

# Session 4

## Satan's Sabotages & Sainly Substitutes

### Introduction

God's Word says,

*The LORD God took the man and put him in the Garden of Eden to work it and take care of it. The LORD God commanded the man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die" (Genesis 2:15-17, NIV).*

**YHWY** – pronounced "Yah-way," meaning "I AM" or ever-existent One;  
often translated "the LORD" or "Jehovah"

**Elohim** – pronounced "El-o-heem," meaning "Creator" or "Judge of the Universe";  
often translated "God"

*To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return" (Genesis 3:17-19, NIV).*

### Tactics Satan uses:

1. Kill, steal and destroy (John 10:10)
2. Lies (John 8:44)

### Tour of a Grocery Store:

Refined carbohydrates

Refined = low in nutrients

Commercial milling at high heat = destruction of enzymes

"Whole grains" = difficult to digest

Fat - the myth of saturated fat and cholesterol

Meat – visit <http://www.eatwild.com/>

Milk – visit <http://www.realmilk.org/>

MSG – visit [truthinlabeling.org](http://truthinlabeling.org)

### How to Avoid Dangerous Foods at the Supermarket:

1. Eat foods that are close to the way God created them.
2. Read labels!



*A typical modern dairy cow. Her udder is so full it almost drags on the ground and she must be milked three times per day. Note the unusual growth in front of her forelegs--a goiter or a tumor?*

## TAKE THIS LIST TO THE STORE WITH YOU...

### Specific Ingredients to Avoid:

- Hydrogenated and partially hydrogenated oils
- High-fructose corn syrup
- Soy
- Pasteurized or homogenized anything
- Artificial sweeteners (Splenda, aspartame, saccharin, etc.)
- MSG
- Preservatives and colorings

### These ALWAYS contain MSG:

Glutamate	Glutamic acid	Gelatin
Monosodium glutamate	Calcium caseinate	Textured protein
Monopotassium glutamate	Sodium caseinate	Yeast nutrient
Yeast extract	Yeast food	Autolyzed yeast
Hydrolyzed protein (any protein that is hydrolyzed)	Hydrolyzed corn gluten	Sodium glutamate (sodium is Latin/German for sodium)

### These OFTEN contain MSG or create MSG during processing:

Carrageenan	Maltodextrin	Malt extract
Natural pork flavoring	Citric acid	Malt flavoring
Bouillon and Broth	Natural chicken flavoring	Soy protein isolate
Natural beef flavoring	Ultra-pasteurized	Soy sauce
Stock	Barley malt	Soy sauce extract
Whey protein concentrate	Pectin	Soy protein
Whey protein	Protease	Soy protein concentrate
Whey protein isolate	Protease enzymes	Anything protein fortified
Flavors(s) & Flavoring(s)	Anything enzyme modified	Anything fermented*
Natural flavor(s) & flavoring(s)	Enzymes anything*	Seasonings (the word "seasonings")

*\*Note: These are not the same as the enzymes that occur naturally in food created by God.*

## Alternatives to the Standard American Diet (SAD)

Instead of...	Try this...
Hydrogenated and partially hydrogenated fats	Butter or coconut oil  <b>Level: Easy</b> This just requires putting something different in your shopping cart.
Rancid vegetable oils	Extra virgin olive oil, best quality (never heat vegetable oils)  <b>Level: Easy</b> This just requires putting something different in your shopping cart.
Refined sweeteners (sugar, corn syrup, fructose, etc.)	Honey, Maple Syrup, Sucanat, or Rapadura  <b>Level: Medium</b> It's easy to use something new, but you might need to find local or online sources.
Pasteurized, homogenized milk products	Raw milk and cream (NOT pasteurized or homogenized), available fresh from a local farm if possible  <b>Level: Medium</b> It's easy to use something new, but you might need to find local or online sources.
Factory-produced meat and eggs	Old-fashioned, free-roaming, pasture-fed animals that provide us with meat, eggs, and milk (purchased locally if possible)  <b>Level: Medium</b> It's easy to use something new, but you might need to find local or online sources.
Non-organic fruits and vegetables	Fruits and vegetables grown in your own garden (top choice) or by your friends and neighbors, using organic methods and traditional methods  <b>Level: Medium</b> It's easy to use something new, but you might need to find local or online sources.
Commercially processed foods	Homemade dishes, prepared with nutrient-dense foods and loads of love  <b>Level: Difficult</b> This step requires finding sources for new foods, purchasing equipment, and learning to prepare food at home
White flour, white rice, Improperly prepared seeds and grains	Whole grains and seeds, properly prepared by sprouting, soaking, or fermenting (such as sourdough)  <b>Level: Difficult</b> This step requires finding sources for new foods, purchasing equipment, and learning to prepare food at home.

*For more information on these steps, visit <http://anneshealthplace.com/beginnersguide.shtml>*

Instead of...	Try this...
<p><b>Hidden Valley Ranch Dressing</b></p> <p><b>Ingredients</b></p> <p>Vegetable Oil (<u>Canola Oil and/or Soybean Oil</u>), Egg Yolk, Sugar, Salt, Cultured Nonfat Buttermilk, <u>Natural Flavor, Spices</u>, less than 1% of Garlic (Dried), Onion, Vinegar, Phosphoric Acid, Xanthan Gum, Modified Food Starch, <u>Monosodium Glutamate, Artificial Flavors, Disodium Phosphate, Sorbic Acid and Calcium Disodium Edta As Preservatives, Disodium Inosinate and Disodium Guanylate.</u></p>	<p><b>Homemade Ranch Dressing</b></p> <p><b>Ingredients</b></p> <p>1 cup mayonnaise  1 cup sour cream or crème freche  1 cup buttermilk  1/2 cup extra virgin olive oil  2 tablespoons minced onion  1 whole clove garlic, finely minced  1 tablespoon parsley, finely chopped  1/2 teaspoon oregano  2 tablespoon Bragg’s apple cider vinegar  1 tablespoon freshly squeezed lemon juice  1 teaspoon Celtic sea salt  2 teaspoons raw honey  1 teaspoon freshly ground black pepper</p> <p>Combine well in a blender to incorporate all ingredients. Store in refrigerator up to one month.</p>
<p><b>Kashi Mountain Medley Granola Cereal</b></p> <p><b>Ingredients</b></p> <p>Kashi Seven <u>Whole Grains &amp; Sesame Blend</u> (Whole Rolled Oats, Hard Red Winter Wheat, Rye, Barley, Triticale, Long Grain Brown Rice, Buckwheat, Sesame Seeds), Evaporated Cane Juice Syrup, Cranberries (Cranberries, Evaporated Cane Juice Crystals, Glycerin), Raisins, Expeller Pressed Canola Oil, Coconut, Gum Arabic, Almonds, Pecans, Vegetable Glycerin, Roasted Sunflower Seeds, Sea Salt, Honey, <u>Natural Maple Flavor*</u>, <u>Soy Lecithin, Nonfat Dry Milk</u>, Natural Mixed Tocopherols For Freshness.</p> <p><i>*may or may not be a source of MSG in a reputable brand</i></p>	<p><b>Homemade Granola</b></p> <p><b>Ingredients</b></p> <p>6 cups freshly ground whole-wheat or spelt flour  3 cups raw milk  1 cup water  ¼ cup homemade whey  2 teaspoons baking soda  ¼ cup melted coconut oil or butter  ½ cup maple syrup  1 teaspoon Celtic sea salt  1 teaspoon pure vanilla extract  1 teaspoon ground cinnamon</p> <p><i>Complete recipe can be found in the book <a href="#">Eat Fat Lose Fat</a>, by Mary Enig and Sally Fallon, p. 258.</i></p>
<p><b>Campbell’s Cream of Potato Condensed Soup</b></p> <p><b>Ingredients</b></p> <p>Potatoes, water, <u>whey</u>, wheat flour, cream, onions, contains less than 2% of the following ingredients: salt, eggs, cornstarch, dehydrated potatoes, butter, <u>monosodium glutamate, vegetable oil (corn, cottonseed, canola and/or partially hydrogenated soybean), spice extract, yeast extract.</u></p>	<p><b>Homemade Potato Soup</b></p> <p><b>Ingredients</b></p> <p>1 medium onion, chopped  2 tablespoon butter  4 medium potatoes, peeled, diced  1 cup homemade chicken broth  1/4 cup chopped fresh  1/4 teaspoon ground thyme  1/4 teaspoon celery seed  Salt and pepper, to taste  1 1/2 cups raw milk or cream  2 tablespoons unbleached flour</p> <p><i>Complete recipe can be found at <a href="http://recipes.robbehaf.com/C/316.htm">http://recipes.robbehaf.com/C/316.htm</a></i></p>

**Assignments for this week:**

1. Go through your cupboards and use a permanent marker to place an X on any harmful foods. Read every ingredient label!
2. Begin making a list of foods you'll need a replacement or recipe for.