



VOL. 35, ISSUE 12 • December, 2024



# Healing Foods of the Bible Part 2

Around 400 years BC, Hippocrates, the “Father of Medicine,” uttered his most famous saying: “Let food be your medicine and medicine be your food.” Back in his day, he used diet therapy to treat his patients. Today, Lifestyle Medicine is carrying on the approach to medicine that Hippocrates originally founded. The American College of Lifestyle Medicine was started by pioneering physicians who wished to use dietary and healthy

lifestyle approaches to treating and even reversing common diseases. The College of Lifestyle Medicine is constantly breaking new ground in the medical profession. Where are they going for their information on the most healthful foods for the human body?

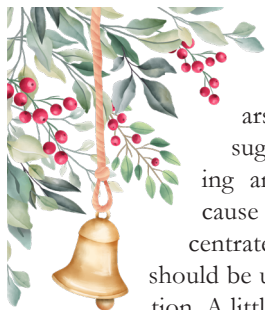
They’re going to the Bible. They’re recognizing that the God who created us knows best how to keep these bodies in the best working order. So, let’s pick up where we

left off last month and highlight more of the healing foods mentioned in God’s word.

## HONEY

“Pleasant words are as an honeycomb, sweet to the soul, and health to the bones” (Proverbs 16:24).

In the Bible, honey is recognized as symbolizing the abundance of God’s blessings. It is a sweet energy food that is high in natural sugar (not artificial). Honey is a good



alternative to refined sugars (such as white sugar), when cooking and baking. Because honey is a concentrated sweetener, it should be used in moderation. A little honey is good for you, but too much can make you sick.

## FIGS

“One basket had very good figs, even like the figs that are first ripe” (Jeremiah 24:2).

Frequently mentioned in the Bible, figs are high in soluble fiber (dissolves in water). They are effective in lowering blood cholesterol, help to reduce the risk of heart disease, and can be used as a natural laxative. They are a good source of the essential minerals magnesium (keeps blood pressure normal), potassium (regulates blood sugar levels), and calcium (builds strong bones). Figs contain Vitamin C as well as protective antioxidants. And they neutralize free radicals that can cause DNA damage (figs can actually neutralize the aging process!).

## ANCIENT GRAINS

“Take thou also unto thee wheat, and barley...and millet, and fitches (spelt)... and put them in

one vessel, and make thee bread thereof...” (Ezekiel 4:9).

In Bible times, only whole grains were used. Whole grain wheat products are nutritious because they have not been milled or refined as extensively as white, refined flour is today. Whole grain wheat foods are high in fiber (necessary for regularity), B vitamins (which helps your body turn food into energy), and vitamin E (which is essential for immune health). Wheat is also rich in manganese (good for bone health and blood clotting), selenium (strengthens the immune system, protects against cell damage), and copper (beneficial for hair, eyes, proper



growth of the body). Whole wheat is often referred to as the “staff of life,” and was extensively used in the Holy Land to make the flour needed to produce unleavened bread.

Barley is another whole grain that was used during Bible times. As a food, barley has long been considered a “heart medicine” in the Middle East. It is a rich source of soluble fiber, which makes it effective in

lowering bad cholesterol and raising good cholesterol. It is also a good source of antioxidants, and you may be surprised to know that barley has antiviral and anticancer properties.

Millet is a delicious grain that is a good source of many of those vitamins and minerals also contained in wheat and barley, including copper, manganese, magnesium, phosphorous (85% of the phosphorous in your body is in your teeth and bones), and is high in protein and fiber.

Spelt is an ancient variety of grain closely related to wheat. It is a good source of complex carbohydrates (the body uses carbs for energy, digestive health, and blood sugar control). Spelt provides dietary fiber and protein, provides niacin and other B vitamins (all B vitamins help your body convert food into energy).

## OLIVES/OLIVE OIL

“The LORD called thy name, A green olive tree, fair, and of goodly fruit”

(Jeremiah 11:16).

Olives and olive oil play a very important part in the biblical and the Mediterranean diet. Choose first cold-pressed, extra virgin, unfiltered, unrefined olive oil.

This maintains the quality and integrity



of the natural olive oil, and retains the heart-healthy nutrients and phytochemicals it contains. EVOO is also a healthful alternative to butter, margarine and refined vegetable oils, such as canola, sunflower, safflower, and peanut oils.

## POMEGRANATES

“I went down into the garden of nuts to see the fruits of the valley, and to see whether the vine flourished, and the pomegranates budded” (Song of Solomon 6:11).

Pomegranates were a popular staple during Bible times, whether eaten fresh or made into a healthy juice. Pomegranates have potent antioxidant and anti-inflammatory properties, and have come to be known as an anti-aging superfood. Pomegranates have proven successful in preventing heart disease, as well as prostate cancer and other cancers. Pomegranates increase blood flow to the heart, reduce LDL (bad) cholesterol and also arterial plaque (excess cholesterol built up in the arteries).

## GRAPES & RAISINS

“And they came unto the brook of Eshcol, and cut down from thence a branch with one cluster of grapes, and they bare it between two upon a staff” (Numbers 13:23).

As the products of the Holy Land’s vineyards, grapes and raisins played an important dietary role in biblical times, being a m o n g t h e f r u i t s most com-

monly eaten. They are loaded with antioxidants and phytochemicals (plant compounds that protect your cells from damage and prevent diseases). Resveratrol, the antioxidant commonly occurring in the skin of red and black grapes, possesses numerous biological benefits, including the prevention of cardiovascular disease, cancer, and Alzheimer’s disease. Grapes and grape juice have been shown to have anti-inflammatory properties, and to also inhibit blood-platelet clumping (which leads to blood-clot formation). Grape juice has been known to alleviate constipation. In 1 Timothy 5:23, Paul encouraged Timothy to take a little grape juice for his stomach (likely for a digestive issue).

So, we can see that God has blessed us with an absolute abundance of wonderful foods created for our benefit. These foods not only provide our bodies with the essential nutrients they need for optimal health, but they also taste good. Many of these foods also provide beneficial healing properties that can prevent and even treat disease and illness.

God loves us and wants us to prosper in all things and be in health, just as our souls prosper. To enjoy true optimal health, let us dedicate our lives – body, mind, and spirit – to God, honoring Him in all things, including what we eat. One day soon we’ll have the privilege of eating from the Tree of Life and sitting around God’s throne, joining Him at His royal banquet as we enjoy eternal life. Until then let us learn to use and eat more of the healthful foods that God has given us.



# Feverfew

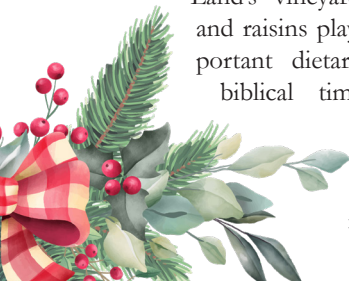
Feverfew is a plant belonging to the same family as sunflowers and daisies. It has been used for centuries as a medicinal herb and is beneficial to

- Relieve migraines
- Reduce arthritic pain
- Fight inflammation
- Relieve menstrual cramps
- Prevent blood clots
- Treat psoriasis
- Lessen tinnitus

## From our Lifestyle Center

### What Our Guests are Saying

God has supplied all I needed for these 10 days of health. What impressed me most was the strong spiritual emphasis in the entire program. The presence of God is here at Uchee Pines Lifestyle Center. I felt at peace, at home by the entire staff. The counselors pray with you at each treatment. All the program components were in order the moment I reached Uchee Pines Center. I am so thankful. -S





## Date Pecan Bites

- 1/2 cup pecans
- 1 cup dates, pitted
- 1 cup raisins
- 1 tsp vanilla extract (optional)
- 1 cup dried, unsweetened coconut

Using the "S" blade in a food processor, grind pecans to a fine meal. Add pitted dates, raisins and vanilla. Process until a dough-like consistency is reached. By hand, work 1/2 cup coconut into the mixture. Sprinkle 1/4 cup coconut in an 8 inch by 8 inch pan, press date-pecan mixture on top. Top with the remaining 1/4 cup coconut. Cover and place in refrigerator. When chilled, cut into bites. The mixture can also be shaped into balls, then rolled in the coconut and refrigerated.



## What God Says About Healing

"Honour thy father and mother; (which is the first commandment with promise;) That it may be well with thee, and thou mayest live long on the earth." Ephesians 6:2-3

"I was delivered out of the mouth of the lion. And the Lord shall deliver me from every evil work, and will preserve me unto his heavenly kingdom." 2 Timothy 4:17-18

"Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed." Hebrews 12:12-13

"Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much." James 5:13-16

"Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." 1 Peter 2:24

"Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, According as his divine power hath given unto us all things that pertain unto life and godliness." 2 Peter 1:2-3

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2

"And let him that is athirst come. And whosoever will, let him take the water." Revelation 22:17

