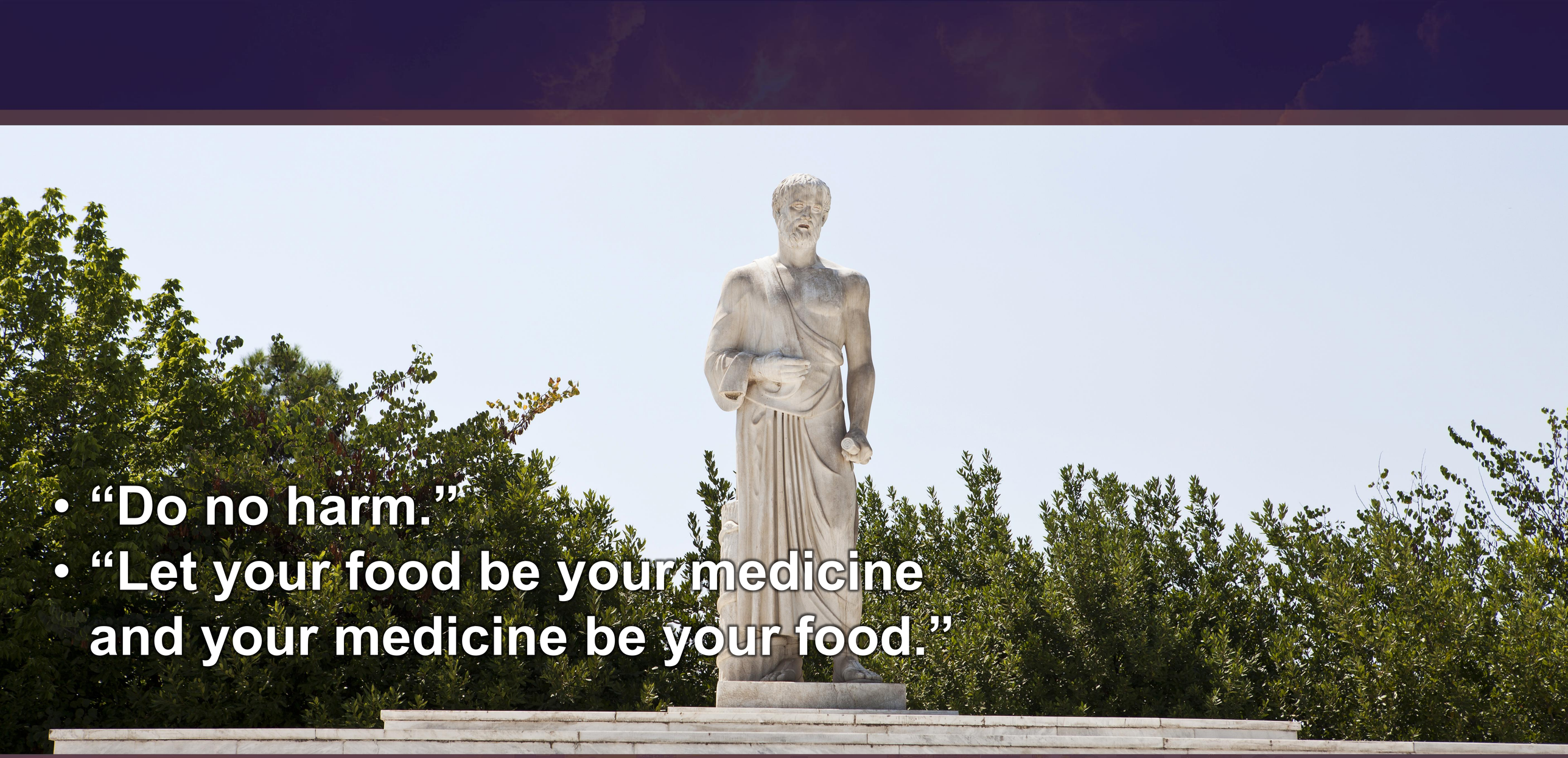
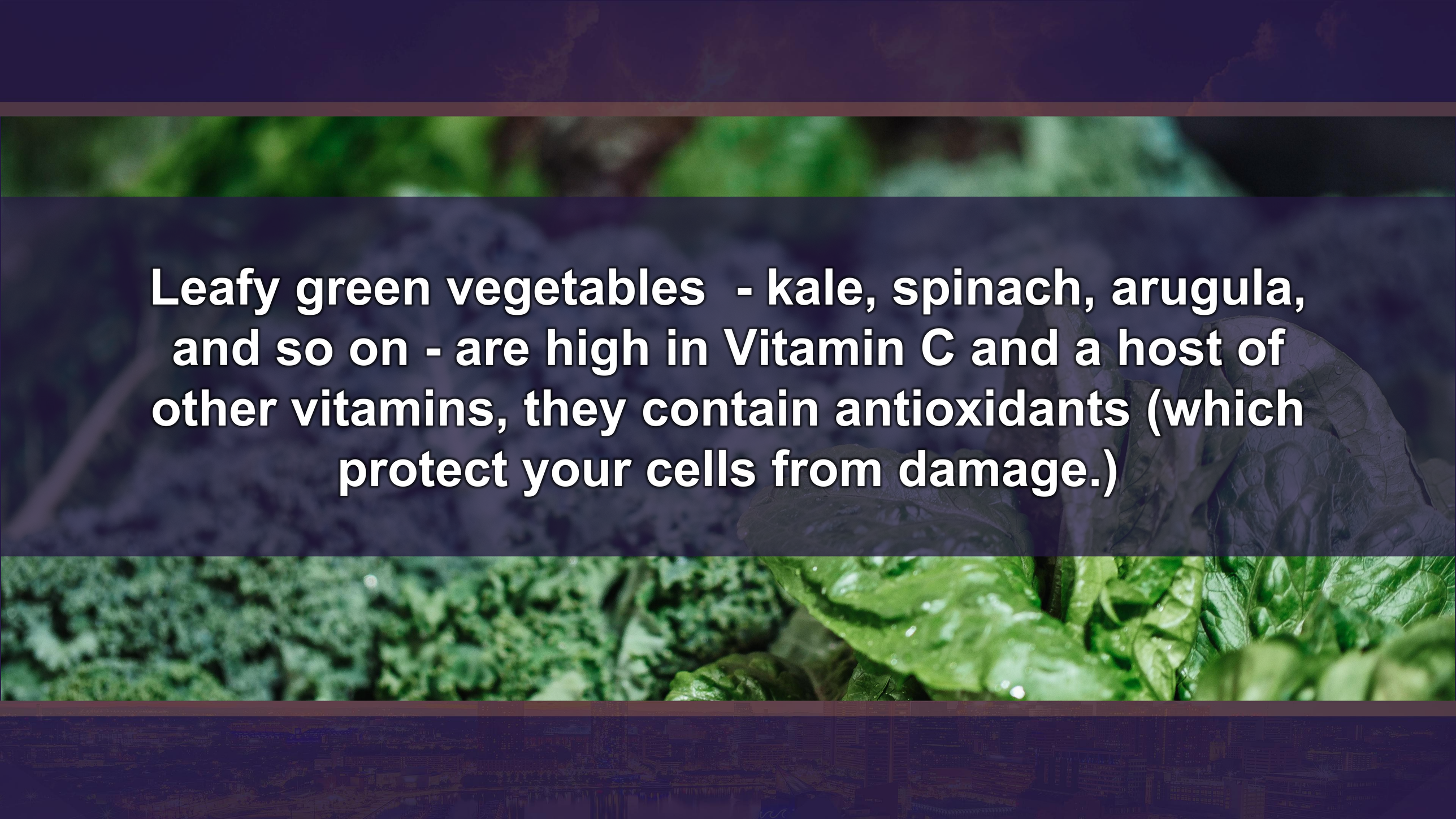
LIVING YOUR
LONGEST LIFE
HOPE FOR HUMANITY
REVELATION TODAY

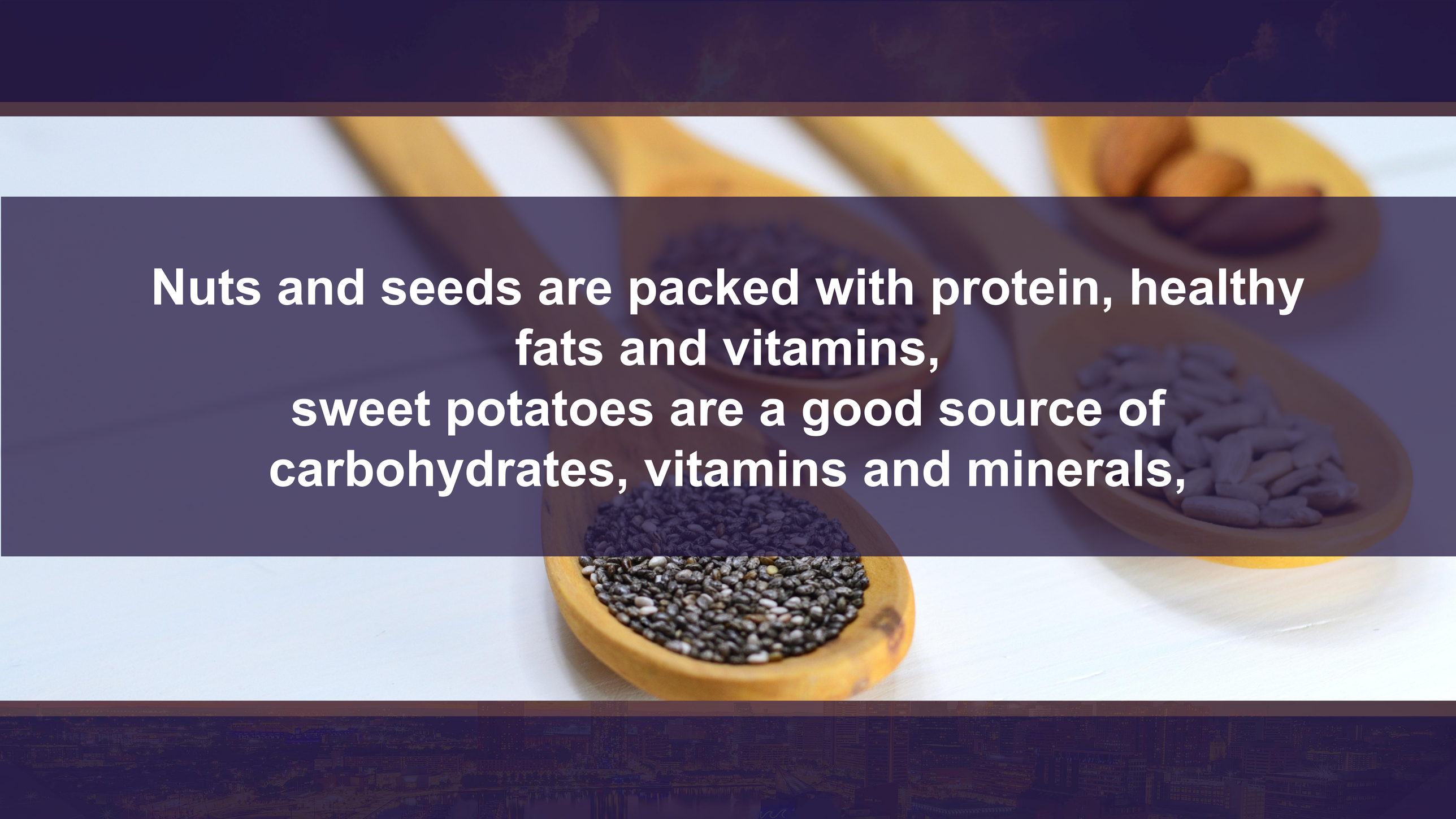


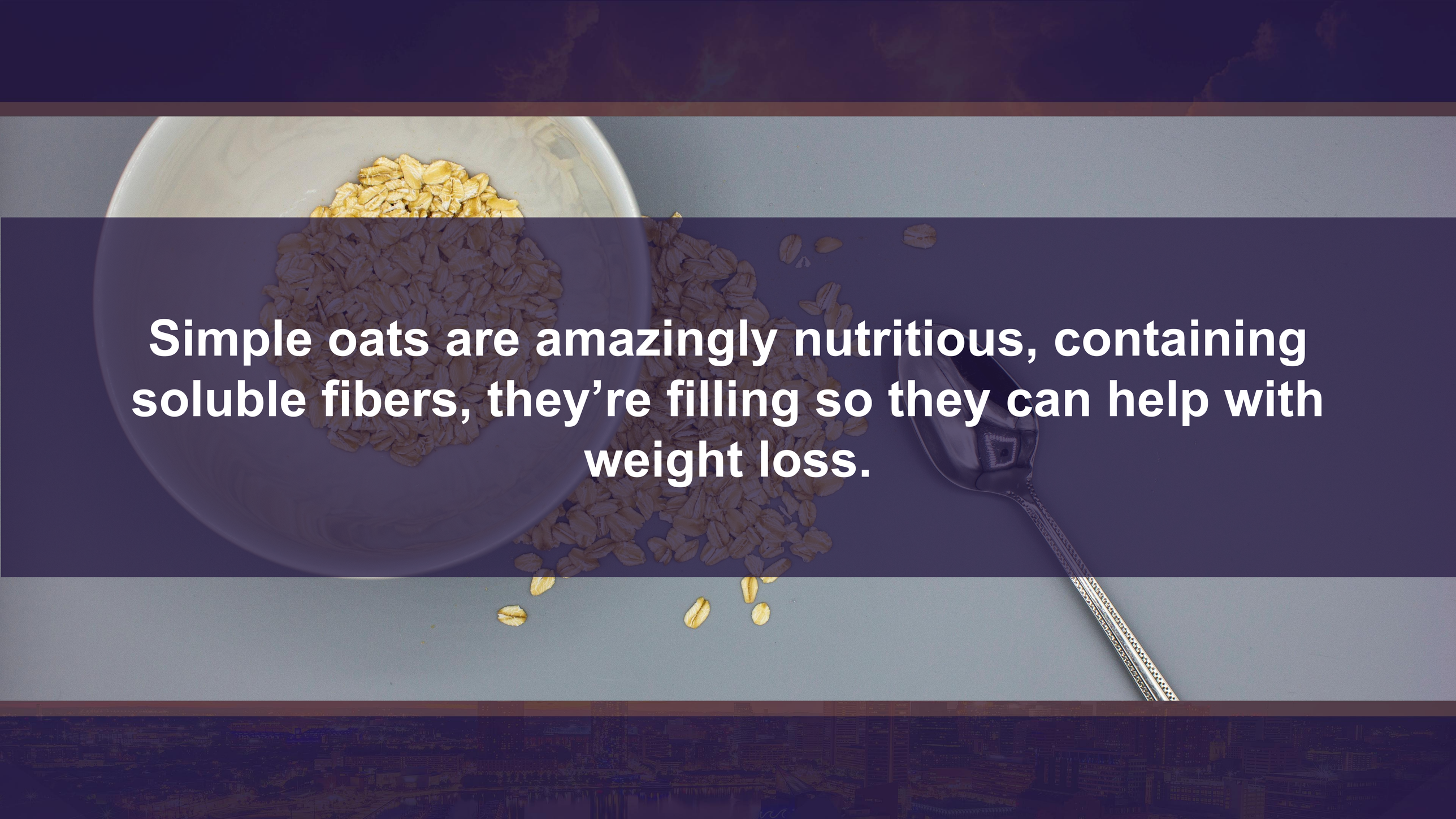
- “Do no harm.”
- “Let your food be your medicine and your medicine be your food.”

Hippocrates and the Hippocratic Oath


Leafy green vegetables - kale, spinach, arugula, and so on - are high in Vitamin C and a host of other vitamins, they contain antioxidants (which protect your cells from damage.)

Berries are extraordinarily good for you, high in fiber, vitamins and antioxidants.


Nuts and seeds are packed with protein, healthy
fats and vitamins,
sweet potatoes are a good source of
carbohydrates, vitamins and minerals,



Simple oats are amazingly nutritious, containing soluble fibers, they’re filling so they can help with weight loss.

If all of this is good for you; apples, whole grains, walnuts, avocados, broccoli, onions, lentils:

And if it’s so easy to find, and so simple to eat…

WHY IN THE WORLD ARE WE SO SICK?

Most of us prefer our food to look like this.

A can of soda can have 10 teaspoons of sugar.

No wonder our kids can’t sit still in school.

God created wheat, someone took the roughage out.

Bread is now highly refined white flour causing blood sugar fluctuations.

Cause and effect.

Smoke and you will damage your lungs and increase odds of lung cancer.

Alcohol causes a long list of problems.

The human body s fragile and a lot can go wrong.

85% of Americans over 60 use prescription drugs.

1 in 5 kids under 12 on prescription drugs.

650k people in U.S. die from heart disease yearly.

1 in 4 deaths at $363 bil. per year.

Americans consume 3400 mg of salt a day.

Recommended intake is less than 2300

One burger can contain 2800mg of salt.

One meal at a certain restaurant restaraunt as over 13k mg

GENESIS 1:29

See, I have given you every herb
that yields seed which is on the
face of all the earth, and every
tree whose fruit yields seed;
to you it shall be for food.

*

GENESIS 3:1–4

“Has God indeed said, ‘You shall not eat of every tree of the garden’?” And the woman said to the serpent, “We may eat the fruit of the trees of the garden;

[3:3–4] but of the fruit of the tree
which is in the midst of the garden,
God has said, ‘You shall not eat it,
nor shall you touch it, lest you die.’”
Then the serpent said to the woman,
“You will not surely die.”

*

ACTS 15:19–20

I judge that we should not trouble those from among the Gentiles who are turning to God, but that we write to them to abstain from things polluted by idols, from sexual immorality, from things strangled, and from blood.

*

3 JOHN 2

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

*

JOHN 6:56

He who eats my flesh and drinks my blood abides in me, and I in him.

Eat well, live longer.
If the spiritual diet is right, you'll live forever

*

A little dessert is ok.

HOPE FOR HUMANITY
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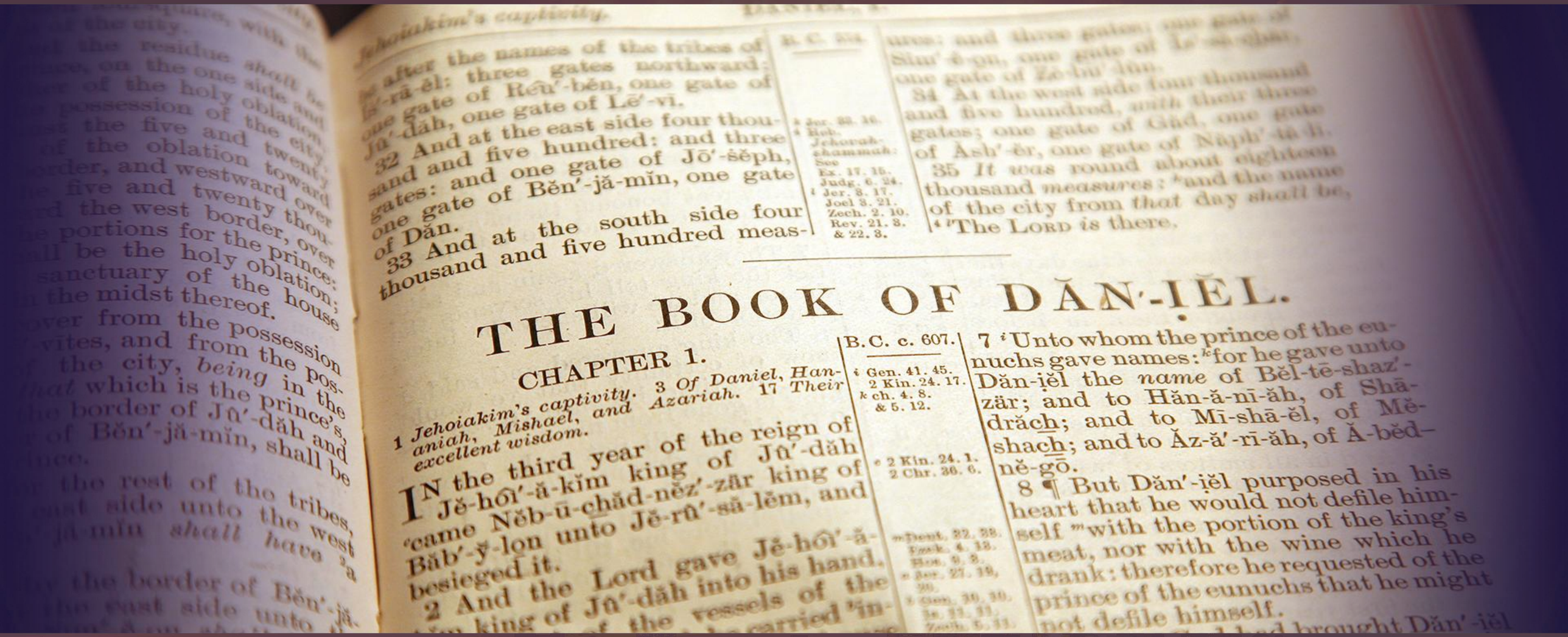
Our “off switch is broken”.

1 CORINTHIANS 6:19–20

Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

[6:20] For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.

*



Jehoiakim's captivity. DANIEL, 1.

...ge after the names of the tribes of
Ĭs'-rā-ĕl: three gates northward;
one gate of Rĕū'-bĕn, one gate of
Jū'-dăh, one gate of Lē'-vī.
32 And at the east side four thou-
sand and five hundred: and three
gates: and one gate of Jō'-sĕph,
one gate of Bĕn'-jă-mĭn, one gate
of Dăn.
33 And at the south side four
thousand and five hundred meas-

B. C. 594.
a Jer. 33. 16.
b Heb. Jehovah-shammah: See Ex. 17. 15. Judg. 6. 24.
c Jer. 3. 17. Joel 3. 21. Zech. 2. 10. Rev. 21. 3. & 22. 3.

ures: and three gates; one gate of
Sĭm'-ĕ-on, one gate of Ĭs'-sā-chär,
one gate of Zĕ-bū'-lūn.
34 At the west side four thousand
and five hundred, *with* their three
gates; one gate of Găd, one gate
of Ăsh'-ĕr, one gate of Năph'-tā-lī.
35 *It was* round about eighteen
thousand *measures*: [a]and the name
of the city from *that* day *shall be*,
[b]The LORD *is* there.

THE BOOK OF DĂN'-ĬĔL.

CHAPTER 1.

1 Jehoiakim's captivity. 3 Of Daniel, Hananiah, Mishael, and Azariah. 17 Their excellent wisdom.

B.C. c. 607.

IN the third year of the reign of
Jĕ-hŏĭ'-ă-kĭm king of Jū'-dăh
[c]came Nĕb-ū-chăd-nĕz'-zär king of
Băb'-ĭ-lon unto Jĕ-rū'-să-lĕm, and
besieged it.
2 And the Lord gave Jĕ-hŏĭ'-ă-
kĭm king of Jū'-dăh into his hand,
with part of the vessels of the
house of God: which he carried *into*

d Gen. 41. 45. 2 Kin. 24. 17.
k ch. 4. 8. & 5. 12.
e 2 Kin. 24. 1. 2 Chr. 36. 6.
m Deut. 32. 38. Psalm. 4. 12. Hos. 9. 3.
n Jer. 27. 19, 20.
o Gen. 39. 30. 40. 11, 21. Zech. 5. 11.

7 [i]Unto whom the prince of the eunuchs gave names: [k]for he gave unto
Dăn-ĭĕl the *name* of Bĕl-tē-shaz'-
zär; and to Hăn-ă-nī-ăh, of Shā-
drăch; and to Mī-shā-ĕl, of Mē-
shach; and to Ăz-ă'-rī-ăh, of Ă-bĕd-
nĕ-gō.
8 ¶ But Dăn'-ĭĕl purposed in his
heart that he would not defile him-
self [m]with the portion of the king's
meat, nor with the wine which he
drank: therefore he requested of the
prince of the eunuchs that he might
not defile himself.

Daniel was tested on diet and conscience.

DANIEL 1:8

But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

*

Daniel knew the body is connected with the mind.

PROVERBS 20:1

Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is not wise.

*

No safe level of drinking alcohol

~ University of Washington

“Light drinking” increases chance of breast cancer.

Binge drinking can change your genes.

HOPE FOR HUMANITY
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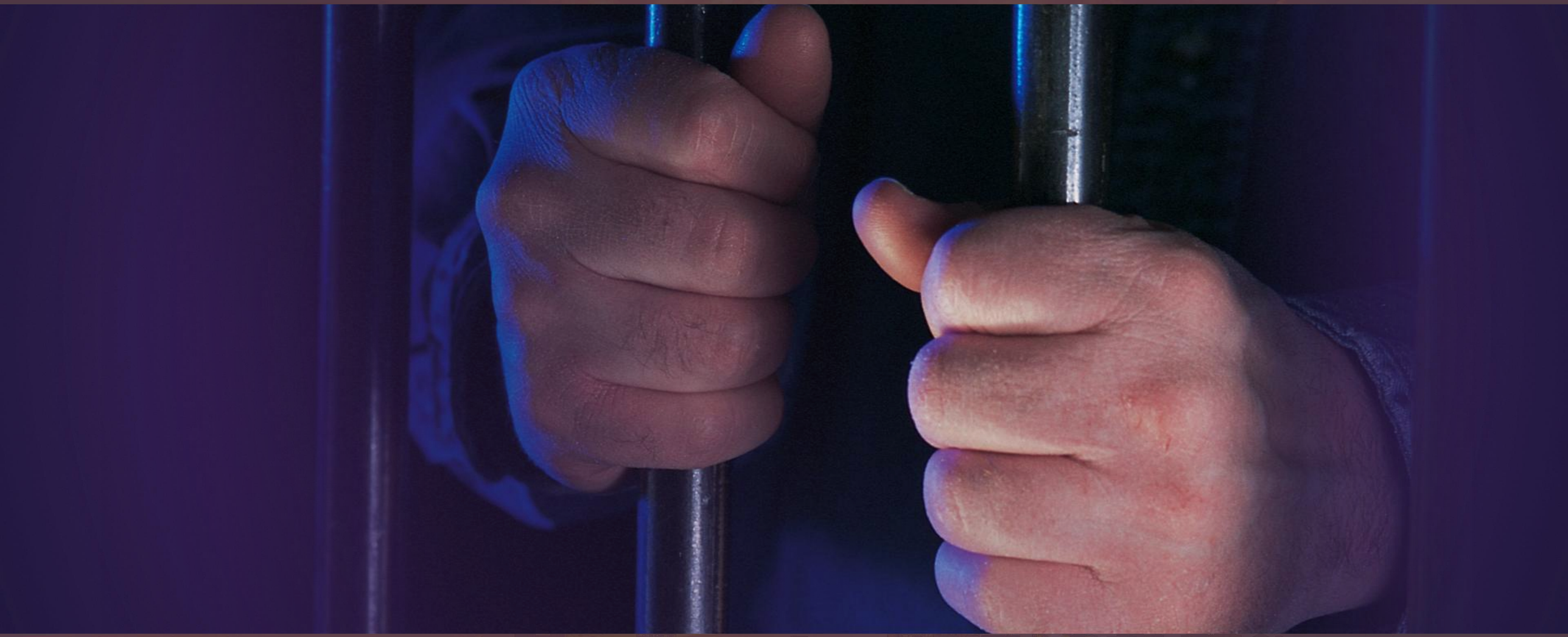


Alcohol is related to immorality.

Alcohol lowers your inhibitions.

1 TIMOTHY 5:23

No longer drink only water, but use a little wine for your stomach’s sake and your frequent infirmities.

*

Did Jesus create 100 gallons of liquor?

HABAKKUK 2:15

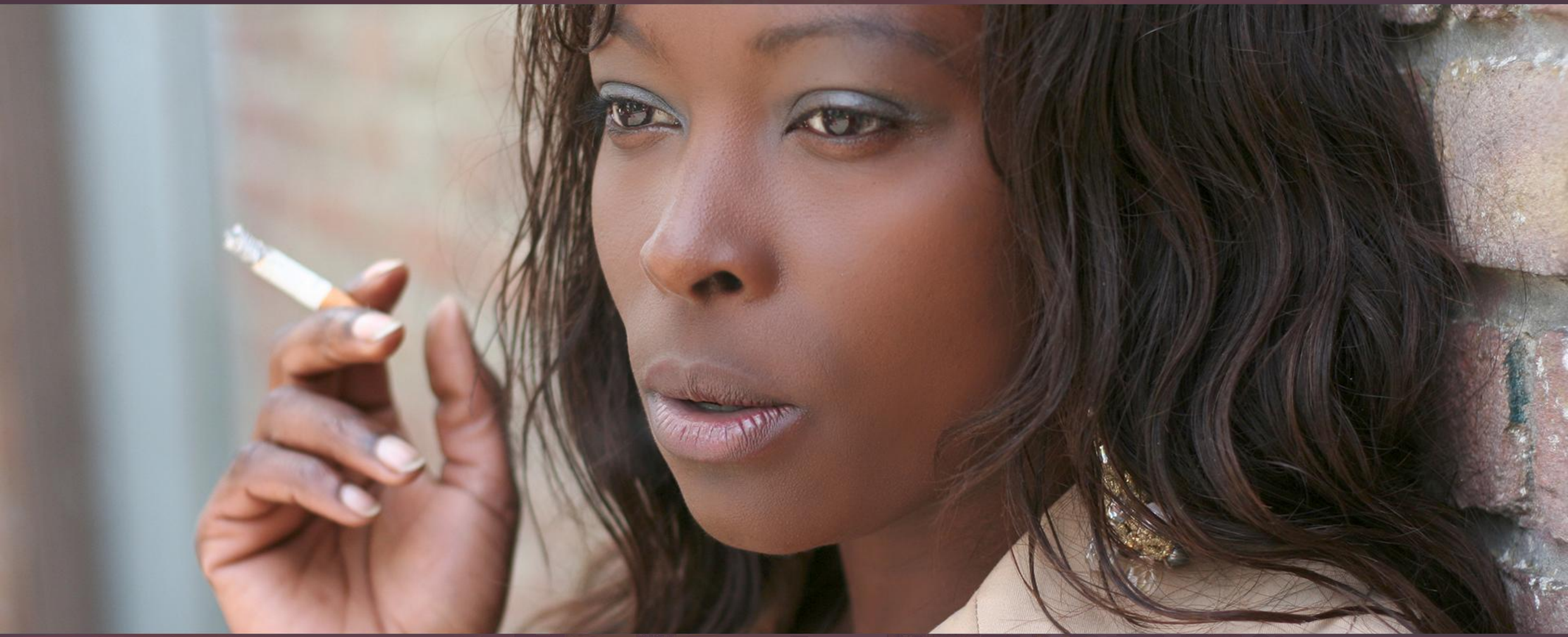
Woe to him who gives drink to his neighbor, Pressing him to your bottle, Even to make him drunk, that you may look on his nakedness!

*

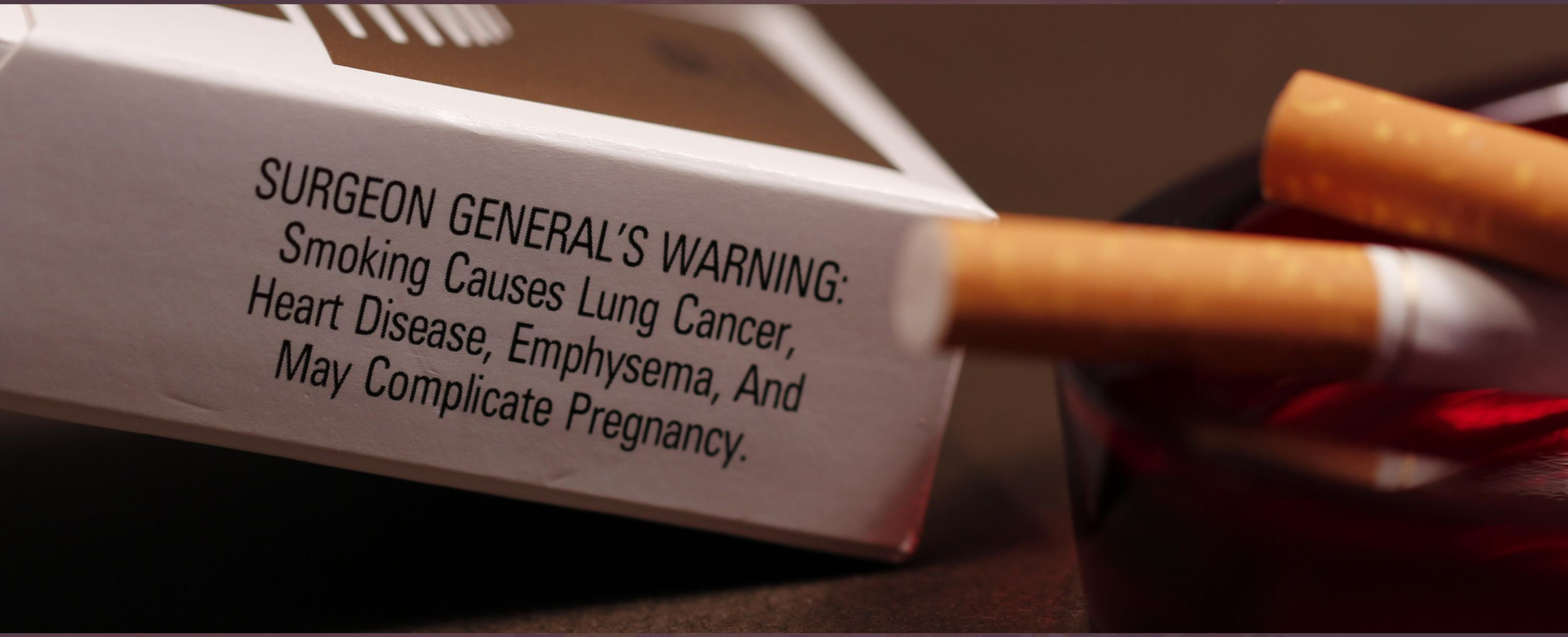
ISAIAH 65:8

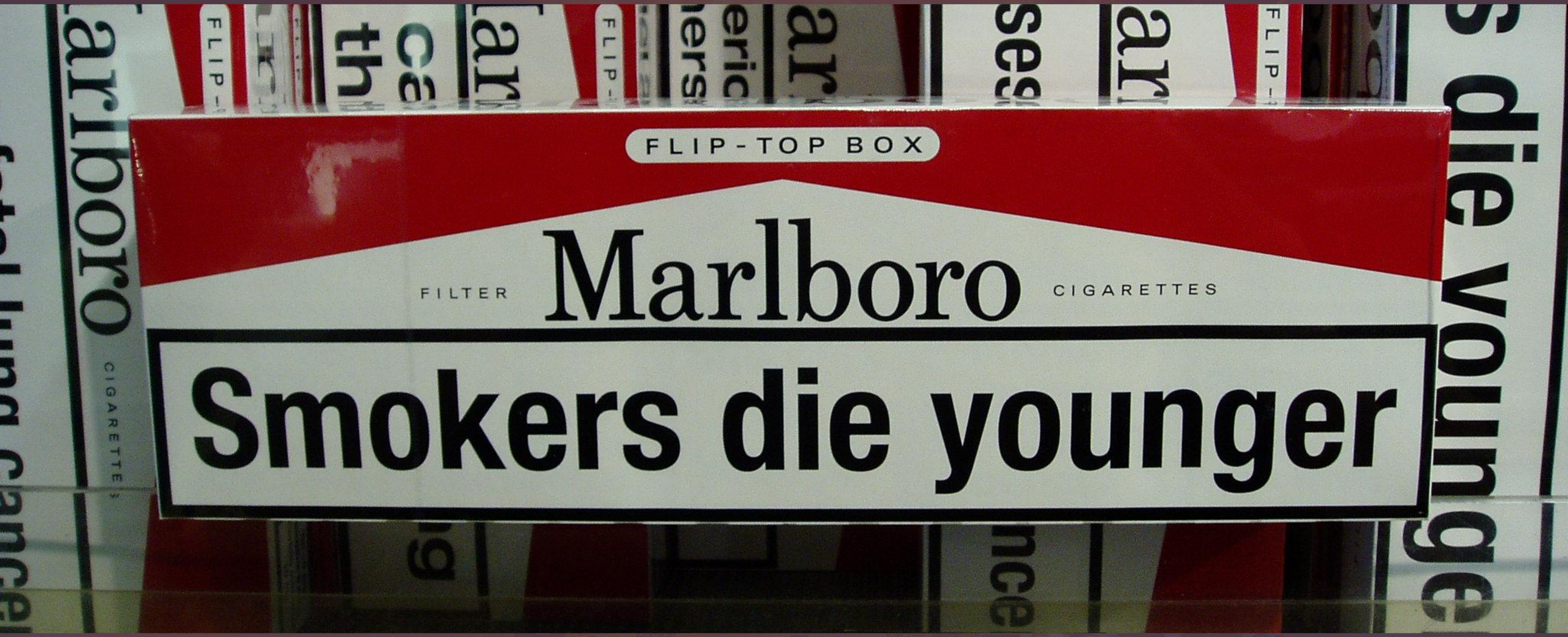
As the new wine is found in the cluster, and one says, “Do not destroy it, for a blessing is in it,” so will I do for my servants’ sake, that I may not destroy them all.

*



Jesus died to separate you from habits like this.


SURGEON GENERAL'S WARNING:
Smoking Causes Lung Cancer,
Heart Disease, Emphysema, And
May Complicate Pregnancy.


FLIP-TOP BOX
FILTER
Marlboro
CIGARETTES
Smokers die younger

Caffeine disrupts the chemistry of the brain.

Can lead to different mental illness and depression.

“Caffeine is the world’s most widely used mind-altering drug.”

—JOHNS HOPKINS SCHOOL OF MEDICINE, *THE NEW YORK TIMES,* OCTOBER 5, 1994

JOHN 10:10

I have come that they may have life, and that they may have it more abundantly.

*

GENESIS 5:27

All the days of Methuselah were nine hundred and sixty-nine years.

What was his diet like?

*

GENESIS 1:29

See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

*

GENESIS 7:2

You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female.

Look who boarded the ark.

*

LEVITICUS 11:3

Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud—that you may eat.

*

LEVITICUS 11:4

Nevertheless these you shall not eat among those that chew the cud or those that have cloven hooves: the camel, because it chews the cud but does not have cloven hooves, is unclean to you.

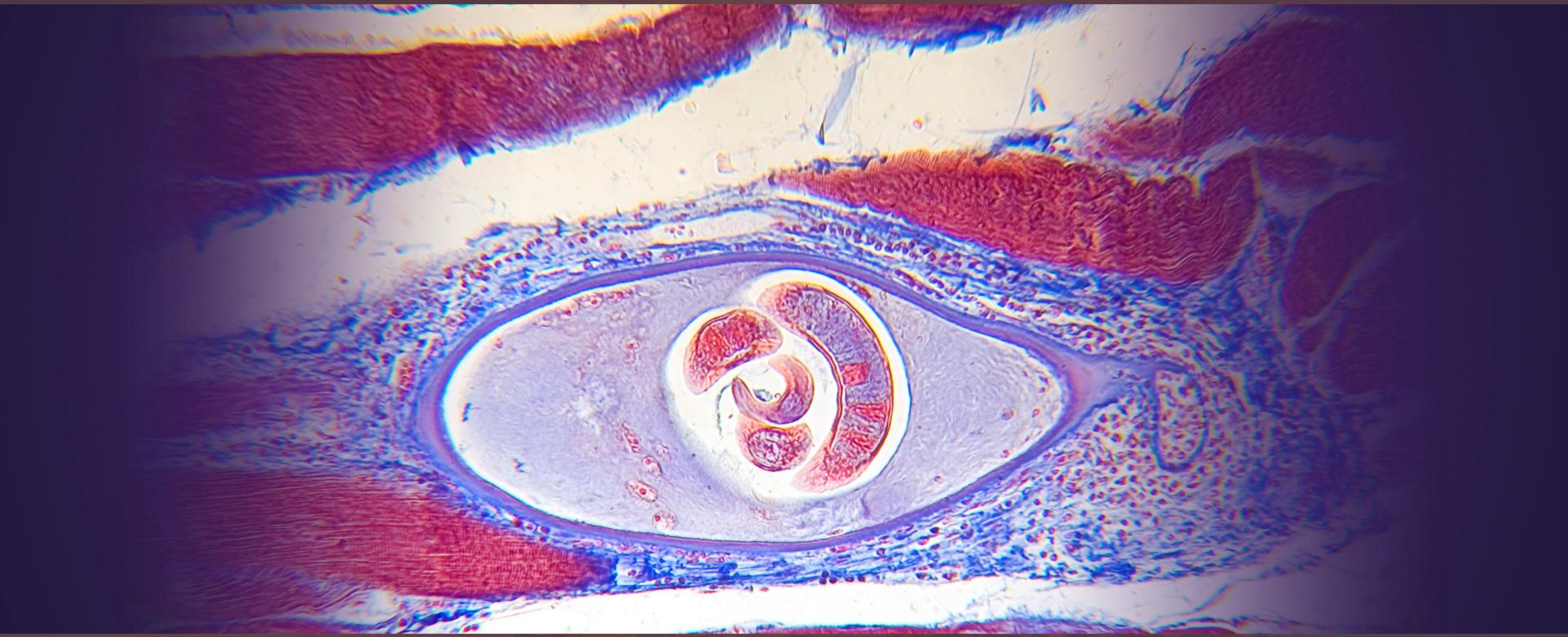
*

HOPE FOR HUMANITY
REVELATION TODAY

LEVITICUS 11:7

And the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you.

*



ISAIAH 66:15–17

For behold, the Lord will come with fire and with His chariots, like a whirlwind, to render His anger with fury, and His rebuke with flames of fire.

[66:16] For by fire and by His sword the Lord will judge all flesh; and the slain of the Lord shall be many.

[66:17] “Those who sanctify themselves and purify themselves, to go to the gardens after an idol in the midst, eating swine’s flesh and the abomination and the mouse, shall be consumed together,” says the Lord.

*

LEVITICUS 11:9–10

These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers—that you may eat.

[11:10] But all in the seas or in the rivers that do not have fins and scales, all that move in the water or any living thing which is in the water, they are an abomination to you.

*

LEVITICUS 11:13

And these you shall regard as an abomination among the birds; they shall not be eaten, they are an abomination: the eagle, the vulture, the buzzard.

*

Jesus didn’t die to cleanse pigs, but sinners.

ACTS 10:9–18

The next day, as they went on their journey and drew near the city, Peter went up on the housetop to pray, about the sixth hour. Then he became very hungry and wanted to eat; but while they made ready, he fell into a trance

[10:11–12] and saw heaven opened and an object like a great sheet bound at the four corners, descending to him and let down to the earth. In it were all kinds of four-footed animals of the earth, wild beasts, creeping things, and birds of the air.

[10:13–16] And a voice came to him, “Rise, Peter; kill and eat.” But Peter said, “Not so, Lord! For I have never eaten anything common or unclean.” And a voice spoke to him again the second time, “What God has cleansed you must not call common.” This was done three times. And the object was taken up into heaven again.

[10:16–18] Now while Peter wondered within himself what this vision which he had seen meant, behold, the men who had been sent from Cornelius had made inquiry for Simon’s house, and stood before the gate. And they called and asked whether Simon, whose surname was Peter, was lodging there.

*

ACTS 10:28

Then he said to them, “You know how unlawful it is for a Jewish man to keep company with or go to one of another nation. But God has shown me that I should not call any man common or unclean.”

HOPE FOR HUMANITY
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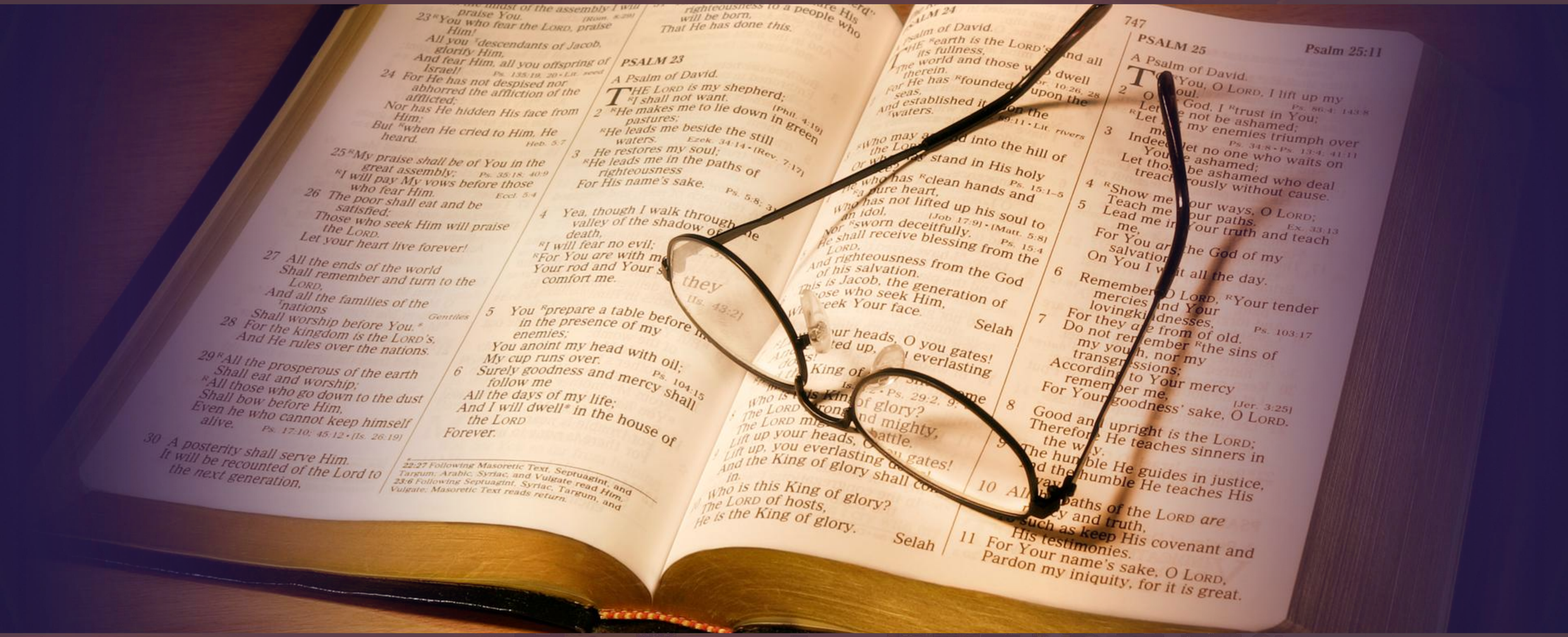
ACTS 10:34

Then Peter opened his mouth and said: “In truth I perceive that God shows no partiality.”

*



No good thing will he withhold… *Ps. 84:11*

ROMANS 12:1

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

ROMANS 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

*

We are in a battle for the mind.

It is our privilege to give our mind and body to God.