

The following is a portion of Chapter 8, entitled,
“The Meat to Eat”
from the book:
What the Bible Says about Healthy Living
by Rex Russell, M.D.

It 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.

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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