

**Fwd: URGENT: Students of LA Need Assistance**

1 message

**Izabella Hovhanisian** <izabella.hovhanisian@lacity.org>  
To: City Clerk Council and Public Services <clerk.cps@lacity.org>

Wed, Aug 12, 2020 at 8:01 AM

----- Forwarded message -----

From: **hailey mori** <haileymori75@gmail.com>  
Date: Tue, Aug 11, 2020 at 7:11 PM  
Subject: URGENT: Students of LA Need Assistance  
To: <CityClerk@lacity.org>

To whom it may concern:

My name is Hailey Mori. I am currently a sophomore at the University of Southern California. I am a first generation, low income independent student. I do not live with family/ relatives. I am completely on my own.

In March, I signed a lease for an apartment at Gateway, a well-known apartment complex adjacent to USC. However, at the end of March, COVID-19 was declared a world-wide pandemic. Because of this, I lost my job. USC announced that classes will be online for the majority of students, and the university also cut financial aid and raised tuition costs. Now, I am unable to afford the apartment that I already signed the lease for.

Additionally, I am more susceptible to COVID-19 because I am immunocompromised and have asthma. Living in one of the most affected cities in the world, in a building with thousands of other people, is very dangerous for me.

I have been in communication with a couple of leasing agents and the leasing manager. They will not allow me to terminate the lease, under any conditions, in spite of my condition. The leasing manager is now refusing to answer my calls and emails, and refused to speak with me when I actually went down to the building to speak with her. I have offered to pay a lease termination fee, or even negotiate paying a few months of the rent. I am supposed to move in, and pay rent, on August 14.

I am contacting you today to plead with you. Please, please, please help me. I urge you to introduce a policy that allows tenants to terminate leases with no penalties. I have spoken to numerous other students and staff at USC, who state that there are many other students in the same position as me.

As a direct result of the COVID-19 pandemic, I and many other students are stuck in leases we no longer need or can afford. Most students are not eligible for government assistance under the CARES Act, and did not/ will not receive a stimulus check. These students will not be able to afford rent. By allowing students to terminate leases, we will avoid a housing crash when the hundreds of thousands of students in Los Angeles are unable to pay rent. This is much more effective than just delaying evictions.

Los Angeles has two of the most competitive universities in the nation, as well as numerous other institutions. Please protect and stand up for the students of Los Angeles by immediately introducing a policy that will allow students to terminate their leases.

Thank you for taking the time to read my message. I eagerly await your response.

Best,

Hailey Mori

## Fwd: How to get voice heard about changing the law regarding the Music Boxes in the City.

2 messages

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**Anna Martinez** <anna.martinez@lacity.org>  
To: City Clerk Council and Public Services <Clerk.CPS@lacity.org>

Tue, Aug 11, 2020 at 2:56 PM

----- Forwarded message -----

From: **Ernest E. Cornish** <ernestecornish@gmail.com>  
Date: Tue, Aug 11, 2020 at 2:49 PM  
Subject: How to get voice heard about changing the law regarding the Music Boxes in the City.  
To: <CityClerk@lacity.org>, <mayor.helpdesk@lacity.org>

Good Afternoon:

I moved to Los Angeles in March of 2018 and I have lived in NYC as far as the noise level with copyrighted music in this city is overwhelming. Copyrighted music can be downloaded for yourself to enjoy but as soon as you hit the sidewalks with these 100 lbs music speakers at the highest they can go it is breaking the LAW on a Federal level. The Federal Law states that you have to have a DJ license or pay the fines from the music corporation. The fines are up to \$150,000.00 or up to 6 years in jail. I work in the Entertainment world and I hate that these people are getting away with free concerts 24/7. At 3 am to 5 am the speakers are so loud that you can not sleep.

I have called LAPD tons of times and they show up sometimes but they also tell me that City Hall has their hands tied and they are not allowed to do anything about it. I know if I had a petition to change the law that is currently on the books, I could get easily 5,000 signatures. As a resident of this beautiful city, I am asking you to please help me change this law and end with madness on the streets. Thank you so much.

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Sincerely,

Ernest E. Cornish  
Freelancer  
Documentarian/Filmmaker  
Owner A Fuzzy Butt Productions  
HIV/AIDS Activist: Ending the Stigma  
Former President Full Sail University Pride Club  
[www.ernestecornish.com](http://www.ernestecornish.com)  
<https://www.imdb.com/ErnestECornish>

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**clerk.cps@lacity.org** <clerk.cps@lacity.org>  
To: anna.martinez@lacity.org, anna.martinez@lacity.org

Wed, Aug 12, 2020 at 9:05 AM

Your message

To: [anna.martinez@lacity.org](mailto:anna.martinez@lacity.org)  
Subject: Fwd: How to get voice heard about changing the law regarding the Music Boxes in the City.  
Sent: 8/11/20, 3:56:51 PM MDT

was read on 8/12/20, 10:05:59 AM MDT

The biggest conflict on this planet never was any of world wars...  
The greatest, strongest and hardest battle **is underway right now**  
and **it is led for – YOU!**

Its outcome has **ETERNAL CONSEQUENCES!**

**THE FINAL DECISION**

Dear receiver, whoever you are, here is something for which is a high probability that you do not know, but you have to know. Here is the most important information, which is crucial for your good - your eternal good. This is the only reason why this message came to you. The theme is about severe warnings in the biblical prophetic books; Daniel and Revelation. This applies to every individual in the world, completely independently of culture, race, creed, social status, gender or age. But commonly speaking, people today know very little or do not know anything about this, they are not interested in these topics or believe in something other so this does not mean a lot to them. However, for everyone who will stay in any of these categories, that will be terrible for him, but this will only realize it too late. First, it is important to emphasize that what will be said is not the opinion of any individual, any religious organization neither the promotion to any existing denomination. Interpretations will be exclusively based on method when is nothing added or took away from records in Scripture. The Bible points to God as her author, yet it was written by human hands. On the first page, it is record about how is everything began, and the last page telling how everything will be finished, and between them is the whole human history with the most important points. The truths revealed are all “given by inspiration of God” (2. Timothy 3:16) yet they are expressed in the words of men. She was written through a period of about 1600 years, by 40 authors of all social classes, but nevertheless is completely in perfect doctrinal harmony. The Infinite One by His Holy Spirit has shed light on the minds and hearts of His servants. He has given dreams and visions, symbols and figures; and those to whom the truth was thus revealed have themselves embodied the thought in human language. To be able to see and correctly interpret her truths and prophecies, besides God's help, it is certain to permit that Scripture interprets itself. To this day, this magnificent Book contains hundreds of prophecies fulfilled and without any error. This makes the Scripture as the only such Book of all time. This fact has been undoubtedly confirmed many times by history and archeology. Therefore, that is irrefutable proof of her credibility and reliability.

There are only a few prophecies that have yet to be fulfilled. These are most serious, most solemn and the last events of this planet which will occur in our near future. At the end of our history, everyone on this earth will be faced with one most significant question. It will be a matter of obedience to God or man. Corona virus is the beginning of the last crisis. A short time after this complex global conditions on all spheres, something specific will happen. It will be passed one special global law. This law will jointly enact governments through the whole world and in alliance with the entire religious world connected by the Vatican-led ecumenical movement. To could live in this last human civilization, you will have to respect that law. It will be the mandatory provision for celebrating Sunday as a rest day for all of humanity.

Soon, all the evils on the world will be declared the result of God's wrath for the moral degradation of society. Therefore, this act will be interpreted as a necessary measure to "calm the wrath of God" to stop the evils in the world, but also as something necessary to preserve the well-being of the family, to improve the general morale of society, and as a necessary measure to take control of climate change as part of environmental concerns. If you are a Catholic, a Baptist, have no free time, or are concerned about climate change, a state regulated free Sunday, seems probably like a logical solution. Despite as it seems like something good, there is one "ancient Witness" who testifies about this but on a completely different manner. It was foretold over 2000 years ago on the old pages of the Bible, and if we open them, we will see that it is actually in advance announced fateful and last deception.

*Christ, "Antichrist", "the Dragon", "the Beast, it's Image and mark", and the "Seal of God" ...these are main characters in prophecies about the final events. It is therefore crucial to pay attention to them and understand what they are about.*

When the Bible speaks about "Antichrist", that is very determined and precisely. There are many criteria in the Scripture which describe him. To be possible correctly reveal his identity, the only way for is to gather them all together. Let's take look on a few crucial which are enough to recognize him. About him is written directly and indirectly in Daniel, the epistles of John, the 2. epistle Thessalonians, and in Revelation.

The apostle Paul, in his second letter to the Thessalonians, foretold this great apostasy and portrayed him as;

**“son of perdition” and “man of sin” who opposeth and exalteth himself** above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, showing himself that he is God.”

(2 THESSALONIANS 2:3, 4)

Today in the world, exist predominantly two beliefs about who is he. The first group puts him in the ancient past, in the time of the Greek king Antiochus Epiphany 4. while the second group expects him to arrive in the distant future when he will appear

in Jerusalem for three and a half years. But what if he's already been here for centuries and subtly leads countless multitude into eternal perdition? The Bible says that is exactly a terrible reality. If we closely look at the meaning of the word "Anti" in Greek, this means not only "against" but also "instead". Therefore, in this case, it is not only about someone who is against, but also and instead of Christ. So, who is supposedly this "representative of Christ"? When all the criteria that are given for the Antichrist are taken together, in the full sense of the word, there is only one person in the whole history who fits into that framework completely. This is the pope. One of the leading doctrines of Catholicism is, that the pope is the visible head of the universal church of Christ, invested with supreme authority over bishops and pastors in all parts of the world. More than this, the pope has been given the very titles of Deity as "Holy Father". He equated himself with the Most High. But Christ clearly said that Father in every manner is just God, Heavenly Father.

**“AND CALL NO MAN YOUR FATHER UPON THE EARTH:  
FOR ONE IS YOUR FATHER, WHICH IS IN HEAVEN.”**

(MATTHEW 23:9)

He demands the homage from all men. But those who fear God and respect Him encounter such insolence in the same way as Christ always did when he quoted "It is written" as the only standard of truth.

**“THOU SHALT WORSHIP THE LORD THY GOD,  
AND HIM ONLY SHALT THOU SERVE.”**

(LUKE 4:8)

The doctrine of papal supremacy is directly opposed to the teachings of the Scriptures.

Pope Leo XIII. stated the following:

"We hold upon this earth the place of God Almighty",  
( Apostolic letter by Leo XIII. *Praeclara gratulationis publicae* )

Pope Innocent III. declares that the Roman pontiff is:

“the vicegerent upon earth, no of a mere man, but of very God.”

(title 7, ch. 3; Corpus Juris Canonici)

Also, one of the titles that Pope's possess is (on the Latin language) - "Vicarius Filii Dei". The meaning is "Deputy of the Son of God". Except this title fit completely itself in the word „Antichrist", if we take the Roman system of calculating and add up all letters which have some numeric value in this title, we will get precisely – 666.

*(Roman system of calculating: I-1, V/U-5, X-10, L-50, C-100, D-500, M-1000).*

“...HERE IS WISDOM. LET HIM THAT HATH UNDERSTANDING COUNT **THE NUMBER OF THE BEAST:**  
**FOR IT IS THE NUMBER OF A MAN,**  
**AND HIS NUMBER IS SIX HUNDRED THREESCORE AND SIX.”**

(REVELATION 13:17-18)

Now we are coming to the question, is it possible that the fallen Church worshipping the true God? Central ecumenical teaching says that we all have the same God but under another name in various religions, and all roads lead to Him. In the entire so-called "Christian World" He is presented and generally accepted through not the biblical doctrine of the "Trinity". That is the interpretation of the Catholic Church and has nothing common with biblical teaching except few similarities in terminology. Because it is most important to know what the Bible says about that. According to the Bible, there is only one Being that is a great Source of all things. This is God the Father and He has the Son, literal Son – Jesus. He is God's only begotten Son and was next to God from eternity and before anything was called in existence. God created everything through Christ and He gave to Son the equal authority as His own is. Christ is not a created being but God's Son and is equal to God by His divine inheritance.

Nowhere is revealed when and how it happened but for our human limited mind, it is only important to know that exists just two divine Beings – the Father and the Son. The Holy Spirit is the spirit of Father and Christ. This is Their omnipresence in some form that is God's secret and we could not understand its nature. But identity we know, it is Their Spirit. So, it is the Spirit of God how Scripture teaches, and not some third God named a "Holy Spirit" as the doctrine of Trinity claims. This makes the essential and serious distinction between these two doctrines. It is not the same

believe in: "just one real God – the Father, His divine Son - Christ, and Spirit of Them" and what is contained in Trinity: "God the Father, God the Son, and God the Holy Ghost." The Trinity has three "gods," but the biblical God is only one person. Christ is also God, but He had a beginning in the Father. But the Father has no beginning, and that is the only difference between them. Apart from Father and Son, in the Bible not exists one else who is also a divine being, there is no "third God – Spirit".

“BUT TO US THERE IS BUT **ONE GOD, THE FATHER, OF WHOM ARE ALL THINGS, AND WE IN HIM; AND ONE LORD JESUS CHRIST, BY WHOM ARE ALL THINGS, AND WE BY HIM...**”

(1. CORINTHIANS 8:6)

“**AND THIS IS LIFE ETERNAL, THAT THEY MIGHT KNOW THEE THE ONLY TRUE GOD, AND JESUS CHRIST, WHOM THOU HAST SENT...** “

(JOHN 17:3)

“FOR AS THE FATHER HATH LIFE IN HIMSELF; SO HATH **HE GIVEN TO THE SON TO HAVE LIFE IN HIMSELF..**”

(JOHN 5:26)

BUT **GOD** HATH REVEALED THEM UNTO US **BY HIS SPIRIT**: FOR THE SPIRIT SEARCHETH ALL THINGS, YEA, THE DEEP THINGS OF GOD. FOR WHAT MAN KNOWETH THE THINGS OF A MAN, SAVE THE SPIRIT OF MAN WHICH IS IN HIM? EVEN SO THE THINGS OF GOD KNOWETH NO MAN, **BUT THE SPIRIT OF GOD.**”

(1. CORINTHIANS 2:10-11)

Every other existing concept of God who is not: God the Father, the Creator of the universe and who gave His Only Begotten Son (always the Son) to redeem humanity from the curse of sin, is not true and living God, but Satan.

He is the fallen angel who was the most powerful created being and in Heavenly hierarchy the first under the Son of God. But at one point, he allowed evil to be born in his heart. He rebelled against the heavenly hierarchy because his heart became

proud and he wished to be equal with the Most High same as the Son of God is. Until this time all heaven was in order, harmony and perfect subjection to the government of God. Love, honor, and respect that belong only to God and Christ as those who created everything and are the Source of life, he wanted to usurp and steal for himself. He fell because became arrogant and proud of his beauty and the power with which God endowed him, forgetting that he was just a creature who owes everything that he is to his Creator. Of all creatures, the devil (once called Lucifer) had the opportunity to occupy the highest position in Heaven and to be closest to God and Christ. He was fully reflected God's perfect character, which is love and justice at the same time. But he allowed himself to turn irreversibly of the most faithful angel into a traitor, pure evil and the source of the same. Through cunning, intrigue, and malice, he provoked rebellion among the angels in Heaven. He deceived 1/3 of all the angels who joined him in open rebellion against the Almighty and the authority which belongs to the Christ as legitimate Prince of Heaven and as Creator. There was a fierce open rebellion and him with his followers couldn't continue spreading their toxic and evil influence in the pure and happy heavenly atmosphere that had always prevailed there until then. God with His abundant grace and patience, endured them for a long time, but when they crossed all boundaries and chose irrevocably evil as their principle, they were cast out of Heaven. But, had God destroyed the devil immediately, satan's accusations that God is not righteous would stayed in the minds of all beings and the survival of the entire universe would be called into question. Therefore, God allowed him to live for some time and reveal his true character affront the whole universe. He created everyone with free will and everyone can choose good or evil.

He and Christ want no other ministry except of love and voluntary. We have the right to accept Him or reject Him but the choice in both cases has its natural consequences. After Satan was cast out of heaven, with those who fell with him, he realized that he had lost all the purity and glory of heaven forever. With fierce angry and malice they opted for revenge. It will succeed if they could bring God into position when He will must righteous to destroy the His creatures. Seeing the beauty, happiness, and peace enjoyed by the first humans, in the beautiful new world which the Father and Son had recently created, the devil decided to destroy them.

He used his wrongly directed power to get people to join him in rebellion. In Eden, he is the one who spoke through the serpent, once the most beautiful animal, and unfortunately, managed to achieve his hellish goals. The man was voluntarily

deceived and the devil stolen whole dominion over this world which God has given to man. Because of the fall into sin, man became separated from God, and darkness, sin, death, and damnation have descended on this planet. Because mankind has chosen to disobey God and obey Satan, demand by justice was that the world must be surrender to the powers of darkness. We have all personally felt the consequences of this disgusting govern in our lives. They are the cause of all existing evil, suffering, disease, poverty and all human misery, injustice and all moral degradation. The devil, old serpent, is the father of lies and from the beginning to the present day deceiving the human race, at all times and all possible ways. He is elusively hidden under varied guises, names, philosophies, and religions that were systematically adapted to all human various propensities, tastes, times and civilizations.

*Trinity, Siva, Brahma, Krishna, Osiris, Baal, Zeus, Virgin Mary and her apparition's, Isis, Allah, Ra, Maitreya, Mitra, Pan, etc. Catholicism, Spiritualism, occultism, New age, atheism, skepticism, Gnosticism, oriental religions, Greek philosophy (as well as general philosophy), modern Protestantism, Theosophia, Charismatic movement, Mormonism, Jeh. Witnesses, esoterica, astrology, tarot, mysticism, acupuncture and alternative medicine (as well as medicine generally), hypnosis, psychology, psychiatry, pharmaceutical industry, yoga, martial arts, complete entertainment and music industry, Hollywood, games of chance, video games, novels, capitalism, vices and opiates, fashion industry, unhealthy food, competitive sports, dance, theater...etc.*

All of are just some of the masks under which the great deceiver operates in background and instruments that he uses to hide the truth, distract the mind from the pursuit and desire for finding the truth in life, and to keep the mind and conscience in the darkness. He will acting like an angel of light until people lose their opportunity to be saved and the limit of patience that God will have with this world has passed. He has only one goal and will do his best to make you and I lose God forever, ourselves and eternal life as is his case.

**"AND THE GREAT DRAGON WAS CAST OUT, THAT OLD SERPENT, CALLED THE DEVIL, AND SATAN, WHICH DECEIVETH THE WHOLE WORLD: HE WAS CAST OUT INTO THE EARTH, AND HIS ANGELS WERE CAST OUT WITH HIM... THEREFORE, REJOICE, YE HEAVENS, AND YE THAT DWELL IN THEM. WOE TO THE INHABITERS OF THE EARTH AND**

THE SEA! FOR THE DEVIL IS COME DOWN UNTO YOU, HAVING GREAT WRATH BECAUSE HE KNOWETH THAT HE HATH BUT A SHORT TIME."

(REVELATION 12:9-12)

Ever since the rebellion on Heaven, Satan and demons have sealed their eternal destiny. God did not immediately destroy them simply because His righteousness was questioned in the eyes of the entire created worlds. For evil to be completely and forever eradicated from the universe, to Satan must have been given some time to reveal his true character. Mask which he puts in the beginning when declared God as unrighteous, must fall before everyone. God allowed all that because was necessary to show what sin is and his natural consequences, how would never happen again voluntarily, by His creatures with free will. This is only way for eradicated the rebellion forever, when in the end He destroys all evil in all its sources and forms. Devil will be destroyed and properly punished, the same as all demons. Because of revenge and hatred according to God, Christ, righteousness and people, they want to pull with them if possible every human being. To achieve that, they need to finally and fully deceive mankind on the manner which will provoke God's righteous judgments. In Revelation, God has revealed the whole future mercifully and has revealed to us final deadly plan of dark forces which they will execute at the end of time on this world.

Scripture warns that they will finally accomplish their plan, calculated to do the end of God's patience for fallen world. The thing which will cause that is - the "mark of the beast" in Revelation chapter 13. That will be the trigger which will soon drag the whole world into Armageddon, the last battle between good and evil which will finally end with the destruction of the world, wicked people, every evil and demons along with the devil. To be possible understand this important issue properly, it is most important to realize what are the "beast" and "Seal of God". To find out what the "beast" is, it is needed to go briefly in the book of Daniel. The most significant fact is that the Revelation, the last book of the Bible, that Daniel is the "key", and Revelation the "keyhole" which are tightly connected and only in this context, we can correctly understand the Revelation. Prophet Daniel was marvellously inspired by God, who showed to him future until the end of the world.

Among all, there is also the portrait of world kingdoms which had the most prominent worldly power. These kingdoms are symbolically presented as the beasts. He mentioned four beasts in chapter 7. Each beast is described with specifications that are authentic to each kingdom. So, for example, "lion with wings" is the first

beast and symbolizes the Babylonian kingdom. Archeology confirmed that a lion with wings was one of the main characters which ancient Babylon used in its art. Lion, bear, and leopard are symbols historically and chronologically, for Babylon, Medo - Persia, Greece, and the Roman Empire. But the fourth beast which Daniel saw, it was different from all these. The third beast or Greece was fell and was subdued by the Roman Empire.

**"THUS HE SAID, THE FOURTH BEAST SHALL BE THE FOURTH KINGDOM UPON EARTH, WHICH SHALL BE DIVERSE FROM ALL KINGDOMS, AND SHALL DEVOUR THE WHOLE EARTH."**

(DANIEL 7:23)

The Roman Empire, was kingdom which have most strongest influence ever on this world. When Roman Empire fell, "spiritual Rome" took his place. And and he "devour the whole earth."

*"If man consider the origin of this great eccleastical dominion, he will easily percive that Papacy is none other than the ghost of deceased Roman Empire, sitting crowned upon the grave thereof."* ("Leviathan" p.457)

*"When the Roman Empire had distengrated and its place had been taken by number of rude, barbarious kingdoms. Roman Chatolic church not only became independent of the state in religious affairs but dominated secular affairs as well."*

(Historian C.C. Eckhardt, "The Papacy abd world Affairs" p.1.)

Also, it is well known fact that the Roman Empire split into 10 divisions From him, which are base for created today's modern Europe. Prophecy announced that as well.

**"..AND IT WAS DIVERSE FROM ALL THE BEASTS THAT WERE BEFORE IT, AND IT HAD TEN HORNS."**

(DANIEL 7:7)

The division was made possible by few nations that were participating in the collapse and breaking down of the Roman Empire.

The groups that held Roman territories and formed their kingdoms were: *Franks, Huns, Visigoths, Ostrogoths, Heruli, Lombards, Anglo-Saxons, Suevi, Vandals, and*

*Burgundians*. From these nations were created modern France (Franks), Spain (Visigoths)..etc.

It is clear that in the Bible prophecies, by her own interpretation, "the beast" is symbol for kingdom.

Around the "Sunday law", almost all of humanity will be unanimously united; from atheists to believers of all faiths around the entire world. However, in the Bible, in the fourth commandment of God, it clearly states something else. The day of rest, which the true God and Creator firmly established and as the special sign of God's authority is not Sunday. In the Bible, we read that it is the – Sabbath.

4th God's command in Scripture 's Decalogue is:

**"REMEMBER THE DAY OF THE SABBATH, TO KEEP IT HOLY. FOR SIX DAYS OF WORK AND DO ALL YOUR WORK, AND ON THE SEVENTH DAY IS THE SABBATH CONSECRATED TO THE LORD, THY GOD. NO WORK THEN DO NOT DO: NEITHER YOU, NOR YOUR SON, NOR YOUR DAUGHTER, NOR THY SERVANT, NOR THY MAIDSERVANT, NOR THY CATTLE, NOR THE COMER WHO IS FOUND WITHIN YOUR GATES. FOR IN SIX DAYS, THE LORD CREATED THE HEAVENS AND THE EARTH, THE SEA, AND ALL THAT IS IN HIM AND RESTED ON THE SEVENTH DAY. THEREFOR THE LORD BLESSED THE SABBATH DAY AND SANCTIFIED IT."** (EXODUS 20:8-11)

The Sabbath was never given only to the Jews. In ancient history, the Israelis were God's chosen people and as such, were obliged to keep the Sabbath. However, she was created and established when God has created the world with Christ (in the literal six days). Therefore, this is a temporal memory and "monument" of creation.

As such, it is obligation forever and for all men as creatures of God. From Christ to these days, we see in Scripture that God has His “spiritual Israel” which is obeyed to Him in everything.

**“FOR HE IS NOT A JEW, WHICH IS ONE OUTWARDLY; NEITHER IS THAT CIRCUMCISION, WHICH IS OUTWARD IN THE FLESH. BUT HE IS A JEW, WHICH IS ONE INWARDLY; AND CIRCUMCISION IS THAT OF THE HEART, IN THE SPIRIT, AND NOT IN THE LETTER; WHOSE PRAISE IS NOT OF MEN, BUT OF GOD.”**

(ROMANS 3: 28-29)

“THERE IS NEITHER JEW NOR GREEK, THERE IS NEITHER BOND NOR FREE, THERE IS NEITHER MALE NOR FEMALE: FOR YE IS ALL ONE IN CHRIST JESUS. **AND IF YE BE CHRIST'S, THEN ARE YE ABRAHAM'S SEED**, AND HEIRS ACCORDING TO THE PROMISE.”

(GALATIANS 3:28-29)

With all the benefits for our body and that man should have a day's rest from all his works, the fact is that the Sabbath represents a special sign between the Creator and us as His creatures. This day was determined, to be the special time with Creator for our spiritual and physical benefits and also, puts our relationship in the proper context (our Creator - His creatures). In ancient times, ruling people like kings or emperors always had their "seal". He was the confirmation of their government on all documents which were beared their authority. Seal always contains the name of the ruler, his title and territory of his jurisdiction. Sabbath commandment contains all these elements; the name of the ruler: "the Lord", His title; "the Creator", the territory of His jurisdiction: "heavens, the earth, the sea and all that is in him.." The Sabbath is “the Seal” of the living God and Creator. “

“WHEREFORE THE CHILDREN OF ISRAEL SHALL **KEEP THE SABBATH, TO OBSERVE THE SABBATH THROUGHOUT THEIR GENERATIONS, FOR A PERPETUAL COVENANT. IT IS A SIGN BETWEEN ME AND THE CHILDREN OF ISRAEL FOR EVER: FOR IN SIX DAYS THE LORD MADE HEAVEN AND EARTH, AND ON THE SEVENTH DAY HE RESTED AND WAS REFRESHED.**”

(EXODUS 31:6-1)

The “mark of the beast”, is a specific sign of an apostate political-religious system that will globally enforce people to obedience instead of demand in God's Law.

In this way, this system will attempt to rise above God and, like Satan, steal from Him the worship and obedience that belong only to Him as Creator.

As the Christ was the representative of God because He did God's will, equally this power, recognized undoubtedly as the Vatican is representative of the devil because it is doing his will is contrary to the will of God.

“The mark” is opposite to “the Seal”. This is symbol for the false day of rest – Sunday, and “the beast” is under direct satanic guidance.

**“AND THEY WORSHIPPED THE DRAGON WHICH GAVE POWER  
UNTO THE BEAST..”**

(REVELATION 13:4)

The custom of celebrating Sunday brings us back into history. Early Christianity was in everything completely faithful to the faith of the Bible. They also kept the Sabbath and it was the case until the appearance of Constantine the Great. In one moment of his reign, he claimed to be converted into Christianity. But the proof that denies this is the fact that he remained inclined to the "sun god" to whom he had previously served and was the first who start mixing paganism with Christianity. The gentile nations had the custom of celebrating the "venerable day of the Sun" On that day, many pagan practices took place with immoral and decadent customs in honor to the "Sungod". In English or German languages, even today we can find the remnants of these Sun-worshipping practices. In these languages, the name for this day is "Sunday" and "Sonn - tag". This proves, without any doubt that Sunday was that pagan: "the venerable day of the Sun". Emperor Constantine was first in history who made a „Sunday law" and for the whole of his Empire.

In one of his edicts, 321. A.D, we can find the following provision:

*"On the venerable day of the Sun let the magistrates and workers rest in cities and let all workshops be closed. "*

(THE ENCLYCOPEDIA AMERICANA, CONSTANTINE THE GREAT 321.)

After the edict of Constantine, on Laodicean Council 364. A.D the Catholic Church transferred the solemnity from Sabbath to Sunday.

*"It was the holy Catholic church that changed the day of rest from Saturday to Sunday, the 1<sup>st</sup> day of the week. And it not only compelled all to keep Sunday, but at the Council of Laodicea, AD.364, anathematized those who kept the Sabbath and urged all persons to labor on the 7<sup>th</sup> day under penalthy of anathema. "*

(Cath. priest T. Enright, CSSR, Kansas City MO, President of Redemptorist College, in a lecture at Hartford, Kansas, Feb 18, 1884.)

*Is not every Christian obliged to sanctify Sunday and to abstain on that day from unnecessary servile work? Is not the observance of this law among the most*

*prominent of our sacred duties? But you may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify.”*

(James Cardinal Gibbons, *The Faith of Our Fathers* (1917 edition), p. 72-73 (16th Edition, p 111; 88th Edition, p. 89).

*“Is Saturday the seventh day according to the Bible and the Ten Commandments? I answer yes. Is Sunday the first day of the week and did the Church change the seventh day - Saturday - for Sunday, the first day? I answer yes. Did Christ change the day”? I answer no!”*

“Faithfully yours, J. Card. Gibbons.” James Cardinal Gibbons, Archbishop of Baltimore, Md. (1877-1921), in a signed letter.

*“Instead of the seventh day, and other festivals appointed by the old law, the church has prescribed the Sundays and holy days to be set apart for God’s worship; and these we are now obliged to keep in consequence of God’s commandment, instead of the ancient Sabbath.”*

*“The Catholic Christian Instructed in the Sacraments, Sacrifices, Ceremonies, and Observances of the Church” By Way of Question and Answer, RT Rev. Dr. Challoner, p. 204)*

*“It is well to remind the Presbyterians, Baptists, Methodists, and all other Christians, that the Bible does not support them anywhere in their observance of Sunday. Sunday is an institution of the Roman Catholic Church, and those who observe the day observe a commandment of the Catholic Church.”*

(Priest Brady, in an address reported in *The News*, Elizabeth, New Jersey, March 18, 1903.)

The same was with the doctrine of the "Trinity", which is the fruit of only the Church Council in and Nicea and also has root in heathen sun-worshipping.

Eventually, Church begins to argue that Sunday is a day of rest because of the resurrection of Christ. However, confirmation of this practice, cannot be found anywhere in Scripture. On the contrary, Sabbath was kept by; the first couple in Eden, the children of Israel, all the patriarchs, and prophets in the Scriptures, Jesus Himself through the whole life, all the apostles before and after Christ's ascension and all the early churches until the emperor Constantine and the Council of Laodicea.

Old idolatry just replaced the true worship of true God and Satan gradually led people to abolish God's commandment, and through his tool – the Catholic Church, he replaced it with another day, with one which he has chosen to exalt himself as "sun

deity". It is a well-known fact that the Catholic Church also changed the calendar and a complete way of calculating the time too. Biblical counting of times was based on lunar calendar. Days and months were counted differently. One day was counted from when the sun has set as the beginning of the evening to the same time in next day and not from midnight to midnight. Catholic Church changed calendar and times according to the Sun, because sun worshiping is her basis. That is easiest to see on "Christmass". This "holiday", has nothing in common with Christ. In the Bible is not revealed the day when Christ was born (it was obviously not important), but it is undoubted that it wasn't winter because shepherds were outside with their flocks at nights. And even less it was December 25. on winter solstice and on day when the "sun is born". God's, biblical Sabbath, always beginning on Friday with sunset, and finishes in Sabbath with sunset as period of 24 hours.

Catholic sources undoubtedly confirmed that times and laws are "in their hands".

*"The pope has power to change times, to abrogate laws, and to dispense with all things, even the precepts of Christ."*

*(Decretal De. Translat. Episcop. Cap. ARSH April 4, 1865, page 140.28)*

"The pope's will stands for reason. He can dispense above the law; and of wrong make right, by *correcting and changing laws.*"

*(Pope Nicholas, Dist. 96.)*

Hundreds of years before this apostasy, the Bible had foretold the arrogant force that will think to change the Law of God. The prophet Daniel, 600. years before Christ, in the entire seventh chapter in his book, describes this force.

One of its features is: "

**"... AND WILL THINK TO CHANGE TIMES AND LAWS..."**

**(DANIEL 7:25)**

Besides the fourth commandment of God, and deviating of the first, the Church also dared to completely remove the second commandment of God, which forbids any form of idols or idolatry. This is not strange at all if we look at the level of idols and idolatry in her practices.

**THOU SHALT NOT MAKE UNTO THEE ANY GRAVEN IMAGE OR ANY LIKENESS OF ANYTHING THAT IS IN HEAVEN ABOVE, OR THAT IS IN THE EARTH BENEATH, OR THAT IS IN THE WATER UNDER THE EARTH: THOU SHALT NOT BOW DOWN THYSELF TO THEM, NOR SERVE THEM: FOR I THE LORD THY GOD AM A JEALOUS GOD, VISITING THE INIQUITY OF THE FATHERS UPON THE CHILDREN UNTO THE THIRD AND FOURTH GENERATION OF THEM THAT HATE ME; AND SHEWING MERCY UNTO THOUSANDS OF THEM THAT LOVE ME, AND KEEP MY COMMANDMENTS.”**

(EXODUS 20; 4 – 6)

Therefore, the question of a Sabbath or Sunday is not at all a matter of days as such. It is the question of authority between the forces of good and evil which are fighting for the soul of every man in the world. Rome hates the true God, His Law, the truth, and under the direct satanic inspiration, he prepares humanity to receive the "mark of the beast". Today's society learns and believes in one more of Satan's lie.

This widespread delusion is intended precisely to remove God as Creator and the Sabbath as a commandment pointing to Him as Creator. This theory talks about the gradual appearance of everything (from nothing as the starting point) and through the billions of, never numbered years. This may be a nice story for our proud human heart, but it is an impossible and illogical fairy tale that could never be proven because that has never happened. But unfortunately, it is deeply rooted as a fact in the minds of most people. Despite all common sense, the official creed is this; "At first it was nothing. Suddenly, "nothing" exploded and a universe was created. Thereafter several billion years, there has been a gradual occurrence of water, lava, and stone. Followed countless lucky coincidences that have occurred, and after many millions of years, there has appeared and the first amoeba too. From her (single one), gradually more complex organisms evolved: the fishes getting legs, and to the reptiles grew wings. So thanks to all this, today exists all kinds of animals and with all their adaptations. Finally, all finishes with the emergence of a man whose ancestors are still alive today too and can be found in every zoo."

It is easier to believe even into that insult to reason than that it is that God Almighty is the One who created everything with His power and purpose.

Because, if there is no God, there is no responsibility, however, if there is God, and if He is as revealed Himself in Scripture, it involves our complete moral responsibility to Him for our life that we have received as a gift.

## FOR THE WISDOM OF THIS WORLD IS FOOLISHNESS WITH GOD...”

(1. CHORINTAINS 3:18-19)

This theory also has been carefully planned and, over time, slowly presented itself as an unquestionable truth through the media, Hollywood, the education system, and the UN as the center of the world's overall plan for education. However, the fact is that the UN is an organization that all programs and its bodies are based on deep mystic, writings and philosophy of Albert Pike, founder of “Freemasonry” , and high-ranking occultist writers; Alice A. Bailey and Helena P. Blavatsky (founder of Theosophy, or more exactly, "Luciferianism "). Here is also the so-called "science", which unfortunately skillfully imposes the theory of evolution as fact, while at the same time hiding indisputable assertions that prove that everything in the Bible is true, including Earth as a young planet created in a very short period. As just one of many, but probably the best example of this is the case when dr. Robert Gentry has proved by granite rocks, that the earth was created almost instantaneously (for less than 4 minutes). Every effort was made to discredit, censor and silence him, even at the state level, and the discovery was never made officially public except what himself said and published about the results of researching. Like everything else, this theory bears the print of the Roman Catholic Church. The father of evolution was not Charles Darwin as it is a common belief, but a Belgian astronomer and physicist, a priest from the Catholic order of the Jesuits - Georges Lemaître. The same is true in the case of for example with the New Age movement, whose occult mindset permeates almost every pore of society today. To this occult belief which is contrary to the Bible but in harmony with everything else, the father and founder is also a Catholic Jesuit priest, theologian, and philosopher, Pierre Teilhard de Chardin. In every existing sphere of society, from all religions (except true Bible-based Christianity) to economy, Roman Catholic Church is in the background as the main source of which controls everything. We must also carefully consider one most crucial and greatest fallacy.

Modern theology from pulpits teaches that Christ abolished the Law on the Cross and is therefore no longer obligated. If the Law could ever be abolished, Christ would never have to die. The sacrifice of Christ did not abolish but confirmed forever the obligation of the Law of God. Jesus gave His life because it was the only possible

way of salvation because the Law is a reflection of God's righteous character. The Law reveals the attributes of God's character, and not a jot or tittle of it could be changed to be adapted to a man in his fallen condition. To abrogate the Law would mean to immortalize transgression and place the world under Satan's control. Evil and sin would become eternal. God did not change His Law, but He sacrificed Himself, in Christ, for man's redemption. With all the principles which contain, Decalogue is; perfect, righteous, holy and good, therefore it is immutable and remains as an eternal benchmark of good and evil. Sin is defined in the Bible as a violation of God's commandments. Breaking God's commandments is an injustice (that's why it's a sin). Injustice separates the sinner from God and his righteous character. The just punishment for sin (injustice) is death, eternal death.

**“THINK NOT THAT I AM COME TO DESTROY THE LAW, OR THE PROPHETS: I AM NOT COME TO DESTROY, BUT TO FULFIL. FOR VERILY I SAY UNTO YOU, TILL HEAVEN AND EARTH PASS, ONE JOT OR ONE TITTLE SHALL IN NO WISE PASS FROM THE LAW, TILL ALL BE FULFILLED.”**

(MATTHEW 5:16-17)

Because of this, the Son of God decided to come to our dark world and die innocent so that it would be possible to save fallen humanity from the terrible consequences of sin. Christ, Lamb of God, 100% righteous and holy as the Father is, cannot save a man in sin, but only from sin. The Law requires righteousness, a righteous life, a perfect character; and this man has not. He cannot meet the claims of God's holy Law. But Christ, coming to the earth as man, lived a holy life, and developed a perfect character. These, He offers as a free gift to all who will receive them. His life stands for the life of men. Thus they have remission of past sins, through the forbearance of God. More than this, Christ imbues men with the attributes of God. He builds up the human character after the similitude of the divine character, a goodly fabric of spiritual strength and beauty. Thus the very righteousness of the Law is fulfilled in the believer in Christ.

**“FOR GOD SO LOVED THE WORLD, THAT HE GAVE HIS ONLY BEGOTTEN SON, THAT WHOSOEVER BELIEVETH IN HIM SHOULD NOT PERISH, BUT HAVE EVERLASTING LIFE.”**

(JOHN 3:16)

God's love has been expressed in His justice no less than in His mercy. Justice is the foundation of His throne and the fruit of His love. It had been Satan's purpose to divorce mercy from truth and justice. He sought to prove that the righteousness of God's Law is an enemy to peace. But Christ shows that in God's plan they are indissolubly joined together; the one cannot exist without the other. By His life and His death, Christ proved that God's justice did not destroy His mercy, but that sin could be forgiven and that the Law is righteous, and can be perfectly obeyed. It was because the Law was changeless because man could be saved only through obedience to its precepts, that Jesus was lifted up on the cross. Yet the very means by which Christ established the Law Satan represented as destroying it. God loves the sinner, but He hates sin. Here will come the last conflict of the great controversy between Christ and Satan. By consenting to break one precept, men are brought under Satan's power. By substituting human law for God's Law, Satan will seek to control the world. It is the last great deception that he will bring upon the world. He needs not to assail the whole Law; if he can lead men to disregard one precept, his purpose is gained.

**“WHO SO EVER SHALL KEEP THE WHOLE LAW, AND YET  
OFFEND IN ONE POINT,  
HE IS GUILTY OF ALL.”**

(JAMES 2:10)

The warfare against God's Law, which was begun in Heaven, will be continued until the end of time. Every man will be tested. Obedience or disobedience is the question to be decided by the whole world. All will be called to choose between the Law of God and the laws of men. Here the dividing line will be drawn. There will be but two classes. Every character will be fully developed, and all will show whether they have chosen the side of loyalty or that of rebellion. Then the end will come. God will vindicate His Law and deliver His people. Satan and all who have joined him in rebellion will be cut off. Sin and sinners will perish, root and branch,—Satan the root, and his followers the branches. This is not an act of arbitrary power on the part of God. The rejecters of His mercy reap that which they have sown.

God is the fountain of life; and when one chooses the service of sin, he separates from God, and thus cuts himself off from life. He is “alienated from the life of God.” Christ says; *“All they that hate me love death; (Proverbs 8:36).* God gives them existence

for a time that they may develop their character and reveal their principles. This accomplished, they receive the results of their own choice. By a life of rebellion, Satan and all who unite with him place themselves out of harmony with God that His very presence is to them a consuming fire. The glory of Him who is love will destroy them.

The "Sunday Law", first will appear in the United States. It will be promoted and imposed by today's "so-called" Protestantism. He was the last missing link in the ecumenical movement, which was officially united all religions of the world with the Roman Church (*from 2015*). On the 500.th anniversary of the Wittenberg Reformation 2017. for the first time in history, Protestantism officially accepted papal rule as his supreme. By forcing the Sunday worship, the so-called Protestantism will officially bring the law with which United States will give divine honor to the Vatican. Following an example of the US, that same law will take place and in the rest of the world.

Fallen Protestantism in America will be leading force in service to the "interest of the beast". Revelation portrayed this second power as "the Image of the beast" which will impose "mark of the beast" in honor of the "beast". The protestant America, which always had freedom of conscience - Heavenly principle, now will be the first one which will show the pure satanic principle of oppression conscience of people.

**“AND I BEHELD ANOTHER BEAST COMING UP OUT OF THE EARTH,  
AND HE HAD TWO HORNS LIKE A LAMB, AND HE SPAKE AS A  
DRAGON. AND HE EXERCISETH ALL THE POWER OF THE FIRST  
BEAST BEFORE HIM, AND CAUSETH THE EARTH AND THEM  
WHICH DWELL THEREIN TO WORSHIP THE FIRST BEAST..”**

(REVELATION 13:11-12)

During the middle ages, the Church made genocidal inquisition against "heretics" who, following the authority of the Bible, refused to resort to the unacceptable arrogance of this power that tried ascended above God. The same spirit of persecution against the people of God will come back to life again, but this time on a world scale. As soon as it fully and officially takes the world power into its own hands again, Rome will throw away the mask of Christianity. Old, cruel Rome will return to the world stage. Religious world and state will unite to persecutions all whom deny bow

to the Antichrist. All those who nevertheless choose to keep what is written in the Bible and who will resolutely celebrate the Sabbath, not Sunday, will be ridiculed, proclaimed fanatics, dangerous extremists, fundamentalists and will be put in the same category as terrorists. Then, they will be hated, persecuted, and some even killed. Apocalypse also says that it will not be possible to buy or sell unless it is not accepted the "mark of the beast". The economy will be one of the ways with everyone's consciousness that will be tried forced to obedience. It indicates that those who reject obedience to this system will be deprived of all human support and at all levels of living. Hands are symbol for work and forehead for minds. This means breaking the holiness of the Sabbath with working and doing any secular business.

**"... AND CAUSE THAT AS MANY AS WOULD NOT WORSHIP THE IMAGE OF THE BEAST SHOULD BE KILLED. AND HE CAUSETH ALL, BOTH SMALL AND GREAT, RICH AND POOR, FREE AND BOND, TO RECEIVE A MARK IN THEIR RIGHT HAND, OR IN THEIR FOREHEADS: AND THAT NO MAN MIGHT BUY OR SELL, SAVE HE THAT HAD THE MARK, OR THE NAME OF THE BEAST, OR THE NUMBER OF HIS NAME..."**

(REVELATION 13: 15-17)

Also, during this period, the devil personal himself will appear in the world and he will imitate Christ. As he is the source of all false religions now united in the "united body" by the ecumenical movement, almost everyone will be deceived. All religions are waiting for "their leader" to appear. Hellish intentions were to make the global plagiarism of truths that can be found exclusively in the Bible. The "Islamic world awaits for Imam Mahdi, the "New age" movement awaits the appearance of Maitreya, Buddhism expects the fifth Buddha, Judaism expects the Messiah to come for the first time, satanism openly expects the emergence of "Lucifer", and Christianity only thinks that it awaits Christ; but by rejection of the God's Law, it also rejects Christ himself, who came not to abolish but to fulfil the Law and to show by His example to man what true obedience to God means. When appears, the devil will appear as an "ecumenical god" and as a "universal Christ", because, everyone will interpret this depending on which religion they belong to.

But the whole world will be deceived. Atheists and agnostics will be deceived by the appearance of this supernatural being as manifestation which man has not yet seen.

Their unbelief will be replaced by belief and worshipping of one who claims to be the Christ who came for the second time to bring long-awaited "Millenium of peace" on this Earth.

*"... Because they received not the love of the truth, that they might be saved.*

**AND FOR THIS CAUSE, GOD SHALL SEND THEM STRONG DELUSION,  
THAT THEY SHOULD BELIEVE A LIE: THAT THEY ALL MIGHT BE  
DAMNED WHO BELIEVED NOT THE TRUTH BUT HAD PLEASURE  
IN UNRIGHTEOUSNESS."**

(2. THESSALONIANS 2:11-12)

"Sunday Law" as the open and final rebellion against Heaven from almost all of humanity and their official worshipping of Satan, only will be the point when will finally end His great patience for evil from human fall in Eden. At the end will come His deadly judgments as His righteous retribution for all human selfishness, pride, wickedness, and sins of all those who have rejected mercy and remained in their natural state of rebellion against justice and therefore against God as its source. Then the end will come. God will vindicate His Law and deliver His people. Satan and all who have joined him in rebellion will be cut off. Sin and sinners will perish, root and branch—Satan the root, and his followers the branches.

**“THE LAND SHALL BE UTTERLY EMPTIED, AND THOROUGHLY SPOILED: FOR THE LORD HATH SPOKEN THIS WORD...THE EARTH ALSO IS DEFILED UNDER THE INHABITANTS THEREOF; BECAUSE THEY HAVE TRANSGRESSED THE LAWS, CHANGED THE ORDINANCE, BROKEN THE EVERLASTING COVENANT. THEREFOR HATH THE CURSE DEVoured THE EARTH, AND THEY THAT DWELL THEREIN ARE DESOLATE: THERE FOR THE INHABITANTS OF THE EARTH ARE BURNED, AND FEW MEN LEFT. (ISAIAH 24:3-6)**

**“FOR, BEHOLD, THE DAY COMETH, THAT SHALL BURN AS AN OVEN; AND ALL THE PROUD, YEA, AND ALL THAT DO WICKEDLY, SHALL BE STUBBLE: AND THE DAY THAT COMETH SHALL BURN THEM UP, SAITH THE LORD OF HOSTS... BUT UNTO YOU, THAT FEAR MY NAME SHALL THE SUN OF RIGHTEOUSNESS ARISE WITH HEALING IN HIS WINGS.”**

(MALACHI 4:1-2)

All described events will happen parallel with the end of the Court on Heaven, which is now in progress and with the closing of the time of probation for mankind.

Right now, on the Celestial Court is deciding about the eternal destiny of every mortal who has ever passed through this planet. The Judge is Christ along with the Father, and the standards by which we are judged are; faith in the Father as the only true God, in Christ as a personal Saviour and the Ten Commandments of God. When the Judgement finishes, the end of the world will come. Christ, the desire of all ages, will return, but this time as King of kings and Lord of lords to give every man according to his works.

*“...and he saith unto me, seal not the sayings of the prophecy of this book: for the time is at hand. he that is unjust, let him be unjust still: **AND HE WHICH IS FILTHY, LET HIM BE FILTHY STILL: AND HE THAT IS RIGHTEOUS, LET HIM BE RIGHTEOUS STILL: AND HE THAT IS HOLY, LET HIM BE HOLY STILL. AND, BEHOLD, I COME QUICKLY; AND MY REWARD IS WITH ME, TO GIVE EVERY MAN ACCORDING AS HIS WORK SHALL BE. I AM ALPHA AND OMEGA, THE BEGINNING AND THE END, THE FIRST AND THE LAST. BLESSED ARE THEY THAT DO HIS COMMANDMENTS, THAT THEY MAY HAVE RIGHT TO THE TREE OF LIFE, AND MAY ENTER IN THROUGH THE GATES INTO THE CITY. FOR WITHOUT ARE DOGS, AND SORCERERS, AND WHOREMONGERS, AND MURDERERS, AND IDOLATERS, AND WHOSOEVER LOVETH AND MAKETH A LIE. I JESUS HAVE SENT MINE ANGEL TO TESTIFY UNTO YOU THESE THINGS.”***

(REVELATION 22:8-16)

Then there will be the resurrection of all the people that existed, one group will receive eternal life, and the other group will go to eternal death after righteous punishment for all the injustices they have committed throughout their lives! At this point, we come to one more and dangerous part of the first lie: "You will not die ..." This was also the devil's first sermon on the inherited immortality of the soul. This same belief is common to all religions and philosophies except Scripture whose teaching is the exact opposite. The belief that man still exists after death is the basis of spiritualism and opens a portal through which demons deceive vast masses of people. With some variations on this subject, all religions teach basically the same thing, which is that when one dies, their existence continues beyond the body; in paradise, hell, purgatory, or returning here by reincarnation. However, when God said "you will die", He literally meant on death as a complete cease to exist. When a man dies, he knows nothing anymore.

**"FOR THE LIVING KNOW THAT THEY SHALL DIE:**

**BUT THE DEAD KNOW NOT ANYTHING...”** (ECCLESIASTIC 9:5)

Death is the same condition as before birth and it will last until the second coming of Christ when there will be a resurrection. The Bible calls this condition the "first death," and those who will be lost, after righteous punishment in hell, will disappear forever, which is referred in Scripture as the "second death." The term "soul", in the Bible refers to the whole person, not to an entity separated from the body within a man who continues his existence after death.

**“MARVEL NOT AT THIS: FOR THE HOUR IS COMING, IN THE WHICH ALL THAT ARE IN THE GRAVES SHALL HEAR HIS VOICE, AND SHALL COME FORTH; THEY THAT HAVE DONE GOOD, UNTO THE RESURRECTION OF LIFE; AND THEY THAT HAVE DONE EVIL, UNTO THE RESURRECTION OF DAMNATION.”**

(JOHN 5: 27- 28)

When God created man, the report says; that he was made of the earth, and when the Lord breathed into him the breath of life, man became a living soul. Some the substance of God with which He gives life and body, together make a living soul.

**“AND THE LORD GOD FORMED MAN OF THE DUST OF THE GROUND, AND BREATHED INTO HIS NOSTRILS THE BREATH OF LIFE, AND MAN BECAME A LIVING SOUL.”** (GENESIS 2;7)

So, the truth is:

body + "the breath of God" = **SOUL**            body - "the breath of God" =  
**NOTHING**

It is important to mention one more thing linked with miracles. It is about the „virgin Mary". It is an undoubted event that has happened many times and been witnessed by thousands around the entire world. But if we know what the Bible teaches about death, then we understand, that the mother of Christ is dead and that she also awaits for the resurrection when Jesus comes second time. Gradually, the fallen Church made from her a „semi - deity". They presented her as someone who is now well and alive in Heaven. Also, the official doctrine is that it is the mediator between man and

Christ. It is cleverly set up a trap for distracting of souls from the only one assigned to us as the Mediator between God and man.

**“FOR THERE IS ONE GOD, AND ONE MEDIATOR BETWEEN GOD AND MEN, THE MAN CHRIST JESUS; WHO GAVE HIMSELF A RANSOM FOR ALL, TO BE TESTIFIED IN DUE TIME.”**

(1. TIMOTHY 2:5-6)

Mary was a good woman, but she was just an ordinary instrument used by God to bring Christ into the world as a human being. Again, Catholic teaching reaches the ancient pagan religious system where people worshipped a „great mother" (Isis, Venus, Diane, Devaki, Astarte, etc.) and it is just one of all her blasphemous dogmas. However, the question is; if the mother of Christ was just a human being who does know nothing for almost 2000 years (and the Bible correctly states that she was just an ordinary woman), who is this "Mary" who appears?! The answer is scary but true - directly demonic forces. Right now, we are living in the last days of this world. Most of the people, unfortunately, will reject the warning message when they hear it or will miss to find out the truth on time. One will perish because they want to be saved in sins, and others because they want to be saved by their deeds and merits. Both are impossible!

But there is one, only one group that will be saved, which are:

**"HERE IS THE PATIENCE OF THE SAINTS, **HERE ARE THOSE WHO KEEP THE COMMANDMENTS OF GOD AND HAVE THE FAITH OF JESUS.**"**

(REVELATION 14:12)

Ultimately, it's all about our character. The most important question at the end will be whether we are or not in harmony with God. It is impossible to be that unless we accept Christ as our Saviour whose innocent blood will wash away all our sins after we have chosen to repent, believe and abandon all sins. When you know all this now, or perhaps you already know, precious and dear man, please, don't let yourself perish. Unfortunately, sin is our natural state. He gives you false promises that you will get a

lot with him and when you listen to him you get something like a brief physical pleasure from him, but more often it ends with just some personal painful experience or someone else's suffering. And at the very end, he will take everything. It will destroy the soul and absolutely everything that man is.

How terrible (and disgusting) sin must be when it has the power to separate man forever from a merciful God and when the only possible way to save us from the consequences of him, was that the innocent Son of God had to die as our replacement? The kingdom of God will not be the same place if you will not be there too. You were not paid with gold or silver, but with the innocent blood of the Son of God, who indescribably loves you much the same as the Father does. They want to see you in their Kingdom with whole Their hearts and have done their utmost that this could be a reality. Jesus was killed by the burden of my and your sins. He accepted this that you and I could have the opportunity to live happily and forever, as it was an intention and case before the fall into sin. Christ's sacrifice on the cross reveals everything truly important for the soul in this life. He reveals God's love for the sinner and hatred of sin at the same time, the enormity of sin, the victory of good over evil, light over darkness and life over death, it shows the value of every human being as well as the size of the loss of every individual. It is a bridge that connects the unbridgeable gap between Heaven and earth that is reconciled God and man and shows that it is the only path that leads to eternal and glorious life which was so long time lost by humanity. True, this path is very narrow, tight and with just rare individuals on him, but we have just one life and just one chance to be saved or lost forever. So, this moment is the time of salvation. Even the next moment is not guaranteed to anyone because our life is not under our control and our time of checking in this world can be almost at any moment. Tomorrow may be too late maybe for me, you and maybe for this whole world. Ask Jesus to come into your life. He wants us to come just as we are. No matter how far away we are or how much dirt we have in our life record. He came to save sinners and to find all who want to be found and become pure. When He came to the world to save him, not only was the destiny of the world at stake, but also His own. If He had sinned only once, and it was possibility because He was 100% human being too, the world would have been destroyed immediately by God's righteousness, and Christ would also die forever because the wages of sin is death. But, if God knew you were the only human being who wanted to accept the gift of salvation, Christ would have done the same thing He did for you only in the whole human history. For every human being. What loves,

what depth, what sense, what sacrifice. If you appreciate this indescribable love and most precious opportunity, ask God for sincere repentance for all your iniquities and start reading the Bible with prayer and in search of the truth.

Do it as if your life depends on it because it depends! All these facts, absolutely everyone will understand, only remains a question; whether it will be on time or when it will be irreversible and forever too late! All human pride: buildings, money, all human vanity, and all idols, will soon become ashes. Only life can be saved and nothing more. Only life can be saved and nothing more. Don't sell your soul to the devil for a few short moments of pleasure in dirty passions and selfishness. The magnitude of shame, despair, and consequences of this, ultimately will kill. Finally, what will it be worth to us if we gain this whole passing world with its deceptive passions, yet losing ourselves, our Creator and the eternal life offered to us in an incomparably better world to come? Believe, absolutely nothing.

After all, there is only one question left; At the end of the biggest battle that has ever occurred on this planet; **WHAT WILL BE WITH YOU?!**

“And all that dwell upon the earth shall worship him (to the beast),  
**WHOSE NAMES ARE NOT WRITTEN IN THE BOOK OF LIFE  
OF THE LAMB SLAIN...”**

(REVELATION 13:8)

# IMPACT OF NUTRITION ON THE MIND, HEALTH AND LIFE

## INTRODUCTION

Most of people don't realize how much nutrition have impact on every area of life. Body and mind are closely connected. The human spiritual, physical and mental health is in huge measure determined with our kind of diet which we choose for ourselves. True, it is not only factor but is certainly among of all most important. There is a lot of statements, debates, information, counsels, suggestions, opinions, beliefs about what is ideal way of diet. Bakeries, restaurants, full supermarket shelves, overcrowded tables and refrigerators along with endless lists and a selection of foods, types of dishes and recipes, are part of the usual every day's nutrition of this world. Meat lovers will vigorously advocate for their favorite foods. On the other hand, raw vegans will recommend their simple diet. For someone who like "Asian kitchen", it is the best. People from the Mediterranean will claim that food from their climate area is the most delicious and unavoidable for good health. And on the internet are thousands of articles about what is healthy, what is not healthy, what should be consumed and what should be avoided. Sure, everything full of contradictions because everyone claims something different. For example, there are many articles with explanations about why the coffee is not healthy and is harmful, while at the same time one can easily find many articles saying opposite and that coffee is actually beneficial or healthy. If we add fact that everyone has a personal vision of what is the best and what is not good, a huge vast "ocean" of opposite information will emerge. How to find the truth? There is always only one and same way to do this. We must go to search only the facts, these proved irrefutable arguments which something confirms or deny. Truth is always only just one and the facts are her "universal key."

Beside mass of theories there is one special and different perspective. If we take Bible in our hands and open first book "Genesis", there can be found

report about the God, Creator of the Universe and our world too. He finished creating all kind of lives on this planet with humans and for the diet, He gave to them a plant based food. It means: fruits, cereals, vegetables, nuts and seeds. If report is true, it must be two facts which will confirmed that. First, man must have physiognomy as a herbivore. Secondly, plant world and food must contain all vitamins, minerals, carbohydrates, fats proteins, amino acids, and chemical compounds which are necessary for the human organism. Together must be enough, complete, nourishing and modiflicated for all needs of our body. Now is the question, what the facts says? If we do even a short research, we will realize that our anatomy is the same as that of herbivores. From the adaptation of the teeth to the digestive system, man is a herbivore. Regarded to the second point, in many studies is confirmed that grains, seeds, nuts, fruits and vegetables contains all what is requirement of health our organism. Even better, the structure of the compounds and nutrients in these foods is in ideal proportions when the right combinations are made. Their quality is best possible too. For example, there is difference between structure in fats of animal and fats of plant origin. Of Course, there is thousands of species of plants and their fruits and everything is not intended for our our consummation even if some ingredients are in usual and widespread use. So, whatever we think or want as humankind, the facts are telling us that we are naturally herbivores and that a plant food is complete, most nutritious food which is enough for all body functions. Therefore, we know that report in the Bible is true - proved. From the hands of the Creator, man came out with perfect organism, health and beauty. Morally and physically, first couple was completely in harmony with the One who made them perfect and happy. But, this human happy condition have changed because of fall in sin. Today, wherever we look, can be see iniquity, disease, physical and moral degradation. Moral diseases are consequences of transgression of God's Law - 10 commandments. Physical diseases are consequences of transgression of natural laws. Ignorance of natural laws which govern in our body is in most of cases cause of diseases. Together with bad habits, profit and selfishness too. Appetite is one of the strongest temptations a person faces. From the first subordination to appetite, the human race increasingly yielded to itself, until health was brought to the altar of appetite, a "god" whom many worship. Man is not created to eat but to eat to live. The intemperance in eating and drinking was the first

great evil. Men and women became slaves to the urge to eat. They do many very difficult jobs to get food for the dining room, which does great damage to an already overworked body. The base sins of this century are gluttony and drunkenness. Nature became subdued to every kind of extravagance. Harm extravagance. For most, appetite is guide. But, taste alone is totally subjective because something can be extraordinary delicious and in same time extremely damaging for body. Important is just is it something tasteful or not and in same time, small attention is given to the quality of nutrition and temperance in quantity according to the real body needs. And seems that we are completely uninterested for our health. We are doing all what we can that get sick. Then we go to the doctors for drugs to poisoning to death. Indulging in a crippled appetite by using various slow-acting poisons, damaging blood, and undermining nerve power, many have been drawn to illness and death. Thousands have given in to their perverted appetite. They ate a so-called good meal and, as a consequence, acute acute illness and some death. It was an enjoyment paid at a huge price. God will not intervene to save people from consequences of transgressing natural laws.

For every transgression, exist natural penalty which will sooner or later become our experience. We are marvelously built. Masterpiece of Highest Genius. Our body is incredible even today after a few thousands years of sin.

Complexity of just our one cell outstrips all man made invents. Then what about the whole organism? The anatomical atlas will "leave breathless". But also, everything is determined with laws which govern by all functions. And just like gravity, they are always same. Ignorance can't prevent consequences. Misery, disease, degenerating and dying are results of transgressions. This is especially strongly expressed in this "modern" time in which we live. Our spiritual, mental and physical condition is particularly exposed to increased stress, unnatural, artificial living conditions in crowded metropolises and cities, speed, unclean air, unclean water, unhealthy food, various fashionable - harmful habits, vices... To all that we must to be add all our personal innate and acquired habits that we have in our practice, which directly conflict with the laws of life, health, moral and spiritual well-being. In generations after the fall into sin one after another,

there was a constant tendency to weaken. Good physical faculties increases our mental faculties. There is no coincidence. Whatever our personal physical state is, we are increase it or decrease it trough flow of time. What we eat, from that we are constructed. If our "build material" with which we are building our construction is "straw", of same quality will be a "house."It is crucial to choose best material. Sure, if we don't want to be victims of uncontrolled, wrong directed appetite. The loss of virtue and the degeneration of humanity can be largely attributed to the indulgence of perverted appetite. Jesus Christ warned His disciples that just before His second coming (which is unspeakable very near), a condition would be very similar to that which preceded the flood. The world will indulge in sinful enjoyments and exaggerate in food and drink. This is picture of the world today and a fondness for worldly customs will lead us into enslavement to perverted habits - habits that will make us to become like condemned inhabitants of Sodom And Gomorrah. How much nutrition and our relationship to it, have impact on our lives, most clearly can be understood if we pay attention to the warnings Christ gave about it in Scripture. He clearly warned of the state of the world before His second coming:

*"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. For as a snare shall it come on all them that dwell on the face of the whole earth. Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man."*

(Luke 21: 34-36)

*"And as it was in the days of Noe, so shall it be also in the days of the Son of man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all.*

*Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed."*

(Luke 17:27-30)

The inhabitants of the pre-submerged world were totally occupying with eating and drinking. Instead temperance which is crucial for health moral and spirituality, was prevailed licentious overeating and drunkenness. They ate and drank so much that yielding to the perverse need for food had no limit. They also ate meat, although at that time God gave no permission to man to eat such food. Consequences of that were violence, vices, and all possible evils. At the end, they became so corrupt that God could no longer suffer them. Their cup of iniquity was full, and He had to purify the earth with a flood because of it's full moral degradation. The same thing was true with Sodom and Gomorrah. The first time, the world was destroyed by water, and there will be second destruction. This time, Scripture announcing that world will be destroyed by fire. The Bible record of the flood was given to us as the example of God's righteousness that if we wanted, we could be able to avoid the terrible destruction that is coming soon. The Redeemer of the world knows that letting go of appetite brings about physical incapacity and so much that it impairs the ability to comprehend, so that one cannot discern what is holy and eternal. Christ gave is life to redeem sinners, but every kind of extravagance, dulls our conscience from that most important fact of life. He knew that yielding to oneself had perverted the moral powers and that there is a great need of man for the conversion of heart, mind, and soul from a life of self-restraint to a life of self-denial and self-sacrifice.

Plant - based food is not only healthy but most tasteful when extravagance successfully subdue to simplicity. Knowledge is increasing and there is a much greater awareness of healthy food than even just a decade ago or less.

However, prejudices according to plant food are not disappeared. Strongest prejudices are present among those who eat a lot of meat or

"fast food". The biggest reason of prejudice is ignorance, and then also and wrong shaped taste habits which feels disgust according to right, natural ones. However, this way of diet has a huge amount of variety and possibility for a lot of tasteful combinations. When at the same time attention is paid to the quality of foods and to be prepared on simple way, body is very thankful. And satisfied is taste too.

All mentioned is in very high measure directly opposite to the offer and choice in the supermarkets, shops and restaurants. Food which can be find there is designed to "kill" natural needs and health. And we will see that clearly in the continuation of this brochure. Unfortunately, money and profit became second "god" in this deviant generation. Food industry don't care for you or me at all. Their only interest is - sell! For them, it is not important how bad impact this food will have for our health. Most part of finished and semi-finished products on the stores shelves with its chemical structure, quality, ingredient combinations, additives and way of preparing are totally unfit for human health and good because that foods:

***- Don't contain nutritive value which can provide organism all what is necessary for him.***

***- Contain huge amount of poisons, synthetic and other damaging compounds.***

***- In the long run, it has multiple destructive effects, especially on the sensitive digestive organs, the brain and the organs responsible for blood production.***

Problem is that most of this food have a nice taste. And that is the biggest trap because additives, spices, emulgators and other, makes it to be so. Without that, this food is tasteless and it would eat nobody. On the other side, God in His love and mercy gave us beautiful foods which is in same time healthy and naturally delicious. This is hard for recognized when taste and appetite are accustomed on artificial, spicy, irritating and overly complex foods. When we eat usual diet, simple and natural diet looks repulsive. Logical. How to expect from gourmand whom eating heavy, rich cakes to be attracted with plain dry appricotes or plumes prepared on

some far more simple way? However, when extravagance once be successfully subdued to simplicity, all former, unhealthy, heavy, and artificial "delicacies" completely lose their appeal. As with most things, it's just a matter of one word called - habit! All food which was eaten going to organs which produces blood. And blood flows through every part of the body. If it is filthy and contaminated with toxins, how many of our organism will have problems because of it? Surely whole. In blood is life. Or death. The quality of blood and its composition especially impacts on the brain which is one of the most "blood consumer", as well as most sensitive organ. For his health and maximal potential, same as for reason and healthy moral condition, blood must be of best possible quality. Everything is connected with brain. And most important part of brain is frontal lobe. There is sitting of our thoughts, reasoning, conscience and place where we make all decisions. God with His Spirit also affects just to that part of our brain.

But how many habits we have that obscures, darken and distracts just that essential part. It is most sensitive part of brain on everything what putting ourselves.

### **ORGANIC OR CONVENTIONAL?**

Probably everyone could easy answer to this question. Organic food is far more better than food which is of conventional way cultivation. There are several reasons.

There are many benefits of organic food because conventional farming is extremely harmful. In conventional way use a lot of pesticides, herbicides, fungicides and other damage chemical compounds. Foods treated like that is full of toxins and is proved that provoke neurological, reproductive and endocrine problems. Also they provoke a cancers, lot of allergies and propensity to allergies. But it is even worse. Because of cheap way of cultivation which wants quantity and not quality, food loses its nutritional value. One of most known foods in stores which is considered healthy is banana. With some research in Sweden, it has been found that conventionally grown bananas are full of pesticides and poisons of various kinds. It was not just the bark but also the fruit. Some of most chemically treated foods on which is necessary pay attention are; potato, corn, spinach, green salad, celery, apple and similar fruit..etc. Organic food is

more expensive but that is not lost money. It is investment in our health. If we do not do that, organism will through time somewhere break down under a burdens of harmful substances. The highest and by God's given ideal of how to get food, would be when a man had his own garden, sown old varieties of seeds with cultivation in the most natural way possible with the help of existing techniques that give the best results. This is just one of the reasons why life outside the city and in the most natural environment is a huge advantage.

## CEREALS

They are an very important part of a well-chosen diet. Spelt, oats, millet, rice, buckwheat, barley, rye, sorghum, teff or kamut. The cereal that stands out the most by quality and nutritional value is - oats .It have structure which gives endurance and strength for long time. It is well known that work animals like horses are feeding with this sort of cereal. Oats is very suitable for salt and sweet combinations equally.

Bran, flakes, porridge or flour ... however, as with all foods of a similar type, it is not the same composition given the shape in which it is found. In bran there will be a large percentage of carbohydrates while coarse flakes will have a more of protein.

Flour and porridge are especially quality. It is useful knowledge because it helps to strike the best balance given the needs that a particular organism has. Also, whole grains are much healthier than those that are stripped of their shell. This part of grain often contains most of the nutrients. That's why integral rice is always a much better choice than plain white rice. The same goes for flour.

In special category are wheat and corn. Today in a large extent, both are genetically manipulated. Today's wheat is not same what is original wheat. Some microbiologists warns that today's wheat among other, contain enzyme suppressors which provoke damages on liver and even can cause death. This enzyme in GMO wheat, attacks human enzyme which produce glycogen. Which is why the liver is unable to produce glycogen, this

hormone molecule that serves the body to regulate blood sugar. This wheat provoke hypothyroidism and diabetes. Also, it has been changed percent of gluten which wheat naturally have. The gluten ratio has been increased several times and causes among other and inflammation of the intestines. Gluten contains for digestion irritating compounds that bind to minerals in the body. He then collects the minerals that are taken in with other foods and binds them to himself. This prevents the body from extracting them from food so that the body can absorb them. Wheat with such a high gluten ratio especially "steals" important minerals that the body needs. It is also established that gluten is associated with the cause of schizophrenia. When sick people eliminate wheat from their diet, their symptoms almost disappear. Therefore, the plant that is now called "wheat" has almost nothing in common with it except the name. How harmful is for use, is shown by the fact that today there is no person who does not have some kind of intolerance to wheat. All in all, this GMO hybrid has been proven to cause over 40 types of diseases. However, thank God, there is still an ideal substitute for wheat. An intact replacement. In terms of taste and structure, there is almost no difference except that "wheat" has much more gluten. It's a - "spelt". Spelt flour is an excellent and sufficient substitute for lost wheat. His only complaint is that it a few time more expensive then wheat. Anyway, it is also certainly not a waste of money because the harmfulness of wheat is huge, and the usefulness of spelt is proportional to that. A similar thing was done with corn. He is genetically changed and products of corn are therefore of very questionable quality.

## **Bread**

Due to the mentioned "wheat", but also a large number of additives, dyes, emulsifiers, and yeast, unfortunately bread from stores, and especially from bakeries, is terribly harmful. Therefore, the most ideal return is to old-fashioned homemade bread. True, it requires some more effort from going to the bakery, but going to the bakery is a great injustice to oneself and to one's neighbors. There are several variants of homemade breads. Options are from standard bread from the oven to unleavened bread from the pan. The latter is especially noteworthy. It's the fastest, easiest, and

probably the tastiest option. For bread, it is best use mixed flour. For example, could be mix spelt with oats or spelt with buckwheat or some kind. Integral is as is mentioned before, always a much better choice for digestion than white flour in all grain variants.

For the "bread" on pan, receipt is following:

***Need to be make a dough from flour, water, a little salt (oil is not necessary). The dough should be compact and not sticky. Then should be divided into several smaller pieces and rolled into thin though not too thin. Then, need to take the heaviest pan that exists in the house, and it is ideal if there is of cast iron.***

***Put then on a moderate heat and bake each piece for 2-3 minutes on each side (and shorter if the fire is strong). The only important thing is to be careful not to get "black burnt spots". It is normal to get some brown spots from baking, but it must not burn.***



*This "bradley pancakes" are really delicious and could use in all variants.*

When it is word about bread, something more also needs to be mentioned. The problem is in the yeast too. In modern bakery, in use is industrially obtained yeast. It is used because raises the dough unnaturally fast - in about 1 hour. A whole study has been done on what effect this has on the human body. In the intestines, these fungi attack and kill beneficial microorganisms. Beside intestines, live fungi of this yeast also enter into the blood. When they get there, they start to reproduce.

They feed on the nutrients from it, and release their products that are toxic to us.

More precisely, industrial yeast is a live fungus that is a parasite in our digestive tract in which it kills healthy microbes and multiplies in the bloodstream. It causes immune disorders and various diseases, including chronic illness and tumors. Doesn't that sound awful? There are about 500 species of yeast, and 30 species are harmful to humans. In the group of harmful fungi are today's common yeast. Unfortunately, baking powder is also bad. It contains phosphates - a type of additive. These are artificially derived phosphorus derivatives. They are found in cheeses as emulsifiers for mixing water and oil, in carbonated drinks, iced teas, in powdered milk, coffee, pudding or pork, as well as in seafood. They are found in thousands of foods, with many not even mention that are contain them or how much. They have been shown to adversely affect the bloodstream, kidneys and cardiovascular system. Therefore, it is undoubtedly the healthiest make homemade bread without the use of soda (which contains harmful aluminum), industrial yeast and baking powder.

There are old homemade ways of making yeast that are not harmful even though their preparation takes longer. They can be obtained from potatoes, apples, etc. There are several techniques.

One of way to get homemade yeast is the following:

***Organic rye flour is poured over with warm water until it has a texture like yogurt. It is left in a warm place in a half-liter jar. After 24 hours, add more flour to "feed" it and a little warm water and leave in a warm place. On the third day, bubbles will appear and this is a sign that the yeast is ready to use. Then put it in a deeper bowl. 1/3 jar is enough for 2 loaves. Spelt flour (because it contains gluten),***

***warm water and salt, is then added. Mix well and leave to rise somewhere warm. After a couple of hours, knead again until it stops sticking completely and leave it to rise for another 2-4 hours. Before putting it in the oven, put a little water on top of the bread to make the crust softer. Bake in the oven at 250 C for about 40 minutes.***

If homemade bread is made, it should be light and "sweet". It must not contain any trace of any acidity. It should be smaller so that the yeast fungi are completely destroyed by baking, which is impossible to achieve when the bread is too large. When hot, bread with yeast of any kind is difficult to digest. That is why he should never appear on the table so fresh and warm until he has cooled completely, or better yet, only the next day. This rule does not apply to unleavened bread or rolls that are great to use even while warm (not hot).

## FRUIT

God has wonderfully endowed us in His great love with this diverse, colorful, healthy and delicious gift. Fresh and dried, it represents the best possible form of sugar necessary for our energy and the work of the brain in particular. Fresh fruit is rich in vitamins, and dried is rich in minerals and contains many times more sugar than fresh. Dried fruit is one of the healthiest foods in the world that gives strength to all categories of workers and is just as suitable for people who work hard physically as it is for people who do mental work and sit a lot.

It goes perfectly with nuts and seeds. And the same goes for fresh fruit. No any heat treatment is necessary if you want to get the most out of this food. It is enough to have an ordinary blender. Raisins with almonds or sunflower seeds with perhaps ground carob are an example of a quality spread ready in 2 minutes. The fruit is a carbohydrate, the seeds and nuts are fats and proteins, and together with the grains they give a whole meal in well-balanced proportions. The healthiest fruits and one of the most complete and valuable foods are dates. This God-given pearl, is richly

adapted to the poor dry climates of the Middle East. The best are fresh. They contain a high proportion of B vitamins, vitamin A, phosphorus, magnesium, calcium, iron, 23 amino acids, omega fatty acids, some vitamin C and with all that, they have a low glycemic index and few calories. They are ideal for spreads, as a sweetener or as a meal with for example oats, with other fruits such as apples and some nuts. They can be used freely even by diabetics. And children with that can not only have a worthy replacement, but in fact sweets cannot be compared to this "sweet gold mine". Of course, need to pay attention to be organic. Also, it should be noted that fruits should never be mixed with vegetables for the same meal. The reason is that fruits are digested faster than vegetables and thus harmful boils occur. This often causes digestive problems. Therefore, we should also pay attention to one lesser-known fact. Some fruits are culinarily classified as vegetables, while certain fruits, according to botanical characteristics, belong to vegetables. An example of is a tomato that is formed by fertilizing a flower. From a botanical point of view, this is the basic characteristic of the fruit. Also, zucchini, eggplant, olives, cucumbers, peas or peppers are ... hard to believe, but by botanical characteristics - fruits. On the other hand, strawberries, watermelons and melons are actually botanical - vegetables. Therefore, for digestion, it is not best to have combinations in the same meal, such as lentils with peppers or apples with melons. The worst thing that can be done with fruit is long heat treatment because most of the vitamins and minerals are destroyed and remains only "f" of fruit. The best example is jams cooked for hours. When white cane sugar is added to them, they are nothing but empty, caloric, worthless - "nothing", only beautiful colors. However, there are more advanced ways to make far better quality jams that are time-saving, rich in nutrients, with fewer calories and much tastier than the aforementioned artificial "nothings". Example: homemade plum jam, instead of a traditional recipe that destroys everything what plum is, there is one much better method of preparation.

***Boil organic plums (if possible) just enough to soften, which would mean about max 10 -12 minutes (without added water). If desired (although not necessary), a tablespoon of coconut flower sugar (one of the healthy substitutes for white refined sugar) can be added to 350 g. When it boils briefly, dry prunes are added inside. Due to prunes and possibly a spoonful of some healthy sugar, it is suitable***

*for longer standing without spoiling. Then, one possibility more is add in 3- 4 spoons of chia seeds. But, can and without. It need to be placed in pre-sterilized jars at over 100 C in the oven. The same can be done with apple, apricots, figs or cherries.*



*All of these fruits have their own dried varieties that are rich in sugars and minerals that when mixed with this softened fruits, give everything the body and palate can ask for from sweet. When everything is cooled, put it shortly into blender and that's it. From that moment, the purchase of standard ones jams never comes to mind again.*

## VEGETABLES

Here should start with legumes. The reason is that they are not just proteins but strong proteins. Peas or soy have more percent of protein than meat. Then following lentils, chickpeas and beans. For people who eat plant-based foods, this group is indispensable. The method of preparation is important because due to certain compounds, if they are not prepared in an adequate way and not cooked enough, they can cause indigestion (except for young peas, which can be eaten raw). Unlike fruit, this category

is very fond of heat treatment that does not harm it. Legumes such as chickpeas should be soaked for 10 to 12 hours, which shortens the cooking time and extracts some enzymes that cause digestive problems.

And then it need to be cook for about 45 minutes, and if an espresso pot is used, even less. Some legumes do not need soaking and are cooked shorter, such as lentils.

Simplicity will always give the most, so chickpeas or lentils go great with quinoa, oatmeal or rice, and it is recommended to add spoon of some organic healthy oil and some walnuts or seeds (in limited quantities) that will further enrich the meal with nutrients. When it comes to soy, it is an "official" substitute for meat. It is a much stronger protein than meat and is suitable for many ways of preparation. Tofu, medallions, spreads or usually cooked with potatoes. It is known that there is a controversy related to the fact that it is a GMO food. It is true that soy is one of the GMO processed crops and has a lot of GMO soy. But in this case, it is also about malice of the meat and dairy industry to which this food is a serious threat. It is necessary to buy soy that is not GMO, which is available, and it is clearly indicated on such items. Many countries that use soy a lot, such as African countries, have far fewer diseases than Western society. An example is osteoporosis, which, for example, is almost non-existent in South Africa. Women who have hypothyroidism should not use soy because of certain ingredients that work in a way that worsens the condition (just like millet or cabbage). As with fruits, too long heat treatment is generally not recommended for other vegetables. Especially not for greens like spinach, nettles or mangle. They do not need to be cooked "indefinitely". Up to 10 minutes in boiling water is quite enough (and too much when it comes to losing some vitamins).

## **NUTS AND SEEDS**

Since these are very strong foods by terms of calories and fat and in terms of composition, they are here to complement other foods. They should not be used in unlimited quantities because the body cannot use them that

way. Also, not all types of nuts are equally good. There are differences in quality. Almonds are the best, here are also pistachios, then cashews, Brazil nuts, hazelnuts and peanuts. Although in terms of quality among the latter, peanut is the richest in protein and quite easily digestible, so is good for moderate use with cereals and other similar things. The daily dose is about 100 g of walnuts if the diet is balanced (up to about 130 in some who are more active). The problem with them is that they are quite expensive, and they are especially if they are organic. Although they are not, because if you buy a kilo of a walnut and follow the rule of about 100 grams, that kilo can be quite enough for 10 times. However, there is a cheaper and equally good option - seeds. Chia, flax, sesame, sunflower, or pumpkin. Each has a unique composition and elements with which it is especially abundant. As with nuts, around 100 grams a day is quite enough, and even too much if oil is using. Sesame, sunflower, and pumpkin seeds are great for making fruit or vegetable spreads and sauces.

Sesame and flax because of their hard membrane are not ideal for the body to best use them in such a form. They need to either be chewed very well, ground or use the flours that are most easily absorbed. As for sesame, there are 3 types. The "weakest" is plain white sesame. Nutritionally, the integral is better, and the strongest is black sesame. It is valid rule here as well as with rice, quinoa or lentils.

There is one type of seed that should be considered more closely. It is industrial hemp. There are two types of hemp. *C. sativa* and *C. indica*. *Sativa* is industrial and *indica* is Indian. Indian hemp or marijuana is often used as a drug because it contains large amounts of the psychoactive compound THC. Industrial hemp is a little different even though they are "sisters". It contains much less THC, and by its characteristics it is one of the most useful plants in the world. It is suitable for making thousands of types of items. More recently, it has come on the market as a foodstuff. It is extremely rich in protein and is one of the most protein-rich foods. However, it is not completely devoid of THC, although in small amounts, it contains it. Most will say that in those quantities it does not have side

effects, but is it really so? CBD oil is produced from industrial hemp, with allegedly extremely small amounts of THC. This oil is often used in the treatment of various diseases today. But the side effects which are possible are dry mouth, fainting, nausea, low blood pressure, changes in weight and appetite ... all of the above are characteristic side effects associated with the use of THC. While it is true that in small amounts in seeds it cannot act psychoactively like cannabis which contains large amounts of THC, even in small amounts it can cause physical side effects. Therefore, despite the many recommendations of this plant today and despite its medicinal properties and rich nutritional value, it should be borne in mind that it is still the "twin sister" of the marijuana. In nature, there is a sufficient variety of nuts and seeds that industrial hemp is not necessary for consumption and can be done without it, so the question arises, why make food from it? The potential possibility of using industrial hemp in production is really amazing. Ropes, canvases, fabrics, papers, clothes, building materials etc. It seems that for this purpose it was given by God because the food that He intended for diet never contains any harmful substances, not even in small quantities or in traces. Another seed that should be mentioned because it is often consumed, but in its natural state contains many very harmful alkaloids is - poppy. There are over 100 species of poppies, but they all have the same effect of opium (more or less depends on whether the poppy is fresh or dried and which part of the plant is in question). Wild poppy seeds are used in the kitchen, which is essentially and always toxic. In large quantities, poppy poisoning can occur. Drowsiness occurs and body temperature begins to drop. With severe poisoning, even coma can occur. That is why the best option is to get it out of use because is not something really necessary.

*Amaranth* - belongs to pseudo cereals, ie seeds. He is originally from South America. It is very nutritious. It is a source of B complex, potassium and phosphorus and is extremely rich in manganese. Need to be boil it in water until it becomes something like "pudding". It is great for breakfast with fruit and the like.

*Quinoa* - also belongs to the pseudo cereal and seeds. It also has origins in South America. It has a very rich composition and a complete composition of all protein amino acids. It keeps satiated a long time, and at the same

time it is light and quickly digested. It has good amounts of magnesium, potassium, calcium, iron and phosphorus. It goes well with all kinds of vegetables, especially legumes, and has the same purpose as rice. There are white, red and black.

## OIL

Olive oil is of the highest quality. It should be noted that exists a "scam" that is common in the market. When buying olive oil, it is often a mixture of sunflower and olive oil. To check if it is really real olive oil or not, it is necessary to put it in the refrigerator overnight. Real olive oil will squeeze and become on cold place like a paste. The counterfeit will remain in a liquid state. When it comes to cheap versions except with the "organic" certificate, in most cases it is a hoax. Organic sunflower oil, rapeseed oil, pumpkin oil and sesame oil are also very good. Palm oil is harmful, just like all existing fats of animal origin. A tablespoon of palm oil is enough for more than half of the body's daily need for fat. The problem arises that this oil is added to almost all processed products because it is the cheapest. Especially in sweets and snacks which makes them extra fatty, caloric and harmful. Of all the oils, it is the most harmful. Palm oil raises bad LDL cholesterol and causes cardiovascular disease. Worst of all, it is carcinogenic. When it reaches the digestive tract, it releases the compound "glycidol". This compound has been laboratory proven to damage DNA and cause cancer. Now, need to concern with a margarine. It is produced from vegetable oils. It is extremely harmful, inedible and unnatural. The method of production creates a product that ranks it among the most unhealthy existing foods. With a high temperature in the process of pressing the oil, free radicals are formed which can cause great damage to the cells and increase the risk of cancer. It is then cooled abruptly to allow the oils to harden (with hydrogenation and esterification) which creates molecules that do not exist in natural fats. As fats are involved in a number of important biochemical processes in the body, so these distorted fats cause various disorders in body and lead to disease. for example, hardened palm oil, which is unhealthy in itself, is a common ingredient in margarine which promotes the formation of thrombosis. Dangerous chemicals are also used.

Due to cooling, trans fats are formed which are very harmful to the body. Industrial trans fats increase the risk of diabetes, cancer, cardiovascular disease and fetal damage in pregnant women. In addition to margarine, they are also found in some types of purchased pastries, biscuits and cakes, ice cream, chocolate and chips. When the margarine hardens, they say it has an unpleasant odor and is gray in color. It is then bleached with caustic soda and chemical bleaching agents. In the end remains an impersonal mass to which an artificial taste and color of butter is finally added. Margarine is a poison full of dangerous chemicals, manipulated at the molecular level and contains fats unknown to the human body. Finally, when margarine is chemically analyzed, it will contain: extraction gasoline hexane (explosive in a certain amount) - damages nerves, acetone - a flammable substance, harmful to the brain and nerves, phosphoric acid, strong and dangerous acid, caustic soda, metal nickel as a catalyst for hydrogenation, methanol, bleach and polyaromatic hydrocarbons. Unfortunately, this "crime" brings millions in profits to producers, which contributes to successful marketing manipulations that encourage people to buy it. And what really is margarine, certainly no one will tell us in markets where this "battle poison" is on offer.

## **SALT AND SUGAR**

With too greasy, spicy and very sour, also too sweet and too salty they definitely fall into the category - bad. The problem with sweets is not that sweet is but the usual white sugar, which causes horror in the body (like all artificial sweeteners). Sugar disrupts calcium absorption, reduces the ability of white blood cells to destroy germs, interferes with thinking and darkens the brain, causes tooth decay and stomach ulcers. It is especially harmful to the brain, increases the level of stress hormones, and reduces the level of calming hormones and minerals in the body. It stimulates the secretion of dopamine in the brain for a short time. This instantly and transiently increases sharpness and concentration in thinking, but in the long run it leads to a decrease in the amount of dopamine in the brain (it has a similar effect as for example, caffeine). People can only be sensitive to or addicted to sugar. The difference is big. In the first case, a person can resist the desire for sweets and the like, but in the second one feels an

obsessive need for sugar due to disturbed chemistry in the brain. One who is addicted to sugar will eat a whole chocolate, a whole bag of candy or a whole pack of biscuits. And there is no end to the desire for sweet ... harmful sweet. This accustoms the body, and the brain, to everything that is bad. The taste is accustomed, the brain is addictive and is it any wonder that people who often and a lot eat processed sweets, refined, artificial and complicated have almost no desire for simple, natural and non-irritating food?

It has also been found that sugar, due to its bad effect on the brain, has a particularly bad effect on children and encourages them to be hypertensive, irritable and reduce their attention. Also, the usual cakes, puddings, toppings that contain harmful ingredients, will disrupt the digestive organs and create problems for them.

Combinations of milk, sugar, and eggs are especially bad (and in large quantities) because that combination together causes the formation of toxic boils in the stomach that makes the blood bad. Thank God, for those who think they can't do without sugar, today there are numerous and more than better natural substitutes - from dates (syrup) to coconut flower sugar. As for salt, there's probably no man who doesn't realize that too much salt isn't good. Salt is a necessary health supplement, but in moderation. The highest quality salt is Himalayan salt. It contains the greatest variety of minerals and for blood essential substances.

## **SPICES**

There are beneficial spices that enrich food and have beneficial substances in them and there are those harmful ones that spoil the blood and do damage to the organs.

Useful include herbal ones such as fresh or dried basil, dill, chives and the like. Harmful are those which are strong and irritating. Pepper in all variants is not good in any quantities, it is the same with hot pepper and chili, mustard, ordinary cinnamon and everything else of a similar character.

Spices (strong) are pure uselessness, a waste of money and let's call it the perversion that our appetite demands when it is uncontrollably given to the will to ask for what it wants. Despite some beneficial compounds, the problem is that cause a problem to the stomach, digestion and blood. Also, pickled vegetables fall into this category.

It is harmful because vinegar is used. Vinegar is anything but good. Wine vinegar is especially bad. It can be used effectively (as well as coca cola) in household cleaning, disinfection and the like. And if it is able to clean or remove various deposits from some metals such as bronze, what does it do in the stomach? Blood?

Cinnamon is also problematic. There are two types of cinnamon. The common one in stores which we usually call cinnamon and Ceylon cinnamon which is actually real cinnamon. This common cinnamon on the shelves of large stores is not real cinnamon, it is a Chinese Cassia tree. This "cinnamon" contains large amounts of a harmful organic compound - "coumarin" which is toxic to the liver and kidneys. Frequent use can also cause cancer. That cinnamon is toxic. It contains dozens of times more coumarin than Ceylon (real cinnamon). Ceylon cinnamon contains much lower doses of coumarin and does not have as many harmful effects as Chinese Cassia, although it itself contains other compounds that can have harmful effects if consumed in large quantities.

It is true that Ceylon cinnamon is useful as a medicine in small doses in sick conditions such as diabetes because it can regulate insulin in the blood or as a means of disinfecting wounds, treating inflammation and the like. Spicy and strong spices have a similar effect as alcohol. The stomach of people who use abundant and long-term strong, irritating spices, does not differ much from that of a person who is an alcoholic.

## **MILK AND DAIRY PRODUCTS**

When it comes to dairy and animal origin, things get even more complicated. First, should be pointed out that milk today and milk before e.g. 30 plus years ago cannot be compared. Milk in itself is not our primary food but once upon a time, if it was from healthy cows and completely

sterile, it was (relatively) safe to use although for digestion it was never best. This category is considered as one of the most important ... but, let's go a little deeper. First, a cow is a mammal. Mammals are created as creatures that raise their offspring on milk. Each species has its own specific milk. One of the main differences that makes milk different between species is the protein casein. There are several variations on the theme. In human milk it is such that a child can easily digest it with ease because it is designed for him and his needs. In human milk are substances necessary for the development of the child's brain and the protein casein (which is responsible for growth) is in the ratio needed for the child to can develop properly cognitively and physically. When we take cow's milk, it has 3 times more casein than human milk. And not only that, it is also of a different structure. Why? Very simple. The cow has milk so that calf can grow on it. Calf! A cow produces her milk not for a man but for her calf.

Therefore, when children are given cow's milk, it is true that they grow quickly precisely because the casein in cow's milk is 3 times stronger than in human milk, which, among other things, contributes to the development of the disease. Cow's milk does not have a milk composition that is intended for the cognitive development of the calf but only for its physical growth. Therefore, feeding a small child with cow's milk - is huge mistake. Except for man, no other species drinks milk when it grows up, and especially it does not do so from another species. Does that tell us anything? Type 1 diabetes, postpartum depression, circulatory disorders, food allergies and autism have also been linked to cow's milk consumption. Casein from milk is very difficult for the body to digest. While lactose is indigestible for most of people. After the end of the breastfeeding phase, most people lose the enzymes for digesting lactose. And consumption of milk and dairy creates problems to the digestive system, and to the whole body. One of the worst foods it takes in — cheese.

It is completely inadequate and non-degradable for our system therefore comes to make rot in the intestines. How harmful it is, tells the fact that it is only casein and fat in his structure. Casein is hard for us to digest and the cheese stays in the digestive system for 8-10 hours, which creates problems. By comparison, for digestion of fruit, is needed to between half

an hour to an hour. The liver and kidneys especially suffer when is present a large amount of protein such as casein.

Also, cheese contains certain substances that have been proven to be addictive. It is phenylethylamine. It is a compound that is similar to amphetamine which is also found in chocolate or sausages. Consumption of cheese causes atherosclerosis, can cause chronic diseases such as heart disease, arthritis and migraines. Likewise, dairy products contain estrogen from cows. This female hormone is associated with an increased risk of breast cancer. When milk becomes cheese, estrogens are more concentrated and the chance of tumor growth increases. As for calcium and the supposed necessity to use dairy for it, is no less than - untrue. How did cows get calcium in their body? She ate herbs that had it in abundance. Calcium from milk is barely digestible. And the best and largest sources of calcium are found in herbs (spinach, chard, sesame, broccoli, kale, almonds, walnuts ...). In fact, the truth is that when milk and dairy products are consumed, they extract natural calcium from the body, so diseases occur: osteoporosis, osteoarthritis, prostate cancer, pneumonia, colds, gout, cholesterol, plaque forms in the veins, due to inability to digest inorganic substances. Osteoporosis does not exist in countries where milk is not used or is used less such as Africa. Also, the animal world is getting sicker. Many experiments, as well as the world's largest study of all time conducted in China on a sample of over 20,000 people, have proven that casein, which makes up at least 80 percent of cow's milk protein, stimulates the development of various diseases, especially cancer. In addition, animals are getting sicker and sicker.

If we take the Bible, she also tells us that this will be the situation near the end of this world. And the animal world will suffer too because of human evil. And that is true. The cattle are sick. Part of the argument against consuming dairy products is the same as against consuming meat. Animals are full of toxins, harmful fats, excess protein, hormones, pesticides and viruses. Today's milk not only has nothing to do with cows that are properly treated in the best conditions, but what is actually happening is frightening. Only if we look at some facts about what is done to poor cows for profit can a man be ashamed because it seems as if he is really an "animal" that is bigger than an animal.

***- 60-75% of cows are artificially inseminated (new technology allows the introduction of the entire embryo, not just seeds)***

***- the weight of a cow's udder can be up to 50 kg***

***- cows are milked 2-3 times a day and 7-10 months a year even during pregnancy;***

***instead of producing 3 liters of milk a day for her calves, she produces 30 of them***

***- the cow is fed protein concentrates (sometimes with ground bones) to increase milk production***

***- due to poor hygiene and control conditions, caused because desire to speed of production and the quantity of milk, metal tubes that suck milk often transmit infections and injure cows***

***- Most of cows suffer from inactivity every day, and 25% suffer from infections such as mastitis***

***- the natural lifespan of a cow would last about 20 years, but tortured, tired and sick cows forced beyond their natural capacities, finally they ends up on slaughter when have approximately 5 year***

Fortunately, there is more than an adequate substitute for milk and dairy products ... it is vegetable milk. A drink made from oats, spelt, almonds, hazelnuts, coconut or rice not only replaces milk with dignity but is far better than it. In addition, anyone can make own "milk" in 2 minutes. Soak a handful of almonds, sunflower seeds or walnuts in water for about 6 hours (not necessary, but it gives even better results). Add water to the blender (about 500-700 ml), a small pinch of salt, a handful of nuts of any kind, and if you like maybe carob powder or some raisins, etc. and the milk is ready. Such a drink goes great for breakfast and in all variants with oats, buckwheat, amaranth ... with everything.

## EGGS

As for the eggs, they are not in the same category as dairy products, however, due to the aforementioned increasingly sick animal world, they are no longer safe for use. Hens from which eggs are obtained for mass consumption do not treat much better than cows and eggs are therefore harmful. If we add the fact that they are rich in cholesterol, that is another minus. One large egg yolk contains about 237 milligrams of cholesterol, which is close to 65% of the daily intake. Eating eggs in large quantities therefore causes cardiovascular diseases such as atherosclerosis. And if we add the fact that eggs are most often used in harmful combination with milk and sugar, we come to the point that they become harmful. Eggs are used as a binder in making, say, pancakes, but the same effect can be achieved with chia seeds (ground), tapioca starch, etc. Therefore, the consumption of eggs today has no reason why they would be good or necessary. The situation used to be different. The chickens were healthier and ran happily around the farms, fed adequately and lived in natural conditions that suited them best.

The eggs of that hens had some good properties that helped to remove some toxins from the body. But today almost everything is sick and they go away irretrievably with that and eggs as a relatively good food. And therefore, in addition to all the various foods available in the world today, is it really necessary to eat someone's embryo? Why?

## MEAT

If milk creates a problem (big) for the body, what can be expected from the use of meat? Meat lovers will try to justify its consumption in any way, but in doing so go directly into conflict with what facts says. Meat has been in human use for hundreds or even thousands of years, but what does the human body have to say about it? The physiognomy of herbivores in itself makes this food something foreign. God gave plant food because He never wanted anyone to eat anyone or that His creatures killing each other. Since the fall into sin, that happy state has changed. Man began to eat meat, and

animals in the wild that were also originally herbivores, began to eat each other. It should be pointed out again that man is composed and built from what he eats. If we eat meat, we are thereby supporting the wild and the rougher part of our nature, - On that way we weakening what is nobler and tenderer. It should be taken into account that meat is not only unnecessary

but also damaging for our body. It has nothing what we can't get from the plant world. That includes the controversy over vitamin B12. It is true that it cannot be found in many foods, but there are foods that contain it such as unfermented - delicatessen yeast. Also, our body itself produces certain amounts of vitamin B12 (proven). If we eat properly and adequately, the body will meet only all the needs it has for vitamin B12. And if you add a delicatessen yeast, there is absolutely no problem at all with it. The most common "argument" that is falsely put under the fact, and so often pointed out is that proteins can be found only in meat. If we recall vegetables, the composition of legumes will say that they are many times richer in protein than meat. To make things even more interesting, if we look at the animals that are used for food (except for pigs, some fish species, shellfish, crabs and mussels), they are all originally - herbivores. A chicken become hen because its natural diet is plant-based. Calf become cattle because they naturally graze the grass on which they become strong cattle. In addition, some of the most powerful animals in the world are herbivores. Elephant, rhino, gorilla, giraffe, bison, ox, horse, etc. these are what they are precisely thanks to their plant diet. In other words, if we eat meat, we are actually getting proteins from "second-hand". Isn't it incomparably better to take pure protein from nature without someone dead? What gives the meat its taste and aroma that make it so overrated are: blood, fat, spices, additives ... and sometimes urine. Let's remove it all together, and we will get a tasteless, insipid mass.

Beside hundreds of kinds of fruits, vegetables, grains and nuts, is there really nothing better for eat then the meat of slaughtered animals? Again as with dairy, animals are sick and they are more than ever, If once there was a time not to consume meat it is certainly today. Once upon a time, when there was not so much industrialization (and so much moral corruption), meat, although never ideal, was not as harmful as it is today. Animal meat is often full of toxins, impurities, hormones, antibiotics, parasites, bacteria, secretions, viruses ... Those who use meat food know

little about what they actually eat. If people often saw the conditions in which animals are kept and the quality of the meat they eat, they would reject it with disgust. In America alone, about 9 billion chickens, 300 million turkeys, 100 million pigs, and 35 million cows die each year. In addition to the fact that the meat industry literally torments them all their lives and that they are fed completely wrong, they are treated extremely inhumanely even during the slaughter. Animals have a premonition when their end is coming and know that they will end their lives. In those moments, they literally get mad. During the death struggle, their body secretes huge amounts of stress hormones. It stays in the meat and goes to market in it. When we eat meat, we take into our bodies, among other things, the stress hormones that the animal released in its last and stressful moments. How does it affect the body? Let logic answer for itself. Also, when the animals are already dead, steroids are often injected into them to make the meat as "attractive" as possible. That is the reason for those "beautiful" big chicken breasts in supermarkets that are so gladly and massively bought. If one can't imagine or believe what an animal and its meat go through from the beginning of its life to the moment it is put on store shelves, it can be searched on youtube. Meat foods strongly impact on the value of blood. It is impossible that if we use meat abundantly, have an undisturbed and an effective mind. It is also true that not all types of meat, regardless of their harmfulness, are equally harmful. There are harmful, very harmful and most harmful. Chicken breasts are harmful, although less so because you don't have blood in them, beef thigh is very harmful as well as red meat in general, and pork is the most harmful. And here the biblical report and facts meet again.

God as a rule throughout the Old Testament and the Bible in general, forbids the use of pork. Thus in the Leviticus we have a division into clean and permitted animals and unclean, prohibited animals. The pig has always been especially forbidden.

God said about her:

**"You shall not eat of their flesh, nor touch their carcass, for it is unclean to you."** Leviticus 11: 8

Is it because of God's showing His authority, or is that food in itself so harmful that He defends it for that reason and for man's good? Let's check out! A pig is an omnivore. In other words, she will very gladly and easily eat the biggest garbage and waste. Of all the domestic animals, only the pig has teeth as in carnivores. This puts her in a beast family, not in domestic animals. In areas where there are them, the pig is able to devour even the rattlesnake. It feeds on carrion, even those that decay (like a hyena, griffon vulture, etc.). Pig is also a coprophagus, which means that it eats its own feces (and anyone else's), and it will even eat its cubs if she is hungry. Her habitat is mud and dirt. In the meat of pigs, a large number of parasites, larvae, worms, eggs can often be found, for which her (dirty) meat is an ideal habitat. There are a number of dangerous worms, and parasites that pose a serious threat to our life and health.

If we mention some, these are; *The Trichinella worm that causes severe Trichinosis. Balantidium Coli is a parasite that is a normal resident of porcine intestines and causes severe and not infrequently fatal dysentery in humans. Hook worms that cause anemia and inflammation of the bowels because they suck blood from the intestines. Paragonimus is a parasite that lives in the lungs of pigs, and for which there is still no way to be killed in the tissue of pigs - it causes jaundice. Toxoplasma gondii, a parasite that causes Toxoplasma infection. Clonorsis sinesis, a parasite that causes liver and breast diseases. Tapeworm, Human worm, gnatosomes (group of fungi) ... In addition, pork can be infected from the outside through beetles cockroaches. These insects often lay eggs on it, which causes disease, ie hymenolepiasis, in humans.*



Someone can try take comfort with the fact that meat for consumption undergoes inspections before going to market, but this is not always a guarantee that it is not infected.

*In one study, out of 200 samples, 69% of the tested meat was infected with something. Eating pork is the cause (proven) of over 70 types of diseases, most of which are severe and deadly.*



Pork is always the meat of an extremely dirty animal and in terms of its characteristics and chemical composition - the body is always a huge problem. It is also the largest distractor that can be measured with testing. Everything that is taken into the body with the consumption of the same

burdens the lymphatic system for another four weeks after a meal. The meat as well as the fat of these animals are by far of the worst possible qualities. With eating this dirty flesh, man greatly making damage to himself. What makes this food even worse is that a lot of flavor enhancers, additives and spices are added to it. God justifiably forbade even touching pork carrion and its meat. Infections and diseases can be obtained even through cutlery and the like. Pork consists of what it eats and what it lives in. If pork is eaten, the bloodstream becomes unclean and diseased. Also, eating this unclean animal dulls the brain, morals and mind which is one of the biggest problems with this food. As with pork, there are undoubtedly well-founded reasons for all other unclean animals why they have been declared unclean. In the same category are, for example, shellfish, mussels (squid, cuttlefish, octopuses), eels (and sea snakes), sharks, crabs ... Anything that does not have a peelings and separated fins at the same time, is marked as unclean. All animal "cleaners" are listed because their meat is full of harmful substances. Therefore, it is completely unsuitable for human health and well-being. That is the only reason why God forbade it so strictly.

As for fish in general, unfortunately fish is no longer what it used to be when better and more natural conditions prevailed. The seas are more and more polluted. Mass fish deaths are not uncommon around the world. This is especially the case in recent years. Sometimes there are millions of fish which are found dead. And this is the case in the seas, but also in lakes and rivers.



***“Therefore shall the land mourn, and every one that dwelleth therein shall languish, with the beasts of the field, and with the fowls of heaven; yea, the fishes of the sea also shall be taken away.”***

Hosea 4:3

As the water gets dirtier, the fish is increasingly full of toxic compounds. Different fish species can also contain elevated concentrations of toxic mercury, arsenic, cadmium, lead as well as the elements zinc, copper (in excessive amounts) which can cause a number of adverse health effects to those who eat fish. In the aquatic environment, microorganisms inhabiting sediments convert inorganic mercury originating from natural sources into methyl-mercury. It accumulates in the tissue of fish and other living organisms in increasing quantities which is more species in the food chain of the marine ecosystem. A particularly high concentration of mercury was found in tuna. Methyl-mercury has the strongest toxic effect on the central nervous system. Symptoms can be: cramps, memory loss, dementia, narrowing of the visual field, effects on hearing, fatigue, tremor and depression ... and also, the various compounds that occur with methyl-mercury are carcinogenic. A common argument in favor of eating fish is omega fatty acids. However, thank God, fish is not needed for this at all because chia seeds or pumpkin seeds are enough rich in omega fatty acids.

**COFFEE AND “RELATIVES”**

Coffee, cappuccino, cocoa, black tea, green tea, energy drinks or Coca Cola ... What do they have in common? Substances of similar action. Toxic substances. These are alkaloids. This group includes cocaine, morphine, quinine, nicotine, theophylline, caffeine, theine, theobromine, piperine, etc. Caffeine in coffee and Coca Cola, caffeine + a combination of milk and sugar in cappuccino, theobromine, theophylline and caffeine in cocoa, theine in black and green tea.

These are substances that work in a similar way to, say, nicotine in cigarettes. Almost all are more or less toxic, although not all are equally highly toxic. Alkaloids act on a lot of functions of the body because they affect the nervous system. Caffeine is an alkaloid found in coffee beans, green or black tea leaves, and in cocoa beans. The deception is that foods like coffee, which contain caffeine, work in a way that ostensibly gives a person more energy. For this reason, it is a common opinion that employed people or students should drink coffee. Which most do. But the question arises, what happens in the body to causing such a condition? Caffeine, theobromine, theine, etc. work in a way that unnaturally strongly stimulates the nerves. This means that the body gets energy from the future that it does not currently possess. These substances are forcibly stimulating the nervous system by excessive stimulation to unnaturally strong work. What happens after that is a fall of energy. In proportion to how much it "raise up", there is a later drop in energy when they stop working. They will tell us that there are daily allowable doses of eg caffeine. The question arises, if something in itself is a toxic stimulant that unnaturally irritates the nervous system in large and small amounts (always) what means the allowable daily amount for taking this toxin? Why? It always has some detrimental effect because it is harmful compound itself. Cocaine is a stronger alkaloid than caffeine, but they are in the same group and have a similar action. Can it also fit in with some "allowed daily doses" in everyday life? All these substances also create addiction, which creates a strong habit unfavorable for the brain and nervous system, and thus for the whole organism. So it is not surprising that one can be addicted to coffee as much as one can be addicted to chocolate. This is a special addictive food. And special detrimental. In addition with cocoa that contains at least three alkaloids, it also contains very addictive sugar and bad combination of milk and sugar that causes harmful fermentations. And there are also all

the additives which are added. Chocolate itself is extremely bitter before industrial processing and there is nothing similar in it to what chocolate is after processing. For proof that this is really the case, it is enough to try pure cocoa beans. They are terribly bitter, inedible and completely unusable for food. Such a taste is usually associated with harmful alkaloids and other toxic substances. If something tastes so intensely bad, and logic itself says that something is really wrong with it. Covering with sugar does not remove the harmfulness but only increases. Theobromine from chocolate is its basic alkaloid. It causes abnormal gland growth, central nervous system stimulation, insomnia, depression and nervousness. The kidneys and liver are involved in excreting this substance from the body out. If the kidneys work weaker, theobromine accumulates in the blood. Other and harmful alkaloids present in chocolate are caffeine and theophylline.

Also, in cocoa beans there is a compound called "aflatoxin". It is one of the most famous compounds known to cause cancer.

*Chemists have reported the presence of aflatoxins in cocoa.*



It is true that cocoa also has good, ie useful substances, as well as, say, green tea, however, the problem is in the effects of those bad compounds that they contain.

The problem is multiple when these foods are an integral part of the diet and when they are consumed in the long run. It is best and most desirable to find replacements for all of the above. Healthy and delicious substitutes. They thanks to God exist. For all who have the will and moral strength to do themselves a favor, there are similar but healthy foods that can successfully replace these bad ones. Cocoa, has a worthy replacement in healthy, finely ground carob. Apart from being reminiscent of cocoa in food, it is full of minerals and is healthy. For coffee lovers, harmless "coffee" from chicory and barley can serve quite well without harmful irritations of brain and nervous system. And as for energy, if a person first feeds and respects the other natural laws of his body, will have energy and will not have the need for stimulants. And also will have a much clearer mind.

## WATER

The most precious liquid in the world. But as man has corrupted all God-given good, so it is with water. Unfortunately, standard tap water is harmful. This water is severely treated with chlorine. From a sanitary point of view, attempts will be made to justify this. However, chlorine is a poison. And it is a strong poison. Chlorine destroys all trace elements that water itself contains. This makes it devoid of all the elements and nutrients found in groundwater. Tap water contains over 300 organochlorine harmful compounds. That's really bad. Although at the same time, this does not mean that health will deteriorate immediately after drinking that water.

The fact of the matter is that harmful and carcinogenic substances gradually accumulate and deposit in the body over time when other compounds from tap water combine with chlorine - "trihalomethanes." It is not just a problem in chlorine because there are also other harmful compounds like aluminum sulfate and sodium fluoride or these which are deposited as calcium and magnesium salts . It is a common opinion that this is why boiled water is cleaner. High temperature destroys bacteria and viruses that live in water and reduces the content of impurities with a low boiling point. For this it is necessary to boil water for about 40 minutes.

However, reducing the volume of the liquid leads to an increase in the concentration of impurities with a high boiling point and toxins, so that in the end, boiled water is no better than ordinary tap water at all. Bottled water can be made seem as a solution because the water with which the bottles are filled is mostly spring and of very good quality.

But the problem now is in the plastic packaging.



Water in plastic bottles is intended for standing for a long time and is often exposed to higher temperatures (in warehouses, shops, during

transport ...). So called. "PET" packaging is one of the most commonly used types of plastic in consumer products. This type of plastic is also used for most water bottles. It contains heavy chemicals that are released in proportion to the standing time. This leads to the release of toxins such as methyl - chloride, and xenoestrogen, and the chemical compound diethylhexyl - fumarate, which strongly disrupts the hormonal balance in the body and has a detrimental effect on the endocrine glands. So, in conclusion, tap water is harmful, boiled water is no better, and bottled water in PET plastic bottles has a bad impact on our hormones. What to do? It is best to have your own water, but this is impossible in urban areas. It is possible only if one goes to live in some hamlet in nature. And this is only solution and in all respects ideal if there is an awareness of many important and key religious and health facts. Creator calls people to leave cities because soon, according to prophecies, every possible catastrophe will befall cities. Huge cities will be destroyed by earthquakes, fire and water. There will be famines, deaths, plagues and diseases that will take thousands of lives. Corona was the beginning of the end and the situation will be worse and worse. There will also soon be a big problem and an economy that will be brought down. Both the Church and the state will thus force the conscience to obey the provision directly contrary to God's in Decalogue (Exodus 20:8-11).



So, everyone who wants save life and avoid destruction, will came out in some place in nature with God's help and have own food and water. Anyway, the only thing that is offered as solution beside as an option apart from that, is the purchase of a better quality water purifier (preferably portable). Given the harmfulness of the water we are served, this certainly cannot be a badly spent money.

## **ALCOHOL AND CARBONATED BEVERAGES**

As for other beverages such as alcohol, carbonated or artificial, it is probably not necessary to speak specifically about how harmful, bad and unsuitable they are for use in any quantities. Not without multiple moral - intellectual - health consequences. All beverages obtained by fermentation do not have a single justifiable reason why they should be used. And also not a single benefit. Natural fresh grape juice, apple juice, raspberry juice or cherry juice are incomparably better options than any alcohol or irritating drink. The harmfulness of carbonated beverages to the body is great. Tooth decay, liver, kidney, diabetes, insomnia, stomach and esophageal corrosion, hyperactivity in children, or an increased risk of breast cancer in women are just a few mentioned. Carbonated drinks contain more than 30 different additives, from dyes, preservatives and flavor enhancers.

Water and sugar are the basic ingredients of artificial drinks in a ratio of 90% water and 10% sugar. Take Coca Cola for example. It is estimated that over a billion and a half people in the world drink at least one glass of Coca Cola daily. That's terrible! Coca Cola is water, carbon dioxide, caramel aroma, orthophosphoric acid, sweeteners such as aspartame and caffeine. Coca Cola contains at least 5 dangerous carcinogenic compounds, one of which is sodium cyclamate (artificial sugar). It is often used to clean the engine on a car, to remove rust stains on brominated surfaces and to remove corrosion from batteries and other iron objects. In India, farmers use it instead of pesticides for their crops because it is cheap and effective. It can be used to unclog pipes and drains. If we consider what it can all be used for (successfully) let's just imagine what this do to the sensitive organs in the human body. Besides, where did the name Coca Cola come from? In

the original recipe, that drink contained - cocaine. They claim it has not been put on for more than a century. However, 370 kg of cocaine was recently found in a Coca Cola factory in France. Profit. Profit. Profit. If we care about anything, we will not consume such poisons, nor give financial support to criminal and genocidal companies such as Coca Cola and all others who are not only not interested for our health but are deliberately making deadly products that severely damage health and subtly they are destroying humanity. And not only that. It is known that large food corporations are responsible for the exploitation of children and the system of slavery. These include Mars or Nestle, which are responsible for torturing and exploiting children with hard work. This is generally common for the chocolate industry and cocoa plantations. Every time we buy the products of these evil companies, we support and encourage their moral depravity.

## COOKING UTENSILS

A lot of time is spent on cooking. Too much. Just because is habit eat too complicated and complex food. In addition, as such it is bad for digestion because often harmful combinations are used, such as the mentioned milk - sugar, etc. Long-term heat treatment deprives many (most) foods most of nutritional value. The result - a nutrient-deprived organism. In reality, a lot of cooking is completely superfluous. That doesn't mean it's not necessary at all. Good bread, lentils, potatoes or rice, require cooking or heat treatment. Real superfluous cooking includes all complicated, harmful, irritating dishes such as one Schwarzwald cake or gnocchi with a spicy cream sauce of beef and mushrooms with cheese. An additional problem with cooking is something that is often given very little attention. The material of which the dishes are made. Materials such as Teflon, aluminum or any utensils with anti-stick coatings release carcinogenic and very harmful compounds into food by cooking. That is a known fact. The best

and safest materials are; cast iron (guss), inox (stainless steel) and from natural materials like ceramic cookware (uncoated). Also are not bad enamelled dishes and silicone.



*They do not release harmful substances and whoever has any thoughts on their health, will replace harmful dishes with quality ones.*

True, the price is proportional to the quality in this case. Like for a few stuff mentioned before, that is not a waste of money if you buy reasonably only what is and how much is necessary to prepare the best quality food, having in mind the facts about the body's needs. Money is lost if too many good dishes are procured and for bad food too. The fruit does not need any heat treatment unless for preserved as a healthy jam or sauce (up to 10 minutes). The exception is tomatoes. It is of better quality when it is heat-treated, because then it is full of lycopene, which is secreted more during cooking. It is a red pigment that is useful because, among other things, it protects the body from cancer, asthma, etc ... Green vegetables need heat treatment, but only as much as it takes to be cooked, not overcooked. Legumes need to be cooked longer to cook well.

Cereals are suitable for any type of heat treatment. Walnuts are much better raw, as are the seeds. The exception is raw peanuts, which are better in terms of quality if they are heat-treated, and even more so because raw peanuts can also have some harmful fungi. As for the heat treatment of food, it is important to mention the use of a microwave oven. It is known that this is the worst possible form of heat treatment of food that we can choose. If we put garlic in the microwave for just 1 minute, it will lose absolutely all the medicinal compounds and most of the nutrients. Food in the micro. oven due to micro-waves also encourages the creation of toxic

substances in food. Plastic packaging used in microwave ovens is especially harmful. They release; dioxins (cause cancer) and benzene, polyethylene, xylene ... (poisons for humans). In conclusion, it is best to eat fresh, light cooked as is needed, or slightly heated food in dishes that do not release carcinogenic compounds and without the use of a microwave oven.

## ADDITIVES

They are added to food to color it, preserve it, to stabilize its taste, etc. There are natural and artificial additives. Natural as beeswax generally does not impair health although there are exceptions too. The problem is mostly artificial and synthetic ones. In this case, too, man tries to be wiser than God, who gave perfect food that does not need any artificial additives. Many are toxic and adversely affect the organs. There are 1520 additives. They are marked with the letter E. None of them are healthy, but some of them are not harmful to the extent that others are.

What makes foods with additives even more uncertain is that most additives have not been sufficiently tested at all yet and little is actually known about their full impact on health. Which just means that the harmfulness can be even worse than is known. How bad they are, let everyone judge for themselves from the following examples.

**E957 Thaumatin** - Replaces sugar. The supplement is banned in many countries. Negative effect on the hormonal state of the body.

**E951 Aspartame** - a substitute for sugar. An artificial sweetener produced from a genetically modified bacterium - *Escherichia coli*. It also contains the poison methanol which is already in very small doses can be deadly. It is widely used instead of sugar and in products for diabetics. It contains many drinks such as multivitamin juices, etc., chewing gum, spices, biscuits ... It is a sweet poison without calories. This sweetener has been proven to be the cause of tumors and numerous neurological - disorders. The composition of aspartame includes "phenylalanine". It is a substance that with

accumulation in the body causes the development of panic attacks and depressive states.

Aspartame is sugar by the American company "Monsanto" (a criminal, genocidal organization responsible for GMO food). Aspartame is one of the most dangerous substances people have ever consumed. It is 200 times sweeter than sugar. Through a hundred laboratory studies, over 90 side effects have been confirmed, including: blindness, epilepsy, ringing in the ears, blurred vision, dizziness, headache, convulsions, depression, fatigue, irritability, insomnia, thyroid effects, etc. But in spite of everything - It's legal. and more than that, it is contained in about 6,000 foods that are widely used around the world every day.

**E950 Potassium acesulfame** - also an artificial sugar, which causes skin lesions and destruction of tooth enamel. The use of potassium acesulfame leads to kidney diseases, including malignant changes too. It promotes the formation of tumors in the lungs, chest, rare forms of tumors on other organs, several forms of leukemia and chronic respiratory disease. This has been confirmed in several studies in rodents, even when they were given lower doses than the maximum. It is widely used in the production of sweet drinks, sweets, bread, ready meals, etc. Some drug manufacturers add the sweetener E950. It wasn't tested on humans (animals only), but this still did not prevent its widespread addition to foods.

**E924 Potassium bromate** - It is added to baking powder, in flour and bakery products. It has been experimentally proven to be a substance that causes the development of malignant tumors and has a negative effect on thyroid hormones. In addition, this additive is additionally toxic because it also causes kidney damage.

**E621 Monosodium glutamate** - one of the worst additives, and at the same time one of the most common. It is obtained by the process of fermentation from certain products, such as sugar cane or some cereals. When accumulated in the body it can cause erosive damage to the digestive organs. However, the main danger of using monosodium

glutamate is something else. Glutamate is addictive to certain types of food that are generally very harmful to health. For people who regularly consume foods that contain this substance, any other food seems tasteless. They act on the nerve endings of the sensory bodies in the mouth by enhancing the sense of basic taste. Monosodium glutamate has an effect on cells - bringing them into an excited state that can result in their serious damage or stimulation of diseases such as Alzheimer's, Parkinson's or Lou Gehrig. Although the FDA dares to claim that monosodium glutamate is safe for use in the diet, many in the scientific circles disagree. They claim that monosodium glutamate is associated with the occurrence of neurological diseases (which has been proven in laboratory animals), obesity, eye damage, headaches, nausea, depression. After testing with MG injections, changes in endocrine organs, sterility and obesity were observed.

Symptoms of sensitivity to MG: deafness, burning sensation, pressure in the head area, difficulty breathing and chest pain, headache, nausea, rapid heartbeat, weakness ...

Ingredients that contain it are: *salad dressing or spices such as vegeta, ready-made sauces (soy sauce, meat sauces, ketchup, mustard, horseradish, mayonnaise), canned, frozen and dried processed foods, meat products (hot dog and dried meat products), snacks, chips, spice mixes, Chinese and Japanese cuisine, bakery products, pasta, crackers, cheese and processed cheese foods, chewing gum, soups in bags.*

**E330 Citric acid** - found naturally in many types of fruit. By itself from these sources it is not harmful however, there is a problem in the fact that the frequently used and represented citric acid is not at all that from the fruit. The one that is added to food is citric acid which is obtained from mutated black molds - *Aspergillus Niger*.

In 1893, chemist C. Whemer discovered that penicillin molds produced citric acid with adding little sugar. Chemist James Currie discovered in 1894 that black mold produced 70% more citric acid than penicillin. One of the strongest pharmaceutical companies, Pfizer, when it found out about it, paid Currie to devise the first industrial way to get citric acid. In 1917, that

plant was put into operation. This mold is often present on onions, peanuts, apricots, etc. as a parasite. Or it is formed on bread when it stands for a long time in the dark, warm and humid place. Most subspecies of black mold produce toxins that are dangerous to health.

They create digestive and neurological disorders, breathing problems, allergies, serious lung diseases, headaches, hearing loss due to serious ear infections - in chronic cases of damage to the eardrum and middle ear, vomiting, nausea and diarrhea. E574 Glycolic acid is also obtained from the same mold. In the production of citric acid, black mold feeds on GMO corn, ie, glucose syrup obtained from it.

In 2009, scientists proved that the amount of mercury in the same varies approximately 0.005 to 0.570 micrograms per gram of fructose corn syrup. Thus, in addition to the secretions of black mold, mercury can also be found in it because of the medium with which it is fed. Also, citric acid should not be mixed with carbonated beverages as they contain the compound sodium benzoate. When the two are mixed, benzene is formed. It destroys DNA and causes tumors. Most carbonated and energy drinks contain exactly these components.

Add toxic additives to foods rich in spices or, for example, foods that already contain harmful compounds such as cocoa and products or products of animal origin, and what do we do to ourselves with the use of such food? Slow suicide. And only because something is "delicious" to us?

Will we so easily sacrifice even our life to perverted, unnatural appetite just because it suits us or something is delicious to us? The reason why something bad is usually fine is precisely these additives and flavor enhancers.

When is made a rough summary of what just some of all additives are, it looks like this:

E629 - may cause gout. E905 - Possible gastrointestinal cancer. E1520 - may cause heart attack, adversely affect the nervous system, cause dermatitis. E407 - causes ulcer. E319 - nausea, vomiting, delirium, lethal

dose is 5g. E220 - asthma, destroys vitamin B1. E553 - can cause stomach cancer, banned in Australia. E375 - bad for the liver, raises uric acid levels, gastritis. E320 - allergies, hyperactivity. E311 irritates the nerves. E252 - hyperactivity, potentially carcinogenic, anemia, harmful to the kidneys, banned in some countries. E421 - nausea, vomiting, bad for kidneys. E954 - causes cancer in animals. E514 - disturbs the water balance in the body. E413 - causes allergies. E363 - banned in some countries. E250 - potential carcinogen. E210 - asthma, neurological difficulties, hyperactivity in children. E252 - hyperactivity, potentially carcinogenic, anemia, harmful to the kidneys, banned in some countries. E554 - difficulties in pregnancy, Alzheimer's disease. E952 - migraine, potentially carcinogenic, banned in the USA and England.

## GMO FOOD

We've all heard of GMO - s, but unfortunately few people are aware of what it actually is and how bad it is from a health and moral point of view. In the first place, it is again man's attempt to play God. Of course, such attempts cannot, as a rule, end in anything other than bad. Very bad. When it comes to genetically modified food, several facts must be taken into account. Genetic modification is the process of changing the DNA of some organism. It would be more accurate to say, genetic manipulation through a process called genetic engineering for creating something that does not happen in nature. To organize the addition of certain genetic material that he not naturally posses to "improve" it.



In other words, this would mean adding, for example, fish genes to tomatoes (which is indeed the case). Of course, like everything that is not good, GMO - s will be presented to the public by the media, "experts" and leaders as something very good, modern, advanced, safe and actually very useful. But it will tell us same about milk, wheat, aspartame, pork, monosodium glutamate, margarine, and palm oil, or Coca Cola. Is there anything more surprising then? Or worse, are we will really allow ourselves to believe general public opinion and media propaganda? As until now, let's just look at what just the facts say.

In animal studies and experiments, it was found that rats fed GMO tomatoes get stomach bleeding and die after two weeks. In a 2012 study, it was proven that rats fed by GMO corn developed tumors. A group of rats fed a GMO strain (females) gave birth to dead offspring. Furthermore, thousands of cows, pigs, bulls and rats, remained sterile after being given GMO corn, and within 30 days of switching to GMO food, thousands of chickens, sheep and cows died. When they were on autopsy, severe inflammation and black spots on the intestines and liver were found in these animals. Foods with GMO ingredients gradually change the DNA in the body and cause a gradual mutation of cells creating tumors and other diseases in the body. Until now, some of most spread GMO-derived foods are; *corn, wheat, potato, soy, pumpkin, bean, apple, plum, chicory, tomato, sugar cane, canola oil, rice, flax, melon and papaya*. GMO hybrids were created to tolerate direct spraying with heavy herbicides and pesticides and to automatically resist insects. This means that farmers can spray them unhindered and vigorously with these dangerous chemicals, which is exactly what they are doing. The most dangerous herbicides contain a compound - "glyphosate". He destroys everything green that is sprayed on him. It destroys plants by binding all the nutrients and minerals from the soil to itself and thus deprives the plant of the substances it needs for life and development.

Glyphosate causes cancer, endocrine disorders and autoimmune diseases, it causes Autism, Parkinson's and Alzheimer's disease. The world's leading mover and producer of GMO seeds is the American corporation Monsanto.

It is a diabolical, criminal organization that systematically and systematically poisoning humanity. One of Monsanto's products is Aspartame, which is their protected sweetener. In addition to GMO seeds, their patent is the widely used herbicide Roundup, which is full of glyphosate. Such food is rich in toxins and poor in nutrients. Once it enters a human or animal, it does the same as what does to plants. It prevents the body from absorbing nutrients from food (those that are still left). Glyphosate has also been shown to cause a variety of diseases - tumors, endocrine diseases, problems with the reproductive system, neurological diseases, cardiovascular diseases, allergies and predispositions to them.

It also destroys the ecosystem. It is associated with the growing disappearance of bees, a decline in the number of butterflies and birds. The data says that almost every American has glyphosate in their urine. Herbicides are widely used not only in crops related to GMO hybrids of wheat, rape or corn, but also in conventional cultivation of fruits and vegetables. Corn has been modified to produce an insecticide called "Bt toxin". This toxin is produced by every cell of genetically modified corn. Then it ends up in corn chips, tortillas and any other food derived from corn or in food to which such corn is added in some form such as malt or corn starch which can be found in almost every refined food. Food sprayed with herbicides and GMO food are one of the greatest crimes against man. One of the typical examples of GMO food that is eaten but that might be never remembered in that context is - mayonnaise. Harmful due to too much fat, eggs and additives together in itself, but the fats that are often used are, GMO soybean oil or rapeseed oil. The result is mayonnaise full of pesticides, ie. glyphosate. An even worse food (and generally on top of the worst existing foods), which all the ingredients are made of GMO is - chips. About 80% of the world's total food (and perhaps more) is GMO. It has been proven that most well-known world producers of food and beverages use GMO foods (with additives). And when we buy and eat that food, we kill ourselves ... and the children who depend on the choices parents make for them.

Some of the companies associated with GMO technology are:

*Snickers, Mars, Twix, Milky Way, Bounty Chocolates, Cadbury Chocolates and Cocoa, Ferrero, Nutella, Kinder, Nestle, Oetker, Nesquik, Coca-Cola, Sprite, Fanta, Pepsi, Knorr, Kraft Products, Milka, Jacobs, Heinz Foods, Helman 's, McDonalds restaurant chain, Hipp (baby food), Danone, Uncle Ben' s rice ...*

Unfortunately, the man in his perversion and his greed goes even further. The first GMO animal which is on the market obtained. It's about salmon. That salmon has a gene that allows it to grow two to three times faster than natural fish and to use 20 to 25 percent less food.

## SUMMARY

If we sum it all up so far, we will get the following summary. Conventionally grown food is incomparably worse than organic (bio) which certainly has an adverse effect on health due to the great lack of nutrients and chemicals used in cultivation. Wheat today is a dangerous hybrid that causes over 40 types of diseases. Wheat products in shops and bakeries are immeasurably bad, especially in the long run, because in addition to the GMO hybrid, they contain harmful baking powder, industrial parasite yeast, monosodium glutamate, dyes ... etc. We are poisoned with GMO food that is present in almost all refined foods. We don't have to buy GMO corn or potatoes, but if we eat mayonnaise, nutella or chips, we eat GMO products. Frequent consumption of cereals (such as rice), which are not integral makes these

foods much poorer in nutrients than when they are integral and from whole grains.

The fruit is often consumed as a conventionally grown or processed by products such as jam that is made by industrial (GMO) cane sugar, additives and by long cooking, completely loses its value and becomes a tragedy for the body.

Vegetables are often marginalized and are considered as just as a meat supplement. This is often the case due to the common misconception that only meat contains the proteins which we need. But true is that the best proteins are in vegetables, ie legumes, seeds and nuts. Margarine is a "battle poison" with an extremely harmful effect on the body. Palm oil causes cancer. Common irritating spices have an extremely adverse effect especially on the blood and stomach. Vinegar is not suitable for oral use or for our stomach, however, not one article on the internet will talk about the benefits of consuming vinegar. Milk and dairy products are "silent killers" both because of sick animals, because of additives, and because of harmful compounds that in combination with other compounds and additives become destructive. This is especially true in combinations with which typical cakes and desserts are made. Cheese is completely unfit for consumption, makes addiction, barely digestible and causes cancer. Eggs, milk and meat are obtained from often sick animals that have been deprived of the most basic necessary living conditions, fed in the wrong way, and killed without any compassion, which makes the meat full of stress hormones. Meat is among the most harmful foods in the world. It is full of carcinogens, bacteria, steroids, fungi, stress hormones, viruses, etc. and among the first causes of disease. If we add a common ingredient - additives with spices, it becomes additionally carcinogenic and harmful in the fullest sense of the word.

It has a particularly harmful effect on the brain. The worst of all meats is pork, which is often full of dangerous parasites, dirt, viruses and causes over 70 diseases, most of which are deadly. Next to it, also the worst meat is of unclean sea organisms. These are squid, cuttlefish, octopus, sea snakes, sharks, shellfish and crabs. The sea is becoming more and more polluted and fish is no longer something that is safe to use. Often fish meat is full of heavy metals such as mercury.

Coffee, cocoa, tea, poppy and their products contain dangerous and harmful alkaloids that are addictive, disrupt bodily functions, damage nerves and have a bad effect on the brain. Over 1500 additives are added to food, some of which are among the heaviest toxins such as Aspartame or Potassium acelsufam. This makes almost all processed industrial food additionally unacceptable for consumption if we want take care about our health. Tap water is full of chlorine and other harmful ingredients. We cannot successfully replace it with bottled either because the packaging is made of a specific PET plastic that releases compounds that act directly badly on hormones in the body. If we do not pay attention to the dishes, we will additionally contaminate food with carcinogenic compounds released by Teflon, aluminum or dishes with anti-stick coatings. Gmo food is everywhere. Add to that the often too complex combinations of foods such as rich cakes, unusable puddings, sweet jellies of animal origin, abundant meat, spicy dishes and the like, which in themselves create major problems for the digestive system and what we can get? Then, a long-term heat treatment that kills vitamins and minerals like vitamin C. And if we use micro. ovens, food is more then empty of nutrients and full of toxins. Fortunately, everything bad has its good replacement. More precisely, everything good is often replaced by bad. This world is functioning upside down since falling into sin. Mankind makes light out of light, light out of darkness. Sweet from bitter, and bitter from sweet. From good to evil, from evil to good. From black to white, and from white to black. From the original a forgery, and from the forgery an original. Unfortunately, exactly that is the case here as well. There remains only one more question to which everyone should give himself a personal answer to it. What our intellect and our common sense can only conclude after all?

## VITAMINS AND MINERALS

### SOURCES OF - **CALCIUM**

Soybeans, almonds, chia seeds, dates, dried figs, chickpeas, white beans, sunflower seeds, broccoli, sesame, sweet potatoes ...

### SOURCES OF - **POTASSIUM**

Banana, dried figs, potatoes, oranges and juice, grapefruit and juice, tomato and juice, peas, dates, legumes, whole grains, sweet potatoes, mango, papaya, apricots, peaches, carrots, raisins ...

### SOURCES OF - **IRON**

Legumes, tofu, pumpkin seeds, walnuts - especially Indian and almond, whole grains such as oats, wholemeal rice, quinoa, amaranth, dried apricots, kale, broccoli, spinach ...

## SOURCES OF - IODINE

Alga Kelp, Alga Wasabi, iodized salt, iodine, prunes, Lima beans, whole grains, kale, strawberries, organic potatoes with shell .. (iodine in drops)

## SOURCES OF - PHOSPHORUS

The daily need of the organism is about 700. µg which will satisfy less than 100 g of pumpkin seeds full of phosphorus ..

Pumpkin seeds, oats, chickpeas, lentils, Azuki beans, tofu, sunflower seeds ..

## SOURCES OF - MAGNESIUM

Whole grains, spinach, quinoa, almonds, peanuts, cashews, black beans, avocados, pumpkin seeds ...

## SOURCES OF - MANGANESE

Oats, coconut, soy, dates, pecans, barley, quinoa, wholemeal rice...

## SOURCES OF - **SELEN**

Brazil nut, brown and green lentils, sunflower seeds, cashew nuts, coconut, red Kidney beans ...

## SOURCES OF - **COPPER**

Cashews, tomatoes, blueberries, coconut, dried dates, plums, cherries, cherries, raisins, peas, beans ...

## SOURCES OF - **ZINC**

Chickpeas, lentils, oats, almonds, chia seeds, oats, sunflower seeds, tofu, cashew nuts, pumpkin seeds ...

## SOURCES OF- **VITAMIN E**

Sunflower seeds, spinach, chard, almonds, hazelnuts, peanuts, mango, avocado, pistachios, blackberries, black beans, eggplant, apricots, cranberries, quinoa, nectarines, pears ...

## SOURCES OF **VITAMIN B COMPLEX**

**B1:** delicatessen yeast, soy milk, whole grains, watermelon, soy, rice, sunflower seeds, sesame and tahini paste, peas, beans, asparagus, artichokes, spirulina ...

**B2;** whole grains, almonds, sesame, quinoa, buckwheat, spinach, prunes ...

**B3:** delicatessen yeast, peanuts, raisins, dates, wholemeal rice, barley, potatoes, millet, tomato, chia, sesame, buckwheat, peas, avocado, sunflower seeds ...

**B5:** delicatessen yeast, dates, peppers, broccoli, sunflower seeds, pomegranate, whole grains, avocado, tomato, sweet potato ..

**B6:** soy, banana, watermelon, peanut butter, almonds, chickpeas, sweet potatoes, peas, chia, beans, apricots, pineapple, artichokes, pistachios, kale, avocados, rice, cashews ...

**B12:** delicatessen yeast, soy milk and vegetable milk with the addition of B12, the body itself produces some quantity of vitamin B12

## FOODS SOURCES - VITAMIN C

*Vitamin c should be combined with iron for absorption, ie sufficient iron intake from foods rich in it.*

Kale, broccoli, strawberries, spinach, lemon, cauliflower, pineapple, orange, peas, cabbage, mango, grapefruit, chard ...

## SOURCES OF - VITAMIN A

Dried apricots, carrots, goji berries, cherries, sweet potatoes, leafy vegetables, pumpkin, tomatoes, mangoes, apricots, olives ...

### SOURCES OF - **OMEGA 3,6,7,9**

Chia seeds, walnuts, flax, Brussels sprouts, wild rice, pumpkin seeds, dog thorn plant ...

### **VITAMIN D**

sun exposure

### **OTHER COUNCILS ABOUT NUTRITION**

For the same meal, fruits and vegetables should never be mixed. Fruits are digested faster than vegetables and then there is putrefaction in the intestines and harmful boils in stomach. It is a common cause of indigestion.

The first meal of the day should be the strongest. The body is then best able to digest food and receive the largest amount of food. The second meal should be weaker and lighter than the first. The third, if it is, should not be stronger than the first. The experience and practice of not one man, showed that it is much better to have two meals than three. Of course, when the nutrition is proper. The body then has much more energy and is not burdened with the frequent excess that is ingested with many meals that are actually unnecessary to the body. The third meal if taken, really should be very light and not before going to bed. A meal before bed disrupts sleep and the body does not rest while digestion is performed.

The minimum interval between meals should be 5 hours. It should never have a snack. In that interval, nothing should be put in the mouth. This disrupts digestion and leads to indigestion. The digestive system cannot get rest on that way which it needs. Digestion requires a lot of work and he needs a renewal of strength. Therefore, in this way, the digestive organs are depleted, consumed and consequently develop unhealthy conditions in the body.

It is necessary to chew food thoroughly so that the body can make the best use of it. You should eat slowly and in peace. Satiety does not depend so much on the amount of food that is ingested in the stomach but on the quality of the food and the length of chewing. Equally, the satisfaction of taste does not depend on swallowing food as soon as possible, but also of chewing for as long as possible. Digestion begins in the mouth and therefore it is necessary that as a first step, the food is chewed and be mixed well with saliva.

It is not good to eat too many kind of foods for one meal. Three to four species are quite sufficient. Make a change for the next meal. The biggest enemies of the brain and digestive organs are too complicated dishes and too much variety for one meal. The body will make much better use of certain foods if taken for one meal with a limited number of foods. Then

make a change for the next meal. This would mean (ideally) for one meal eg. some cereal or two with some kind of fresh and dried fruit with some kind of walnut / seed (and a tablespoon-two of oil) ... or eg. some cereal, legume, plus something green with a little lemon juice and oil such as avocado or cabbage.

Not every food suits everyone because organisms are different. Everyone should listen to the organism and in such a wide God-given spectrum, choose what best suits the needs of the organism with regard to the type of work, opportunities and so on. Therefore, it is necessary to pay individual attention to what suits the body and what does not. In any case, everyone can find themselves somewhere ideally on that path of diverse possibilities.

One should choose foods that contain the most nutrients to build the body. In this choice, appetite and taste are not a sure guide. By bad habits, they became perverted and often demands for foods that impair health and that create weakness instead of strength. And even social customs cannot guide us for sure because there is great suffering everywhere due to favorite dietary mistakes. The only sure guide here is the doing because of principle with reason. Interestingly, even unreasonable animals would never take lot of complex compounds that humans often take in their stomachs.

It is not good to drink water or lemonade during a meal. This dilutes gastric juices and makes digestion difficult because the stomach must first absorb all the fluid. The same goes for eating too much and too often soups or liquid, soft porridge. Solid food that must be chewed thoroughly satisfies the body much better than liquid. Water half an hour before or an hour and a half after a meal is best option.

It is wrong to eat food just to satisfy taste and uncontrolled appetite, but at the same time, food should never be carelessly prepared, tasteless, scarce or poor in nutrients. Foods with the highest nutritional value and should be carefully selected their various combinations. It takes some effort with skill

to make the food simple and delicious at the same time. But if there is the will, and God Himself than gives man the intellect and ability that he can make simple, delicious and most nutritious combinations.

With an improper diet, a disturbed stomach creates a disorderly and unreliable state of mind. This often causes irritability, rudeness and injustice. Many plans that would be a blessing to the world have been rejected, and many unjust and even cruel measures have been implemented as a result of a disease condition caused by bad eating habits.

One of the serious problems from falls in sin is the excessive intake of food in the body. It is very easy for us to overeat when something is delicious if reason is not involved and if man has no control over himself. It is the abuse of the stomach that causes the whole body to suffer.

The brain is confused because the stomach sends signals for help and he then activates the nerves, which are very tense and help digestion. This is the reason for the not infrequent numbness after a heavy lunch. And beside that, if meal was of poor quality, it's no wonder someone can't move off the table and feels tired.

Moderation is key. With simplicity. We should never eat more than we need, but no less than we need because the body should definitely get everything it needs. This means eating until the cessation of hunger and before any heaviness in the stomach. No more than that.

No one who eats copious, spicy and irritating foods tailored just to suit just a taste cannot and should not expect change to be quick and easy. It is not easy. We are addicted to many foods and many unhealthy nourishment which we love. However, as in many things, it is a matter of habit but first and foremost, it is matter of decision. If there is decision, surely will be and God's help too. When making this change, it is always necessary to be careful and considerate. Everything that will be leave or changed must be replaced with the better one, but also knowing why it is done. There is a certain period that is not easy when it comes to food reform. It is like when

an alcoholic longs for his glass, but once the body gets used to healthy and successfully adapts to natural food along with natural taste, the reward will be great victory with a much better physical, mental and spiritual condition.

People who have made the reform, take their food with far greater enjoyment and gratitude than the greatest gourmets. For the simple reason that this food is really the most tastiest, most nutritious and it is the real "gasoline" on that our body works on. Everything else is "water mixed with gasoline." Wrong fuel.

*(some parts from the book "Counsels for food, diet and on life" - Ellen G. White)*

***"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."***

(1 CORINTHIANS 3:16-17)

Body and spirit (mind) are closely related. And Satan knows it too. He knows it very well. And he gives and will do his best to ruin us physically because then we will not be able to resist him spiritually. We will remain paralyzed, deadly trapped in his eternally fatal webs. Appetite is his strongest stronghold in man.

If we are defeated here with intemperance, harmful indulgences to ourselves, etc. (and we are by ourselves), all other deadly passions will be dominant and vividly present. Self-control, spirituality and the desire for eternity, then - are dead.

Satan has made a great effort to completely destroy the diet and to lead people to be slaves to appetite, to eat the most unhealthy food, and to physically and morally thus degrade and goes to ruin, enchanted with a subjective sense of comfort. It is wonderful with God that He never forces anyone to do anything. He has given us an abundance with which we can successfully satisfy the needs by wishing us only the best. At the same time, this food is tasty and useful. Satan is the one who always forces the will to

obey to him. He must invents, for example, additives that will make a man addicted and a slave to something that harms him. He will easily succeed if he meets only one condition - it must be comfortable. Evil must always do to man physically pleasure, because only in this way does evil subjective act as if it were good. It is so in everything. We do not see the spiritual component of sin for which we are blind without God because it is our natural state. However, our subjective perception and God's objective perception of sin are as different as heaven and earth. Sin is realistically terrible, disgusting, and dark. Our senses and lack of spiritual "sight" makes it to be natural for us and so easily they subdue man to the will of satan. Otherwise, we would be filled by despair and fear if we knew the reality of sin and who satan really is. The only thing that could reveal this invisible and hidden reality to us is - Golgotha.



Only Christ's sacrifice can tell what sin is and what it is like, who the devil is and who we are. And that is why only Him who personally bore the sins of every man, knows all our sufferings, temptations, struggles, pains of hardship and is the Only One who has the power and can help save from all the bad in us and around us. Everything else and different from that is - a fateful lie. The truth is that without God's help, we have no chance to get out of this state on our own. None. But it is also true that God has no way of getting us out if our own will is what we listen instead of reason which is subdued to His will. That kind of intellect, can be given to us only by His Word written in the Bible and His Spirit. God's grace always forgives us and accepts us as we are if we repent and turn from our all evil ways.

My prayer is that God mercifully helps to me - first among sinners, and that  
He equally do for you precious and dear reader. :)