leave the acid in the intestine that grains do if they are not digested fully. At any rate, grains are much better and safer than meats of any kind for any person of any blood type. If you have trouble digesting certain grains, either find one that is less aggressive in your intestine or soak the grains in warm water for 12 hours before preparing them so that the protein shell around the kernels will predigest.
- Legumes (peas and beans) – Many people have trouble digesting beans because most digestive systems lack the needed enzymes, but these are one of the best sources of protein. Again, you are looking for a natural source. People tend to assume that beans give them gas, but only certain ones tend to do that. There are many kinds of legumes available; don't limit yourself to the same ones all the time. If a certain kind does give you gas, don't avoid it. Understand that gas indicates a weakness in your intestines. The weakness is enzyme deficiency. Take the needed steps to correct the deficiency. There is no such thing as a food allergy: only the inability

to digest or metabolize a food. The problem is not the food, it is the personal imbalance that is not able to break that food down. The answer is not avoidance but correction of the problem. I wouldn't continue to eat a food item that seemed to trigger symptoms until you have corrected the cause, but don't consider foods as allergens, only as triggers to highlight areas of weakness or imbalance.

- Nuts and seeds – These are available in salted, roasted and many other forms, but the raw form is the only kind of any use to the body. Planters nuts are probably the most common, but these have no nutritional value and are actually very hard on the digestive system. You will have to go to a health food store or co-op in order to get nuts and seeds in a raw form. These are wonderful for snacks, especially during work when you need something that will have a lasting energy boost.
- Anything green – Any kind of vegetable that is dark green in color is a good source of digestible protein. I probably should have listed this option first. Anything green and leafy is probably the easiest of all the meat alternatives to digest and assimilate. They are also excellent because these products carry a high nutritive value (vitamins and minerals). I consider these the best alternatives. Spirulina and Blue Green Algae consist of up to 60 and 70% protein for the body, although the label will not indicate that level in most cases. Brewers Yeast is a very good source of protein, and it can be grown in a matter of days, as can alfalfa.
- Soy - Many believe that soy is a good alternative to meat, but I do not believe that soy is good for the human body in most cases. Soy is wonderful for animals but an irritant to the human digestive system. The amino acid chain in soy is almost identical to that of meat (what does that tell you). I don't think it should be avoided all together, but as a rule, it should not be your primary source of protein. I don't find that soy milk is good for long periods of time, especially for infants and small children. Rice milk or cashew milk is better. Tofu seems to be agreeable to most people, and it can be prepared in a multitude of dishes. I think it is the culturing of the soy that makes tofu less irritating to the body than other soy products.
- Meats – If you are going to eat meat, choose those meats considered kosher. A list has been provided for you on the next page.

The beauty of these natural sources of protein mentioned above is that they are much less toxic to the body if they are not fully digested. Anything that is not digested well is toxic, but some foods are downright poisonous while they wait their turn for evacuation, especially because some of them never find their way out! A person who eats more protein may become larger in the beginning (it makes thicker, stockier people), but the person using the digestible forms of protein, plant protein, will stay fit and have much more strength and endurance long term. I understand that meat is the main staple of almost every meal for most people, so suggesting change may be very traumatic to your routine. But it is one of the primary issues that should be considered for long- term health. And just so you feel better, there are some meats that are much better than others, so I am not promoting vegetarianism as a rule. But meat at every meal or even every day is too much for the human digestive system. I don't care who you are or how much you think you need protein to survive: excessive amounts of meat will kill you!

**CLEAN/kosher is explained as:**

- ✓ MEAT: It must have a hoof and the hoof must be parted; it must chew its own cud. A cloven hoof is divided or split hoof. Animals that chew their cud are known as ruminants, whose stomach consists of four chambers. Food enters the rumen where digestion begins, then it passes to the reticulum, for more digestion and expulsion upward (chew it again). The food returns to a chamber called the omasum and finally to the abomasums where the cud passes into the duodenum and intestines. The process that occurs in the four stomachs allows ruminants to eliminate bacteria, toxins, parasites and other items that might become part of the flesh and eventually end up in the human body when it is consumed at the table. Overall it seems pretty wise that we don't eat any animal that does not have four stomachs, lacking the ability to remove bacteria, virus, parasites, etc. Wouldn't you say?

- Cattle
- Sheep
- Goat
- Deer
- Gazelle
- Roe deer
- Antelope

- ✓ FISH: A fish must have fins and scales, whether in the seas or the rivers (fresh or salt water). Scales help the fish repel toxins in the water. They tend to be very picky eaters, rejecting dead foods, polluted or otherwise contaminated areas to feed in. The fat content described below is not something you need to be concerned with as far as the Bible describes; it is only listed in case you wish to eat meat of a particular fat content.

- Cod (\*lower fat)
- Flounder\*
- Haddock\*
- Halibut\*
- Perch\*
- Pollack\*
- Red snapper\*
- Sea bass\*
- Rainbow trout\*
- Fin tuna\*
- Bass (\*\*average fat content)
- Bluefish\*\*
- Mullet \*\*
- Orange roughy\*\*
- Bluefin tuna\*\*
- Herring (\*\*high fat content)
- Mackerel\*\*\*
- Pompano\*\*\*
- Salmon\*\*\*
- Sardines\*\*\*
- Etc.

NOTE: When you purchase your fish, choose the whole fish, unskinned if you can. You can ask the butcher to take the head off and debone it, but it is best if the fish is sold whole. Look at the eyes of the fish: they should be shiny, bright and bulging, firm and clear. The scales should be shiny. If you touch the fish and leave an indentation in the meat, don't eat it. The meat should be firm and bounce back. If the fish has a fishy smell, it is not fresh and is not recommended.

- ✓ FOWL: Fowl must not be a meat-eating fowl. If a bird eats rats or snakes or other animals that are unclean to begin with, they will be ingesting the poisons and toxins contained in the meat of the animal they are eating. Examples of acceptable fowl include:

- Chicken
- Geese
- Turkey
- Ducks
- Doves
- Pigeons
- Partridge
- Quail
- Etc.

- ✓ MISC.: These are also allowed and considered clean.

- Beetle
- Grasshopper
- Locust

**UNCLEAN/unkosher is explained as:**

- ✓ MEAT: If it has no hoof; if the hoof is not parted; if it does not chew its own cud.
  - Camels
  - Rabbits
  - Horse
  - Rock badgers
  - Pigs
  - Etc
  
- ✓ FISH: If fish do not have fins and scales (bony tubercles are not considered scales). Any fish without scales, especially the catfish, has a wonderful ability to absorb pollutants from the water. When oil spills, pollution, chemical waste and such are dumped into the water, many fish die. But how many of these have you seen dead on the sea shore? They absorb the toxins into their flesh.
  - Swordfish
  - Lumpfish
  - Sculpins
  - Sturgeon
  - European flatfish
  - Monkfish
  - Sharks
  - Catfish
  - Etc.
  
- ✓ SEAFOOD: All crustaceans and mollusk shellfish. Shellfish have a unique ability to purify water of pathogenic bacteria such as those found in raw sewage. Clams and oysters can filter up to fifty gallons of seawater a day. These creatures clean the seas of waste, but the waste becomes part of their flesh. Consider these the cockroaches of the sea. The Bible considers them not only unclean but an abomination!
  - Crabs
  - Prawns
  - Oysters
  - (crustaceans)
  - (crustaceans)
  - (shellfish)
  - Lobsters
  - Crayfish
  - Scallops
  - (crustaceans)
  - (crustaceans)
  - (shellfish)
  - Shrimp
  - Clams (shellfish)
  - Etc.
  - (crustaceans)
  - (shellfish)
  - (shellfish)
  
- ✓ FOWL: Anything that eats dead meat is unclean, or birds of prey because there is no guarantee what they've eaten. Remember that anything an animal eats will become part of its flesh and eventually become a hazard to you if you end up eating that animal.
  - Eagle
  - Vulture
  - Buzzard
  - Kite
  - Falcon
  - Raven
  - Ostrich
  - Owl
  - Vulture
  - Haron
  - Stork
  - Hoopoe
  - Bat
  - Etc.

- ✓ CREEPER: Any animal that creeps.
  - Mole
  - Mouse
  - Lizard
  - Gecko
  - Reptile
  - Chameleon
  - Etc.
  
- ✓ ADDITIONAL: Additionally, no animal is to be consumed if it was not slaughtered for food. This means you should not eat anything that died of a natural cause as it might be diseased. You are not to eat meat cooked in its mother's milk. You are not to eat the blood, but drain off all the blood from the meat and eat no fat from the meat, but cut it off. This is what the Bible commands.
  
- ✓ Not that it is allowable, but just as a note, the unhealthiest creatures on the face of the earth are human beings. They are the most toxic. I'm glad we are not on the food chain for anything else, or we would surely kill them!

Scientific studies have proven that each of the foods listed as unclean do have very toxic effects on the body (especially in accumulated amounts). Although many religious people do not see any harm in what is eaten, it seems that Bible and science have come together to show otherwise.

#### **References for additional study**

1. *The Bible Cure* by Reginald Cherry, M.D.
2. *What Would Jesus Eat* by Don Colbert, M.D.
3. *Conscious Eating* by Gabriel Cousens, M.D.
4. *Why Christians Get Sick* by George Malkmus.
5. *The McDougal Program* by John A. McDougal.