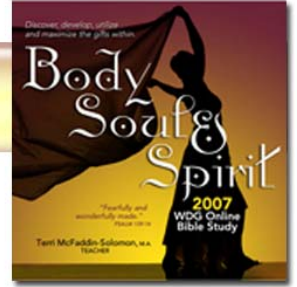


Body Soul & Spirit

I WILL PRAISE YOU FOR I AM FEARFULLY AND WONDERFULLY MADE. PSALM 139:14



WWW.WDGONLINE.ORG

For I am fearfully and wonderfully made. Psalm 139:14

WDG BIBLE STUDY 2007

SERIES: THE PURPOSE AND FUNCTION OF THE BODY

Lesson #3 “YOU ARE WHAT YOU EAT”

PRESENTED BY, TERRI MCFADDIN SOLOMON, MA

OPENING STATEMENT:

Nothing can be truer than the saying, “you are what you eat.” It’s sad to say that what many people are eating is having a very negative effect on their health. If *you are what you eat* and you continue to eat the wrong foods, you increase the possibility of becoming overweight and/or developing allergies, diabetes, high cholesterol, high blood pressure, kidney disease, cancer and heart disease. Unfortunately, many people are unaware of the hidden dangers that are in the foods we eat. *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the fullest. (John 10:10)*

The following are some of the hidden dangers found in food. This is just another means that Satan uses to steal our good health, kill our bodies and destroy God’s plan for our future.

1. PESTICIDES AND HERBICIDES:

Jeremiah 9:6 – “Your dwelling place is in the midst of deceit; Through deceit they refuse to know Me,” says the LORD. Pesticides and herbicides are toxic chemicals that are used on non-organic farms to kill insects, weeds and fungi on fruits and vegetables. Physician and author, Jesse Hanley, M.D., says the following: “We have enough in common with insects and plants that when they are poisoned, or treated with chemicals that interfere with reproduction, we are damaged, too.”

- a. **Chronic, long-term Health Effects Of Pesticide Exposure:** Infertility; miscarriages; birth defects; memory disorders; depression; and cancer. Symptoms can include headaches; skin conditions, anxiety, asthma, bronchitis, stomach and intestinal **problems**.
- b. **How To Reduce Pesticide Residues In Your Food:** Wash food in clean water before cooking or eating. Lemon and water or grapefruit and water help remove toxins. Peel skin if possible. Trim fat from meats; some pesticides collect in animal fat. Cook food to help reduce pesticide residues. *Whenever possible, buy organic foods.* Doing a regular colon cleanse will remove toxins from your intestinal tract.
- c. **How To Cleanse Your Intestinal Tract.** Go to your health food store and ask for a colon cleansing product. Use the cleanser as indicated by the directions. For at least 3 to 7 days, drink only fresh juices, herb teas and distilled bottle water. If you choose to eat, restrict your diet to fresh fruits and salads.

2. **FOOD PRESERVATIVES AND ADDITIVES:**

2 Timothy 3:13 – But evil men and impostors will grow worse and worse, deceiving many and being deceived. In spite of the pretty packaging and glitzy advertising, most packaged foods are filled with harmful chemical toxins. Preservatives are chemicals that are added to processed foods to increase shelf-life and enhance flavor. These chemical additives are listed on the labels of most commercial food products. It is vital that we read labels and then learn more about these additives that can barely be pronounced. For example, one Farmer John hot dog contains 540 mg of sodium plus **FIVE** sodium preservatives which include sodium nitrite, sodium phosphates, sodium diacetate, sodium erythorbate and sodium lactate. Even if you don't know what it is, does this sound like something you would want to give to your children??? The following is a breakdown of some common chemicals found in popular foods and drinks. This includes lunch meats, Kraft mac and cheese, Coke and Twinkies.

- a. **Monosodium glutamate (MSG):** It is a flavor enhancer commonly added to Chinese food, Cup of Noodles, canned vegetables, canned soups and processed meats. Mayo Clinic reports that although (FDA) classifies MSG as “safe,” this chemical remains controversial. In 1991 Food and Drug Administration did acknowledge that some people may have short-term reactions to MSG. Symptoms may include: MSG headaches; sweating; head and facial tightness, numbness, tingling and burning around the mouth; rapid or fluttering heartbeats (heart palpitations); chest pain; shortness of breath; drowsiness.
- b. **Sodium Nitrite and Sodium Nitrate:** These two preservatives are added to fish and meat such as smoked links, canned hams and lunch meats to preserve the color and prevent the growth of bacteria. Nitrites can be found in sausage, hot dogs, bacon; lunch meat and canned meats. However, both can be toxic to mammals. When consumers eat sodium nitrite in popular meat products, nitrosamines are formed in the stomach that promotes the growth of various types of cancers. Chemicals related to sodium nitrite are also used in cleaning products and embalming fluids.
- c. **Phosphoric acid:** A chemical that is used in Coca Cola, Pepsi, Dr. Pepper and other sodas to provide a tangy taste. A study published by the American Journal of Clinical Nutrition, concluded that women who consume colas 3 to 4 times a week have a lower bone density and suffer from broken bones and related bone and joint problems. Phosphoric acid is also used to clean and remove rust from iron and steel tools or surfaces. Excessive use of colas can be damaging to the stomach lining.
- d. **Caffeine:** It is a plant-based alkaloid which stimulates the central nervous system. Caffeine can be found in coffee, teas, chocolate, Coke, Pepsi (sugar-based drinks), pain relievers, stay-awake drugs and snack foods. Ralph Golan, ND, writes that the prolonged use of caffeine over-stimulates the adrenal glands and forces them to secrete adrenalin causing the glands to become depleted. As the body enters a state of adrenal exhaustion you drink more and more coffee (or caffeine products) in order to function and stay awake. The stimulating affects of the caffeine causes the heart rate to increase, blood vessels expand sending more oxygen to the brain creating a rush that can last for up to an hour. Side effects are headaches, insomnia, nervous and hyperactivity. Caffeine is suspected in stimulating the growth of fibroid tumors in women. Children who are allergic or over-stimulated by caffeine are often mistakenly diagnosed as hyperactive, learning disabled, or Attention-Deficit Disorder (ADD).
- e. **How to avoid food chemicals and additives:**
 - Try to eat fresh foods instead of packaged foods.
 - Cook your own fish, fowl and meats. Use leftovers in sandwiches. This eliminates preservatives.

- Read the labels on packaged food products. Avoid buying products with chemical additives, especially for babies, young children or when fighting disease.
- Drink water, herb teas and fruit juice instead of sodas and coffee. Dilute fruit juice with water (especially for children). This lowers the sugar and acid content.
- Instead of fast-foods, prepare lunch for you and your family to take with you.
- Go to a local Farmer's Market that grows veggies and fruits without pesticides.
- Help fight colds, infections and disease by adding more (raw), enzyme rich fruits and vegetables to your daily diet.
- Do your best to buy organic foods. (Shopping on line can be cheaper.)

OBSERVATIONS AND PERSONALIZATION:

1. Read: Romans 8:12 – *Therefore brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.*

How can the desires of your flesh influence you to eat the wrong foods?

What can you change in your diet that will help you to live a healthy life?

2. Read: Ecclesiastes 7:17 – *Do not be overly wicked, nor be foolish: Why should you die before your time?*

What foolish “foods choices” have you, or someone you love, made that might cause someone to die before their time?

3. Read: 1 Corinthians 6:12 – *You may say, “I am allowed to do anything.” But I reply, “Not everything is good for you.” And even though “I am allowed to do anything,” I must not become a slave to anything. You say, “Food is for the stomach, and the stomach is for food.” This is true, though someday God will do away with both of them. (Living Bible)*

Do you believe that people can become addicted to overeating? Or certain foods or drink?

If you believe this is true, what can you do to break a food addiction?

DO YOU HAVE A STORY TO SHARE ON HOW YOU BROKE AN ADDICTION TO A CERTAIN FOOD OR DRINK? WRITE ME!

