

Diet & Spirituality

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This diet was suited to man's physical, emotional and spiritual wellbeing. Meat was only permitted after sin but not without certain restrictions as to its use, (*Leviticus 11*)



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The constitution of the human body is made to digest and utilize a plant-based diet. With a simple, varied plant-based diet good blood is produced...



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The diet that is best suited to good physical health and wellbeing has been clearly shown (by science) to be a plant-based one. Anything that contributes to one's physical debility impairs the spiritual perception.



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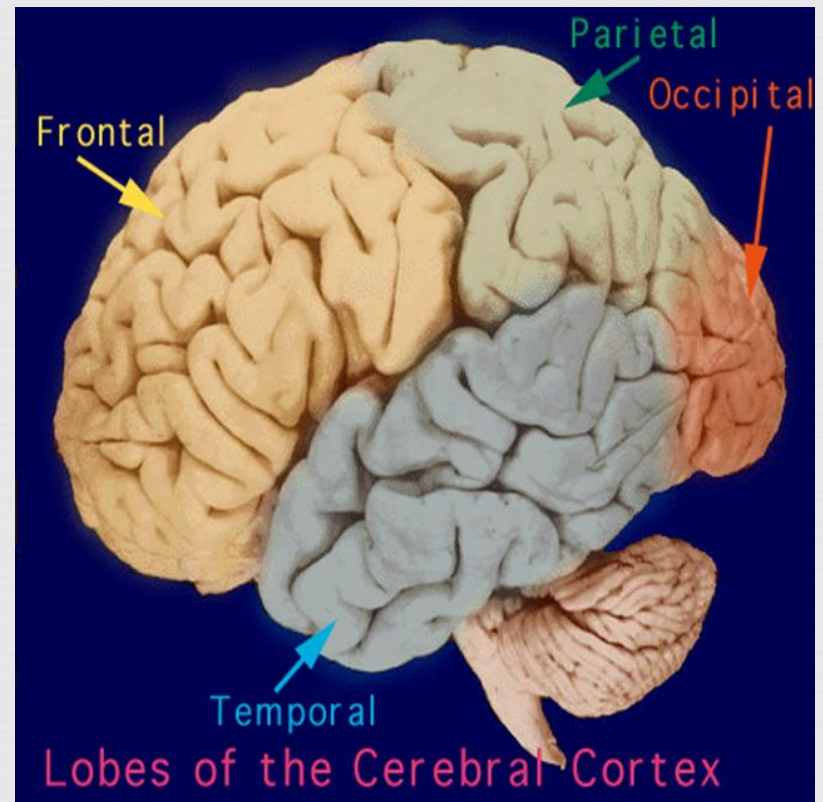
“The frontal lobe is a critical center and it controls the ‘essence’ of our humanity”, according to Dr. Donald Stuss of The Rotman Research Institute.



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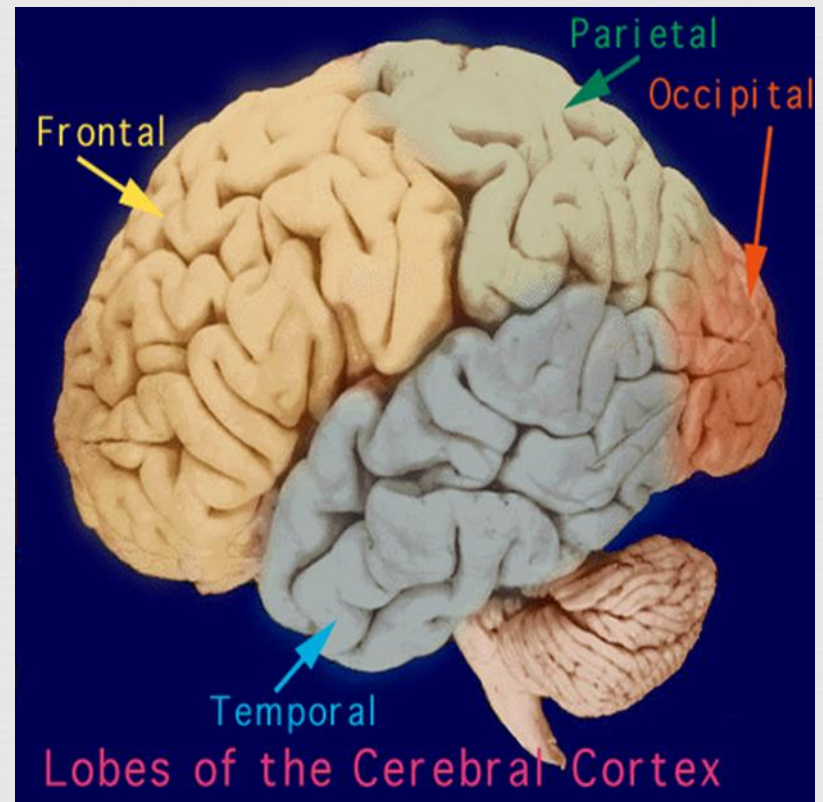
“Dr. Bernell Baldwin suggests one explanation for why the type of fat may make a difference. The saturated fats that are typically found in animal products may make brain nerve communication more difficult...”



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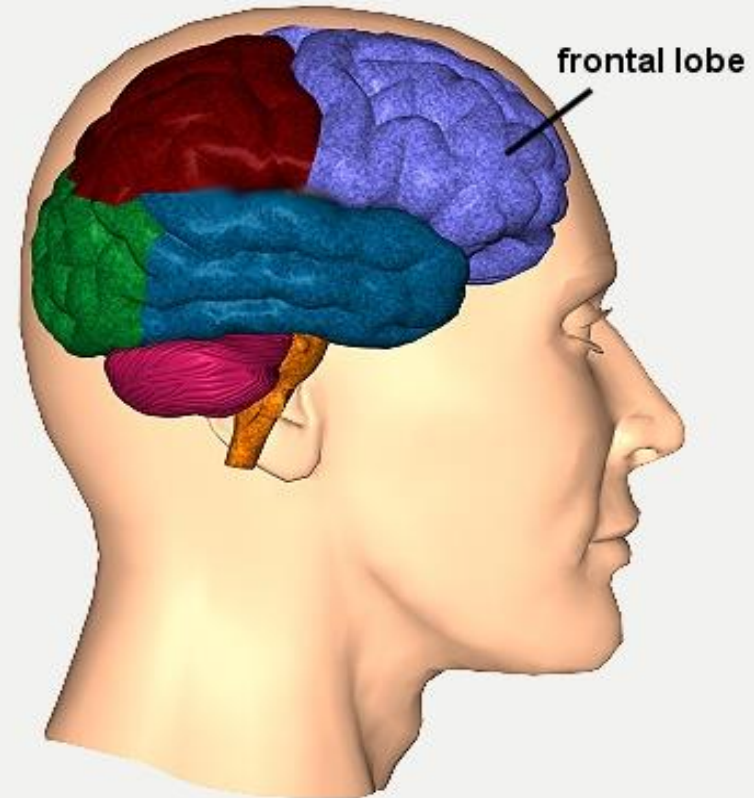
Sugar contributes to cancer, fuels growth in yeast and bacterial infection, cardiovascular disease and mental confusion among many other ailments. Whatever impairs the brain or weakens the body also affects the mind and spirit.



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The story of the choice of diet by the four Hebrew boys in Babylon is instructive, (Daniel 1). They chose not to eat the meats or drink the wine King Nebuchadnezzar provided for them.



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“It is impossible for the brain to do its best work when the digestive powers are abused. Many eat hurriedly of various kinds of food, which set up a war in the stomach and thus confuse the brain...”

