



WE DON'T DIE WE KILL OURSELVES

Our Foods Are Killing Us!

Conquering pandemics! Avoiding Birth defects!
Food as Medicine! Bible Answers! Home Remedies!
Phobia Cures at home! Obesity exposed! Drugs Kill!!

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We Don't Die—We Kill Ourselves! Our Foods Are Killing Us!

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GENERAL ENDORSEMENTS



“Dr. Roger De Haan and his wife Jinnie labored for Christ in South America for many years prior to his establishing a veterinary practice in Kings Mountain. Those years of missionary ministry and working with the agricultural needs of his parishioners have given Roger a unique understanding of the nutritional needs of God’s creation. Roger possesses a superior intellect and keen insight into the dangers of our processed foods and the over-prescribed remedies of conventional medicine. In this volume Dr. De Haan sounds a clarion call that should be heeded. I am pleased to enthusiastically commend this volume to all.”

—Roger R. Woodard, Senior Pastor,
Family Worship Center
Kings Mountain, North Carolina

“In relationship to the health issues facing us today, it is imperative that the church begin to take responsibility for the physical condition of so many of its members. Our poor eating habits and sedentary lifestyle have caused us to reap the whirlwind of sickness and disease. It is sad to see the seemingly endless line of believers coming for prayer for ailments that could be easily corrected with a change in lifestyle. As a minister I was taught by the Lord that there is profit in bodily exercise, and that He would satisfy my mouth with good things, so that my youth is renewed like the eagles (see First Timothy 4:8; Psalm 103:5). In this book pastors and leaders will find the wisdom necessary to change both their health and that of their congregations.”

—John M., Pastor and Evangelist

“In regard to Christian nutrition and health, the crucial points are the following: Christians are as sick as nonbelievers. We don’t take care of the one body that God gave to each of us. Pastors and churches are not caring for the physical health of their flock. People don’t have the joy of the Lord because they are too sick and too tired. You need to convict pastors and leaders right away.”

—Dr. Ross H., M.D.

“What you wrote to the pastors and parents was really interesting. And I totally agree. I believe God is teaching us how to take care, not only of our souls and spirits, but also of our bodies. As Dr. De Haan has said, believers should be the healthiest people on earth. Yet often we are the sickest, because we are not applying the principles God has set before us.”

—Naomi M., teacher and educator, Santo Domingo

“Nutrition and healing are very delicate subjects. You can touch a lot of other things in people’s lives, but don’t dare touch the taste buds nor the belly!”

—Pastor B. K.

“I believe that eating that which harms the body is as much a sin as lying or stealing. It is difficult for me to understand why this is not immediately clear to others.”

—Rev. M.M.

“Let me recommend a complementary book by Governor Mike Huckabee: *Quit Digging Your Grave with a Knife and Fork*. The Governor writes: ‘The health care system in America is the best in the world, but unfortunately it rests on a faulty and ultimately fatal foundation. Our system is built on the premise of spending money to *treat* disease—yet many diseases are absolutely *preventable*’ (page 153).”

—Rev. Arthur J.

“I’m waking up to the reality of treating the body as though I already have the disease. Thus I eat and care for myself as though there is already heart disease – a strong possibility in my case, given my genetics. Hopefully in that process I will prevent any serious problems. In his book, Dr. De Haan has given me food for thought: Rather than waiting for a problem and then getting serious about treatment, I will try to prevent the problem in the first place!”

—Jonathan M.

“Hooray for you! I absolutely concur with everything Dr. De Haan has written, especially the part about the church’s and pastors’ responsibility to teach the people these things. Yet I know of many churches whose entire focus is on the healing ministry who would never dare to touch this issue.”

—Ben K.

“I agree with Dr. De Haan that some people are ruining themselves physically with too much food in general and little or no exercise, and too much unwise eating characterized by the American diet and poor nutrition. I recall praying for a healing from diabetes and high blood pressure in Malaysia three years ago. When I told the man to whom I was ministering to pray about eating too much rice, and that it might be wise to cut down his food intake, lose some weight, and at least do some walking, he was totally shocked that I didn’t just pray for a miracle and leave such practical health advice out of it.”

—Rev. Joe. M.

“I think people are tired of being guinea pigs....and the side effects are usually as bad as or worse than, than the original disease. Of course, if you don’t have insurance the cost will kill you. My wife went to the emergency room in Seward, where she works, because she thought she had pink eye. A thousand dollars later, we still had no solutions. It was an allergic reaction and we were the ones who had to figure that out. It will be nice when the curse is lifted and we don’t have to worry about disease!”

—Mike Holland, Corrections Officer

“As a natural medicine consultant, I feel like a circus freak in the church when it comes to preaching the good news of biblical health practices. Perhaps the Lord is

ready to get the church up to speed with the health movement. I would love to help.”
—Jackie B., Natural Medicine Consultant

“As a minister, I was impressed with your sound theology! Amazingly, I agreed with everything you wrote. I will pass this on to my daughter, who is a nurse. She will be very intrigued by what you wrote.”

—Rev. Harry Q.

“Through the course of many years, I have gotten to know Dr. Dehaan (Rog) in many capacities. As missionaries we spent 12 years in the steaming jungles of the Amazon basin, located in the southern part of Colombia, S.A.. There, far remote from any city where medical help could be found, I observed Rog in his multifaceted roles as veterinarian, doctor, dentist, agronomist, teacher and counselor. In each of these areas his passion was to improve the conditions and environment surrounding the people and animals he served. Colonists up and down the river heard of his reputation; some would travel days to bring their injured and sick. Though not a medical doctor, but a doctor of veterinary medicine, he nevertheless performed many emergency medical procedures that saved the lives of his patients. Countless teeth were extracted from both people and animals; later, when provided with a portable dental clinic, he was able to save teeth. He championed the cause of hygienes in every area of life, whether it be in the area of assisting in the birthing of children or in the care of plants and animals. His innovative ideas of working in collaboration with nature and finding solutions endemic to the area in which he lived proved both successful and revelatory to the people who observed him. As a teacher, he taught the principles of life and how they pertain to everyday performance. As a teacher of the Word of God, he studied to show himself approved by teaching divine principles that, when applied, change habits and customs that have kept people in spiritual darkness for centuries. Because his burden was to help to redeem the creation in any way that he could, he realized from a young age that man must work in collaboration with God by using principles set forth in the Word of God. Consequently, organic gardening to redeem the soil and nutritional intake to redeem the natural body have been his emphasis for fifty years of his life.

“The book that he is presenting to the public, *We Don’t Die—We Kill Ourselves!* is a compilation of many years’ experience, both tragic and otherwise that will challenge the very essence of our lifestyles. As in every area of our lives, we have a choice to make. We will either apply these principles to our lives and live better and longer, or by denying them continue to live a substandard life vexed by serious problems we may have been able to avoid. May our choice be to live and not die.”

—Terry Kelly

“This book is written with clarity of thought and a passion seldom found with this type of material. Roger brings us his keen search for the truth as to why we are in such a sad dilemma physically. He presents an excellent balance of the natural with the spiritual—both of which certainly affect us. Reaching beyond his obvious grasp of the cause-and-effect is his keen insight into a sound biblical and scientific approach to a

meaningful solution. He highlights the problems with irrefutable logic, then frames the answers with great care and a sense of the urgent. His lifetime of experience and study has given us the roadmap to a better life.”

—Pastor Bill Bennett

“God’s timing is perfect! I have just finished reading Dr. Roger De Haan’s book, *We Don’t Die—We Kill Ourselves!* I have been trying to get motivated to diet, and his book has done it! It makes such good sense to follow his guidelines. I particularly like the part about listening to our bodies. When we have to take a digestive aid to help with indigestion, or we have excessive amounts of gas, or we get so sleepy that we can’t pay attention in church due to the high carbohydrate breakfast we ate, we must pay attention to what our bodies are telling us and change what we put into our mouths. Look out, excess weight—you’re on your way out! Thank you, Dr. DeHaan.

—Barbara Matheson

“Thanks again for your wonderful letter, which brings many new ideas and confirms some others. Root causes are seldom considered, even in the Body of Christ! Your teaching is going to be very useful to our family.”

—Prof. Rual C., Mexico

“Science has shown that, given the right nutrition, the body has the amazing capacity to repair or heal itself of just about any condition.”

—Rick H., author and researcher

Endorsement by Dr. Mark Virkler

Health care is totally out of control, and it poses an immediate and great risk of death to you and your family. It is up to you to do something about this. The Scriptures are full of health care ideas and solutions. They also teach us who is ordained to oversee health care. In the Old Testament it was the priests. Today, the church is called by God to be a kingdom of priests. Health care is therefore to be under the auspices of the Lord Jesus Christ and His Bride, the church.

We are each individually responsible for our own health care. I took responsibility for my health care when I hit 40 years of age and had my first physical. My doctor told me I was at the maximum risk of having a heart attack. That shocked me enough that I was motivated to spend two years focused on how to improve my health. I read hundreds of books, experimented with various foods, herbs and remedies on my own body, and wrote three books on what I had learned. My health improved, my energy improved, my cholesterol was lowered from 276 to 195 without drugs, and my cancer risk was lowered by 500%.

This can happen to you, if you choose to become responsible for your own health care. God did not make the government, the FDA or your local doctor responsible for your health care. He made you responsible for it. Living biblically means you are called to accept this responsibility and take steps to discharge it wisely.

Reading this book will be a wonderful step toward discharging your responsibility for taking charge of your health. Dr. De Haan has written a teaching testimonial. It is his life's story, showing how God taught him biblical principles of health and how his personal health has improved decade by decade.

Dr. De Haan does not claim to have arrived, but he clearly shines light on the right path, walking us toward increased light, revelation and understanding. His attitude is not that of a "know-it-all," but instead that of a teacher, a pilgrim walking along the same path you and I are walking. He is there, strongly encouraging you, motivating you and giving you the keys God has so graciously given to him.

I love the spirit of De Haan's writings. I love the story format he uses, and I devoured this book in one weekend. I bet you will too.

I pray this book will teach and encourage you to take giant steps along the road toward vibrant health. We as the bride of Christ have the opportunity and challenge to experience the vibrant health God has promised and provided for us. May you, the reader, be one of those who experiences this abundant health; in experiencing it, may you also be one of the leaders on this path.

Dr. Mark Virkler
President, Christian Leadership University
Author of 50 books

DEDICATION



To my wife Virginia and our three sons. All have been supportive through this long learning process, through the ups and downs of finding answers. And now we are enjoying the benefits and applying these principles to our grandchildren!

ACKNOWLEDGMENTS



I wish to thank my publisher, Jim Rill of MileStones. He told me I was an excellent diagnostician; but that people are looking for more than information. They want answers!

Jim immediately recognized the value of this book and provided prudent guidance that resulted in a groundbreaking book with hundreds of down-to-earth answers.

Thanks to Steve Nance, who edited with great skill. He took my own words and somehow wove them into a flow that amazed me. He took on the burden, saying, “I believe in your message!”

I want to thank the many encouragers along the way. First of all my wife, Jinnie, and our three grown sons Reuben, Andrew and Paul. They not only believe in the message, but told me it was “about time” I put that message in writing.

Many others read, commented, encouraged and impressed upon me that the message must be told. I must include Pastor Bill Bennett, Bishop Roger Woodard, Dr. Mark Virkler, Dr. Ross Hauser, Dr. Paul Jehle, Pastor Paul Cleath, my friend Terry Kelly and my son, Dr. Reuben De Haan, by name. Many others go unnamed, including pastors, professionals, clients and friends. All provided encouragement as well as relevant comments and ideas.

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Thanks, Dad, for being my best example in always looking forward and always being ahead of the curve. From you I learned my first principles of health as we partnered on our 100% organic farm in the sixties. You constantly searched out answers. Although you were affected by the Great Depression and as a result obtained only an eighth-grade education, at 50 you fulfilled your dream by receiving degrees in both theology and education, all while working full-time on the organic farm. Thanks, Mom and Dad, for the great heritage you passed on!

Finally, I wish to thank all those who have gone before us and walk beside us. Some have molded my life by your written word, which helped shape my thinking; some by the sermons you preached. Others by the lives and values you passed on. I soaked it all up. Now it is my turn to tell my story!

Dr. Roger L. De Haan

January 2006

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FOREWORD



This book began as a letter; that letter was and is the result of the real personal health care issues of real people. As positive comments came in, I was challenged to advance this into a unique book. Now this important information is going to be disseminated worldwide.

This material is the result of over 50 years of my own pilgrimage and the challenge of my own personal belief systems. My health studies began in earnest when I was 13 years old and found myself on an organic farm. Since then I have completed advanced studies in medicine, theology and nutrition. My experiences have included 12 years in agricultural and Christian missions in the jungles of South America. For the last 20 years I have been in a nutritional and clinical practice. I have been at both ends of the spectrum and on every side of the equation as my belief system and practical knowledge have developed. Balance does not come easily! At least, it did not come easily for me.

Health and healing require an eternal perspective. Which of us strives to have a perfect physical body, but at the same time wants to live in emotional turmoil or spiritual confusion? It is time for a marriage to take place between body and spirit, with unconditional love as the central healing principle. Unconditional and unwavering love is the only hope for bringing total health and healing to every level of the spirit, filtering into the soul and finally transforming the body. Our

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ultimate goal must be to learn how to attain that ultimate health and balance. I have written this book to answer that question.

My message will undoubtedly challenge many of your belief systems and demonstrates, of course, my own conclusions. It is my hope that this message will be a strong challenge, a shot across the bow of the status quo of both science and religion. Its purpose is to shake up some cherished beliefs!

Does that mean I have personally solved every one of my own health and relationship problems? No – not yet. It does mean that I now have a clearer picture of the finish line. I have a better sense of what it takes to win the race. And like a good athlete, I am in training to win the gold!

Key to this book are seven interrelated purposes. I will outline them for you so that you will know where we are headed.

First and of greatest importance, this is a wake-up call to leaders in an area clearly mandated by the Scriptures. I am attempting to shock leaders into laying hold of their responsibility to take the lead in the vital area of health, an area where traditionally they have felt uncomfortable and hesitant. We have relegated our responsibility to doctors and humanistic professionals. The results have been disastrous.

Second, I will prove that we are killing ourselves with the nutrition-less foods we choose and gulp down by the ton. The majority of people in the world have an unhealthy relationship with food. We have been carefully trained by unhealthy social customs, by the over-availability of junk foods, by astute commercial advertisers – and by our own taste buds!

Third, cutting-edge genetic technology is now proving that certain nutrients can turn on good genes and turn off bad genes. But we are lacking in the very nutrients that could prevent most of our diseases.

Fourth, our calling in Christ is to set new cultural standards by proving, applying and living new standards of health and nutrition according to biblical knowledge. *“My people are destroyed for lack of knowledge”* (Hosea 4:6). It is now high time for us to be inspired with correct answers!

Fifth, our responsibility goes way beyond ourselves to our children and grandchildren. This is what should convict us the most! The little compromis-

Foreword

es we make in our generation, the next generation will follow to the logical extreme. What I share on the following pages will hopefully shock us all into action. The writing on the wall is becoming much too obvious!

Sixth, although the core principles are relatively simple and easy to apply, it is going to take a heroic effort to turn around our breathtaking downhill slide. This is because we are closer to worldwide plagues, famine and irreversible health problems than most people realize. I will share core principles and simple solutions that will point the way to answers. This is a wake-up call to become healthy in body, soul and spirit!

Finally, this book attempts to be true to the whole of the Scripture, from Genesis 1 through Revelation 22. You may doubt that at times. Keep reading, because you will find a satisfying balance as you arrive at the finish line.

A book is not effective unless it changes perceptions deep within the heart of the reader. True answers lie buried within the heart of each one of us. When these answers are brought to the surface, they tend to stimulate a drastic change in our outlook. And when our outlook changes, our methods also change. For us, that means correcting many wrong beliefs about food, which is the goal of this book.

Food is an issue with a long history! I find it both interesting and significant that the first Adam was deceived concerning food. Therefore, I believe it is probably the lust of food that will be one of the last frontiers we will conquer. We must develop a taste for the truth rather than just for what tastes good. We must learn to stomach the truth!

It is also interesting that Joseph, who was a spiritual type of Jesus, was prepared by God to preserve a people from famine by storing up food. Food is a subject that winds its way from Genesis to Revelation. The first chapter of Genesis begins with God preparing and planting a perfect garden. In the midst of that garden was the Tree of Life. Revelation 22 begins with another view of the Tree of Life, this time with fruit for every season. And the leaves of the Tree were medicines for the *“healing of the nations.”*

This book will deal with two kinds of food. We are facing a day of major famine. First there is a famine of the *“hearing of the Word of God,”* a famine of

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spiritual food. Secondly, there is a famine of God-given natural foods that bring health and prevent disease. In most cases it is not a lack of food that we are talking about, but a lack of quality food; food that is truly nutritious. At the same time we must recognize that at least 75,000 people die daily of starvation from the lack of food. Both types of food, the natural and the spiritual, will be addressed in this book.

Are you ready for a journey that will challenge Western dietary beliefs to their very roots? It is these wrong internal and deep-rooted beliefs that have led to wrong external behavior. Let us take the ax to the root of these mistaken beliefs, because that is exactly what has kept us in internal and external slavery to the god of the taste buds and the belly.

P R E F A C E



Around 1975 I faced a serious dilemma. I was part of the leadership of a jungle mission teaching farm, and our pig program had gone sour. The piglets were dying. Their mothers had no milk. Besides that, they looked more like gaunt, malnourished greyhound dogs than typical healthy pigs.

As a nutritionist and veterinarian, I shared some advice about how to turn the program around. The program leader's face turned murky. He threw up his arms and said, "I quit—you take over if you know how to do this." It was an unexpected outburst that began a lesson I will never forget.

Solving that problem brought into focus several principles that are still etched in the labyrinth of my mind and heart. Over the next six months I learned more natural and spiritual principles than I had in the previous six years of my medical education. I learned also how two seemingly unrelated areas were in this case intimately intertwined.

Almost immediately I realized that this project had a serious spiritual problem. I am not one given to having dreams or visions. I was raised on hard work and facts, not visions. However, as I prayed the next day I immediately saw a vision: a giant snake slithering into the hallway of that newly constructed pen from the entrance at the far end. Six lumps about the size of basketballs protruded from this serpent's huge belly.

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Instantly I perceived two things. First, I sensed that this hog program was not merely facing a physical battle of mismanagement, malnutrition and parasites but was, in fact, facing a spiritual battle – which up to that point we had been losing. The snake represented the forces of evil. We were in a battle that had to be won immediately. The only weapon available on this level of warfare was the authority of the Word of God.

Also, I somehow knew that the six lumps represented something significant. The number six in Scripture is the number of man; the number of man's efforts, man's wisdom and man's knowledge. Six represents man without God.

Immediately, with that striking vision before me, I began to intercede earnestly. In my mind's eye I engaged in a battle with that snake using the Sword of the Word of God. I quietly and with authority commanded that snake to depart. I saw it leave, knowing it had to depart, believing that what I had within me was greater than any power that serpent represented. The snake stopped its confident forward movement, began to reverse direction, and then left entirely. I was relieved, but I also knew the snake had no other choice. I never saw that snake again.

So this was a spiritual battle. But I also knew it was a physical battle. There were management, nutrition and disease problems that still had to be faced and solved. Having been trained at a university with the latest technologic and pharmacologic knowledge, I also understood that technology alone would not solve this problem. I was not prepared by my medical education for the technology of any of the methods I soon learned and used.

With very little financing or help at my disposal, I felt compelled to find solutions straight out of the belly of the jungle. That became immediately clear to me. I had not gone to the jungles of Colombia to import American or European high-tech answers and technology. I went to find answers the local people could use also.

So I read and did research. I wrote letters. I experimented and drew on my instincts and the lessons I had learned as a young man on the farm. I considered things I had learned or read about, very practical approaches to help solve the serious problems of disease and malnutrition. I relied also on a higher Power than my studies, seeking answers from the Word of God and through

meditation and prayer. I also posted a sign-up sheet for interested families to pause at the pigpen every day on a volunteer basis to pray specifically for each pen of sick pigs. The lessons I learned I propose to pass on to you. Perhaps some of those answers will resonate to a similar area in your life. They might even prove useful someday at a time of crisis as world events of devastation and turmoil unfold before our very eyes.

Wood Ashes and Charcoal

Often it is hard to trust our instincts. It was obvious to us that the rain-forest soils were seriously deficient in minerals. I had read that wood ashes were a good source of minerals drawn from deep inside the earth. The tree roots penetrate deep into the earth, approximately the same distance as the branches go up into the heavens. Thus they were able to find, extract and transport upward the minerals they needed to grow so strong and tall. I knew also that the pig program lacked minerals. The 250 inches of tropical rains that fell every year leached away many of the important surface minerals. I had already been aware that the charcoal from burned wood served as a universal antidote for poisons. We had plenty of wood ashes, since our food was cooked over woodstoves. Because there was no electricity on those jungle farms, wood ashes and charcoal were available in great abundance.

In addition, charcoal is very alkaline. Our grandparents must have known this, because they used wood ashes to make alkaline lye soap on the frontier. I remember some of that gritty soap! For us, that alkalinity was important because it helped to offset the internal acid waste produced in the diseased intestinal gut. Almost by accident I discovered ten other uses for wood ashes, from using charcoal as a poultice on a wound or snake bite to sprinkling it as a natural insecticide to destroy ant colonies in a swarming and dangerous ant nest. These discoveries were most interesting to my medical mind, a practical new revelation to me!

Normally we discarded ashes in piles as useless trash. Yet I discovered that they had so many other vital uses! I began to measure this source of minerals into the pig food as an estimated 2% of the diet. The mineral and toxicity problem was quickly resolved.

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Discarded Rice Bran

I already knew that rice bran was a rich source of B complex vitamins, enzymes and other essential nutrients. All along the river, when the rice was hand-winnowed, the hulls and bran were discarded as waste products. There were 200 people on the particular community teaching farm where I lived and worked, and rice was one of our staples. So I placed a plastic tarp on the ground. When the women winnowed the rice in the gentle wind, the bran fell in a pile under the winnowing pan because of its greater density. The lighter hulls were carried by the breeze into a second pile, separated automatically by the wind. How convenient to have such simple technology at our disposal! I added this potentially expensive supplement to the pig's diet. That was my second breakthrough.

Whole Food Protein Supplements

For the hog slop, which we called *aguas mesa*, we cut up *platanos*, a local cooking banana. Yucca, a root crop, was also available. And someone sent me several sweet potatoes from Miami, which I sprouted and planted in the gardens. This proved to be a great success because the sweet potatoes adapted quickly to our tropical conditions. So the pigs now had a third delicacy.

The problem with all three of these foods, however, was that they were high in starch and carbohydrates but low in protein. Animals require a balanced protein in order to be healthy. Where was I to find quality protein?

Then I read in a tropical research bulletin that the leaves of young yucca plants were very high in protein. The sweet potato leaves had the same high protein content. This was like having two highly trained volunteers stepping up to the plate when we were short of team members!

I experienced a temporary setback when someone told me that both the yucca and potato leaves were poisonous to eat. They could kill the pigs. Job's comforters! Fortunately, after further research and some careful feeding trials, I was able to prove that sweet potato leaves were not toxic. I soon learned also that the yucca leaves were toxic in only one variety, the ones that the indigenous Indians cultivated. Ours were a safe, improved variety. Whew!

When we harvested the sweet potatoes, I gathered up the discarded vines for the hogs. And when the yucca was harvested, I went behind the crew into the

field to replant the now useless stalks. Within a few weeks the sprouts were three feet tall and ready for harvest as tender shoots and leaves. If something new and unique like this was to be done – and it was new and unique to us – and if it was to be done properly, I was the one who had to improvise. As the one who had the vision, the burden was on me to prove the validity of my discovery. Later, as the program grew, I was able to delegate that responsibility to others.

Discovery arrives more quickly when your own hands are right there in the mix and you are observing, meditating, seeking and pondering. That 25% protein level in the leaves certainly beat the meager 3% protein that was available in the starchy root crops. Rapid growth and health were on the way. This new approach was beginning to work!

A New Bacterial Inoculation Powder

One day a veteran missionary from Japan visited our teaching community. She carried with her a small envelope of microbial inoculation that the hog farmers in Japan were using. This was unique, having a missionary on this kind of mission sharing her natural knowledge. But it was just what we needed, something I had not even known enough to pray for.

This bacterial stuff was an intriguing product, meant to be cultured on rice bran. It arrived just as I had begun to salvage and use the bran. The timing was perfect! Since I had already discovered the value of this bran, I now began culturing the bacteria according to the missionary's instructions. To a pail full of rice bran I added a handful of culture into the *aguas mesa*. I first cooked the bananas, peels and all, and when the large drum cooled off I added rice bran plus the new bran inoculants.

By morning the fermentation process was well advanced. The pot was bubbling again, this time with bubbles of fermentation and the smell of rice bran wine or vinegar. The pigs relished the new taste; they seemed very happy indeed! Fermentation has a long history of health benefits. The fermentation of good bacteria and fungus added live nutritional and medicinal qualities to the hog slop, which we badly needed. What a Godsend!

Best of all, there was new evidence of greater health. By this time, now a few months into the project, the skinny, ornery, melancholy pigs were happily

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grunting like contented pigs should. They began to look the picture of health, producing for us an abundance of meat and cooking fat, not to mention very large litters of healthy baby pigs.

I might add that due to my current understanding of health, I personally do not eat meat from any animal that is a scavenger in nature. Thus swine meat, monkey meat, horse meat, dog meat, lobster and shellfish are all scavenger “unclean” meats I now avoid. This is a personal choice, based on Scriptural principles but also backed up by several solid scientific facts that I eventually uncovered. For instance, scavenger meats take at least 18 hours to digest in the human gut, whereas poultry and scaled fish take only 3 hours. That is only one of the negative qualities.

What Did I learn?

I learned that answers are not always beyond the sun or across the oceans, but are *“nigh unto thee, in thy mouth and in thy heart, that thou mayest do it.”* God is the God of close-by answers. If we will open our eyes and enlarge our borders, really great things will begin to happen. (See Deuteronomy 30:13-14 and Romans 10:8.) I also demonstrated that the answers did not have to come by using expensive medicines and feeds imported from Bogotá or Europe, although we did keep a few medicines on hand for emergencies.

I also learned the value of whole foods. In most cultures people throw away the peelings and the edible leaves. We discard or spit out the edible pits. We discard the valuable bran because it spoils quickly and do the same with many other parts of food that have health value. I began to understand that every single thing in nature has value and a use. And it falls on us humans, as our personal challenge, to discover those uses. Nothing should go to waste in God’s economy.

My study of nutrition has shown me that some of the most valuable parts of a plant are discarded or misused with little or no thought as to their real importance. We have become used to our trash heaps and huge garbage dumps, not to recycling or discovering new uses for things. In many cities of the world it is illegal to collect food from restaurants or food processing plants for animal use, or even for personal compost. By law it has to go to the city dump or be reprocessed by some giant licensed commercial institution. These

are often foolish laws of excessive control. More and more we live in a thoughtless and impractical world system.

Thus I learned an important principle firsthand: Every edible part of a plant is beneficial and should be consumed with relish and satisfaction. Why? Because a whole plant contains an entire system of essential nutrition. Plants are small factories of synergistic nutrients. God made them that way. The entire plant kingdom, nurtured by its green-sap circulatory system, is designed to nourish the bodies of the animal and human red-blooded kingdoms. When we pick and choose, selecting only what we assume to be the prime parts, we ignorantly throw away vital nutrients that are supposed to be part of the synergistic balance. These foolish choices lead to poor-quality blood, oxygen depletion and serious malnutrition.

Here are two leading examples: The potato peeling has several vital nutrients – such as potassium, among others – just under the surface. It could be said that this peeling, along with its nutrients, is the most valuable part of the potato! True, the pulp is important for its carbohydrates and energy. But the peeling is just as important for essential fiber, potassium and other nutrients. It is an indispensable part of the edible whole.

The grape seed is another example. The seed has hidden within it natural anti-inflammatory and anti-aging nutrients called pycnogenols that prevent infection, inflammation and pain. No scientist understood that until recently. Now this extracted nutrient is available as a supplement in health food stores. However, few can afford the cost.

I have a better answer. Why not eat all of the grape: the whole grape, skin, flesh, seed and all? That is obviously the better answer. Chew and enjoy the fragile but nutrient-laden whole grape with its edible seeds. Carefully chew and grind the seeds – assuming you still have your original teeth, of course!

Here is the principle: If it's edible, eat it! Picky and thoughtless as we sometimes are, we often discard some of the most valuable nutrients that God provided to prevent disease.

At the first Passover, described in Exodus chapter 12, the children of Israel were commanded to *“eat all of it.”* This meant the whole lamb, including the “pertinence” (organs, glands and every edible part except the fat), all of which

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I ate and enjoyed as a child growing up on our family farm. Nothing went to waste on the family farm 50 or 100 years ago! But today those parts can't even be found in the average grocery store. They end up as waste products in animal food. *"All of it"* includes the bitter herbs, by the way.

That Scripture reveals, hidden between the lines and waiting to be discovered, a powerful guiding spiritual principle that also shows forth a guiding natural principle. Both are relevant at the exact same time. The guiding principle is this: What holds true in the natural also holds true in the spiritual realm. In the reverse direction, a spiritual principle always has an outworking that proves true in the physical realm. No one ever told me that in seminary! I had to discover it later. Someone has said, "As in the natural, so in the spiritual."

Romans 1:20 codifies that principle: *"For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made..."* This is a truth we must wrap our hearts and minds around, integrating it into our theology because it will open up a world of enlarged understanding.

I also learned another lesson: A healthy diet must have variety and balance. Every food has its place and purpose. Every food has its precise season. Every food is to be enjoyed by some part of the creation. No, we are not supposed to eat wood. Leave that to the termites! Nor are we to eat mice. Leave that to the cats!

But if we eat a great variety of foods meant for human consumption, and especially if we eat them in their natural growing season, we are following a basic law of nature. The wild animals in nature follow that law. In the spring the young succulent growth is provided for cleansing and purging. In the summer we grow and eat foods to build and nurture strength and vitality. And for the winter time we store and consume the heavier grains and meats to survive the long cold season. But when spring comes again, those heavy winter survival foods need to be cleansed out by another spring cleansing and purging! Thus every season and every food has its cycle and its purpose.

Has anyone ever seen an animal in the wild debilitated by arthritis, or diabetes or cancer? Only in a few cases, and those are usually when the animals scavenge from our garbage cans and forage around our city dumps. Living on our devitalized foods, they also contract our many diseases.

Preface

Balance is the next principle. Too much of a good thing makes us sick! The Bible tells us in Proverbs that a little honey is good, but too much will make us throw up!

Too little or too much of any required nutrient will throw us into imbalance. Everything must be in balance. In the spirit, and also in the natural, the Scriptures declare that God hates a false balance (see Proverbs 11:1, 20:23). We are to be a people of balance: balance in our bodies, balance in our emotions, balance in our relationships with others and balance in our spiritual lives. Balance is the key to everything!

Do you see now how God answered my prayer? His answer was abundantly above what I could ask or think. This was not a lesson I sought; but the lesson sought me! Within six months we had the most successful hog program on the tropical river. Why? Not because I was so smart or wise, but because I opened myself up to answers that were crying out to be heard. Anyone in that situation could have discovered the same things I did. Anyone, that is, who was willing to travel beyond the orthodox box of their own making, and begin opening up to the divine principles of life. It appears to me that those principles are more easily revealed to common people who humble themselves, who ask and pray, opening themselves up to receive them, than to those who may count themselves wise. Most of these principles are so simple that those with doctorates earned under the world's system typically stumble over them and totally miss them. I do not want to minimize the importance of education. However, I believe it is the approach, attitude and bent of the heart that reveal the keys to life.

Summary

1. Eat whole foods, including all the edible parts.
2. Our answers are nearby, around us and “*near at hand*.”
3. Prayer should result in answers. Praying with expectation enlarges us in many ways.
4. Balance and variety are laws of nature for maintaining good health.



Part One:

OUR FOODS ARE KILLING US!

CAUSE OF DEATH: SLOW SUICIDE



Does the title of this book seem unorthodox to you? I would have thought so too when I was a teen. “Each person has an ordained time to die,” I wrote in one of my high school essays. My instructor was blunt in his disagreement. He told me my viewpoint was theologically incorrect. I thought he was dead wrong and maintained my belief for many years. As it turns out, I was dead wrong! The Bible itself says that it is possible to die before one’s time. Here are just three examples:

...do not be a fool—why die before your time?

Ecclesiastes 7:17b, NIV

...bloody and deceitful men shall not live out half their days.

Psalm 55:23

The fear of the Lord adds length to life, but the years of the wicked are cut short.

Proverbs 10:27, NIV

God created our bodies to live forever. Sin altered that reality. The Old Testament records the systematic decrease in the human lifespan. First, it was

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to less than 1000 years. By Noah's day it was down to 120 years (see Genesis 6:3). Within just a few generations after Noah, the human life span had fallen to a 70- or 80-year average. Today, despite all our scientific and medical advances, the situation has not changed much. Nevertheless, it is not uncommon in several cultures for people still to reach the 120-year mark.



*God created our bodies to live forever.
Sin altered that reality.*



Statistically, we are living longer today. But we are definitely not healthier. Certainly you have noticed how our overall health is declining. Babies are being born with cancer. Genetic abnormalities seem to increase every decade. Learning disabilities, hyperactivity and unprecedented boredom with life are skyrocketing. Suicide rates among teenagers are at an all-time high. Heart disease is the number one killer worldwide, with cancer and diabetes coming a close second and third. These statistics are shocking, unprecedented ... and completely explainable!

Across many years I have studied history, science, medicine, theology and nutrition. Here is my conclusion, a diagnosis that could be written on many tombstones:

Cause of death: slow suicide

Method of suicide: physical and emotional malnutrition and poisoning

Method of poisoning: pharmaceutical, chemical and spiritual sorcery

Sorcery? That's right; sorcery. Twenty or so years ago someone challenged me to examine the Greek word *pharmakeia* in the New Testament. *Pharmakeia* is the word from which our English words "pharmacy," "pharmacist" and "pharmaceutical" are derived. This is understandable because one of the meanings of *pharmakeia* is "a drug." It also refers to someone who deals in drugs. What I learned next shocked me. The word *pharmakeia* also means "witchcraft" and "sorcery," and it is this usage that is found in the New Testament. Consider this representative example:

Cause of Death: Slow Suicide

*And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy **merchants** were the great men of the earth; for by thy **sorceries** [pharmakeia—drugs and poisons] **were all nations deceived.***

Revelation 18:23, emphasis added

Doesn't this describe the situation we see building up in the world today? A quick study of the context cuts to the heart of the mystery of the human predicament. We spend billions of dollars each year trying to find cures for cancer or diabetes or heart disease or whatever else we decide is the current politically correct culprit. Our "treatments" usually involve poisoning bacteria and destroying cells. Our thinking is that if we spend more money on more technology and more poisons to eradicate disease, bugs and plagues, somehow the good life will result. Has it worked? In the end, are we winning the battle? I think the answer is obvious: We are *losing* the battle! Dr. Julian Whitaker writes, "The mayhem caused by conventional practices such as prescription drugs and unnecessary surgeries, which kill more than 800,000 Americans a year and harm millions more, isn't even on the radar screen of state boards."¹

I lost one of my sisters to leukemia in 1948. She was two years old. I remember the doctor telling us then that the solution to leukemia was "just around the corner"; maybe even within the next year. A half-century has passed; yet today we are no closer, from a medical standpoint, to understanding even the cause of leukemia, much less to finding a cure.

After more than 50 years I have reached the conclusion that most scientists are looking in the wrong places. Because they are headed in the wrong direction, their current "answers" are really non-answers. Dressed in professional-looking white coats and carrying mysterious black bags, they look for their answers in drugs and poisons, which can be patented. Hundreds of billions of dollars later they still tell us the cure is "just around the corner."

What if our specialists have been deceiving us? What if they are in fact merchandizing their wares and deceiving all nations? What if profit is their greater motive, rather than our health and welfare, as we have been led to believe? What if we have been indoctrinated? Could it be that our own morbid fears of disease and death are being cleverly fanned and inflamed by profit-driven multinational petrochemical, pharmaceutical and industrial companies? By these same companies that

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advertise nightly to billions worldwide to convince us of the need and wisdom of buying their products? Is it possible? If so, is there a way out of this insidious trap?

Created for Enjoyment and Pleasure

Let me stress here that my purpose is not to play the blame game. The theme of this book is how to achieve happiness and freedom from disease. God created us for pleasure and enjoyment of life. Disease was never part of His plan. We were created to live in blessing, which always included the promise of long life and freedom from the “diseases of Egypt.” Updated for today, that would mean freedom from wheelchairs, cancer, diabetes, arthritis, heart disease and every other malady that afflicts modern humanity.



God created us for pleasure and enjoyment of life.

Disease was never part of His plan.



My proposal in this book is that we have before us the opportunity to live a long life free of disease!

Our being created for pleasure does not mean that we were made for the temporary pleasures of unrestricted self-indulgence and self-will. If we follow the lust of the eye and the deceit of gain instead of the gain of godliness, we totally miss the mark. Life is about choices. *“Choose you this day whom ye will serve,”* Joshua said as he drew a line in the sand (Joshua 24:15).

I want to burst out of the rut of limitation; don’t you? Scientists are discovering that our bodies are capable of living 120 years in complete health when all blocks are removed. Moses lived 120 years with perfect eyesight, perfect strength and perfect health, while most of the people around him dropped like flies. Yet Moses was neither the first nor the last to achieve such a feat. How did he do it?

The answer is really relatively simple and straightforward. It took Moses 40 years away from the “pleasures of Egypt” to erase the inroads of Egypt in

Cause of Death: Slow Suicide

his heart and thinking – along with a clear revelation from God! Moses' answer can become our answer too; but finding that answer will require of us a total change of mindset. We have been deceived. The road to optimum health and freedom from disease is one that only the stouthearted and open minded will endure, and then only after they have become sick and tired of mental and physical bondage. This road will involve three levels of discovery: Eat right, think right and be right!

To put it another way, it will involve the natural, emotional and spiritual dimensions of our being all at the same time. It will mean getting in line with the laws of nature and of nature's God.

Are you personally ready for this journey? Since you are reading this book, you probably are. Well, prepare to be challenged! I said the answer was simple, but I never said it was easy! Ultimate success will require warfare, training, tutoring, conviction, focus, exercise, faith, love of the truth, meditation and prayer. In all honesty, it will be easier for us to help the next generation get started right than to reverse our own direction. We are that far downhill. That is why we must have a multi-generational vision.

First, we must reverse our own bondages. Otherwise all of this is just talk; clangorous noise with no specific personal action. Next on the list is to encourage and teach our children to reverse theirs. And after that...our grandchildren!

A Dietary and Health Breakthrough

"All things are lawful for me, but all things are not expedient..."

First Corinthians 10:23a

As we spoke on the phone recently, a friend of ten years excitedly explained to me several electrifying changes that were taking place in his life. Just a few years ago my Norwegian friend was an overweight meat and potatoes addict. He hated vegetables. In fact, vegetables actually and literally made him sick!

Four years ago he broke an ankle, which had never completely healed. He was in constant pain. Doctors were of no help. One prescribed two pills for

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indigestion at a whopping \$10 a day. Those pricey pills didn't help either his ankle or his stomach; they only made him worse, so he quit taking them.

Someone then advised him of another health practitioner who used alternative approaches. After a thorough exam, this practitioner discovered that my friend's broken ankle had brought about several other changes in his body, including fallen arches. Part of the remedy was arch supports. But because his muscles were unable to receive messages through his nervous system, several muscles in his leg were weak and atrophied. After a unique type of light and frequency laser treatment, totally different from the approach of any other medical doctor or chiropractor in prior years, nerve flow suddenly was reestablished. After a 5-minute treatment his pain went away – permanently!

The practitioner then asked if he had any other problems. "Indigestion," my friend volunteered.

After further tests the practitioner said, "Your problem is just the opposite of your previous diagnosis. Your stomach is not producing any acid. You need hydrochloric acid, not something to shut down acid!" The response was almost instantaneous with this more accurate diagnosis and when a very economical supplement was implemented.

"Any other problems?" the practitioner asked.

"I hate vegetables, but everyone tells me they are good for me." (My wife and I were two of the "everyone.") The practitioner recommended a superior greens supplement, but my friend could barely stomach that, either. He tried mixing it with fruit juice with minimal success. One day his wife tried mixing the greens with a banana and a plum in a blender, making a "smoothie."

"Wow, this is good!" he said.

"Now I feel better than I ever remember in my life," my friend shared over the phone. "No pain, weight loss without trying, energy that I can't believe; life is so good now!"

In the end, the solution to my friend's multiple health problems was not pills or chemicals, but a more accurate diagnosis and natural treatments. My point is simply that the conventional wisdom about health and disease prevention is not always the best. Many times it is not even right! The same is true when it comes to diet and nutrition.

Up with Vegetables and the Good Fats; Down with the “Low-fat” Nonsense!

It is what we eat, and also what we fail to eat, that ushers us to an early grave.

Believe it or not, in the area of diet and nutrition we have been duped! For example, despite what the recognized “experts” tell us, grains should not be the mainstay of our diet! Vegetables and fruits should be. There are many reasons why this is true, at least for most people. We’ll look at this more in a later chapter.



*It is what we eat, and also what we fail to eat,
that ushers us to an early grave.*



Another example is the current popularity of low-fat foods and diets. We need to shed a lot more truth and light on this low-fat craze. Those who make fats the villain of nutrition are simply dead wrong. My friends, we need good fats, not low fats! We need good fats to burn off bad fats. We are even being sold synthetic non-fats as our answer to weight loss. This is just another way that we have been totally misinformed by our “experts,” many of whom happen to be on the payrolls of giant food production, chemical and pharmaceutical corporations.

As we blithely and blindly follow the latest fads, the light at the end of the tunnel becomes dimmer and dimmer. Runaway chronic disease is the unhappy result. It is high time to set the record straight! We need to look at diet and nutrition from a truly scientific and biblical perspective to expose the well-disguised propaganda that we have been spoon-fed for years. Amidst the vast array of information, misinformation, bad information, conflicting information and confusion lies the truth: commonsense principles for good health that are both sound and simple. Many of these I have discovered for myself during my own journey into health and truth. Little by little I have gained the knowledge that has transformed my own life and thinking—and continues to do so.

Parallel to the health crisis among humans is an escalating health crisis in the animal world. This may particularly be seen in our pets, the dogs and cats who share our homes, as well as in our agricultural animals. They too are suffering the

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consequences of years of poor nutrition and toxic chemicals and drugs due to an incomplete and erroneous—and possibly profit-driven—understanding of proper nutrition.

We have an obligation to take care of ourselves and those other creatures who share this planet with us. This is part of our original mandate from God:

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

Genesis 1:26-28

Implementing this awe-inspiring call on our life and on our planet will not be easy. How do we replenish that which for thousands of years has been systematically destroyed? But failing to heed this mandate will lead to further deterioration and ultimate failure. We must take action now. Proper action begins with proper knowledge. Let's start with our misconceptions and problems related to food. Fasten your seatbelt; it's going to be an eye-opening ride!

Summary

1. God created our bodies to live forever. Sin altered that reality.
2. We have before us the opportunity to live a long life free of disease.
3. This road will involve three levels of discovery: Eat right, think right and be right.
4. It is what we eat, and also what we fail to eat, that ushers us to an early grave.
5. We have an obligation to take care of ourselves and those other creatures who share this planet with us. This is part of our original mandate from God.

We hope you've enjoyed this free sample of *We Don't Die We Kill Ourselves*. For more information on purchasing *We Don't Die We Kill Ourselves*, please visit

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Most of us who live in the West are committing slow suicide.

The problem? Our nutrient- and mineral-deficient, toxic-chemical-laced diet. Malnutrition has reached pandemic proportions in the industrialized world; malnutrition due not to a lack of food but to an abundance of food that is lacking in true nutritional value and content. Unless something is done now to turn the tide, this nutritional crisis threatens not only our generation but future generations as well.

Speaking from his own personal knowledge and experience based on years of research, Dr. Roger De Haan reveals the true nature and magnitude of our nutritional and health crisis and offers practical, common-sense solutions. Through his accessible, casual writing style you will learn:

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- How virtually every disease and illness is directly related to nutrition
- How nutritional imbalance adversely affects mental and emotional balance
- Phobias can be cured at home!
- How to compensate for nutritional deficiencies in everyday foods
- Emergency home remedies that work
- Biblical and spiritual principles for good nutrition
- Practical steps to improve your nutrition, achieve optimal health and lengthen your life
- How proper nutrition can help reverse the effects of diabetes and other chronic conditions

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