

Nutrition-For-Life - Part 1

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In April 2016 scientists at University of Chicago reported “**A Spark of Light flashes like fireworks when egg and sperm meet**”. expressions of humanity, but that only happens if the sparks are properly nourished physically, mentally, and spiritually after conception. Today some churches include health, wellness, and wholeness of body, mind, and spirit in a statement of faith, but few teach how it works. When Jesus walked the earth there were no junk foods, junk drinks, fake foods, GMO, or thousands of toxic manmade chemicals. There were no mills to separate the precious germ and bran from the endosperm of a whole grain of wheat. When Jesus talked about God feeding us as He does the “birds of the air” He was saying *trust how life works as God made it*. God did it right, but we didn’t listen “O you of little faith” (Matthew ch6). Today we are paying the price of blocked ears and minds with physical, mental, and moral degradation. This includes epidemics of cancer, heart disease, addictions, Alzheimers for the elderly, autism for the young, random acts of violence by the mentally impaired, lower intelligence – the list goes on and on.

Today we know about antioxidants, vitamins, minerals, human physiology, mother’s milk etc. It confirms what Jesus told us 2000 years ago. God did it right. We have no business messing with creation in ways that sicken us and our little ones. The human brain has never made a living thing. Who do we think we are? We have no business telling God how life works. “All things were made by Him” John 1:3. This thought includes both things and *systems* of life. Few churches teach this. **Nutrition-For-Life** that sets the stage for wholesomeness and wholeness in life fulfills a commandment of Jesus to “heal the sick”.

One system of life abused in our time involves how soil is fertilized. God’s way is by the natural decay of plants and animal waste. Man’s way is with NPK fertilizers that do not replenish trace elements but do make pesticides and herbicides necessary to protect weak plants. Later food from weak plants come around to weaken us. “Be not deceived. God is not mocked. As a man sows, that also shall he reap”. Other abused systems are God’s way of making babies *and* God’s ways of healing. It’s all related. Moms and dads need healthy food to make healthy babies. We all need healthy babies if we want healthy adults and a healthy world. Overuse of “formula” and denial of maternal-infant bonding guarantees the messing up of lives. So does a medical system that classifies natural healing (naturopathic) as “alternative”. Families count on doctors to understand this. God counts on churches to teach this much so His Kingdom may come “ON EARTH as it is in heaven”?

“I have come that you may have *life*, and have it more abundantly” John 10:10.

“God is a God of the *living*, not a god of the dead” Luke 20:38.

“I am the way, the truth, *and the life*” John 14:6.

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Below are a few blessings of **Nutrition-For-Life** a pathway to wholeness.

Blessing #1 – Everybody enjoys better health. This will happen as more Christians learn to take responsibility for their health as Jesus did. “Surely you will say Me that proverb, physician *heal thyself*” Luke 4:23. There are thousands of ways to get sick. There is only one way to be healthy That is to balance key systems of the body using natural things made by God. Body systems are managed by a nervous system led by a brain *that works by truth*. This path is “straight and narrow” and margins for mistakes narrow with age. Since without health nothing else matters, why not follow a path that follows Jesus?

Blessing #2 – The planet will enjoy better health. Nobody can be healthy if air, water, food, agriculture, and other systems we share aren’t healthy. Many are waking up to “organic” and “regenerative” but it’s going very slow. If churches would teach their members the difference between wholesome food vs. food lacking minerals and loaded with pesticides and preservatives you can’t wash off, more wholesome food will soon be available and more blessings of the “good life” will be there for all of us to enjoy!

Blessing #3 – The practice of medicine will shift from a symptoms and pill approach to dealing with underlying causes. It’s already happening, but it can go much faster. Medicine as practiced is about seeing a doctor “when you are sick” for a symptom fix. To deal with underlying causes you have to consider the role foods, herbs, water, and lifestyle play in balancing body chemistry and healing. This will open the door to naturopathic medicine and doctors who respect God’s ways of life, and open the door to miracles of healing. This will only happen if enough people get the word on Nutrition-For-Life.

Blessing # 4 –The mother-infant relationship will be healed. With an awakening to God’s ways of life there is a good chance for healing the sacred mother-infant relationship that is foundational for making healthy babies, healthy mothers, and healthy lives. Moms and dads who make babies need wholesome food and clean water and air. They also need education on the basics of nutrition and the blessings of maternal-infant bonding for both mother and baby that last a lifetime. If this happens there will soon be healthier families with more big smiles from mothers, babies, and dads too. The healing of the mother-infant relationship opens the door to the healing of far too many things later in life to list here. *All aspects of life work better with a good start.* It’s simple enough, but do we care enough?

Blessing # 5 – Nutrition-For-Life – a pathway to wholeness for body, mind, and spirit. Put the truth about health together with the words of Jesus. Nothing else can come close to offering so much kindness to God’s children. “Feed My lambs; feed My sheep; feed My sheep” John 21:15-25

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