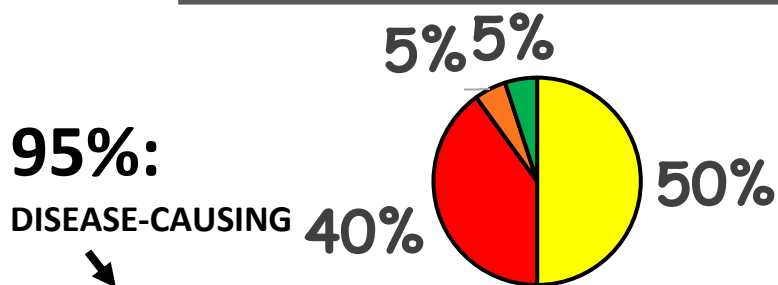


# WHAT CAUSES DIABETES, OBESITY, HEART ATTACK, STROKE, CANCER, HYPERTENSION, GOUT, OSTEOARTHRITIS, CKD & CONSTIPATION?

## Standard American Diet



- REFINED & PROCESSED FOODS (white flour, white rice, white bread, white pasta, added sweeteners, fruit juices, & sodas)
- DAIRY & ANIMAL PRODUCTS (beef, pork, lamb, fish, chicken, turkey, milk, eggs, cheese, sea food, ice cream, yogurt, butter, cream cheese, cottage cheese, & sour cream)
- UNHEALTHY FRUITS & VEGETABLES (French fries, potato chips, onion rings, pizza, pickles, deep-fried vegetables, pies, sweetened dried fruits, & sweetened fruit desserts)
- WHOLE GRAINS, BEANS, VEGETABLES, FRUITS, NUTS, & SEEDS

### No Antioxidants, therefore:

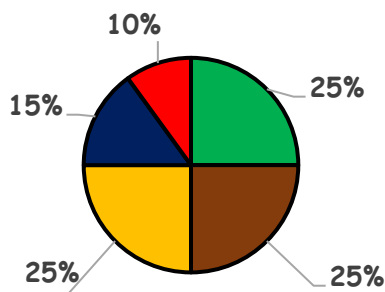
- Can't protect DNA = cancer
- Can't protect arteries = heart attack & stroke
- Can't protect eyes = cataracts & macular degeneration
- Can't protect joints = arthritis & joint pain

### No Fiber, which leads to:

- Constipation
- Hemorrhoids
- Appendicitis
- Diverticulosis
- Diverticulitis
- Hiatal Hernia
- Colon Cancer
- Varicose Veins

# WHAT REVERSES OR PREVENTS DIABETES, OBESITY, HEART ATTACK, GOUT, STROKE, CANCER, OSTEOARTHRITIS, & CONSTIPATION?

## Whole Food Plant Diet



- VEGETABLES & LOW GLYCEMIC ROOTS (leaf, flower, and stem vegetables, dark leafy greens, low-glycemic roots, like yams, raw carrots, and sweet potatoes - ORGANIC, if on the DIRTY DOZEN list)
- BEANS & LEGUMES (black, pinto, navy, kidney, Adzuki, small red, white, etc.)
- WHOLE GRAINS, LOW GLYCEMIC (cooked barley, rye, & wheat, like you'd cook brown rice - NO FLOUR, but Alvarado Street breads and Ezekiel breads are OK)
- FRUITS, LOW GLYCEMIC (avocado, lemon, lime, grapefruit, organic cherries (frozen), peach, organic berries (frozen), organic or peeled apples, pear, plum - ORGANIC, if on the DIRTY DOZEN list)
- NUTS & SEEDS, UNSALTED (walnuts, pecans, almonds, Hazelnuts, almond butter, and seeds, sesame, Chia, pumpkin, flax, sunflower, etc.)

### High in Antioxidants, therefore:

- Protect DNA = Avoid cancer
- Protect arteries = Avoid heart attack & stroke
- Protect eyes = Avoid cataracts & macular degeneration
- Protect joints = Avoid arthritis & joint pain

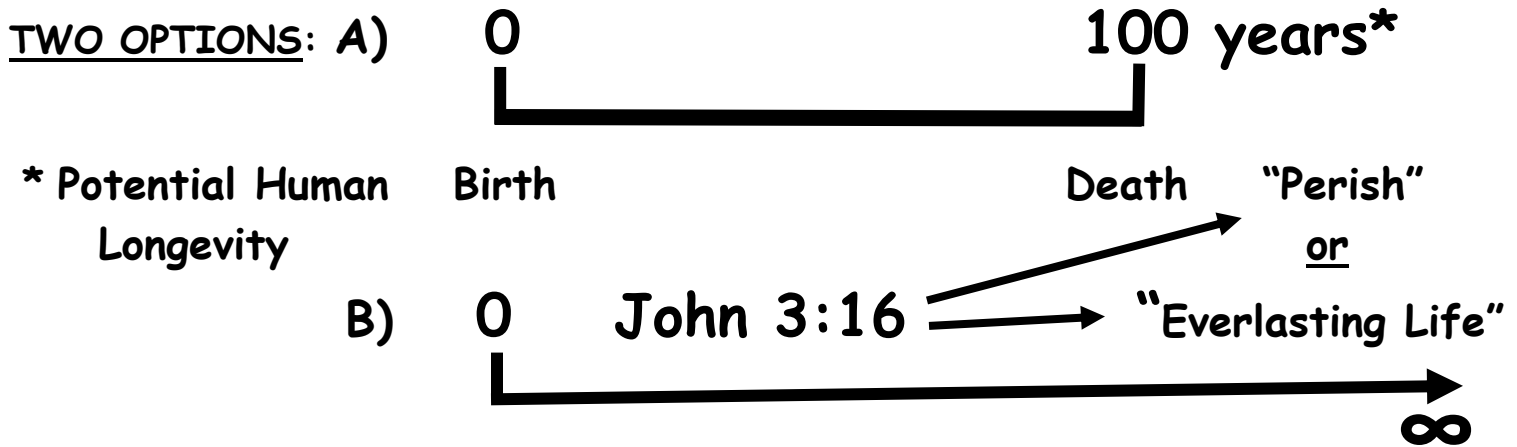
### Only Food with Fiber, therefore:

- Avoid constipation, hemorrhoids, appendicitis, diverticulitis, hiatal hernia, colon cancer, varicose veins

### Important Points to Remember:

- Chew vitamin B12 2000mcg, take vitamin D3 2000 IU, & vitamin K2 500mcg daily
- Avoid irritants: vinegar, black pepper, cinnamon, ketchup, mustard, hot chili
- Allow 4-5 hrs between meals
- ONLY WATER between meals; avoid water at meals.
- WALK, WALK, WALK

WHAT MUST I DO TO LIVE FOREVER WITH NO SORROW, CRYING, PAIN, SICKNESS, DISEASE, & BROKEN RELATIONSHIPS?



TO GET OPTION B, JOHN 17:3 ESSENTIAL. JESUS CHRIST DEFINES ETERNAL LIFE. READ HIS DEFINITION CAREFULLY, "THIS IS LIFE ETERNAL, THAT THEY (YOU & I) MIGHT KNOW YOU (GOD THE FATHER), THE ONLY TRUE GOD, & JESUS CHRIST, WHOM YOU HAVE SENT."

SO, HOW DOES ONE GET TO KNOW GOD? SAME WAY YOU GET TO KNOW ANYONE - SPEND TIME WITH THEM. THEREFORE, SPEND ONE HOUR OR MORE ALONE AT THE BEGINNING OF EVERY DAY IN CONTEMPLATION OF LIFE OF CHRIST THROUGH STUDY OF THE BIBLE (30 MINUTES OR ONE CHAPTER A DAY, STARTING WITH FOUR GOSPELS) & THROUGH PRAYER (30 MINUTES) FOR THE PUPOSE OF BECOMING BETTER ACQUAINTED WITH CHRIST AS A REAL PERSON & REAL FRIEND, NOT JUST A HISTORICAL FIGURE.

### ADDITIONAL POINTS

- 1) Before opening the Bible, pray the Holy Spirit will give you understanding of the Bible Christ Himself has and the love for Christ that God the Father has.
- 2) When you pray, say, "Father in Heaven, (then pour out your heart to God), in Christ's name, Amen. Make a list of joys, sorrows, requests, & pray your list.
- 3) Daily give up your plans as God's Providence, in your circumstances and surroundings, shall indicate. Meditate daily to listen for His still small voice.
- 4) Confess your sins to God in prayer daily. Ask for His forgiveness, and ask that all the merits of Christ's shed blood be appropriated to you and others daily.
- 5) Recommended Reading (Books/Websites): - "Desire of Ages" (Ellen White)  
- "How Not to Die" (Michael Greger, MD); "Prevent and Reverse Heart Disease" (Caldwell Esselstyn, MD); [nutritionfacts.org](http://nutritionfacts.org) (Michael Greger, MD); [pcrm.org](http://pcrm.org) (Neal Barnard, MD); [drmcDougall.com](http://drmcDougall.com); Star McDougallers (John McDougall, MD);  
- "Its' All About Him" (Lee Venden); 01-13 All About Jesus Seminar (YouTube)
- 6) Recommended Viewing (DVDs): - "Forks Over Knives"; "Eating You Alive"