

The following is Chapter 8, entitled:

“The Meat to Eat”

from the book:

What the Bible Says about Healthy Living

by Rex Russell, M.D.

It has much wonderful information and reports the scientific research supporting the wisdom of God as given to us in the Holy Scriptures concerning eating “clean” or “unclean” flesh.

The following scripture is an important one that the Lord gave Rex, as well as myself, and many others:

And God said:

If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.

(Exodus 15:26 KJV)

Scientific proof of the importance of obeying God’s four instructions in the scripture above is clearly seen in the following evidence of the healthy effect of properly fed “clean” flesh, and the toxic, unhealthy, and disease producing effect of the “unclean” flesh upon the human body.



Did a loving God teach something about meats we should still heed when He labeled some "clean" and some "unclean"?



I had been knocked flat on my back harder than I could ever remember. My muscle-bound opponent gloated over me as I picked myself up off the ground and strapped on my helmet again. I was playing for Oklahoma State University against the University of Colorado.

"Rex," my husky opponent said, "you'd better get ready, because you'll never know what's coming next from me." He was right. I could never have guessed what he was planning.

He stepped aside and allowed me to easily crash into the Colorado backfield, totally disrupting the play. The loud speaker announced, "Number 62 Russell makes the tackle for a two-yard loss."

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My opponent said, "Rex, you did so good. Aren't you proud?"

Thinking he was paying me an honest compliment, I said, "Thank you."

The next two plays he crushed me. Then he would frequently let me go free again. What a bizarre game. It was off and on, hit and miss. I was confused. At halftime, my coach said, "Rex, you've had many great plays, but if you don't start playing a little more consistently I'm going to bench you."

I knew my opponent's coach must be yelling at him for his erratic play.

MEATS CAN BE CONFUSING, TOO

I will save the part about how the game finished until the end of this chapter. Here I want to note that many Christians are just as confused about meats as I was about that game; and no wonder. We receive mixed messages.

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"Beef raises cholesterol."

"Turkey is a good alternative."

"Chickens raised in crowded quarters are unhealthy."

"Fish is good for your brain."

"Shrimp can poison you."

If it is any consolation, the Early Church was confused, too. It was off and on. Some Christians considered meat to be good food created by God for us to eat, and others insisted that if it had been offered to idols it was as "unclean" as, say, the pork God had banned because of His loving concern for the health of His people.

The debate is reflected in Paul's letter to the Romans, chapter 14. Basically, Paul's conclusion is that eating meat or not eating meat is not a basic tenet of Christianity:

He who eats meat, eats to the Lord, for he gives thanks to God; and he who abstains, does so to the Lord and gives thanks to God (Rom. 14:6).

Eating the *right kind* of meat, however, was not discussed. The argument in Romans 14 was about "clean" meats some

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Christians considered to be defiled because it had been offered to idols. The fact is, early Christians observed the biblical distinction between clean and unclean meats at least until A.D. 70.¹ The early Gentile Christian church observed the Old Testament law as well as much of the Jewish traditions until the Jews repeatedly rebelled against the Roman Empire during the last two centuries. Because the Gentile church was not in rebellion against the Romans, they separated themselves from the Jews by not following Jewish traditions and laws, hoping to avoid Roman retribution.

Why? What is so good about “clean” meats, and what is so bad about “unclean” meats?

WHAT IS GOOD ABOUT “CLEAN” MEATS?

God said:

“You may eat any animal that has a split hoof completely divided and that chews the cud” (Lev. 11:3).

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He also said:

“Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales” (v. 9).

Birds other than scavengers were also pronounced clean (see vv. 13-20).

WHY HEALTH IS INHERENT IN “CLEAN” FLESH

The flesh of clean animals such as beef, and fish that have scales and fins, is ideal for the health of humans—just as we would expect from the hand of a loving Creator.

For one thing, meats contain proteins, iron, zinc and vitamins B6 and B12.

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For another, clean animal flesh contains 3-omega fatty acids. These fatty acids are essential for life, and offer strong protection from vascular disease.² This is so important that we will spend more time on it later.

Many land animals God designed for food provide an additional benefit in that they generally eat grasses and grains that were also designed for food. The design of these animals' digestive tracts is especially significant in this respect. For example, a cow's stomach contains four rumination pouches in which various kinds of bacteria help to digest grasses and grains. These bacteria compete for nutrients, crowding out harmful bacteria, viruses and parasites. They also destroy many toxins before they reach the flesh of the cow.

The cow's digestive system presents its flesh with purified nutrients. This healthy rumination process allows deposits of healthy 3-omega fatty acids into a grazing animal's flesh. These fatty acids protect whoever consumes them from the harmful effects of triglycerides or cholesterol.

Great design!

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Oiling the Body's Machinery

As we just explained in the previous chapter, some fats are essential to health. Various studies have shown that essential fatty acids such as 3-omegas fight arterial plaque and detrimental clotting in blood vessels. They also slow the spread of breast cancers, lower blood pressure and relieve inflamed joints in rheumatoid arthritic patients.³ Fortunately, they are found in good supply in fish that have fins and scales, and in the flesh of cows, chickens and other clean animals.

These helpful fatty acids must be distinguished from the hard cover fat (suet) that is associated with arterial plaque. Dr. Floyd Byers of Texas A & M University has shown that longhorn cattle have 30 percent less muscle fat and 15 percent less saturated (very hard) animal fat than modern breeds of cattle; but they have a higher quantity of the 3-omega essential fatty acids.⁴

Additionally, cholesterol counts in longhorn beef are actually less than in the flounder fish—which is the ideal low standard for measuring cholesterol in animals. The longhorn may be unique, but other breeds that are kept lean probably could achieve the same numbers.⁵

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Another example of design in the flesh of clean animals is the *prostaglandins* found in chicken,⁶ and *alkylglycerols* found in clean fish. The flesh of other animals also have these compounds in lesser amounts.

In living cells, oils are changed into prostaglandins by specific enzymes. The prostaglandins in chicken have strong antiviral properties. (Maybe your mother's chicken soup is good for the flu and colds.)

Do you remember being frightened by the publicity about mercury being found in tuna fish? Actually, the alkylglycerols in the lipids of this clean fish pulls out the toxic mercury from its flesh. When we eat the fish, the alkylglycerols also remove mercury and other heavy toxic metals from our bodies.⁷

Alkylglycerols are unique in that they are oil-based, chelating agents—substances that grab and remove heavy toxic metals from our bodies. (They are also present in mother's milk and bone marrow.)

God's Provision of Protein

Probably the main nutritional value of meats is that they are great sources of complete proteins.

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Our bodies have more than a million proteins that are specifically designed, shaped and positioned to do only one job. Many of the unique proteins have several hundred thousand amino acids coupled in a specific order known as their primary structure. The proteins also have a secondary structure that is helical (spiral), as well as a third structure—making it three dimensional.⁸

The complexity of these uniquely designed living proteins is truly mind boggling. Evolution by chance alone can't by any stretch of the imagination explain their origins. We who have finally abandoned that old theory are left with only a supernatural, awesome Creator—God. His word is good news for the health of all three dimensions of humans—body, soul and spirit.

Study on.

A REMINDER OF PRINCIPLE II

I hope that by now, when you see "Principle II," you think, *Oh*

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yes—we should eat the foods God has given us before the nutrients He placed in them have been processed away. That important principle urges me to discuss a meat that has been widely proclaimed as a good substitute for beef.

What About Chicken?

Although the well-prepared flesh of the chicken as God created it is a healthful source of food (eaten in moderation), many tell me that chickens will eat anything. Their primary food, however, is grain and grasses. Their digestive system—the craw—is similar to the grass-digesting rumination pouches of the cow. Under normal circumstances, chicken flesh should be great. Under present food-preparation conditions, however, I see no advantage in eating them when compared to beef because most chickens are fed growth hormones, steroids and antibiotics.⁹

Unfortunately, the fact that consumers in the past seemed to like and want more fat in their meat prompted many in the meat industry to use such methods as selective breeding, over-feeding and chemical stimulation (hormones) to make animals grow bigger and faster.

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Overfeeding results in excessively fat animals. If pen raised, an animal's fat content rises considerably. Wild turkeys contain 3 to 5 percent fat, versus 30 to 40 percent fat in domestic turkeys.¹⁰ Pen-fed cattle contain 40 percent fat, versus 5 to 8 percent fat in grass-fed longhorn and some other breeds of cattle.

Dr. Byers at Texas A & M University also showed that the 3-omega fatty acids are changed into 6-omega fatty acids when cattle are fed excessive grain, antibiotics or hormones.¹¹ When the ratio of fatty acids changes, we lose the benefits of eating healthy flesh.

This offers a good lesson about Principle II and the importance of eating foods as God designed them. The healthful fatty acids are also changed when salmon are pond raised, when chickens are force fed and when eggs are laid by chickens who are fed commercial rations.¹²

Steroids and growth hormones given to animals may accelerate the maturity and increase the size of children who eat the meat. Earlier onset of menstruation in girls has been demonstrated when this kind of meat is introduced into a geographical area.

Antibiotics administered to animals for more rapid growth

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can increase the resistant bacteria humans are exposed to as well as the number of allergic reactions we may exhibit to drugs.¹³

Invariably, animals classified as clean have animal flesh that is good for us until we find a “better” way and mess it up, by adding hormones, antibiotics, pesticides and by overfeeding.¹⁴

Therefore, I recommend eating meat only from cattle that are raised without hormones, antibiotics or pesticides. This means we don’t have to eat meat to survive; but if we do eat meat, it would be better if it were range-fed, organic, chemical-free meat.

Again: *Eat the things God created for food before they are changed.*

Precautions About Clean Animals

Although the flesh of clean animals is designed for our health, God did issue some precautions. Although cows (and oxen) were pronounced “clean” in the Designer’s plan, we recall that their fat and blood were not to be eaten. Not only is the hard “cover fat” in many animals a repository for chemical toxins and parasites, but we have also learned of its danger as a plaque former in arteries and a cancer former in the colon and breast.

Also, eat only meat from animals that have been properly butchered. Basically, this means “treiberin”—trimming off the fat—and removing the blood from the meat. Butchers drain meat of blood at the time of the slaughter. Soaking the meat in salt water also removes additional blood products. “Kosher” standards include careful inspections of the carcass. All government inspections are patterned after the Kosher methods.

It is also important that meat be cooked properly. The meat Jesus ate was both lean—because eating its hard cover fat was prohibited—and broiled or baked. Cooking meat lowers the fat content, destroys some of the toxins stored in the fat and makes the meat easier to digest. Also, heat inactivates carcinogens—cancer-causing materials—in ground beef by releasing *anticarcinogens*.

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ON THE OTHER HAND—“UNCLEAN” MEATS

The Lord said to Aaron the priest,

“You must distinguish between the holy and the com-

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mon, between the unclean and the clean" (Lev. 10:10).

The Hebrew word *chol* is translated "common" and means "shared by all"; or profane, unholy or defiled.

Although these terms carry with them the sense of ritual cleanness or uncleanness, holiness or unholiness, they also are connected with what is healthful or harmful to eat—in other words, with *physical* cleanness or uncleanness. So God wasn't just trying to curtail His people's diet for ritual reasons. Today as well, physical reasons remain for paying attention to what God said.

Our first principle says to eat what was intended for food and avoid everything else. The "everything else" is unclean.

SCIENTIFIC SUPPORT FOR GOD'S WISDOM

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Much of the wisdom in the Divine Design for meats was confirmed by a 1953 study in which Dr. David Macht of Johns Hopkins University reported the toxic effects of animal flesh on a controlled growth culture.¹⁵ A substance was classified as toxic if it slowed the culture's growth rate below 75 percent. In each case, the *blood* of all the animals Dr. Macht tested showed up more toxic than the flesh.

The following table is based on Dr. Macht's study. His results show that *the lower the growth percentage of the culture, the more toxic the flesh*. Note that the flesh of animals and fish given to us by God for food are all nontoxic, but all forbidden animals lie in the toxic range. (Animals without percentage rankings in the chart were not studied, but are included here to provide a more comprehensive list of clean and unclean meats.)

Don't get confused! Any number above 75 percent is nontoxic, or clean.

• QUADRUPEDS (FOUR FOOTED)

Clean	Unclean	
(Cloven-hoofed and cud chewing)	black bear	59%

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calf	82%	camel	41%
deer	98%	cat	62%
goat	90%	coney (guinea pig)	46%
ox	91%	dog	62%
sheep	94%	fox (silver)	58%
		grizzly bear	55%
		ground hog	53%
		hamster	46%
		horse	39%
		opossum	53%
		rabbit	49%
		rat	55%
		rhinoceros	60%
		squirrel	43%
		swine	54%

BIRDS

Clean		Unclean	
goose	85%	bat	
chicken	83%	cormorant	
coot	88%	crow	46%
duck	98%	eagle	
pigeon	93%	falcon	
quail	89%	hawk	
swan	87%	heron	
turkey	85%	ibis	
		kite	
		nighthawk	
		osprey	
		ostrich	
		owl	62%
		pelican	
		raven	
		red-tail hawk	36%
		sparrow hawk	63%
		sea gull	
		stork	
		vulture	

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FISH

Clean (With scales and fins)		Unclean (Without scales and fins)	
black bass	80%	catfish	48%
black drum	105%	clams	
bluefish	80%	crabs	
carp	90%	eel	40%
channel bass	80%	lobster	
chub	91%	octopus	
cod	98%	oysters	
croaker	90%	porcupine fish	60%
flounder	83%	puffer	51%
flying fish	87%	sand skate	59%
goldfish	88%	scallops	
haddock	80%	shark (dogfish)	62%
hake	98%	shrimp	
halibut	82%	squid	
herring	100%	stingray	46%
[152] kingfish	83%	toad fish	49%
mullet	87%		
pike	98%		
pompano	110%		
porgy	80%		
rainbow trout	81%		
rock bass	100%		
salmon	81%		
smelt	90%		
sea bass	103%		
shad	100%		
Spanish mackerel	98%		
spot	80%		
sturgeon	87%		
tuna (bluefin)	88%		
white perch	81%		
Carolina whiting	84%		
yellow perch	87%		

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INSECTS

Clean	Unclean
(Winged, hopping, with four legs)	(All others)
cricket	
grasshopper	
locust	

This chart should make it easy for us to identify which meats we should choose to eat. It also makes it apparent we are eating many toxic substances that were not created for food.

The differences between clean and unclean animals appear to be related to their primary food source and to their digestive systems. Scavengers that eat anything and everything are unclean, not suitable for food, according to the Bible. Animals described as clean, and therefore good for food, primarily eat grasses and grains.

This examination of clean and unclean flesh could be a more revealing study considering today's modern toxicologic technology. A loving God protects His people by showing them just which foods are safe. He summarized His will in Leviticus 11:43:

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"Do not defile yourselves by any of these creatures. Do not make yourselves unclean by means of them or be made unclean by them."

Notice some of the mammals God made off-limits for human consumption:

"There are some [animals] that only chew the cud or only have a split hoof, but you must not eat them. The camel, though it chews the cud, does not have a split hoof; it is ceremonially unclean for you. The coney, though it chews the cud, does not have a split hoof; it is unclean for you. The rabbit, though it chews the cud, does not have a split hoof; it is unclean for you. And the pig, though it has a split hoof completely divided, does not chew the cud; it is unclean for you. You must not eat their meat or touch

Note the error in transl.
Lev. 11:4
Deut. 14:7

Correct: KJV, NKJV, ZEPHYRUS, NASB, AMP. error: → (NIV) 1978 ed. → NLT 96, 2004 2nd ed.

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their carcasses; they are unclean for you" (vv. 4-8). Lev. 11

Note that an animal doesn't have to be a scavenger to be unclean. Horses and rabbits, for example, are unclean because they do not have split hooves. Although they are considered to be good food in some countries, studies have shown that horse meat often contains viruses and parasites.¹⁶ Rabbits, as innocent as they appear, are the cause of tularemia (an infectious disease) in humans.

THE PERILS OF PORK

Jesus, as one who was "born under [the] law" (Gal. 4:4), did not eat pork. One time He used pigs as a dumping ground for demons, evicting the demons and destroying the swine (see Matt. 8:28-32). This event occurred after weeks of healing various diseases.

[154] One reason for God's rule forbidding pork is that the digestive system of a pig is completely different from that of a cow. It is similar to ours, in that the stomach is very acidic. Pigs are **gluttonous, never knowing when to stop eating.** Their stomach acids become diluted because of the volume of food, allowing all kinds of vermin to pass through this protective barrier. **Parasites, bacteria, viruses and toxins** can pass into the pig's flesh because of overeating. These toxins and infectious agents can be passed on to humans when they eat a pig's flesh.

Were there any benefits? In the *Biblical Archeological Review*, Jane Cahill examined the toilets of a Jewish household in Jerusalem, finding no parasites nor infectious agents, but only pollen from the many fruits, vegetables and herbs they had eaten. A similar study about Egyptians revealed eggs from *Schistosoma*, *Trichinella*, wire worm and tapeworms, all found in pork. All of these organisms cause significant chronic diseases.¹⁷

In what is probably a strong illustration of the perils of pork, at one time no cases of trichinosis had been reported in the country of Bolivia for several years.¹⁸ However, 25 percent of pigs tested were infested with trichinosis. People working on these farms and the population eating the pigs were also found to be positive for infestation with this parasite. The primary

symptoms of this infection include muscle pain, headaches, fever and swelling in the extremities.¹⁹ These are all nonspecific symptoms that do not necessarily indicate any one disease. Although this may explain why the trichinosis had not been diagnosed in Bolivia for several years, it is strong circumstantial evidence that many people became ill because of pork.

Is it unfair to pose this question? Have you ever had either unexplained muscle pain, headache, fever or swelling?

Dr. W. J. Zimmerman reviewed the diaphragm muscle from multiple autopsies done in the United States in the late 1960s, and reported that trichinosis was not an unusual finding.²⁰ It is well accepted that illnesses caused by parasites have a significant economic effect worldwide.

In the United States, three of the six most common food-borne parasitic diseases of humans are associated with pork consumption. These include toxoplasmosis, taeniasis or cysticercosis (caused by the pork tapeworm *Taenia solium*) and trichinellosis.

In Japan, the source of these infections was traced to the flesh of pigs, bears,²¹ horses, raccoons and foxes.²² All of these animals are listed in Scripture as putrid or unclean.

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Swine are also good incubators of toxic parasites and viruses—although the animal doesn't usually appear to be ill while carrying these diseases. A scientist at the University of Giessen's Institute for Virology in Germany showed in a study of worldwide influenza epidemics that pigs are the one animal that can serve as a mixing vessel for new influenza viruses that may seriously threaten world health.

If a pig is exposed to a human's DNA virus and then a bird's virus, the pig mixes the two viruses—developing a new DNA virus that is often extremely lethal for humans. These viruses have already caused worldwide epidemics and destruction. Virologists have concluded that if we do not find a way to separate humans from pigs, the whole earth's population may be at risk.²³

The 1942 *Yearbook of Agriculture* reported that 50 diseases were found in pigs, and many of these diseases were passed on to humans by eating the pig's flesh.²⁴

Additionally, just handling swine has an element of risk. A large hog-raising facility in the area where I live wisely requires its employees to wear gloves, masks and protective

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clothing while working in the pig barns. The workers are required to shower each day before going home.

Little wonder that God would inspire His prophet to include eating pork among the disobedient acts of stubborn people who in addition to idolatry and conjuring spirits of the dead,

“continually provoke me to my very face,...who eat the flesh of pigs, and whose pots hold broth of unclean meat” (Isa. 65:3,4).

UNCLEAN WATER LIFE

Because the Israelites lived near the Mediterranean Sea and around other bodies of water, God instructed them regarding many forms of sea life:

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“Of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales. But all creatures in the seas or streams that do not have fins and scales—whether among all the swarming things or among all the other living creatures in the water—you are to detest” (Lev. 11:9,10).

Although Jesus was “the ^{goal} end of the law for righteousness” (see Rom. 10:4), He recognized and called attention to the need to distinguish between good and bad fish. He spoke about unclean fish in a parable of the kingdom of God in Matthew 13:

“Once again, the kingdom of heaven is like a net that was let down into the lake and caught all kinds of fish. When it was full, the fishermen pulled it up on the shore. Then they sat down and collected the good fish in baskets, but threw the bad away” (vv. 47,48).

The Dangers of Shellfish

It has long been recognized that the meat of shellfish—shrimp, crabs, lobsters, etc.—is especially dangerous. Many illnesses, including instant paralysis, devastate some people every day as a result of eating shellfish.²⁵

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The largest cholera outbreak in the United States occurred in Louisiana from August through October 1986. (The symptoms of cholera are explosive diarrhea, leading to rapid dehydration, unconsciousness, hypotension and death.) What did the stricken people eat? The incriminating meals were found to include rice noodles with shrimp, pork, vegetables, mussel soup, pig blood coagulated with vinegar, and salty brine shrimp with mixed vegetables.

Shellfish can be placed in a body of water that is contaminated with cholera bacteria, and they will purify the water. Shrimp, oysters, crab, scallops and mussels are particularly efficient at this. They filter large volumes of water every day. Sewage laden with chemicals, toxins and harmful bacteria, parasites and viruses become concentrated in those shellfish.

The cause of cholera outbreaks in several areas has been traced to contaminated shrimp, crab, oysters and clams. A recent outbreak of cholera in Central America was related to shellfish ingestion. All this led one researcher to say, "By far the single greatest danger posed by seafood is from raw shellfish."²⁶ The flesh of shellfish is where the disease-causing organisms are found.

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Although crabs are the most important vehicle for one strand of cholera infection in the United States, shrimp and oysters from the Gulf Coast are also vehicles of transmission for these diseases.

A case-control study has shown that stricken patients were more likely than neighborhood-control subjects without disease to have eaten cooked crabs or cooked or raw shrimp during the week before the illness.

These findings occur worldwide. In another study, 20 percent of 559 volunteers who were not sick, but who regularly ate shellfish, had serological (changes in the blood indicating exposure to cholera bacteria) evidence of cholera.²⁷ They had apparently been infected by the foods they ate. The volunteers' natural resistance, or possibly a less toxic strain of cholera bacteria, probably prevented severe symptoms or death.

Reading all this, you might not be surprised to learn that the state Legislature of California proposed a law requiring the food industry to label shellfish with a message warning: "This food may be dangerous to your health." Why? In a single year,

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50 deaths and many hospitalizations were found to have been caused by eating shellfish.²⁸

“Defiling” ourselves by eating shellfish—or any other unclean flesh—is as much a game of Russian roulette as is sexual misconduct.

Relax. You are learning the way to avoid such problems.

ANIMALS THAT CRAWL IN THE DIRT

Other animals that were off-limits are listed in Leviticus 11:

“Of the animals that move about on the ground, these are unclean for you: the weasel, the rat, any kind of great lizard, the gecko, the monitor lizard, the wall lizard, the skink and the chameleon” (vv. 29,30).

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A few years ago, a sudden population explosion of armadillos—the cute little anteater all covered with scales—occurred in Texas and other southern states. Someone recommended that the armadillo be used for food. Special recipes were designed to make them tasty. Food engineers, trained to find new supplies from which to feed the world’s hungry, seriously considered the armadillo.

If you were on a budget and could get this meat cheaply, would you go for it? You would be wise to first evaluate it with The Three Principles.

Armadillos do not pass Principle I. They are not a food God created for humans. They are not to be eaten, because they do not have split hooves nor do they chew the cud. You don’t even have to look at the other principles. What have you missed by being obedient to the Bible?

Several people in East Texas were infected with **M leprosy** after enjoying themselves at armadillo feasts.²⁹

Recommendations: Eat only “clean” flesh. Eat organic or chemically free animal flesh. Enjoy.

The Threat of Viruses

Other unclean animals can possibly change benign viruses into

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toxic viruses. Often when a virus moves from one species in which it is harmless to another species, the new species can be devastated by the new variant of virus. The green monkey—another unclean animal—has been shown to do this in connection with the HIV virus.³⁰ (The swine flu epidemics from Hong Kong that now have occurred worldwide have been documented to develop by this mechanism.)

I hate to be an alarmist, but genetic engineering may be producing new toxic strains in our labs rather than just in the unclean animals. Some believe the Gulf War syndrome, a wasting disease affecting the immune system, is caused by a laboratory combination of a virus and bacteria.³¹

Viruses carried by unclean animals apparently contribute silently to many other health problems. Dr. David Hajjar found that the herpes virus causes ulcers in our arteries, leading to atherosclerosis. Other viruses have been found to cause rheumatoid arthritis and juvenile diabetes.³²

Infectious diseases and strange, uncontrollable epidemics are occurring all over the world, spawning novels and movies—and their plots aren't fanciful. Something like one-third of the world's population is said to be at risk.

So many people today violate these guidelines that the question is not "Why do we get sick?" but "Why aren't we all sick most of the time?"

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Doesn't Cooking Make It Safe?

Some people tell me that unlike people in Bible times, we cook meat much better today, and that this renders even unclean meats harmless. One Bible commentary claimed that pork was forbidden in the Old Testament because it was eaten without being cooked, thus passing trichinosis to humans. The author thought that because we now cook meat, we no longer need to follow that law.

In my opinion this statement is incorrect. Sophisticated ovens and cooking devices have been found in the most ancient archeological ruins, including most of the Israelites' ruins.

They understood that cooking meat is certainly important. Can we safely assume that diseases caused by unclean animals have disappeared because we now cook things better?

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Who can bring a clean thing out of an unclean? not one (Job 14:4, KJV).

Even the microwave oven heats meat unevenly, allowing bacteria and parasites (such as trichinosis) to survive in meat. Many outbreaks of vicious infections have developed in so-called cooked food. If the food is unclean, don't count on cooking it to protect you. Some of the most toxic poisons are not destroyed by heat.³³

A sobering report from Scotland revealed that food poisoning by toxins, virus or bacteria occurred in spite of thorough inspection at every stage of food preparation, including handling and cooking.³⁴

Why Were Scavengers Designed?

Why were scavengers created if not to eat? For one thing, they serve a useful role just cleaning up the place.

Many unclean animals, however, notably pigs and shellfish, are unhealthy because their diet consists of society's disease-laden refuse.

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As is well known, pigs will eat anything and everything. They were designed to clean up decaying flesh and pollution. Pigs have eaten Philadelphia's garbage and sewage for more than 100 years, saving the city \$3 million a year in landfill costs. This is a wise use of hogs. They are designed to clean our environment.

Even when stacked in cages, piglets thrive on offal when only the pig in the top cage receives food. Farmers have increased their profits by feeding free raw sewage to pigs. Chicken farmers often keep a hog so they can dispose of dead chickens without having to bury them.

Among commonly eaten fish, catfish—unclean because they do not have scales—always show the highest levels of contamination in chemically polluted water. After chemical spills, local fishermen are warned not to eat catfish.

A local peach farmer sprayed his crop; then an immediate rain followed. The rainwater containing the recently applied insecticide ran into his pond. The catfish did their job, cleaning the water by sucking up the pesticide; but because of their efficiency, most of them floated to the top of the pond dead. None

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of the fish that had fins and scales died.

Consumer Reports tested fish bought in multiple markets in the United States. Fish are considered spoiled when bacteria counts are greater than 10 million per gram of flesh. Nearly all catfish had counts that went off the scale at 27 million per gram, even when properly prepared.³⁵

So although swine help clean the earth, and shellfish and catfish are ideally designed to purify water, we don't want to eat what they clean up! But aren't we?

You may be surprised to find that giving up scavengers will be easier than you think!

PRINCIPLE III: TOO MUCH MEAT?

Eating too much meat—both unclean meat or supercharged, chemical-enhanced, overprocessed clean meat—can cause illness. Even perfectly designed, clean, unprocessed meat can be easily overdone. We just do not need the huge amounts of protein most of us consume. Many symptoms can usually be cleared up by the partial fast (see chapter 5), by giving up unclean meat all together and clean meat for most meals.

[161]

Otherwise healthy and well-nourished patients who had rheumatoid arthritis showed significant clinical improvement after fasting for 7 to 10 days.³⁶ The improvement is reversible, so these patients lost ground when they started eating again. The authors of the study were at a loss to explain their findings. A good place to start is the information about clean and unclean meats given by the Designer of those swollen joints and of that toxic meat.

If arthritis is caused by toxic flesh or processed meats, a vegetarian diet should relieve the arthritis for a prolonged period. Please read part of an abstract from a scientific article about the subject:

Fasting is an effective treatment for rheumatoid arthritis, but most patients relapse on reintroduction of food. The effect of fasting followed by one year of a vegetarian diet was assessed in a randomised, single-blind controlled trial. The benefits

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in the diet group were still present after one year, and evaluation of the whole course showed significant advantages for the diet group in all measured indices. This dietary regimen seems to be a useful supplement to conventional medical treatment of rheumatoid arthritis.³⁷

Most people in the United States would benefit from decreased consumption of meats, fasting from it for a few days or eating it only for celebrations.

WHAT ABOUT EGGS?

Eggs are similar to meat in that they are also a rich source of protein. As everyone knows, however, they have received a great deal of bad press in the various reports of the dangers of cholesterol.³⁸

[162] The Bible provides little information about eggs as a food. One reference appears in the book of Job:

“Is tasteless food eaten without salt, or is there flavor in the white of an egg? I refuse to touch it; such food ~~makes me ill~~” (Job 6:6,7). *bad translation!*
✓ KJV, NAS, NKJV *Corrupted NIV*

It isn't clear whether Job refused to eat all egg whites, or only unsalted egg whites or whether he ate only egg whites without eating the yoke.

In the New Testament, Jesus referred to eggs as a “good gift”:

“Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!” (Luke 11:11-13).

I am sure Jesus was referring here to hen eggs. I would not recommend dinosaur eggs or other unclean eggs.

Studies do indicate that the yoke of the egg has a considerable

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amount of cholesterol, but the yolk also contains lecithin, which breaks down cholesterol and probably negates any ill effects.

Challenge studies done at the University of Missouri showed some good effects from eating eggs.³⁹ Three eggs a day were ingested by 70 people during a three-month period. Their blood tests showed an elevation of high density cholesterol—"good cholesterol"—while eating eggs. Their triglyceride levels were unchanged.

At the American Heart Association meeting in Anaheim, California, in 1995, a dietitian from the University of Washington summarized a study of 141 volunteers by saying that two eggs a day will not hurt you if you avoid the bacon that is usually served with the eggs. Three months after the test group had eaten two eggs a day, their cholesterol levels had changed, on average, from 227 to 233, which is insignificant. Half the volunteers actually increased their levels of good cholesterol.⁴⁰

Of course, we should eat eggs only from clean fowl, not buzzards or other scavenger birds, or the eggs of serpents. The prophet likened wicked people to unclean snakes when he said:

They hatch the eggs of vipers and spin a spider's web. Whoever eats their eggs will die, and when one is broken, an adder is hatched (Isa. 59:5).

[163]

My conclusion is that eggs are much less harmful to human vascular systems than many medical scientists have previously believed. A study done by the American Cancer Society on 800,000 people showed that eggs protected against heart attack and strokes.⁴¹ As we have seen, the yoke contains various beneficial enzymes such as lecithin, as well as vitamins and minerals. These ingredients apparently allow us to utilize the cholesterol in the yoke in a healthful way. The most nutritious eggs come from free-range chickens, not from the commercially fed chickens.

MEATS IN CONCLUSION

Oh—about that football game in which my opponent and I were playing erratically.

Colorado's coaches had developed plans that called on 35 to

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40 players to carry out specific and complex tasks. The plans were good, and their players had more than enough skill to carry out the job. Colorado had great difficulty during that game because one very skilled behemoth did not obey his coaches' game plan and allowed me—his opponent—to mess up some of his team's carefully crafted plays.

Likewise, God has carefully developed a plan and a genetic design that will protect us from many opponents of our health. He has given us a well-designed plan that includes meats, and we have the ability to carry out that plan. But if we allow the opponents of good health to invade—if we don't block them out—they will destroy God's plan for our health.

First you need to study God's plan for your health. Then you need to put that plan into action by using discipline and enthusiasm. You may not succeed on every play—no player or team ever does. But if you give it the "good old college try," you will thrive.

In Summary

[164] Consider meat a celebration or luxury food. You do not need much—4 ounces a day will supply what you need for protein. If you are concerned about getting enough protein, remember that your protein needs may be supplied by plant foods as well.

Eat only clean flesh, distinguishing between the clean and the unclean (see Lev. 11:46).

Eat the flesh of organically raised and chemical-free animals when possible.

Enjoy unprocessed and unpacked meats from cow, sheep, goats, deer and antelope; as well as chicken, quail and other game birds, and swimming fish that have both fins and scales, as listed in the Bible.

Low-fat beef, such as that from longhorns and Jersey breeds, or chickens, raised without chemicals and growth stimulants, are a treasure worth buying and eating. It is worth searching for the treat of eggs from free-range chickens.

Meats to avoid include hot dogs, sausages, lunch meats and cold cuts. In my opinion, hot dogs fall into the category of "trashy-rancid" meats. Often these kinds of meat are made of waste products and contain 50 percent fat (not to mention an

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FDA requirement that forbids hot dogs from including more than 20 percent animal hair.)

Avoid commercial gelatins made from pork and horse meat and containing color additives and chemicals along with mostly sugar and water.

Avoid ham, bacon and pork of any kind. Avoid catfish, shellfish and other toxic beasts.

Don't become addicted to (i.e., worship) meat. It is not necessary to have it at every meal or even every day. Two or three times a week is plenty.

Ingest no fats or blood.

Maybe it's time to get off our rump roast and eat more of everything God created for food.