

# Session 3

## The Basics of Nutrition

### God's 1<sup>st</sup> Food Law – Eat Green Plants

(from Genesis 1:29-30)

Enzymes – Specific proteins that are properties of all living cells and are catalysts for biochemical reactions.

1. Enzymes cannot be explained merely by chemical processes.

*“For by him were all things created, that are in heaven, and that are in earth, visible and invisible... all things were created by him, and for him: And he is before all things, and by him all things consist”  
(Colossians 1:16-17).*

2. Enzymes must have co-factors (vitamins and minerals) to work.

The Three Legs:

1. Vitamins
2. Minerals
3. Enzymes



Nutrition is like a 3-legged stool. If any leg is missing, it collapses!

3. Enzymes must have the correct shape.



Denatured enzymes have changed shape. They are now a foreign substance (toxin) in the body and can trigger an auto-immune response.

*Note: Enzymes are destroyed at 118 degrees Fahrenheit*

4. Enzymes have two types:
  - Digestive
  - Metabolic

*What happens if food cannot be digested?*

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**God's 2<sup>nd</sup> Food Law – Keep the Blood Clean**  
(from Genesis 9:1-4, Leviticus 17:11)

Toxemia – The presence of toxins in the blood (blood poisoning).

1. Undigested food

2. Remains in intestine and begins to rot

3. Damages lining of intestine

4. Able to enter bloodstream

5. Can settle anywhere

6. Autoimmune response

*Are drugs (to treat the symptoms) the answer?*

Before every bite, ask:

1. Will this nourish my body?
2. Will this poison my body?

## What Does a Healthy Lifestyle Consist of?

- ✓ Hydration – Adequate intake of liquids that quench thirst and improve digestion\* (not necessarily always water)
  - *Does it contain enzymes or enhance enzyme digestion?*
- ✓ Colon Health – Foods that promote good digestion, such as properly-prepared grains\*, gelatin-rich stocks, fresh herbs, foods containing enzymes\*, and probiotics\*\*
- ✓ Enzymes – Fermented foods\*, raw foods, herbs (fresh and non-irradiated)
- ✓ Medications – None, if possible (toxins)
- ✓ Vitamins and Minerals – in whole-food form\*\*, with all their natural co-factors, for best assimilation
- ✓ Clean Diet – Foods made by God and declared clean by Him (Leviticus 11, Deuteronomy 14)
- ✓ Exercise – Movement, stretching, and strength training which mimics hard work

*“The LORD God took the man and put him in the Garden of Eden to work it and take care of it” (Genesis 2:15, NIV).*

- ✓ Sunshine – Adequate exposure to the sun and light
- ✓ Sleep – Rest when it is dark and for one day per week (Sabbath)

*“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy” (Exodus 20:8-11, NIV).*

- ✓ Destructive behaviors – Elimination of sinful attitudes and actions

**Download “Simple Ideas” to help you implement these lifestyle changes, by visiting our class website at <http://anneshealthplace.com/class3.shtml>.**

\* For simple recipes, visit <http://anneshealthplace.com/class3.shtml>

\*\* For sources, visit <http://anneshealthplace.com/products.shtml>

