

Power of Food

Boost your immune system. Defeat inflammation.

Terminate aches and pains

High protein, fat and refined carbohydrate have been associated with many chronic illnesses including diabetes, high blood pressure, high cholesterol, kidney failure, gout, allergy and asthma.



Imposed risk from high intake of dietary fat and animal protein

Too much fat intake is linked to:

- ▣ Increase fat cells
- ▣ Decrease metabolism
- ▣ Absorb and retain toxins and germs
- ▣ Clot arteries
- ▣ Damage liver, kidney, pancreas, gallbladder
- ▣ Cause hormone imbalance
- ▣ Lower immune system function

Too much protein intake is linked to:

- ▣ Causes bone loss (osteoporosis)
- ▣ Damage kidneys, liver
- ▣ Consistent high intake → parkinson disease symptoms
- ▣ Animal protein: sulfur attached to amino acids
- ▣ Renal hyperfiltration → loss of nephron units

Major Killers

- | | |
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| Heart Disease & Stroke | Begins with high cholesterol, high blood pressure and smoking |
| Cancer | 50 to 75 percent deaths caused by smoking, physical inactivity, and poor dietary choices |
| ▣ 1912: arteriosclerosis was 1 st found at autopsy | |
| ▣ By 1951: heart attack killed 50% of men over age of 40 | |
| ▣ One person died of CVD every 34 seconds | |
| ▣ Arteriosclerosis has been found in children of 6 and 7 years old | |



www.melodiesofprayer.com

388 Ypao Road, Tamuning, GU, 96913

Disease common cause: Excess of free radicals → suppress immune system

It is estimated 10,000 free radical attacks in each cell per day. When ill or injured, it can be as much as 100,000 attacks per cell. Certain types of cells are more prone, typically cells that rapidly divide such as bone marrow or liver cells. Bone marrow plays a role in the function of the immune system and liver cells are important for daily detox. Studies have shown that life-time exposure of free radical attacks is correlated with Parkinson's disease, ALS/Lou Gehrig's disease (spinal motor neuron disorder).

Common causes of free radical:

High intake of processed food and sugar will increase the amount of free radical in the system. Inflammation from infections, traumatic injuries, burns, stress, high fat, high protein, high simple carbohydrate intake also increase free radical attack. High animal protein intake has specifically been associated with the risk of osteoporosis, heart disease, kidney disease and ALS. A suppressed immune system would in turn leads to rheumatoid arthritis, lupus and arteriosclerosis.

Stress is anything that upsets our normal state of well-being (physical exhaustion, trauma, infections) and stress will trigger oxidation of neurochemicals (epinephrine, norepinephrine, and dopamine), which causes injury to vital brain structures.

Environmental toxins such as high fructose corn syrup, iron, lead, mercury, cadmium, fluoride, aluminum, drugs, carrageenan, MSG, aspartame (NutraSweet, Equal, Spoonful, etc) can severely damage DNA



Food provide elements to

"Our bodies are built up from the food we eat. ... every movement of every organ involves waste, and this waste is repaired from our food. ... Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide."

—Ministry of Healing, p. 295



- ▣ The Lord God planted a garden eastward in Eden, and there He put the man whom He had formed.
- ▣ And out of the ground the Lord God made every tree that is pleasant to the sight and good for food. The tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil.
- ▣ Then the Lord God took the man and put him in the garden of Eden to tend and keep it.
- ▣ Genesis 2:8,9,15

Rid free radicals and increase antioxidants

Magnesium is found mainly in tissue, not the blood stream. It dilates blood vessels. At neuron membrane, magnesium prevents excitotoxic damage in the nervous system. Good sources of magnesium include barley, white beans, oat bran, broccoli, brazil nuts and many other grains.

Antioxidants also play an important role in lowering free radical attack. Nonetheless, there is virtually no antioxidant in animal product. Good sources of antioxidants are found in all plant sources including fruits, green leafy vegetables, root vegetables and beans, especially colored beans.