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EAT LIVE FOOD FOR LIFE: An Inconvenient Truth

“Then God said, ‘Let the earth sprout vegetation: plants yielding seed, *and* fruit trees on the earth bearing fruit after their kind with seed in them”; and it was so. The earth brought forth vegetation, plants yielding seed after their kind, and trees bearing fruit with seed in them, after their kind; and God saw that it was good” (Genesis 1:11-12).

From the very beginning of Creation, God endowed the Earth with vegetation that bore fruit and seeds that were to be consumed by man in order to perpetuate life. In fact, a part of the mandate given was to not only be fruitful and multiply in subduing the Earth, but also to cultivate food-bearing plants that would maintain sustenance for not only humans, but also the animals:

“God blessed them; and God said to them, ‘Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth.’ Then God said, ‘Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, *I have given* every green plant for food’; and it was so” (Genesis 1:28-30).

Of course, after the fall of humanity, the curse of being cast out of Eden made work more difficult—but it never changed the elementary dietary requirements for living creatures to maintain life:

“Cursed is the ground because of you; in toil you will eat of it all the days of your life. Both thorns and thistles it shall grow for you; and you will eat the plants of the field; By the sweat of your face you will eat bread, till you return to the ground, because from it you were taken; for you are dust, and to dust you shall return” (Genesis 3:18-19).

Fast forwarding to today, if you understand what humanity is doing in 2008 with what is considered “food”—you would be amazed. Without getting into all of the methods “enlightened man” has concocted in order to eliminate the “thorns and thistles” of cultivating, consider one simple example of how the source of living healthily inherent in vegetation has been *removed* for the sake of convenience. Lamentably, this inconvenient truth is contributing to the deterioration of health, with most people simply ignorant of why they lack the basic nutrition necessary for living healthy lives!

While residing in sunny Florida, every winter we are fascinated with the growth of the various citrus plants that bear fruit in great varieties. By the time harvest comes between January to April, the availability of fresh fruit at great prices is overwhelming. It is quite satisfying to those slaked for the thirst of these wonderful juices, or simply just eating the fruit relieved of its protective covering. There is something very satisfying about peeling an orange, grapefruit, or tangerine and eating it whole. But one of the problems is this: you actually have to take some time to cut the rind and peel it in order to reveal the fresh fruit. This might require some clean up after enjoying the feast, because the juices laden with natural sugars might get on your fingers and leave some stickiness. Or if you are inclined to just want the juice, taking the time to actually juice fruit—with even an electric juicer—not only takes time but also requires a certain amount of clean up of the juicer itself.

If you noticed, one of the components that make eating fresh fruit somewhat inconvenient is the loss of precious time. So what has our modern culture done in order to save people from the loss of time? We have created the supermarket with refrigerated rows of citrus juices, conveniently packaged in cartons that can just be opened and poured without the probability of requiring hand washing. You have seen them in your grocery store. Row after row of all the different varieties of juices, some with pulp and extra vitamin C added, or even fortified with calcium. However, in order for the juice in the container to stay somewhat “fresh” before putrefying, the pasteurization process is required to eliminate any of the living organisms that just might “spoil” the juice. The living enzymes that actually are designed by God to facilitate the digestion process in humanity, are inconveniently exterminated in order for the container of fortified juice to maintain its shelf life!

Ironically, ignorant people actually believe they are doing the right “healthy” thing by paying extra for the

convenience of having these great juices with extra vitamin C and calcium added, not realizing that the life in the juice was killed before it was ever placed in the carton. If you are old enough, you might remember the frozen juices that were popular in the 1950-1970s. These are actually much better for you because the enzymes have been frozen rather than totally killed. However, there is a “problem” with time once again, because you do have to take the time to let the frozen juice defrost and then add three cans of water that require stirring. How “inconvenient” is this, given the fact that you can avoid that loss of time by simply buying juice already stirred? Without resorting to facetiousness, I hope you are getting the point.

Perhaps you now know that with this one example, why our household is striving daily to eat foodstuffs that are alive. We are living organisms, and it does not take a rocket scientist to understand that living organisms require living sustenance in order to maintain life! We also recognize that even with our best efforts to find and eat food that is living, we are still not fully able to maintain the nutritional levels that will insure good health for years to come. This is why we believe *everyone* should be on some supplements, simply because even with your best efforts, getting your body what it needs for optimal health is a challenge.

We recommend choosing life. But just like the horse led to water, we cannot make your decision for you. However, we do know that one day, you will wish you had taken this reasonable advice. After all, this is an inconvenient truth!

Choose wisely,
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