

## The Miracle of Food

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The great scientist, Albert Einstein, once said, "There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."



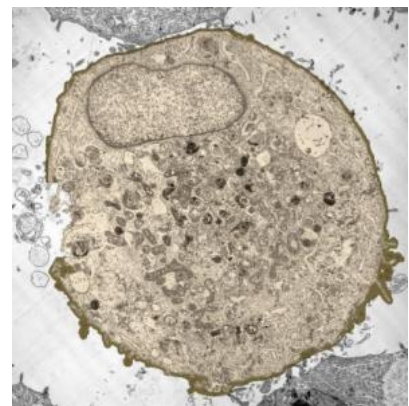
Let me ask you, how do you live your life? What in your mind constitutes a miracle? Some say a miracle is when God intervenes or suspends natural law. That definition sounds good, except it cannot account for or explain the act of creation. Since natural law was established as a part of creation and creation itself was a miracle, we need to find a more encompassing definition.

So how should a miracle be defined? Here's what I believe a miracle to be. **A miracle is not the suspension of natural law, but rather the operation of a higher power.** Think about that definition and what it means. Natural law is not a power unto itself; it exists and is ruled by a higher law.

God's Word through Jesus Christ is what constitutes the operation of that higher law. In the beginning God spoke and the world and universe came into existence. That is a miracle, an operation of the highest law.

If you accept this definition, **all of life is a miracle** (Including the food we eat and its function and interaction within the body). Some 60 trillion cells make up your body. Each cell is its own complex universe where billions of chemical reactions occur every minute of your life. What dictates those chemical reactions is the food you eat.

When God created the plant and animal kingdom, He imbued them with nutrients our 60 trillion cells would require to live and sustain life. **The manner in which our body digests those nutrients, extracts, delivers, and then feeds them to our 60 trillion cells is itself a miracle, not to mention the billions of chemical reactions that then follow as a result.**



This entire intricate and complex process is a miracle designed, created and sustained by the Word of God (John 1:1-3; Colossians 1:17; Hebrews 1:3; Revelations 4:11) No wonder the Psalmist, David, wrote, "*I praise you because I am fearfully and wonderfully made...*" (Psalms 139:14).

The miracle of food is that it not only provides nutrition, many foods also repair and heal the body of disease. For instance, cabbage contains compounds that help detoxify the

body of pollutants, and helps prevent colon cancer. Garlic kills cancer cells and deters arteries from clogging. Spinach can imprison and paralyze the virus that otherwise causes cervical cancer. Fish oil reduces high blood pressure, keeps arteries open and clear and reduces joint pain. Tomatoes help prevent pancreatic cancer. And this is just a sampling of foods that do all of the above and much more. Let's be mindful of these things and who provides them. *"His divine power has given us everything we need for life..."* (II Peter 1:3).

But the story does not end here. There is evil in the land. **The carnal world has managed to corrupt the nutritive, healing qualities of the food God created.**

- Massive food production (through over-refinement, microwaving, pasteurization and radiation) strips out and destroys most (if not all) health giving nutrients normally found in food.
- Massive cattle and poultry operations (with profit in mind) feed livestock and poultry antibiotics and hormones, thus poisoning the meat we eat.
- Large-scale single crop specialty farming has depleted the soil of vital minerals, which otherwise would be transferred to plants and to us when we eat them. Herbicides and insecticides sprayed on crops (again with profit in mind); end up on our plate and in our bodies and water supply.
- Our always on the go, not enough time to slow down culture is riddled with fast junk food drive through windows. Convenience and great taste is the order of the day. So enhanced food flavoring and processed food products have replaced the natural flavors, nutritive value and food our grandparents knew as children.

The consequence of all of the above has led to a pandemic of chronic disease. Dr. Everett Koop, former U.S. Surgeon General, believes two of every three Americans suffer fatal health problems for making poor dietary choices. In his 1988 Surgeon General Report on Nutrition and Health, Dr. Koop stated:

*"What we eat may affect our risk for several of the leading causes of death for Americans, notably, coronary heart disease, stroke, atherosclerosis, diabetes, and some types of cancer. These disorders together now account for more than two-thirds of all deaths in the United States."*

The implication is that by making wiser, informed choices in the food we eat, these diseases could be greatly decreased or eliminated. Certainly many if not all of these diseases were unknown or very rare 100 years ago.

When God said, *"I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food"* (Genesis 1:29 (NIV)), He was talking about eating food as close as possible to how He created it. That

doesn't mean you cannot prepare great tasting dishes, it means the healthiest and safest foods are those that have not been messed with before you get them.

The Standard American Diet (called SAD) typically includes a doughnut or muffin with coffee and orange juice for breakfast. We like to snack, so at mid-morning we will eat a cream cheese covered bagel. Lunch starts off with a fast food hamburger with extra cheese, a large order of fries and a super-sized soft drink. Our afternoon snack is a candy bar with another soft drink. For supper we will have meat and potatoes, a roll and margarine, another soft drink and ice cream for desert.

Eating this diet or one similar to it for years on end is what leads to poor health and disease. The human body has a remarkable ability to sustain health, but not when we continually abuse it with a diet like the one above.

Our SAD today is much different from that of our Great Grandparents and Grandparents. Massive cattle and agricultural operations were unknown then. Single crop specialties, chemical fertilizers, pesticides, antibiotics, hormones and highly refined food products were all still to come.

75 to 110 years ago the average diet consisted of fruits, vegetables, wild grain and seeds, fish, raw, un-pasteurized dairy products and meat from wild animals or locally grown livestock. Organic was the norm, though no one thought of food as being organic, or being a specialty like it is today.



**Do you value your health** and the health of your family? I hope you will join me in *God's Healing Word* "Health is a Choice" Bible Class. Our class is simulcast live on the phone and Internet, so you can learn with others in the comfort of your own home. You will learn how to find and eat foods that lead to a lifetime of health. You will learn where to shop for food, how to read food labels, what foods to avoid, what to look for when grocery shopping and more.

Our study will take us deep into God's Word the Bible. We'll examine and learn God's food laws. We'll memorize key scriptures that strengthen our faith in God our Healer. We'll examine the role of faith in healing and why modern medicine fails and much more.

To learn more, go to: <http://GodsHealingWord.org/healthclass.html>

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