



The **R.A.W** Truth

Biblical Health Seminar

Eating Right in a World Gone Wrong

YWAM Lausanne
Lausanne, Switzerland

Presented by Craig Chanda

I. Biblical Foundations**Real Authentic Wisdom**

- It's all about love! Deuteronomy 6:4-5

- Why do we eat? Nourish:

- Our incredible human body!!!

- Psalms 139:14: “For thou didst form my inward parts, Thou didst weave me in my mother’s womb. I will give thanks to Thee, for I am fearfully and wonderfully made.”

- Three key words:
 - Consumption:
 - Assimilation:
 - Elimination:

- The physical state of the Body of Christ... not the best.

- Who decides what is healthy? What should be the basis of our thinking in every area?

- “De-Greecing” the Church:

- Me? A temple of the Holy Sprit? I Corinthians 6: 19-20: “Or do you not know that your body is a temple of the Holy Spirit....therefore glorify God in your body”

- I am a what? I Thessalonians 5:23: We are a spirit, that has a soul, that lives in a body.

- Proverbs 23:1-3
 - Consider:
 - Desire:
 - Deceptive:
- Definitions of health:

Standard Answer: Health = _____.

 - “I don’t have to do anything about my health _____ I get sick”.
 - A _____ approach.
 - A _____ perspective that reflects _____ stewardship.

Biblical Answer: Health = _____.

 - “I need to _____ work to maintain vibrant living.
 - A _____ approach.
 - A _____ perspective that reflects _____ stewardship.

II. Who determines what is healthy?

- The BIBLE *First*
 - a. Principle I Eat only substances God created for food. Avoid what is not designed for food.
 - b. Principle II As much as possible, eat foods as they were created- before they are changed or converted into something humans think might be better.
 - c. Principle III Avoid food addictions. Don’t let any food or drink become your god.
 - Am I a slave to food? Romans 16: 17-18 Philippians 3:19
- HISTORY *Second*

Dr. Weston A. Price who was he?

What did he do?

- His Key Findings:

Traditional diets consisted of:

- a. No processed food
 - b. Animal foods in every diet
 - c. Nutrient dense – high levels of vitamins and minerals
- Traditional diets contain ____times the calcium and other minerals, and ____ times the fat-soluble vitamins as the modern American diet.
 - SCIENCE *Third*

III. Key points to improve your health

- Drink more water.
- Read those labels!!
- Eat a variety of fresh fruits and vegetables, preferably organic.
- Make your own salad dressing.
- Use unrefined sea salt.
- Switch to butter – avoid partially hydrogenated oils.

- Consume high quality animal products.
- Make homemade stock.
- Excitotoxins and Extrusion.. what the?
- Eliminate refined sweeteners.
- Use properly prepared whole grains.
- Put the principles of Lacto-Fermentation to work for you.
- Include Superfoods in your diet
- Move that body!!!

Resources and links**Books**

- *What the Bible Says About Healthy Living* Rex Russell, M.D.
- *Nourishing Traditions* Sally Fallon
- *The Maker's Diet* Jordan S. Rubin
- *Holy Cow, Does God Care About What We Eat?* Hope Egan

Websites

- Weston A. Price Foundation: www.westonaprice.org
- The Biblical Health Institute: www.biblicalheathinstitute.com
- Designed Healthy Living www.designedhealthyliving.com
- Dr. Joseph Mercola: www.mercola.com
- The Skinny on Obesity www.uctv.tv/skinny-on-obesity
- End Sugar Addiction www.endsugaraddiction.com
- The Raw Milk Institute www.rawmilk institute.net
- Real Milk www.realmilk.com
- Local Harvest www.localharvest.org
- Mineralized Gardens www.mineralizedgardens.com
- MSG Myth www.msgmyth.com
- Truth in Labeling www.truthinlabeling.org
- Global Vaccine Institute www.thinktwice.com
- Kombucha Tea www.kombu.de
- Kefir <http://users.sa.chariot.net.au/~dna/Makekefir.html>

Food Blogs

- The Food Renegade: www.foodrenegade.com
- The Nourished Kitchen: www.nourishedkitchen.com
- The Nourishing Gourmet: www.thenourishinggourmet.com
- God's Natural, Organic Foods: www.gnowfglins.com
- Real Food Living www.realfoodliving.com

Natural Remedies for common sicknesses:

Sore/Strep Throat: Mix 1 tablespoon of honey, 1/8 to 1/2 teaspoon cayenne pepper, 3 to 5 cloves of minced garlic, and 1/2 teaspoon cinnamon. Take one finger full every hour. Will take care of strep throat within 24 to 48 hours.

Cough: chop onions, cover with honey. Cook with gentle heat for about an hour. Strain onions and take the syrup as needed.

Chest congestion: Chop onions, bake at 250 degrees until they are slimy and apply to chest when onions are still warm.

Ear infections: mince a garlic clove, cover with olive oil and let stand as long as possible before use. Gently warm oil (without any garlic pieces in it). Apply with dropper while warm.

(Garlic is nature's antibiotic! 4 cloves equals an adult dose of penicillin)

Recipes

Sauerkraut

Makes 1 quart.

1 medium cabbage, cored and shredded
1-tablespoon caraway seeds
1-tablespoon sea salt
4 tablespoons whey (if not available, use an additional 1 tablespoon salt)

In a bowl, mix cabbage with caraway seeds, sea salt and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but it improves with age.

Blender Waffles/Pancakes

Place in blender, blend at highest speed 3 minutes:

1 ½ - 1 ¾ cups buttermilk or kefir
2 Tablespoons olive oil
1-teaspoon vanilla extract (optional)
1 ½ cups raw brown rice or uncooked rolled oats, or other grain variations

Cover blender. Let stand at room temperature overnight. Preheat waffle iron at highest temperature, or griddle on medium-high.

Just before baking, add and reblend on highest speed for 1 minute:

1 egg
Additional liquid (if batter needs thinning)
Blend in thoroughly, but briefly:
2 teaspoons baking powder
½ teaspoon baking soda
1-teaspoon salt, to taste

Pour batter onto hot waffle iron or griddle, lightly greased with butter or olive oil. Bake about 4 minutes for the waffle iron (don't peak!). For pancakes bake on first side until bubbles on unbaked side begin to break, turn once and bake on second side.