

Clean vs Unclean

Psalms 119:128

Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.

Starting with this mindset, it would require for us to trust the entire Torah and as the scripture says, it is better for us to obey YAH rather than men. What this means, is that we should trust and obey YAH over scientists, doctors and our desires. In scripture it says that in whatsoever we do, whether we eat or drink, do it all to the glory of YAH and that our bodies are temples of YAH. Even in the scripture where it addresses married couples it says this in **Ephesians 5:28-29**, "So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Adonai the church" So, to put it bluntly this vessel called a body was lent to us as a gift that we have a responsibility to take care of and even a greater gift that is in marriage and children, we must also protect, cherish and nourish them in mind and body. The only way you could argue against this is if you can prove to me without a shadow of a doubt that food has never killed anyone. There are two sets of things our heavenly father is against us partaking in, those are artificial things (he hates false things) and unclean meats outlined in Leviticus 11. Our father says in **Jeremiah 29:11**, "For I know the thoughts that I think toward you, saith YAHUWAH, thoughts of peace, and not of evil, to give you an expected end." He knows what is good for us, so if we go against his instructions and do wickedly, the result is dying unexpectedly before our time. Below is a list of clean and unclean animals. Because of the adversary and his many deceptions, just following this list alone is just not enough. There are many products (food and otherwise) that contain parts of these unclean animals in various forms thanks to scientific discoveries (a.k.a sorceries). This list is just the surface of a much bigger health problem that we are facing worldwide. In this document, we're

planning to go in depth of the assortment of different contaminants, health risks and possibly how to avoid them.

<p>Clean Land Animals - Leviticus 11:3; Deuteronomy 14:4-6</p>	<p>Unclean Land Animals - Leviticus 11:4-8, 20-23, 26-27, 29-31; Deuteronomy 14:7-8</p>
<p>Chews the cud, coven hooves. <i>(Milk from these animals are also clean)</i></p> <p>Addax, Antelope, Bison (buffalo), Blackbuck, Blesbok, Bongo, Bovine, (of the cattle species, including bison, ox and elk), Bushbuck, Caribou, Cattle (beef, veal), Deer (venison), Dik-dik, Eland, Elk, Gazelle, Gemsbok, Giraffe, Goat (all species), Goral, Hart, Hartebeest, Hirola, Impala, Ibex, Kafue lechwe, Kudu, Klipspringer, Markhor, Moose, Muntjac, Musk ox, Nilgai, Nyala, Okapi, Oribi, Oryx, Ox, Pronghorn, Reedbuck, Reindeer, Sheep (lamb, mutton), Sitatunga, Springbok, Steenbok, Takin, Topi, Tsessebe, Urial, Waterbuck, Wildebeest, Yak.</p>	<p>Doesn't chew cud; hooves not cloven <i>(Milk from these animals are also unclean)</i></p> <p>Armadillo, Badger, Bat, Bear, Beaver,, Camel, Elephant, Gorilla, Gophers, Groundhog, Hippopotamus, Kangaroo, Llama (alpaca, vicuña), Mole, Monkey, Mouse, Muskrat, Opossum, Porcupine, Rabbit (hare), Raccoon, Rat, Rhinoceros, Rock Hyrax, Sabel, Skunk, Squirrel, Wallaby, Weasel (Ferrets), Wolf, Wolverine. All rodents.</p> <p><u>Swine</u>: Boar, Peccary, Pig (hog, bacon, ham, lard, pork, most sausage and pepperoni), Gammon (cured ham), Porcine (of pig/swine origin), Prosciutto</p> <p><u>Canines</u>: Coyote, Dog, Fox, Hyena, Jackal</p> <p><u>Felines</u>: Cat, Cheetah, Leopard, Lion, Panther, Tiger</p> <p><u>Equines</u>: Donkey (ass), Horse, Mule, Onager, Zebra (quagga)</p> <p><u>Reptiles</u>: Alligator/Crocodile, chameleon, Iguana, lizard, Caiman, Snake, Turtle</p> <p><u>Amphibians</u>: Blindworm, Frog, Newt, Salamander, Toad</p>
<p>Clean Water Animals - Leviticus 11:9; Deuteronomy 14:9</p>	<p>Unclean water Animals - Leviticus 11:10-12, Deuteronomy 14:10</p>

<p>Scales and fins</p> <p>Albacore, Anchovy, Barracuda, Bass (all species, fresh and saltwater), Black pomfret (or monchong), Blueback, Bluefish, Bluegill, Bonefish, Bonito, Bowfin, Buffalo fish, Butterfish, Carp (all species), Chinook, Chub (all species), Cod, Cohoe, Crappie, Crevalle, Croaker, Darter, Drum, Flounder, Goby, Goldfish, Grouper, Grunion, Grunt, Haddock, Hake, Halibut, Hard tail (blue runner), Hardhead, Herring (or alewife), Horse Mackerel, Kingfish, Mackerel (or corbia), Mahimahi (or dorado, dolphinfish [not to be confused with the mammal dolphin]), Menhaden, Milkfish, Minnow, Mullet, Muskellunge, Orange roughy, Perch (or bream), Pike (or pickerel or jack), Pigfish, Pollack (or pollock or Boston bluefish), Pompano, Porgy (scup), Robalo, Redfin, Red snapper, Rockfish, Salmon, Sardine (or pilchard), Sauger, Seargeant fish, Sea trout, Seer fish, Shad, Sheepshead, Silver hake (or whiting), Silverside, Smelt (or frost fish or ice fish), Snapper (or ebu, jobfish, lehi, onaga, opakapaka or uku), Snook, Sole, Steelhead, Sucker, Sunfish, Tarpon, Tilapia, Trout (or weakfish), Tuna (or ahi, aku, albacore, bonito, or tombo), Turbot (except European turbot), Walleye, Whitefish</p>	<p>No scales; No fins</p> <p><u>Fish</u>: Bullhead, Catfish, Eel, European Turbot, Marlin, Paddlefish, Shark, Stickleback, Squid, Sturgeon (includes most caviar), Swordfish</p> <p><u>Shellfish</u>: Abalone, Clam, Conch, Crab, Crayfish (crawfish, crawdad), Lobster, Mussel, Oyster, Scallop, Shrimp (prawn)</p> <p><u>Soft body</u>: Cuttlefish, Jellyfish, Limpet, Octopus, Squid (calamari)</p> <p><u>Sea Mammals</u>: Dolphin, Otter, Porpoise, Seal, Walrus, Whale</p>
<p>Clean Birds - Deuteronomy 14:11,20</p>	<p>Unclean Birds - Leviticus 11:13-20; Deuteronomy 14:12-19</p>
<p><i>Eggs from these animals are clean</i></p> <p>Dove, Partridge, Pheasant (tragopan), Pigeon, Ptarmigan, Quail, Sparrow (except the hedge sparrow) (and other songbirds), Teal (blue-winged, green winged)</p>	<p><i>Eggs from these animals are unclean</i></p> <p>Albatross, Bats, Bittern, Buzzard, Cassowaries, *Chicken, Condor, Coot, Cormorant, Crane, Crow, Cuckoo, *Duck, Eagle, Egret, Emu, Flamingo, *Geese, *Guinea fowl, Grebe, Grosbeak, Gull, Hawk, Heron, Hoopoe, Kite, Kiwi, Lapwing, Loon, Magpie, Martin, Osprey, Ostrich, Owl, Parrot, Peacock, Pelican,</p>

	Penguin, Plover, *Prairie chicken, Red & Black Kite, Rail, Raven, Rheas, Roadrunner, Sandpiper, Seagull, Stork, Swa, Swallow, Swift, *Turkey, Vulture, Water hen, Woodpecker
Clean Insects - Leviticus 11:21-23, 42-44	Unclean insects - Leviticus 11:23
All types of locusts, including crickets and grasshoppers, beetles.	Slug, Snail (escargot), Caterpillar, worm. All other insects except for the locusts family.

Something to ask yourselves...

Are there animal and human health hazards associated with the by-products? The presence of toxic substances, disease organisms, molds, mycotoxins, and growth inhibiting or accelerating (abnormally) factors in a by-product should be checked. If present, the by-product should not be considered unless these factors can be inexpensively eliminated or neutralized (which is never a 100% fullproof).

Pig Byproducts

Marshmallows, Jello, and most gummies contain gelatin, but did you know that gelatin is made of the boiled skin, tendons, and ligaments of a farmed animal. How appetizing... not!



Of all unclean animals, this particular animal is used the most in a tremendous amount of different things.

- **Gelatin** is a colorless, flavorless, and odorless ingredient that thickens liquids. It's commonly made from the connective tissues, skin, and bones of pigs and cows. Jell-O, certain ice creams, puddings, gummy candies, and marshmallows are just a few of the common foods on the market that contain gelatin. Peanuts are often coated with gelatin to help the salt or other seasonings stick. You might also find it in the ingredients list of some vitamins, seasickness medicines, toaster pastries, and some beers and wines. Look for vegan options or items thickened with pectin or agar-agar instead for pork-free alternatives.
- **Stearic acid** is made from the fat of pigs, sheep, or cows. It's a fatty acid that's solid at room temperature. It has a melting point around 158 degrees Fahrenheit. It's often used for making cosmetics, candles, and soaps. The Los Angeles Times points out that it can also be found in certain chewing gums. It helps soften the gum for an easier chew.
- **L-cysteine** - Commercial bread, bagels, tortillas, pie shells, pizza dough, and pastry commonly contain L-cysteine. This amino acid is used as a dough

conditioner. It reduces mixing time by breaking down the proteins in the dough. It's frequently derived from hog hair. It may also come from bird feathers or human hair. To avoid the potential for ingesting an ingredient derived from pork, read the ingredients list thoroughly to find baked goods free of L-cysteine or options made with vegan L-cysteine.

- **Rennet** - Some hard, aged cheeses like gorgonzola, Parmesan, Pecorino Romano, and Grana Padano use rennet in the ingredients list. Rennet is an enzyme that separates liquid milk from solid curds to create these cheeses. Vegetarians are often surprised to find that cheese containing rennet isn't vegetarian at all. This enzyme is commonly derived from the stomach lining of goats or baby cows. It can also come from pigs. One aged cheese that specifically uses pig rennet is Pecorino de Farindola cheese in Italy, according to Science Direct.

Pharmaceuticals and drugs that are from pigs:

- **Adrenal Glands**
 - Corticosteroids
 - Cortisone
 - Epinephrine
 - Norepinephrine
- **Blood**
 - Blood Albumens
 - Blood Fibrin
 - Fetal Pig Plasma
 - Plasmin
- **Brain**
 - Cholesterol
 - Hypothalamus
- **Gall Bladder**
 - Chenodeoxycholic Acid
- **Heart**
 - Heart Valves
- **Intestines**

- Enterogastrone
- Heparin
- Secretin

- **Liver**
 - Cholic Acid Catalase
 - Desiccated Liver

- **Ovaries**
 - Estrogens
 - Progesterone
 - Relaxin

- **Pancreas Gland**
 - Kallikrein
 - Glucagon
 - Lipase
 - Pancreatin
 - Trypsin
 - Chymotrypsin

- **Pineal Gland**
 - Melatonin

- **Skin**
 - Porcine Burn Dressings
 - Gelatin

- **Pituitary Gland**
 - ACTH – Adrenocorticotropic Hormone
 - ADH – Antidiuretic Hormone
 - Oxytocin
 - Prolactin
 - TSH – Thyroid Stimulating Hormone

- **Spleen**
 - Splenic Fluid

- **Stomach**
 - Pepsin

- Mucin
- **Thyroid Gland**
 - Thyroxin
 - Calcitonin
 - Thyrogloblin

There are also other physical byproducts of these animals that are a little harder to detect, but this is why we have the Ruach Ha'Qodesh, because we are not expected to lean on our own understanding, in ALL our ways, whether big or small, we must acknowledge him so that he can direct our path.

Other byproducts used in medicine and vaccines are rats, hamsters, cows, human cells (mostly dead fetal matter), chicken and chicken eggs.

You can find additional information here:

Everything But the *Oink*

By-Products from Pigs

From Blood...

- Medicines
- Sticking agent
- Leather treating agent
- Plywood Adhesive
- Protein source in feeds
- Fabric printing and dyeing

From Brain...

- Cholesterol
- Other medicines

From Internal Organs...

- Insulin
- A variety of medicines
- Surgical sutures
- Heart valves

From Skin...

- Gelatin
- Footballs
- Porcine Burn Dressings
- Luggage, purses
- Gloves and shoes
- Pigskin garments

From Bones...

- Glue
- Buttons
- Bone China
- Bone Meal
- Minerals for feed
- Fertilizer
- Porcelain enamel
- Glass
- Water filters

From Hair...

- Artist's brushes
- Insulation
- Upholstery

From Meat Scraps...

- Commercial feeds
- Pet food

From Fatty Acids and Glycerine...

- Insecticides
- Weed killers
- Lubricants
- Oil polishes
- Rubber
- Cosmetics
- Antifreeze
- Nitroglycerine
- Plastics
- Plasticizers
- Printing rollers
- Cellophane
- Floor waxes
- Cement
- Waterproofing agents
- Fiber softeners
- Crayons
- Chalk
- Phonograph records
- Matches
- Putty
- Insulation
- Linoleum

AND OF COURSE: bacon, ham, sausage, pork chops, ribs, BBQ and more!

So many products come from pigs that we really do use everything but the oink!

www.FarmCreditKnowledgeCenter.com

https://www.health.qld.gov.au/data/assets/pdf_file/0024/147507/qh-gdl-954.pdf

Medication capsule and coatings:

Finishes can consist of blends of polymers, plasticizers, pigments, opacifiers, glidants, binders, anti-tacking agents, anti-foaming mechanisms, surfactants, fillers, and extenders.

Phthalates

Let's address plasticizers for a moment, otherwise known as Phthalates. Phthalates are a group of chemicals used to make plastics more durable. They are often called plasticizers. Some phthalates are used to help dissolve other materials.

High gloss coating formula

Material	% w/w	Function
Sodium carboxymethylcellulose	40	Film former
Maltodextrin	18	Extender
Dextrose	15	Extender
Lecithin	10	Surfactant/dispersant
Sodium citrate	2	Stabiliser
Pigments & oxides	10	Pigments
Colours & dyes	5	Colorants

This is an article from:

General purpose coating (PVA-based)

Material	% w/w	Function
Polyvinyl alcohol	40	Film former
Polyethylene glycol 3350	20.2	Plasticizer
Talc	14.8	Antiadherent
Pigments	25	Colorants

General purpose (HPMC-based)

Material	% w/w	Function
HPMC 606	40	Film former
Lactose monohydrate	12	Extender
Polyethylene glycol 3350	18	Plasticizer
Triacetin	5	Plasticizer
Pigments	25	Colorants

Enteric coating

Material	% w/w	Function
Methacrylic acid Copolymer Dispersion (30% aqueous dispersion)	16.6	Enteric polymer film former
Talc	4	Antiadherent
Polyethylene Glycol 6000 (10% aqueous solution)	1.6	Plasticizer
Antifoam emulsion	0.2	Foam suppressant
Water	77.6	Solvent

<https://www.prevention.com/life/a20430447/dangers-of-phthalates-in-pill-coating/>

Medications and supplements are supposed to make us feel better, and the main ingredients often do. But researchers are finding that certain plastic additives designed to release the ingredients into our systems more slowly could actually be making us sick.

In a recent study published in the journal *Environmental Health Perspectives*, U.S. researchers sampled a small portion of pills on the market -- medicines for conditions ranging from acid reflux, infections, and inflammation to ulcerative colitis and high blood pressure, among others -- and found that 10 to 20 percent contained two types of plasticizing chemicals tied to lifelong health problems. These plastic chemicals, known as phthalates, are often found in vinyl flooring and shower curtains, cleaning products, nail polish, perfumes, and fragranced personal care products, insecticides, and food packaging.

In studies, scientists have found a link between phthalate exposure and damage to the developing male reproductive system, birth defects, infertility, stunted growth, and low IQs. Now, add meds to the list. "Ingesting drugs and supplements containing phthalates may significantly add to the total burden of exposure," says pharmacist and lead author of the study, Kathy Kelley, MPH, RPh, research pharmacist at Boston University. "If possible, it may help to avoid exposure when there are alternatives."

Although scientists are still trying to figure out the definitive effects phthalates have on human health, Kelley cautions that based on the available studies, it may be important for pregnant women and children to avoid additional exposure to these chemicals if possible.

While that may not always be possible, finding safer alternatives may just be a question away. "Many of the medications and supplements that we identified as containing phthalates are available in multiple formulations, some of which may be "phthalate

Products that Contain **PHTHALATES**

PACKAGING

- Children's toys
- Paint
- Printing inks & coatings
- Clay
- Pharmaceuticals
- Food products
- Textiles



COSMETICS

- Perfumes
- Eye shadow
- Moisturizer
- Deodorant
- Nail polish
- Liquid soap
- Shampoo
- Conditioner
- Hairspray



HOUSEHOLD ITEMS

- Detergent
- Shower curtains
- Vinyl upholstery
- Carpeting
- Wire coatings
- Adhesives
- Floor tiles
- Food containers
- Wrappers



MEDICAL/PERSONAL-CARE PRODUCTS

- Coatings of pills & supplements
- Gelling agents
- Film formers
- Stabilizers
- Dispersants
- Lubricants
- Binders
- Emulsifying agents
- Suspending agents
- Adhesives
- Agricultural adjuvants
- Building materials
- Electronics
- Catheters
- Blood transfusion devices



Dr. Axe
FOOD IS MEDICINE

free," explains Kelley. That means you can ask your pharmacist or healthcare professional about alternatives.

Learn the top pharmacy and label-reading tricks so you can start avoiding these harmful pill coatings today:

Medicines

Medicines designed to break down more slowly for maximum absorption may contain phthalates, so be wary of labels containing claims like "enteric coated," "time release," "film coated," or "safety coated," Kelley warns.

Some prescription medicines have label information available online at the company or product websites. "It can be challenging to obtain this information on all drugs, but a patient can ask their pharmacist to check the complete product label that comes with the medication they have been given," suggests Kelley.

For over-the-counter medicines, you can read the drug facts panel under "inactive ingredients." In both cases, you're looking to avoid products where a word containing "phthalate" winds up on the label. Diethyl phthalate and

dibutyl phthalates are most linked to health problems, while phthalate polymers like hypromellose phthalate, cellulose acetate phthalate, and polyvinyl acetate phthalate are believed to be more benign because the body doesn't readily absorb them. "However, sometimes these are combined with a phthalate plasticizer, such as diethyl phthalate, so you still need to get the most complete information about the product," says Kelley.

Supplements

As with medicine, watch out for ingredient names like "aqueous enteric coating," and labeling terms like "enteric coating" and "time release" when you're dealing with supplements. Supplement regulations are more lax, though, so you may need to contact the manufacturer or distributor for the most complete ingredients information.

To reduce the amount of phthalates you're exposed to in other ways, use these tips:

1. **Find safer personal care products.** Anything that lists "fragrance" or "parfum" on the ingredients label potentially contains phthalates. To rate your products' safety and to find safer sources, visit Environmental Working Group's Cosmetics Database.
2. **Veto vinyl.** Avoid vinyl shower curtains and other soft plastics—they likely are laced with phthalates. Safer shower curtain options include cotton and hemp.
3. **Avoid fake fragrances elsewhere, as well.** Forgo chemical air fresheners and scented candles. (Beeswax candles are a safer option.) In the laundry department, choose unscented, plant-based products whenever possible. Save money and your healthy by making your own green cleaning products.

This from another article:

<https://draxe.com/health/phthalates/>

5 Ways to Avoid Phthalate Exposure

According to research, 95 percent of Americans have phthalates in their urine. It's almost impossible to completely avoid phthalate exposure, but there are some small changes you can make to reduce the risk of consuming these toxins.

1. Avoid Foods Stored in Plastic

It's best to buy food daily and meat that is not stored in plastic bottles, containers or wrappers. Look for milk sold in a glass container, meat wrapped in paper, and yogurt or cheese in "phthalate-free" packages. Also, pesticides can spread phthalates on all foods so it's important that you buy organic brands whenever possible.

Eat home-cooked meals as much as possible and avoid frequently dining out in restaurants, cafeterias and fast-food spots.

2. Use Homemade Hair and Skin Care Products

Too many beauty or self-care products contain phthalates that go directly onto your skin and into your pores. Many times you have no idea that these toxins are in your hair and skin care products because it isn't listed in the ingredient label.

The best way to avoid consuming or applying phthalates directly to the skin is to make your own products. Hair products are very easy to make, and the essential oils used to perfume these products have a ton of health benefits to boot. Try my Natural Homemade Shampoo and Homemade Conditioner; store them in "phthalate-free" containers or glass jars if possible.

There are so many self-care products that you can make at home. My Homemade Deodorant, Homemade Frankincense Soap Bar and Homemade Honey Face Wash are all completely safe and toxin-free. They'll make a world of difference for your skin and your health!

3. Use Glass Containers

Ditch your plastic tupperware of containers — the amount of toxins in these materials cannot be predicted, and chances are they're high in phthalates. You certainly don't want to heat your food up in plastic containers, as this only intensifies the toxic exposure. For instance, phthalates are endocrine disruptors that lead to excess estrogen, and we know that excess estrogen leads to hormone imbalance.

Whenever possible, use glass containers. Even when buying bottles or sippy-cups, go with the glass, silicon or stainless steel options.

4. Look for DEP-Free Products

If you buy items that contain plastic, look at the recycling codes to determine whether or not they're safe. Codes 3 and 7 may contain phthalates, diethyl phthalate (DEP) or BPA, but plastic with recycling codes 1, 2 or 5 don't contain phthalates. Always opt for the latter, as we know BPA toxic effects are dangerous to our health.

When buying any product, including shampoos, conditioners, body washes and perfumes, be wary of "fragrance" as an ingredient. This most likely means that phthalates are present in the product. Instead, look for products that say "phthalate-free" or "DEP-free."

5. Cleanse Your Body

Chances are you have high phthalate levels in your body right now, and that's because these toxins are nearly impossible to avoid. This is why I recommend you detox your liver every once in a while — to clear your body of harmful chemicals and give it a fresh start.

A liver cleanse is important because the liver is one of the hardest-working organs in our body. It works tirelessly to detoxify our blood; produce the bile needed to digest fat; break down hormones; and store essential vitamins, minerals and iron. When the liver is not functioning optimally, we cannot digest our food properly, and this trickles down to every system of the body. To get you started, try my Green Detox Machine Juice Recipe. It will boost your health and begin to repair years of damage and ingested toxins.

Shellac

Shellac (/ʃə'læk/)[1] is a resin secreted by the female lac bug on trees in the forests of India and Thailand.

Kerria lacca is a species of insect in the family Kerriidae, the lac insects. These are in the superfamily Coccoidea, the scale insects. This species is perhaps the most commercially important lac insect, being a main source of lac, a resin which can be refined into shellac and other products.

Chemically, it is mainly composed of aleuritic acid, jalaric acid, shellolic acid, and other natural waxes. It is processed and sold as dry flakes and dissolved in alcohol to make liquid shellac, which is used as a brush-on colorant, food glaze and wood finish. Shellac functions as a tough natural primer, sanding sealant, tannin-blocker, odour-blocker, stain, and high-gloss varnish. Shellac was once used in electrical applications as it possesses good insulation qualities and seals out moisture.

Shellac is composed of hydroxyaliphatic acids and alicyclic acids. Shellac has been used in the pharmaceutical industry as a tablet coating, often for enteric coating on tablets.

List of medications using Shellac:

- Amoxicillin trihydrate 500 mg
- Amphetamine and Dextroamphetamine Extended Release 20 mg
- Aspirin 81 mg
- Cephalexin 500 mg
- Cephalexin Monohydrate 500 mg
- Clindamycin Hydrochloride 300 mg
- Clindamycin Hydrochloride 150 mg
- Clindamycin Hydrochloride 300 mg
- Diclofenac Sodium Delayed Release 75 mg

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Fluoxetine Hydrochloride 20 mg
Fluoxetine Hydrochloride 40 mg
Fluoxetine Hydrochloride 20 mg
Gabapentin 300 mg
Gabapentin 300 mg
Hydroxyzine Pamoate 25 mg
Pantoprazole Sodium Delayed Release 40 mg
Pantoprazole Sodium Delayed-Release 40 mg
Pantoprazole Sodium Delayed-Release 40 mg
Tamsulosin Hydrochloride 0.4 mg
Valacyclovir Hydrochloride 500 mg

The substances in shellac that can be harmful are:

Ethanol
Isopropanol
Methanol
Methyl isobutyl ketone

Below are symptoms of shellac poisoning in different parts of the body.

EYES, EARS, NOSE, AND THROAT

Blindness
Blurred vision
Wide pupils

HEART AND BLOOD

Low blood pressure
Severe change of acid level in the blood, which can cause organ failure
Weakness
Collapse

KIDNEYS

Kidney failure

LUNGS AND AIRWAYS

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Rapid, shallow breathing
Fluid in the lungs
Blood in the lungs
Stopped breathing

MUSCLES AND BONES

Leg cramps

NERVOUS SYSTEM

Coma (decreased level of consciousness and lack of responsiveness)
Dizziness
Fatigue
Headache
Seizures (convulsions)

SKIN:

Blue-colored skin, lips, or fingernails

STOMACH AND INTESTINES

Diarrhea
Nausea
Vomiting

Isopropanol and methanol are extremely poisonous. As little as 2 tablespoons (14.8 mL) of methanol can kill a child, while 2 to 8 ounces (59 to 236 mL) can be deadly for adults.

How well a person does depends on the amount of poison swallowed and how quickly treatment was received. The faster medical help is given, the better the chance for recovery.

Swallowing such poisons can have severe effects on many parts of the body. Burns in the airway or gastrointestinal tract can lead to tissue necrosis, resulting in infection, shock and death, even several months after the substance was first swallowed. Scars may form in these tissues leading to long-term difficulties with breathing, swallowing, and digestion.

References:

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Nelson ME. Toxic alcohols. In: Walls RM, Hockberger RS, Gausche-Hill M, eds. *Rosen's Emergency Medicine: Concepts and Clinical Practice*. 9th ed. Philadelphia, PA: Elsevier; 2018:chap 141.

Food colouring:

Red 3

Also known as Erythrosine, is one of the most commonly used food colorings. Its signature cherry-pink is found in maraschino cherries, various candies, baked goods, and sausage casings. Derived from coal tar and flourone and sourcing some of its trademark red from **cochineal beetles**, red 3 has been linked to hyperactivity in children, thyroid tumors, breast cancer, and can damage liver DNA. Since its introduction as one of the 7 approved synthetic colors listed in the Pure Food and Drug Act of 1906, there have been numerous attempts to ban Red 3 from food due to its health risks. Although erythrosine has been banned in cosmetics and topical drugs in the United States since 1990, industry pressure has succeeded in keeping it as an option for coloring food.

Red 40

Touted as an alternative to Red 3, Red 40 is also known as Allura Red or Food Red 17. It is a dark red powder made from petroleum and can contain aluminum, other heavy metals, and cochineal beetles (a common ingredient in red dyes). The most commonly used synthetic food coloring in the United States, it can be found in fruit cocktail, candy, salad dressing, chocolate cake, cereal, beverages, pastries, maraschino cherries, fruit snacks, and many over the counter pharmaceuticals. Products containing the dye are treated differently in Europe, with a required label warning that Allura Red “may have an adverse effect on activity and attention in children.” Children experiencing drastic behavioral changes is one of the biggest health concerns associated with Red 40. Other reported side effects include migraines, jitteriness, inability to concentrate, and upset stomach.

Yellow 5

One of the most controversial of the synthetic food dyes, Yellow 5 or Tartrazine is the low cost, coal tar derived food dye version of beta-carotene. It has been linked to multiple health conditions like hyperactivity in children, severe allergic reactions and rashes, nausea, headaches, and asthma, among others. This connection has led to Yellow 5 being banned in Norway and Austria, while the U.K. government asked companies to voluntarily remove it from their products. This has not stopped the dye from being added to a wide range of consumables in the U.S., like cereals, puddings, frozen desserts, bread and cake mixes, condiments, beverages, chips, snacks, medications, and pet foods.

Yellow 6

Though it is primarily labeled as Yellow 6 in the U.S., this dye actually provides an orange color. Some of its other names include Sunset Yellow, Monoazo, and Orange Yellow S. This dye is banned in Norway, Finland, and Sweden and required to be labeled in the E.U. It's been linked to adrenal and kidney cancer, diarrhea, vomiting, swelling of the skin, migraines, and worsening of asthma symptoms. The signature yellow-orange of the dye has found its way into foods like boxed macaroni and cheese, chips, bakery goods, cereals, beverages, dessert powders, candies, gelatin desserts, sausage, and some pharmaceuticals drugs. For those who normally avoid foods that come in boxes and bags, Yellow 6 can also be found in preserved fruits, so check labels carefully.

Blue 1

Blue 1, or Brilliant Blue, is the more commonly used of the two blue food dyes approved for use in the U.S. and frequently partners with Tartrazine (Yellow 5) for artificially colored green items. Like many of the other synthetic dyes, Blue 1 was originally derived from coal tar, although now it's oil based. Brilliant blue foodstuffs like candies, ice cream, liquors, and others are easily spotted, although canned peas, soup packets, and mouthwashes also contain the color. Blue 1 is not as controversial as some of the other synthetic food dyes, but it has been suggested that it causes kidney tumors in mice and hypersensitivity reactions.

Blue 2

Blue 2 is also known as Indigotine, Indigotin, or Indigo Carmine. Most of those names reference Blue 2's origins as a synthetic version of actual, plant-based textile dye (and color of the rainbow), indigo. The synthetic form of indigo is derived from coal tar or petroleum. In addition to coloring blue jeans, the twenty thousand tons of Blue 2 produced every

year can be found in colored beverages, candies, pet food, and pharmaceuticals. It's linked to brain tumors in male rats, asthma, skin rashes, and mild to severe allergic reactions. Blue 2 is also used to highlight issues in the urinary tract, coloring urine blue and making leaks apparent. This practice has seen dangerous blood pressure increases in some people. Indigo Carmine has been banned as a food dye in Norway, Belgium, Australia, Sweden, Switzerland, France, Germany and Great Britain.

Caramel Coloring

Caramel coloring is not a synthetic food dye in the strictest sense but seeing it listed as an ingredient should still give you pause. Most of the caramel coloring found in select sodas, baked goods, chocolate items, candies, and protein bars is made by treating sugar with ammonia. Needless to say, this can have a carcinogenic effect on those who consume it. Caramel coloring is linked to cancer in animals, and the state of California requires cancer warning labels on products with more than 30 micrograms of caramel coloring in a day. In addition to that, caramel coloring can be sourced from lactose, barley, or wheat. North American and European caramel coloring are derived from wheat or corn and highly-processed, but that coloring is thought to be "gluten-free".

Source:

<https://www.organiclifestylemagazine.com/7-unhealthy-synthetic-dyes-and-food-colorings-to-avoid-and-why>

Natural alternatives are available, learn all about them here:

https://youtu.be/JtsS_czoTNo?si=AANk57xqrglhNCBt

GMO's

The scriptures tells us exactly what Elohai thinks about genetically modified food. **Leviticus 19:19**, "Ye shall keep my statutes. Thou shalt not let thy cattle gender with a diverse kind: thou shalt not sow thy field with mingled seed: neither shall a garment mingled of linen and woollen come upon thee." Mixing genes of different plants to get a desired plant is direct

rebellion against YAHUWAH, as well as mixing genes of different types of the same animal family or two different types of animal. And unfortunately those who say they serve the most high is heavily involved in the consumption of these products. **Romans 1:32**, "Who knowing the judgment of YAH, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them." These foods are not only displeasing to Elohai because they question his authority and wisdom, but because they foolishly go against nature, they also have adverse health effects on us. This is the reason we have so many new illnesses today, because of the rebellion and mix and mingle of things that ought not to be mixed.

Here's an article:

<https://draxe.com/nutrition/the-real-risks-of-gmo-foods-how-to-avoid/>

GMO foods - Dr. Axe

Next time you're at the grocery store, think about this: It's estimated that more than 75 percent of the processed food lining the shelves consists of genetically engineered ingredients, and this is just one of the many scary facts about GMO foods (aka bioengineered food).

You may remember the days when GMOs weren't even a topic on anyone's radar. When did these " Frankenfoods " get created? In the U.S. circa 1994, a genetically modified tomato known as the Flavr Savr (created by a California-based company called Calgene) became the first commercially grown genetically engineered food to be approved for human consumption.

Fast-forward to current times, and the list of what is being genetically modified is growing longer and wider with even GMO salmon getting the thumbs up for animal genetic modification.

What about crops? Well, that's just through the roof for some: 92 percent of corn, 94 percent of soybeans and 96 percent of cotton produced in the U.S. were genetically modified strains as of 2020.

Are GMO foods safe? According to the Institute of Science in Society, "It is clear that genetic modification is inherently hazardous, as it invariably result in unpredictable and

uncontrollable changes in the genome and the epigenome (pattern of gene expression) that impact on safety.”

Some people say there are GMO foods pros and cons, but I think you may agree that the dangers or cons far outweigh the potential so-called “benefits.”

What Are GMO Foods?

What does GMO stand for? A GMO is a genetically modified organism. These living organisms contain genetic material that has been artificially manipulated in a laboratory through genetic engineering.

Foods that use genetically modified organisms (GMOs) are referred to as genetically modified foods (GM/GMO foods), genetically engineered foods (GE foods) and more recently bioengineered foods (BE foods). Genetic modification of living organisms produces combinations of animal, plant, bacteria and virus genes that do not normally occur in nature or through traditional crossbreeding methods.

Do you want to know one of the main reasons why companies are fans of genetic engineering food? It results in higher crop yields.

According to a 2018 article published in the New York Times, “Yields of corn, cotton and soybeans are said to have risen by 20 percent to 30 percent through the use of genetic engineering.”

What is GMO food? It's food produced with genetic engineering.

The use of “partially produced with genetic engineering” on food labels is the result of a 2016 federal law that mandated uniform labeling of all food products containing genetically engineered ingredients.

When Bill 764 was signed into law in 2016, it created an entirely different and controversial standard in the U.S. for labeling GMOs. It also replaced previous state laws like Vermont's that were especially tough on GMOs. Many people in both the pro-GMO and anti-GMO sector were unhappy with the way in that GMO food content can currently be indicated on a food label.

Some companies are unhappy with the costly efforts of having to go through the necessary processes to carry a non-GMO label even if they are not producing a genetically modified food. Other manufacturers choose not to mention that they're creating GMO products while others may direct consumers to an external source (such as a website) for additional information about the GMO status of the product.

In general, it can be very hard to know if a product isn't GMO if it's not organic and certified non-GMO.

This helped lead to a change that took effect in 2022, in which the term GMO food was replaced with bioengineered food. Called the "National Bioengineered Food Disclosure Standard," the new law is regulated on a federal level with the goal to provide more information to people on the foods they eat and help lead to standardization of food labeling for BE food.

The updated law does provide a bit more transparency for consumers, including the option for QR codes to scan to get more information about the food someone is buying, but there are also many exceptions that don't require the BE labeling. In short, the labeling standards are slightly improving but still far from perfect.

What is a GMO food list? Here are the leading examples of GMO foods you may be consuming and don't even know it!

Corn

Soy

Canola

Alfalfa

Sugar Beets (a top source for refined sugar)

Cotton (think consumable cottonseed oil)

Papaya (GMO papaya is grown in Hawaii or China)

Summer Squash/Zucchini

Animal Products (conventional meats and dairy)

Microbes and Enzymes (cooking and process agents that are hard to track because they're often not even listed on food labels)

Apples

Potatoes

This is only a partial GMO foods list.

Other common food ingredients that are often GMO include:

Vegetable oil, vegetable fat and margarines that are made with soy, corn, cottonseed and/or canola oil

Ingredients that come from soybeans, including soy flour, soy protein, soy isolates, soy isoflavones, soy lecithin, vegetable proteins, tofu, tamari, tempeh and soy protein supplements.

Ingredients derived from corn like corn flour, corn gluten, corn masa, cornstarch, corn syrup, corn meal and high fructose corn syrup.

The Non-GMO Project

The Non-GMO Project was created “to give consumers the informed choice they deserve.”

Major Risks of GMOs

Why are GMOs bad? Since they are still relatively new to human consumption, GMO foods dangers are still continuing to be discovered, but let's take a look at the some of the possible GMO foods health risks we know about so far.

According to the Center for Food Safety, these are some of the main human health concerns at this time.

1. Allergic Reactions

How can GMOs possibly increase allergies? When an organism is genetically modified by humans, this changes the expression level of natural components of that organism, which may make allergies worse.

A scientific review published in 2016 in the journal Food Science and Human Wellness provides a perfect illustration of this scenario:

One example is the production of soybeans enriched in the amino acid methionine. The enhanced synthesis of this amino acid is the result of a gene isolated from Brazil nuts. As a consequence, some consumers allergenically sensitized to these nuts have allergic reactions to the transgenic soybean.

Another scientific review titled “Genetically modified foods: safety, risks and public concerns—a review” points out that new proteins can be synthesized during genetic modification that can produce “unpredictable allergenic effects.” An example of this phenomenon is when bean plants that were genetically modified to increase cysteine and methionine content had to be discarded when it was realized that the expressed protein of the transgene was highly allergenic.

Another source of allergic reactions and other concerning side effects occurred in 2003 when about 100 people who lived next to a Bt corn field developed a number of concerning symptoms, including respiratory, skin and intestinal reactions from breathing in the Bt corn pollen. Blood tests from 39 of the victims exhibited an antibody response to Bt-toxin.

Furthermore, these same unwanted symptoms showed up in 2004 in at least four additional villages that planted the same variety of GM corn. Some villagers also credited the corn to several animal deaths.

2. Antibiotic Resistance

It's frightening yet true that before GMOs are released for public consumption, there are no human clinical trials! A review published in 2009 titled, "Health Risks of Genetically Modified Foods," talks about how one of the fears with GM crops revolves around the use of antibiotic resistant genes as markers in GM crops.

The concern is that these antibiotic resistant genes could be transferred to human gut bacteria and decrease the effectiveness of antimicrobial therapy and hence increase antibiotic resistance.

3. Cancer

In November 2012, the Journal of Food and Chemical Toxicology published a paper titled "Long Term Toxicity of Roundup Herbicide and a Roundup-Tolerant genetically modified maize." This study received a lot of attention worldwide and for good reason — it was the first study to look at the possible effects of a GMO corn diet treated with Monsanto's Roundup herbicide under controlled conditions.

Somewhat strangely, the journal later retracted the article because "Ultimately, the results presented (while not incorrect) are inconclusive, and therefore do not reach the threshold of publication for Food and Chemical Toxicology."

However, this research study ended up being republished in 2014 by Environmental Sciences Europe, and it reveals that rats fed for two years with Monsanto's glyphosate-resistant NK603 corn developed a lot more tumors and died earlier than controls. It also found that the rats developed tumors when glyphosate (Roundup), the herbicide used with GM corn, was added to their drinking water.

Female subjects developed large mammary tumors more frequently and before the control group. Meanwhile, males experienced four times more large palpable tumors starting 600 days earlier than in the control group, in which only one tumor was noted.

According to the study, the tumors were both cancerous and non-cancerous. The non-cancerous tumors were nearly as concerning or potentially devastating to health since they could cause the animals internal hemorrhaging, compression and obstruction of function of vital organs, as well as the release of harmful toxins.

4. Loss of Nutrition

According to Jonathan R. Latham, Ph.D., a plant biologist and the co-founder and executive director of the Bioscience Resource Project, who has conducted GMO research during the course of his career, “I now believe, as a much more experienced scientist, that GMO crops still run far ahead of our understanding of their risks.”

Genetically modified crops often have altered nutritional profiles. Some research reports increased levels of antinutrient compounds and lower levels of desirable nutrients in certain GMO crops compared to conventional crops.

Jeffrey M. Smith, MBA, director of the Institute for Responsible Technology (IRT), points out how “the disruptive and unpredictable nature of the process of genetic modification itself” may introduce or elevate allergens, toxins and antinutrients in GM foods.

5. Toxicity

The Center for Food Safety sums up this concern so well:

Genetically engineered foods are inherently unstable. Each insertion of a novel gene, and the accompanying “cassette” of promoters, antibiotic marker systems and vectors, is random. GE food producers simply do not know where their genetic “cassette” is being inserted in the food, nor do they know enough about the genetic/chemical makeup of foods to establish a “safe” place for such insertions. As a result, each gene insertion into a food amounts to playing food safety “roulette,” with the companies hoping that the new genetic material does not destabilize a safe food and make it hazardous. Each genetic insertion creates the added possibility that formerly nontoxic elements in the food could become toxic.

Potential Risks of GMOs Based on Animal Research

The IRT also put together a list of observed effects of GMOs on animals:

Rats that were fed potatoes engineered to produce their own insecticide developed potentially precancerous cell growth in the digestive tract; inhibited development of their brains, livers and testicles; partial atrophy of the liver; enlarged pancreases and intestines; and immune system damage.

Seven out of 20 rats fed the GM Flavr Savr tomato for 28 days developed stomach lesions (bleeding stomachs); another seven of 40 died within two weeks and were replaced in the study.

Rats fed Monsanto’s Mon 863 Bt corn for 90 days showed significant changes in their blood cells, livers and kidneys.

Mice fed GM Bt potatoes experienced intestinal damage.

A quarter of sheep died after grazing in GM Bt cotton fields for a week.
Over 20 farmers in North America report pigs and cows became sterile from GM corn.

Twelve dairy cows died on a farm in Germany after being fed a diet with significant amounts of a single GM corn variety, Bt 176.

The liver cells of mice fed Roundup Ready soybeans showed significant changes.
Mice fed Roundup Ready soy had unexplained changes in testicular cells.

Rabbits fed GM soy for about 40 days showed significant differences in the amounts of certain enzymes in their kidneys, hearts and livers.

Rats fed Roundup Ready canola had heavier livers.

GM peas generated an allergic-type inflammatory response in mice.

In farmer-run tests, cows and pigs repeatedly passed up GM corn.

Best Alternatives

1. Buy Certified Organic

The best way to avoid GMOs is to purchase certified organic products because they are not permitted to contain genetically engineered ingredients. Products can be 100 percent organic, or they can be “made with organic ingredients.”

Items “made with organic ingredients” must contain at least 70 percent organic ingredients, but 100 percent of those ingredients still must be non-GMO.

According to the U.S. Department of Agriculture (USDA):

The use of genetic engineering, or genetically modified organisms (GMOs), is prohibited in organic products. This means an organic farmer can't plant GMO seeds, an organic cow can't eat GMO alfalfa or corn, and an organic soup producer can't use any GMO ingredients. To meet the USDA organic regulations, farmers and processors must show they aren't using GMOs and that they are protecting their products from contact with prohibited substances, such as GMOs, from farm to table.

Unless it's certified organic, beware of any food with canola, corn and soy in its ingredient list — as it's more than likely that it contains GMOs and the effects of glyphosate.

2. Choose Items with Certified Non-GMO Labels

If a company is not selling a truly organic, non-GMO product, it's really up to that company how much it tells you. Some manufacturers can label their entire products as

non-GMO, or they can specify that a certain ingredient (usually one that is known for being GMO like corn syrup) is non-GMO.

I recommend looking for labeling like the Non-GMO Project seal on packaging to ensure that the product you are purchasing is Non-GMO Project Verified and third-party reviewed to ensure its GMO-free status.

3. Shop Local

Shopping at small local farms can also help reduce your likelihood of buying and consuming GMOs. Ideally a farm will be certified organic, but since this is an expensive certification, sometimes you may find that a local farm doesn't carry that title yet is clearly practicing healthy farming techniques and not growing GMO crops.

Talk to the farmers at your local farmers markets, visit the farms yourself and get to know the non-GMO options in your own backyard.

4. Read Labels Carefully

If you're not able to purchase organic foods for one reason or another, refer back to my the top GMO list, which can help you avoid some of the most common GMOs.

You'll also want to read labels carefully, especially on items like snack foods, to avoid common genetically engineered ingredients.

The Center for Food Safety has a very helpful list of the most common genetically engineered "Big Five" ingredients commonly found in processed foods:

Corn: Corn flour, meal, oil, starch, gluten and syrup. Sweeteners such as fructose, dextrose and glucose.

Beet Sugar: Sugar not specified as 100 percent cane sugar is likely from GE sugar beets.

Soy: Soy flour, lecithin, protein, isolate and isoflavone. Also vegetable oil and vegetable protein when they are soy derived.

Canola: Canola oil (also called rapeseed oil)

Cotton: Cottonseed oil

Another very helpful resource: the Center for Food Safety's Shoppers Guide to Avoiding GE Food.

Aside from this article, there is one more suggestion, Farming. We must try as much as we can to be independent of the system, we must try to eat what we grow and grow what we eat and be satisfied with that. This may be something that we have pray and fast about because of how deeply we depend on this system to feed us and how this system has made us either too busy or without land to plant or both. We must make adjustment or this will only get worse. Here is a more extensive bioengineered food list, this is specifically for Monsanto:



Genetically Modified/ Monsanto Food Products

Warning: consuming these products is hazardous to your health, to the environment, and to your country's agricultural economy and food sovereignty.



Boycott Brands That Use GMOs 		Choose These Brands Instead 	
GMO Candy		Non-GMO Candy	
	Hershey's Chocolate		Endangered Species Organic Chocolate
	M&M's Plain & Peanut		Unreal #41 & #54
	Snickers		Unreal #8
	Twizzlers		Panda Raspberry or Cherry Licorice
	Starburst		Annie's Organic Bunny Fruit Snacks
	Haribo Gummy Bears (USA)		Yummy Earth Organic Gummy Bears
	Reese's Peanut Butter Cups		Unreal #77 Peanut Butter Cups
	Sour Patch Kids		Surf Sweets Sour Berry Bears
	Lifesavers		Yummy Earth Organic Candy

FOOD BABE.com

Natural Revolution

Empowering Natural Living

 Boycott GMO Brands		 Support Non-GMO Brands	
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients		Mary's Gone Crackers Non-GMO based Flax seed, USDA Certified No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients, MSG		Kettle Chips Non-GMO based No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients, MSG		Late July Non-GMO based No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients, MSG		Trader Joe's Organic Non-GMO based No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients		Late July Organic Snacks Supporters of Prop 37 No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients		Lundberg Organics Non-GMO based No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients		Back to Nature Non-GMO based USDA Certified No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients		Wild Harvest Non-GMO based No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients		Garden of Eatin' Non-GMO based No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, coloring GMO-soy ingredients		Late July Organic Snacks Non-GMO based Supporters of Prop 37 No preservatives or chemicals
	GMO Corn-based High Fructose Corn Syrup Preservatives, additives, GMO-soy ingredients		Newman's Own Organics Non-GMO corn Charity-based No preservatives or chemicals USDA Certified

For more information about GMOs and other health tips, movies, seed databank other resources, visit NaturalRevolution.org

Fast Food and Gluttony



We cannot talk about GMO food and leave out fast food, because most fast food is made from GMO's.

What are fast foods?

According to a 2015 review, fast food tends to contain various substances that are generally unhealthy. It is high in sugar, salt, saturated or trans fats, and many processed preservatives and ingredients. It also lacks some beneficial nutrients. Fast food is digested fast and absorbed into the bloodstream quickly. And it's not only found in fast food restaurants.

Examples of fast foods include:

- French fries
- Bagels
- Croissants
- Energy bars
- Soda
- Frozen entrees
- Deli meats and cheeses
- Cookies, cakes, and candy
- Products made with white flour
- Processed snack foods

o **Short term effects**

Spike in blood sugar

Fast food breaks down quickly, causing a rapid spike in blood sugar because of the refined carbohydrates and added sugar. In turn, this causes an abnormally large insulin surge, resulting in a drop in blood sugar. This can cause people to feel tired. Insulin promotes further hunger within a short time after the meal.

Blood pressure

A small 2016 study found that consuming high levels of salt could immediately impact the proper functioning of a person's blood vessels. Excess sodium intake also has links to fluid retention.

Leave you bloated

Eating meals that are high in sodium, high in fat or heavy with refined carbohydrates (such as bread, buns or breading) can all leave you feeling bloated. And, if you add a soda to your meal, the carbonation could make it worse. Bloating should only be temporary, but it could cramp your style if you're wearing pants that are tighter in the waist or if you're trying to get rings on or off your fingers.

Increased inflammation

A single serving of fast food could increase inflammation throughout the body. A 2015 study found that one fast food meal high in saturated fat increased airway inflammation in individuals with asthma. This inflammation acts as a trigger for asthma attacks.

Affects nutrient intake

Fast food does not typically contain fresh fruit and vegetables. If an individual eats fast food frequently, they may find it challenging to reach their recommended daily intake of at least 5 servings of fruit and vegetables. They may also have difficulties reaching their ideal fiber intake, which according to the Food and Drug Administration is 28 grams per day.

Drain your energy

A quick hit of refined carbohydrates and sugar causes a spike in your blood sugar, which prompts your body to produce a surge of insulin to quickly bring it down. This spike-and-crash cycle can leave you feeling tired and cranky.

Meanwhile, a balanced meal with protein, healthy fats and fiber-rich carbohydrates takes longer for your body to digest and absorb. This slows the release of sugar into your bloodstream, so you get sustained energy without a crash.

Binge eating

Fast food is highly palatable, meaning the body breaks it down quickly in the mouth, and it does not need much chewing. Therefore, it activates the reward centers in the

brain rapidly. This combination trains the palate to prefer these highly processed, highly stimulating foods and reduces someone's desire for whole, fresh foods.

Research studies have suggested a link between fast food consumption and the incidence of food addiction for these low-nutrient items. A small 2017 study of 15 adults found that a single day of high-fat overeating damaged insulin sensitivity. This can then trigger a cycle of binge eating or binge eating disorders.

- o **Long-term impacts**

There is plenty of well-researched evidence showing that regularly eating fast food can harm a person's health.

A 2015 study identified the sometimes *irreparable* effects of eating fast food. Such risks include obesity, insulin resistance, type 2 diabetes, and various cardiovascular conditions.

This is because most fast food is high in sugar, salt, saturated fat, trans fats, processed ingredients, and calories. It is also generally low in antioxidants, fiber, and many other nutrients.

Digestive system

Many fast foods are low in fiber. Bagels, muffins and anything breaded might be delicious, but they're all processed carbohydrates that lack fiber. Eating adequate amounts of fiber (25 to 35 grams a day) helps keep things moving in your digestive tract. It lowers your risk for diverticulitis and other conditions associated with straining or constipation, such as hemorrhoids and hernias.

Dietary fiber also helps your good gut bacteria flourish and keeps you feeling full. If you rely heavily on fast food, you'll struggle to get the recommended amount. For example, a coffee-shop blueberry muffin will give you nearly 20% of your daily carbohydrate needs but only a gram or two of fiber.

Immunity and inflammation

A 2019 review examined the effects of a Western diet on a person's immune system. This diet consists of high amounts of sugar, salt, and saturated fat from only a few sources.

The authors noted that a Western diet could lead to higher inflammation, lower control of infection, higher cancer rates, and a higher risk of allergic and autoinflammatory disease.

Memory and learning

A 2020 paper suggests a link between unbalanced diets high in saturated fat and simple carbohydrates, typical of fast food, and a lower capacity for memory and learning. This sort of diet may also raise the risk of Alzheimer's disease and Parkinson's disease.

Allergies

In a 2018 review, the authors established a link between fast food consumption and an increase in asthma, rhinoconjunctivitis, and eczema.

Heart disease

The problem is, high-sodium diets are known to increase blood pressure, which puts stress on your cardiovascular system. Over time, high blood pressure can stiffen or narrow your blood vessels, becoming a major risk factor for heart attack, stroke and heart failure.

The FDA also notes that a diet high in trans fats raises the amount of low-density lipoprotein or "bad" cholesterol and lowers the amount of high-density lipoprotein or "good" cholesterol. This means that a person is more likely to develop heart disease.

Obesity

The United States Department of Agriculture points out that typical fast food contains a very high number of calories. If a person eats more calories than they burn each day, they gain weight, which may lead to obesity.

According to the Centers for Disease Control and Prevention (CDC), obesity increases a person's risk of developing a range of serious health conditions.

Mental health impact

Eating lots of fast food could also impact an individual's mental health and make them more prone to depression and anxiety.

A 2021 study compared data from 322 males and 322 females age 30 or older. They found an association between healthy food such as leafy greens, nuts, and fish and positive mood, while the opposite was true of fast food. In addition, women reported significantly more negative associations with fast food than men.

Fast food health risks that you may not know about

You may be aware that fast and processed foods can harm your physical health, leading to diabetes and obesity, as well as premature cardiac death, cancer, strokes, and more.

But these foods are also altering your brain and your mental health – fueling depression, mental illness, and other issues.

According to a study published in the Public Health Journal, people who eat fast foods are 51% more likely to develop depression compared to those who eat little or no fast food. And this finding was for people who only consumed two servings of fast food a week.

Another study published in the Journal of Adolescence Health found that eating just one serving of French fries per week during adolescence increased women's breast cancer risk later in life by 27%.

And a study published in Circulation found that eating fast food one time per week increased the risk of dying from coronary heart disease by 20% — a risk that grew to 50% for people eating fast food two or three times per week.

Other documented impacts from these foods include:

- Brain fog
- Mood swings
- Anxiety
- Violence and aggression

And for kids who eat fast food and processed foods, the situation may be even worse.

How do fast food and processed foods affect the health of children?

Children who consume nutrient-rich diets have been found to perform better academically than those who are nutrient-deficient.

Well-fed children have been found to be:

- Less hyperactive
- Less moody
- More cooperative

Children are also developing habits and tastes that will affect them as they become adults. If kids eat fast foods often, it will be harder for them to break those patterns later in life. And childhood eating habits have far-reaching consequences.

According to a study published in the British Journal of Psychiatry in 2009, eating candy and sweets in childhood is linked to later-life violence, drug use, and drug abuse

more than any other parameter. It was found to be a more significant determinant even than being raised by a single parent or growing up in poverty.

And raising children on unhealthy foods doesn't only impact their lives, but also the lives of their descendants. Dr. Fuhrman points out that when children eat unhealthy foods, they may be damaging their genes.

Five of the most unhealthy fast food options

Pizza: The average slice of pepperoni pizza contains about 680 milligrams of sodium, 12 grams of fat (including 5 grams of saturated fat) and 300 calories. But who eats just one slice? Three slices from a large pie provide more than 2,000 mg of sodium — almost the daily limit for average Americans in just one meal.

Burger and fries: A typical double cheeseburger and large fries provides about 1,200 calories and up to 1,700 milligrams of sodium. Make it a combo with a large soda, and you'll top 1,500 calories.

Cold-cut combo: Lunch meats tend to be loaded with sodium, saturated fat and carcinogenic agents called nitrates and nitrites, which are known to increase the risk of certain cancers. Three ounces of processed deli meat can pack up to 1,300 milligrams of sodium — even before you add cheese, condiments, bread and chips.

Hot dog: A typical frankfurter without condiments contains more than half of your daily recommended saturated fat intake and 33% of your sodium intake. If you usually eat two hot dogs, it would be close to your day's allotment of saturated fat and sodium.

Fried chicken: Just one fried chicken breast from your favorite chicken place packs 500 or more calories, 34 grams of fat and 1,200-plus milligrams of sodium.

Why do people eat junk foods despite the fast food health risks?

Fast food and processed foods are being designed to alter our brains and drive food addiction.

The science of food addiction says these foods produce the same biochemical effects in the brain that are characteristic of substance abuse. Hundreds of millions of people have come to crave these unhealthy foods.

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<https://www.medicalnewstoday.com/articles/324847>

<https://foodrevolution.org/blog/fast-food-health-risks/>

If we follow what the word says we cannot go wrong. In **Proverbs 23:1-3**, "When thou sittest to eat with a ruler, consider diligently what is before thee: And put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat." In this day and age we no longer have to go to the rulers anymore, in fact they have already set the table for us, at every street corner and at every market and grocery store. In that same chapter, the warning continues, **Proverbs 23:6-8**, "Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats: For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. The morsel which thou hast eaten shalt thou vomit up, and lose thy sweet words." Is that not what is happening to us today? Evil business men use scientific information to pervert food that causes us to be addictive and sick so they can get rich. Wake up! Are you going to still continue in slumber? Do not pass away in your sleep.

Cooking oils

Not all cooking oils are the same, we are going to go through 7 healthy ones and 5 unhealthy ones.

How to choose a cooking oil:

Consider the smoke point. The smoke point is the maximum temperature at which you can cook with an oil before it burns and starts to smoke. This most obviously affects the taste, but it also degrades the nutrients in the oil and releases harmful compounds called free radicals.

Choose unrefined oils whenever possible. When it comes to cooking oil, the less processed, the better. Refined oils are often treated with chemicals that can turn the oil rancid or even create trans fats in the process, says Harvard University professor of nutrition Guy Crosby.

Read the label. According to the American Heart Association, you should choose a cooking oil with less than 4 grams of saturated fat per tablespoon, and no partially hydrogenated oils or trans fats.

Don't forget flavor. All oils taste different, and you'll want to keep the flavor in mind based on the dish you're cooking. In general, neutral oils are better for heating and strongly flavored oils are better for drizzles, dressings and cold applications.

Types of Fats and Oils

The Nutrition Facts label on each bottle of oil lists the content of three different types of fat: saturated, polyunsaturated, and monounsaturated. We need some of each kind, but because of the links between saturated fats and heart disease and stroke, the American Heart Association recommends that you replace most saturated fat in your diet with mono- and polyunsaturated fat.

Saturated Fat

Saturated fat can come from meat, lard, and dairy, as well as some plant sources like coconut and palm. The fat is solid at room temperature. Recent research is showing a role for saturated fat in a healthy lifestyle, but it should still be used sparingly because of its link to poor health. I recommend avoiding animal-based saturated fats completely.

Polyunsaturated Fat

Polyunsaturated fat tends to be higher in omega-6 fatty acids, which is linked to inflammation in the body. Healthier polyunsaturated oil choices contain more omega-3s

and less omega-6s. Polyunsaturated oil is less stable than monounsaturated or saturated fat. Polyunsaturated fat can degrade in the body, leading to oxidation and cell damage. These types of fat are not typically used for cooking — especially not at higher temperatures.

Monounsaturated Fat

Oil that's high in monounsaturated fatty acids is a staple of the Mediterranean diet, which has been shown to extend length and quality of life. They tend to be higher in omega-3s than other types of oil and usually solidify when refrigerated.

Healthy cooking oils

1. Extra virgin Olive oil

The Mediterranean diet has been linked to a reduction in chronic disease risk. Olive oil, known for its role in the Mediterranean diet, is abundant in healthy monounsaturated fatty acids and powerful antioxidants, like fat-soluble vitamin E which helps to support the health of your skin, hair and nails. Not only that, olive oil is typically classified as the healthiest cooking oil because of its numerous health benefits, from preventing or managing diabetes to protecting against some cancers, plus a boost in longevity overall. In fact, in regions where olive oil is a staple, people tend to live longer. One study in the Journal of American College of Cardiology found that people who consumed more than half a tablespoon of olive oil per day had a lower risk of mortality compared to those who did not. And it may also benefit your brain—individuals who consumed half a teaspoon of olive oil per day had a 28% lower risk of dying from dementia, according to new research presented at NUTRITION 2023, the annual meeting of the American Society of Nutrition.

Research has found that olive oil contains heart-healthy compounds and may help prevent conditions like obesity, metabolic syndrome, and type 2 diabetes.

For olive oil to be certified extra virgin, it must be first cold-pressed. Cold-pressed indicates that the olives never exceed a certain temperature during the pressing process, which ensures maximum quality. Harvesting is also important when it comes to olive oil. Katina Mountanos, the founder of Kosterina Greek Olive Oil, said her brand harvests unripe olives which, “makes the oil richer in healthy polyphenols and very high in antioxidants.” Extra virgin olive oil has a relatively low smoke point, so it's best for sautéing over medium heat or roasting below those temperatures. It's also a great addition to dressings because of its deep peppery flavor. Plus, cooking vegetables in extra virgin olive oil can actually boost phytonutrients (types of antioxidants) in the vegetables.

Best for: Salad dressings and sautéing

2. Avocado oil

This oil, derived from the flesh of pressed avocados, has a mild flavor and high smoke point so it's perfect for almost any cooking uses in the kitchen. Avocado oil has one of the highest levels of healthy monounsaturated fats of all oils, and it's also low in polyunsaturated fats. These combined fats make avocado oil a heart-healthy choice. It also contains beneficial antioxidants like lutein, which is naturally found in the eyes. An eating routine high in lutein may decrease the risk of cataracts and macular degeneration, a common eye disorder for people over 50. Your body does not produce lutein on its own, so getting it from your diet is key and adding avocado oil to your dish is a great way to support the health of your eyes. In addition, though it shouldn't replace sunscreen, research has found that both topically and when consumed, avocado oil may protect against UV rays as it helps nourish and protect the skin.

Some older animal studies have indicated that compounds in avocado oil may help protect the liver in response to metabolic disease and help lower blood pressure, LDL (bad) cholesterol, and triglycerides, which in high levels may increase your risk of heart disease and heart attack.

Avocado oil may even be beneficial for reducing osteoarthritis-related joint pain, post-meal blood sugar, and total cholesterol levels. It can also enhance the absorption of other nutrients and protect cells against free radical damage, according to small human and animal trials

The mild flavor is very versatile, which is why avocado oil is the perfect healthy swap in any baked goods. It tends to be a bit more expensive, but many brands offer it in a spray container without propellants so you can control how much you use at a time.

Best for: Frying, roasting, baked goods

3. Ghee

Nutrition at a glance: 112 calories, 8 grams saturated fat, 0.5 grams polyunsaturated fat, 4 grams monounsaturated fat (per one tablespoon)

Smoke point: 485°F

What to look for: Freshness is key, so check the sell-by date. Look for a golden yellow color. Organic and grass-fed are good keywords, too.

What it tastes like: Butter, baby

When to use it: At high temperatures and in baking applications

OK, ghee isn't an oil per se (it's actually a highly clarified form of butter), but it's too tasty to leave off this list. It's a good source of vitamin E, vitamin A and antioxidants, and since it doesn't contain the milk solids found in butter, it can be easier for

lactose-sensitive stomachs to digest. But since it's higher in saturated fat than other oils on this list, most health experts advise consuming ghee in moderation.

4. Coconut Oil

An integral part of tropical cuisine, coconut oil is extracted from coconut flesh. You can buy unrefined extra virgin coconut oil or refined coconut oil for a more neutral flavor. Its smoke point is 350 (unrefined) and 450 (refined) degrees Fahrenheit. Studies have found that, despite being 92 percent saturated fat, this oil has excellent health properties. For starters, it boosts your body's "good" HDL cholesterol, and is rich in lauric acid — a medium-length long-chain fatty acid that resists harmful organisms, boosts metabolism, and protects brain health. Coconut oil contains medium-chain fatty acids (MCFAs), which make it easier to digest than other types of oil. On the other hand, coconut oil does raise "bad" LDL cholesterol more than unsaturated oils but less than butter. Just remember to take the strong taste into consideration, while it may be fantastic for some foods, it isn't so great for others.

Best Uses: Coconut oil is extremely versatile. Use the unrefined oil with the coconut when making Thai or Indian food. You can use coconut oil for frying, sautéing, baking, to grease pans, and many other uses. Some people consume a teaspoon on its own as a health supplement or add it to their coffee.

5. Grapeseed oil

Organic grape seed oil is a healthy cooking oil derived from, you got it, grapes. Grape seed oil is high in vitamin E and antioxidants and is known to deter harmful organisms. Studies have found consuming grape seed oil reduced systemic redness, and also improved insulin resistance in the body. Make sure to pick cold-pressed or expeller-pressed choices because other options involve chemical processing which introduces harmful polyaromatic hydrocarbons into the oil. Don't confuse it with rapeseed, a similarly named oil that comes from another plant entirely, but is not a healthy option.

Best Uses: Grape seed oil has a smoke point of 390 to 420 degrees, so you can use it for sauteeing and other high-heat cooking, but it also works well in a homemade salad dressing recipe.

Oils you shouldn't use in cooking

Not all oils are stable enough or intended for use in cooking, particularly in high heat preparations. Others do better in cold preparations or used as dietary supplements, for example but not cooking

- **Soybean Oil**

Most soybean oil is made from genetically modified (GMO) soybeans. GMO soybean oil is rife in packaged foods — which is another reason to avoid those. Soybean oil also messes with your metabolism: A recent study suggests that, compared with coconut oil and sugar, soybean oil caused more obesity and diabetes in mice.

- **Corn Oil**

More than half of corn oil is polyunsaturated fat, and it also contains a high proportion of omega-6 fatty acids. Most corn oil is extracted with hexane, a toxic chemical solvent that may end up in the final product. Last but not least, most corn oil comes from genetically modified corn, which you should avoid altogether.

- **Canola Oil**

Although it is polyunsaturated, most canola oil is genetically modified. Not only that, canola is heavily processed and extracted with hexane, which may contaminate the cooking oil. High heat is used during processing, which turns polyunsaturated fats rancid — or into dangerous trans fats. One study found that 0.5 to 4 percent of the oil in soybean and canola oil being sold had turned to trans fats.

- **Palm Kernel Oil**

This oil is as bad for you as it is for the tropical forests, which are being cut down for palm plantations. Not only does it have more grams of fat per serving than other oils (22 grams vs. 14 grams), but it also consists almost entirely of saturated fat. Like soybean oil, palm oil is found extensively in packaged foods. You can sometimes find sustainably-harvested, organic varieties, but if it's not clearly labeled as such, avoid it.

- **Cottonseed Oil**

Made from seeds of the cotton plant, which aren't edible, this polyunsaturated oil can contain residue of chemical fertilizers and pesticides used to grow the cotton. More than half of the fatty acids it contains are omega-6, and it's higher in saturated fat than most polyunsaturated oils.

- **Peanut Oil**

Peanuts often contain aflatoxins, substances responsible for severe allergic reactions in some people. The oil contains high levels of omega-6 fatty acids, which cause inflammation in the body. Peanut oil is also prone to oxidation, which means the fat goes bad on the shelf — often without you realizing it. Peanut also has been linked to high rates of atherogenicity — a fancy word for hardening of the arteries — in studies involving primates, rats, and rabbits, possibly due to its high levels of lectins.

- **"Vegetable Oil"**

You might also see products simply labeled as vegetable oil. These contain a mixture of different oils, usually soybean, canola, corn, cottonseed, and other oils that are high in omega-6 fatty acids. While it may be cheaper, avoid anything labeled as vegetable oil because it is, inevitably, processed with toxic solvents like hexane and is not a healthy choice.

- **Fish or algae oil**

These are intended to be omega-3-rich dietary supplements that you should take cold and in small doses. Don't use these products for cooking purposes.

- **Flax oil**

While high in the heart-healthy unsaturated fatty acid alpha-linolenic acid (ALA), this oil has a low smoke point at around 217°F (103°C), and you should reserve it for cold uses like salad dressings (22Trusted Source).

- **Walnut oil**

This oil is high in ALA and offers some anti-inflammatory and potential anticancer benefits. However, it's also best to reserve for cold preparations like salad dressing. It has a lower smoke point, and goes rancid quickly, so storing it in the refrigerator will help preserve its shelf life.

- **Sunflower oil**

There is a lot of nuance with sunflower oil—"depending on how it's processed and its fatty acid profile, it can be extremely unhealthy and contribute to significant metabolic dysfunction," says Shanahan. As mentioned above, you really want to avoid refined sunflower oil varieties that are also high in linoleic acid, an omega-6 PUFA that is quite unstable.

There's nothing inherently wrong with omega-6 PUFAs, but the damage that occurs to these fats when exposed to high temperatures during refining, and then again during cooking, can be a problem. "When these unstable PUFAs encounter the high heat, they oxidize and break down chemically to produce dangerous new molecules such as aldehydes, 4-hydroxynonenal, cyclic amines, toxic alcohols, and toxic ketones," says Shanahan.

When linoleic acid is consumed in excess from all sources (sunflower and other seed oils and processed foods) especially in the absence of anti-inflammatory fats like omega-3 fatty acids found in fish, it may lead to oxidative stress and other negative health effects.

But if heating high-PUFA oils like sunflower oil can create a rather undesirable cocktail of compounds, you may be wondering why it's marketed as having a high smoke point.

Contrary to popular belief, an oil's smoke point doesn't always guarantee stability under heat. In fact, various studies (like this one) show that after repeated frying sessions, a higher level of harmful byproducts are produced in high-linoleic oils such as sunflower oil (smoke point 450 degrees Fahrenheit) than in high-oleic oils such as olive oil (smoke point 350 to 470 Fahrenheit). If you really want to cook with sunflower oil, high-oleic varieties are a more stable¹⁴ choice.

- **Safflower oil***

Safflower oil contains hearty-healthy unsaturated fatty acids and antioxidants that support the immune system and fend off harmful free radicals. High-linoleic safflower oil, in particular, is rich in plant-based monounsaturated fats that may lower the risk²² of coronary heart disease when eaten in place of saturated fats. Safflower oil can also be a useful addition to your skin care routine.

However, the oil does contain high levels of omega-6 fatty acids. Since the standard American diet already includes high amounts of the polyunsaturated fatty acid, you may be best off choosing an oil that's rich in monounsaturated fatty acids and boasts slightly higher levels of omega-3s, such as olive oil or avocado oil. Highly processed foods that contain safflower oil, like chips or sugary dressings, are also best avoided.

- **Rice bran oil**

As with other plant oils, rice bran oil is generally safe to consume in moderation in the occasional stir-fry, and thanks to its unsaturated fat content and antioxidants, it may offer some health benefits.

That said, rice bran oil does contain saturated fat and has a higher amount of omega-6 than omega-3 fatty acids, which may increase LDL cholesterol and potentially promote inflammation, respectively.

The rice bran oil extraction process itself can be harmful to the environment, too. As mentioned, rice bran is typically extracted with chemical solvents, not mechanical methods that press the oil out of the bran, says Ryan.

Cooking oil may contain arsenic. Arsenic has been linked with health problems²¹ such as cancer and DNA damage, in humans. One 2015 study found arsenic present in some rice bran oils, along with concentrations of other heavy metals, including lead, mercury, cadmium, and zinc, that were well above those recommended for drinking water.

You'll want to be particularly mindful of some processed foods that contain rice bran oil, as these items may also contain high amounts of sodium and sugar, which are known to have negative health impacts.

Let's Talk Truth with Suziann

*This is not harmful if used moderately.

Why raising quail is better than chickens, ducks, turkey or geese

The overview

Quails are quieter both in nature and sounding than every other "poultry" and would fall into game bird or songbird category than livestock. They are more sktterish and not aggressive. They are smaller though, but they take up less space to raise than chickens, about the size of a rabbit hutch would suit them. Just make sure to make the cage predator proof, as well as flight proof, because quail can fly away. Because of this, they cannot be let out to forage, so you'll have to feed them. They don't eat much, about 0.7 ounces of food a day, they need a lot of protein during breeding time though. They are omnivores, which means they will eat fruits and nuts, as well as any insects that may venture into their presence. Quail are hardy birds that rarely get sick, once their environment is kept clean. They only have problem with colder climates as they can't stand temperatures below 20°, so you may need to watch that. Quail take 6-8 to mature and can be ready to eat at that time, they are easier to be prepared than other birds. Quail meat also comes in small quantity but again is more nutritious than it's chicken counterparts. Quails are not available everywhere, this is because they and their eggs are deemed a specialty. They take the same amount of time to start to start laying eggs, while other birds take more time. They're eggs are smaller, but quail lay more often, so you will always have eggs available. They lay up to 300 eggs per year and their eggs are more nutritious than other eggs.

For more information read this extensive article:

<https://www.ruralsprout.com/raise-quail/>

Quail egg nutrition stats

Quail eggs are tiny. You'll need three or four of these 9-gram bebes to equal the serving size of a chicken egg.

A single quail egg serves up:

14 calories

1 gram protein

1 gram fat

6% of your recommended daily value (DV) of riboflavin

6% DV of vitamin B12

5% DV of selenium

4% DV of choline

3% DV of pantothenic acid

2% DV of folate

2% DV of vitamin A

2% DV of iron

2% DV of phosphorus

Wondering what all these quail-icious nutrients do?

Vitamin B12 plays a critical role in blood cell formation and brain health.

Selenium boosts thyroid function, protects your cells from free radical-related damage, and helps you turn noms (like eggs!) into energy.

Riboflavin, aka vitamin B2, also helps convert food into fuel.

Iron supports everything from collagen production to healthy blood and balanced hormones. Not getting enough iron can lead to extreme fatigue, headaches, brittle nails, and even weird cravings.

Choline boosts metabolism and brainpower.

Think about it: In just 14 calories, you're getting an egg-cellent source of daily vitamins and minerals. Not bad!

Benefits:

Quail eggs might boost metabolism

Eggs are like nature's perfect little protein packets. And a high protein diet is a great way to rev up your immune system, because your body has to burn so many calories to digest it.

In quail eggs, the combo of selenium, riboflavin, and choline also boosts metabolism at the cellular level.

Quail eggs could soothe your allergies

In one small study of folks who had runny noses due to allergies, participants' symptoms improved within *1 hour* of popping quail egg antioxidants and zinc supplements. The jury's still out on whether the allergies would've responded the same way to quail eggs alone.

In another study, researchers gave quail eggs to mice with severe inflammation from food allergies. After the mice ate the quail eggs, the inflammation diminished. But that doesn't necessarily mean humans would have the same results.

Quail eggs are great for your eyes

Eggs are a superfood for your vision. Inside the yolks, you'll find vitamin A, lutein, and zinc — all necessary for eye health.

Lutein lowers your risk of age-related macular degeneration, vitamin A helps keep your corneas poppin', and zinc supports retinal health.

Quail eggs = brain food

Remember that vitamin B12 and choline? Yep, they're both essential nutrients for your brain.

Let's just say that a steady diet of quail eggs certainly won't hurt your odds of having a razor-sharp memory later in life.

Quail eggs are said to help with diabetes

Eggs are low in carbs and high in protein, so they're a healthy choice for folks who have diabetes. But some people claim quail eggs, in particular, can help control blood sugar.

However, research doesn't suggest a link between quail egg consumption and blood sugar profiles.

Quail eggs strengthen your bones

Quail eggs are delicate little things. But their thin, speckled shells hide a bone-fortifying array of nutrients: zinc, amino acids, and protein.

Research suggests that zinc supplementation can improve bone density in people with low bone mass. Why not nosh on quail eggs along with your glass of morning milk?

Quail eggs are brimming with antioxidants

Selenium? Check. Vitamin E? Check. Zinc? Check.

Antioxidants fight off oxidative stress, which can lead to premature skin aging and increase your risk of type 2 diabetes, cancer, and heart disease. So, in a way, quail eggs are skin-protecting, cancer-fighting, heart-pumping superheroes!

Quail eggs could speed up healing

Research is still limited, but there's some indication that antioxidants could help wounds heal more quickly and effectively. That doesn't mean smashing a quail egg omelet will magically heal your paper cut... but it won't hurt either.

Quail eggs might boost your mood

Lack of vitamin D, affectionately dubbed the “sunshine vitamin,” has been loosely linked to depression. Thus, boosting your vitamin D levels *might* ease mild depression symptoms.

Quail eggs contain vitamin D, so they're a little bit of sunshine on your breakfast plate.

If you think you might have a serious vitamin D deficiency, talk to your healthcare provider about proper supplementation.

Any other benefits?

There are rumors and stories about quail eggs fixing everything from asthma to sexual disorders. But there just aren't enough scientific studies on quail eggs — and thus, not enough evidence — to back up these claims.

The truth about Cow meat

There has been propaganda going around in the mainstream media for some years villainizing Red meat, which mostly refers to Beef, but it is actually the opposite of what's been told and filled with nutrients that we need.

Cow meat compared to chicken eggs:

- 1.5 times more iron
- 2.2 times more magnesium
- 3.7 times more zinc
- 50 times more vitamin B3
- Double the vitamin B1
- 4 times the vitamin B6
- Double the vitamin B12
- 4 times the vitamin K
- ___5 times the omega-3

Cow Meat is actually:

Twice as concentrated in **amino acids** compared to eggs
Has **carnitine** which helps give you quick energy faster
Has **creatine** which also gives the body energy faster
Has **carnosine** which neutralizes acid in the muscle
Has **CoQ10** which helps the mitochondria produce energy.

If you have problems digesting cow meat, it's not because red meat is bad, it's because you have low stomach acid. When you get older, your body produces less and less stomach acid. **Betaine Hydrochloride** helps the body digest cow meat, take 3 to 5 capsules before every meal if you have issues.

If you have issues passing iron, as in if iron tends to store up in your body then red meat is not for you.

Health risks

What are the health risks of the consumption of rabbit, pork, shrimp, crab and lobster?

Pig\Pork

If we were to rank popular meats by their healthfulness, the order would be this: (1) fish (2) ruminants (beef, lamb, goat), and (3) birds (quails). In last place would be pork. Pigs are first and foremost scavengers, the world's garbage cleaners and you have farmers trying and failing to change a pig's natural behavior by raising them in a controlled environment.

Pig domestication occurred in northern Mesopotamia by c. 7500 cal. BC and China by c. 6000 cal. BC. Of course, the ancient Hebrews were forbidden to eat pork, and it's commonly assumed that health concerns were behind the prohibition. Commenter George Henderson prompted us to look into the modern case for avoiding pork with this comment: "Nanji and Bridges identified possible problems with pork plus moderate alcohol in 1985 and other researchers have confirmed the pattern since." Consumption of pork is associated with a significant risk of several chronic conditions including diabetes, cardiovascular disease, and several types of cancer.

The main (but not the only) reason why pork is bad for you is its high content of saturated fats and cholesterol. However, as is often the case with nutrition, **the scientific studies are not always clear-cut, and dietary recommendations tend to be laxer than existing evidence.**

1. Pig consumption and Cirrhosis

Regarding the relation between alcohol consumption and mortality from liver cirrhosis, the correlation coefficient is lower than for pork consumption.

In epidemiological studies, beef, lamb, and pork are often grouped together as "red meat." However, this may conceal differences between pork and ruminant meats. Bridges found that beef actually appeared protective against cirrhosis:

In the present study using 2003 data, a significant negative association between dietary beef and rates of cirrhosis mortality was found.... [D]ietary beef may be a protective factor regarding the pathogenesis of alcoholic cirrhosis.

This would be consistent with considerable evidence, discussed in our book (pp 57-58), showing that saturated fat is protective against liver disease, while polyunsaturated fat causes it. Epidemiological data confirm that saturated fat is protective; here is Bridges again:

"Analysis of data from 17 countries indicated that diets high in cholesterol and saturated fat protected (i.e., inversely correlated) against alcoholic cirrhosis while polyunsaturated fats promoted (positively correlated) cirrhosis."

Beef is high in saturated fat, low in polyunsaturated fat. Pork is relatively high in polyunsaturated fat. If the fat composition is playing a role, perhaps it is not that surprising that pork is more strongly related to cirrhosis than alcohol.

Either fructose or alcohol can react with polyunsaturated fat to produce liver disease. Sugar consumption, for example in soft drinks, may be just as likely to combine with pork to cause a cirrhotic liver as alcohol. But no other common dietary component can substitute for the role of polyunsaturated fat in causing liver disease.

Here is Nanji and French summarizing the correlation of pork with liver disease even in the absence of alcohol:

In countries with low alcohol consumption, no correlation was obtained between alcohol consumption and cirrhosis. However, a significant correlation was obtained between cirrhosis and pork. A similar relationship was seen in the ten

Canadian provinces, where there was no correlation between cirrhosis mortality and alcohol consumption, but a significant correlation was obtained with pork.

But fat composition is hardly likely to be the sole issue with pork. Most polyunsaturated fats in modern diets are derived from vegetable oils, not pork. It seems that there must be something else in pork besides polyunsaturated fat that is causing liver disease.

Among the 10 Canadian provinces, the analyses say that pork bore a correlation of 0.60 ($p < 0.01$) with death from liver cirrhosis, while alcohol, perhaps due to an overall low intake, showed no significant link.

And in statistical models incorporating known perils for the liver (alcohol consumption, hepatitis B infection and hepatitis C infection), pork remained independently associated with liver disease, suggesting the association isn't just due to pork piggybacking, as the case may be, on a different causative agent.

2. Pig consumption and Liver cancer

Liver cancer, too, tends to follow in the hoof steps of the pig. A 1985 analysis showed that pork intake correlated with hepatocellular carcinoma deaths as strongly as alcohol did (0.40, $p < 0.05$ for both). (Considering liver cirrhosis is often a prelude to cancer, this connection shouldn't be surprising.

So, what's behind these eerie associations?

At first glance, the most likely explanations don't pan out. Although pork-transmitted hepatitis E can lead to liver cirrhosis, this happens almost exclusively in immunosuppressed people, a subset of the population that's too small to account for the global correlation.

Relative to other meat, pork tends to be high in omega-6 fatty acids, including linoleic acid and arachidonic acid, which may play a role in liver disease. But vegetable oils, whose polyunsaturated fatty acid content blows pork out of the water, don't dance the same liver disease tango that pork does, calling into question whether fat is really to blame. Beef has no relation at all to liver cancer.

Heterocyclic amines, a class of carcinogens formed by cooking meat (including pork) at high temperatures, contribute to liver cancer in a variety of animals. But these compounds are also readily formed in beef, according to the same studies that indicated pork has no positive relationship with liver disease.

With all that in mind, it'd be easy to dismiss the pork-liver disease link as an epidemiological fluke. However, some plausible mechanisms do exist.

The most likely contender involves nitrosamines, which are carcinogenic compounds created when nitrites and nitrates react with certain amines (from protein), particularly in high heat. These compounds have been linked to damage and cancer in a variety of organs, including the liver.

One of the biggest dietary sources of nitrosamines is processed pork, which, along with being a frequent visitor to the frying pan, typically contains nitrites and nitrates as curing agents. (Vegetables are also rich in naturally occurring nitrates, but their antioxidant content and dearth of protein help thwart the process of N-nitrosation, preventing them from becoming cancer-causing agents.

Significant levels of nitrosamines have been found in pork liver pâté, bacon, sausage, ham and other cured meats. The fatty portion of pork products, in particular, tends to accumulate much higher levels of nitrosamines than the lean bits, making bacon a particularly abundant source.

The presence of fat can also turn vitamin C into a nitrosamine promoter instead of a nitrosamine inhibitor, so pairing pork with veggies might not confer much protection.

Although much of the nitrosamine-liver cancer research has focused on rodents, where certain nitrosamines produce liver injury with remarkable ease, the effect appears in humans as well. In fact, some researchers suggest humans may be even more sensitive to nitrosamines than mice and rats.

In Thailand, for instance, nitrosamines have been strongly linked to liver cancer in areas where other risk factors are low. A 2010 analysis of the NIH-AARP cohort found red meat (including pork), processed meat (including processed pork), nitrates and nitrites to be positively associated with chronic liver disease. Rubber workers, occupationally exposed to nitrosamines, have faced extremely high rates of non-alcohol-related liver disease and cancer.

Do nitrosamines prove a chain of causation between pork, liver-harming compounds and liver disease? The evidence is currently too patchy to make that claim, but the risk is plausible enough to justify limiting nitrosamine-containing (or nitrosamine-producing) pork products, including bacon, ham, hot dogs and sausages made with sodium nitrite or potassium nitrate.

3. Hepatitis E

Thanks to the revival of nose-to-tail eating, offal has redeemed itself among health enthusiasts, especially liver, which is prized for its vitamin A content and massive mineral lineup.

But when it comes to pork, liver might be risky business.

In developed nations, pork liver is the top food-based transmitter of hepatitis E, a virus that infects 20 million people each year and can lead to acute illness (fever, fatigue, jaundice, vomiting, joint pain and stomach pain), enlarged liver and sometimes liver failure and death.

Most hepatitis E cases are stealthily symptom-free, but pregnant women can experience violent reactions to the virus, including fulminant hepatitis (rapid-onset liver failure) and a high risk of both maternal and fetal mortality. In fact, mothers who get infected during their third trimester face a death rate of up to 25%.

In rare cases, hepatitis E infection can lead to myocarditis (an inflammatory heart disease), acute pancreatitis (painful inflammation of the pancreas), neurological problems (including Guillain-Barré syndrome and neuralgic amyotrophy), blood disorders and musculoskeletal problems, such as elevated creatine phosphokinase, indicating muscle damage, and multi-joint pain (in the form of polyarthralgia). People with compromised immune systems, including organ transplant recipients on immunosuppressive therapy and people with HIV, are more likely to suffer from these severe hepatitis E complications.

Apart from total pork abstinence, the best way to slash hepatitis E risk is in the kitchen. This stubborn virus can survive the temperatures of rare-cooked meat, making high heat the best weapon against infection. For virus deactivation, cooking pork products for at least 20 minutes to an internal temperature of 71°C (160°F) seems to do the trick.

However, fat can protect hepatitis viruses from heat destruction, so fattier cuts of pork might need extra time or toastier temperatures.

4. Multiple Sclerosis

One of the most surprising risks associated with pork — one that's received remarkably little airtime — is multiple sclerosis (MS), a devastating autoimmune condition involving the central nervous system.

The robust link between pork and MS has been known at least since the 1980s, when researchers analyzed the relationship between per capita pork consumption and MS across dozens of countries.

While pork-averse nations like Israel and India were nearly spared from MS's degenerative grips, more liberal consumers, such as West Germany and Denmark, faced sky-high rates.

In fact, when all countries were considered, pork intake and MS showed a whopping correlation of 0.87 ($p < 0.001$), which is much higher and more significant than the relationship between MS and fat intake (0.63, $p < 0.01$), MS and total meat intake (0.61, $p < 0.01$) and MS and beef consumption (no significant relationship).

For perspective, a similar study of diabetes and per capita sugar intake found a correlation of just under 0.60 ($p < 0.001$) when analyzing 165 countries.

As with all epidemiological findings, the correlation between pork consumption and MS can't prove that one causes the other (or even that, within MS-stricken countries, the most enthusiastic pork consumers were the most diseased). But as it turns out, the evidence vault goes much deeper.

Earlier, a study of inhabitants of the Orkney and Shetland Islands of Scotland, a region teeming with unusual delicacies, including seabird eggs, raw milk and undercooked meat, found only one dietary association with MS — consumption of "potted head," a dish made from boiled pig's brain.

Among Shetland residents, a significantly higher proportion of MS patients had consumed potted head in their youth, compared to healthy, age and sex-matched controls.

This is particularly relevant because — per other research — MS that strikes in adulthood might stem from environmental exposures during adolescence.

The potential for pig brain to trigger nerve-related autoimmunity isn't just an observational hunch, either. Between 2007 and 2009, a cluster of 24 pork plant workers mysteriously fell ill with progressive inflammatory neuropathy, which is characterized by MS-like symptoms such as fatigue, numbness, tingling and pain.

The source of the outbreak? So-called "pig brain mist" — tiny particles of brain tissue blasted into the air during carcass processing.

When workers inhaled these tissue particles, their immune systems, per standard protocol, formed antibodies against the foreign porcine antigens.

But those antigens happened to bear an uncanny resemblance to certain neural proteins in humans. And the result was a biological calamity: confused about who to fight, the workers' immune systems launched a guns-blazing attack on their own nerve tissue.

Although the resulting autoimmunity wasn't identical to multiple sclerosis, that same process of molecular mimicry, where foreign antigens and self-antigens are similar enough to trigger an autoimmune response, has been implicated in the pathogenesis of MS.

Of course, unlike pig brain mist, hot dogs and ham aren't literally inhaled (teenage boys notwithstanding). Could pork still transmit problematic substances through ingestion? The answer is a speculative yes. For one, certain bacteria, particularly *Acinetobacter*, are involved in molecular mimicry with myelin, the nerve-sheathing substance that becomes damaged in MS.

Although the role of pigs as *Acinetobacter* carriers hasn't been exhaustively studied, the bacteria has been found in pig feces, on pig farms and in bacon, pork salami and ham, where it serves as a spoilage organism. If pork acts as a vehicle for *Acinetobacter* transmission (or in any way increases the risk of human infection), a link with MS would make sense.

Two, pigs may be silent and under-studied carriers of prions, misfolded proteins that drive neurodegenerative disorders like Creutzfeldt-Jakob disease (the human version of mad cow) and Kuru (found among cannibal societies).

Some researchers suggest MS itself could be a prion disease, one that targets oligodendrocytes, the cells that produce myelin. And since prions — and their associated diseases— are transmitted by consuming infected nerve tissue, it's possible that prion-harboring pork products could be one link in the MS chain.

5. Yersinia

For years, pork's precautionary motto was "well-done or bust," a consequence of fears about trichinosis, a type of roundworm infection that ravaged pork consumers throughout much of the 20th century.

Thanks to changes in feeding practices, farm hygiene and quality control, pig-borne trichinosis has dropped off the radar, inviting pink pork back onto the menu.

But pork's relaxed heat rules may have opened the doors for a different type of infection — yersiniosis, which is caused by *Yersinia* bacteria. In the US alone, *Yersinia* causes 35

deaths and almost 117,000 cases of food poisoning each year. Its chief entry route for humans? Undercooked pork.

Yersiniosis's acute symptoms are rough enough — fever, pain, bloody diarrhea — but its long-term consequences are what should really ring alarm bells. Victims of *Yersinia* poisoning face a 47-times higher risk of reactive arthritis, a type of inflammatory joint disease triggered by infection.

Even children become post-*Yersinia* arthritis targets, sometimes requiring chemical synovectomy (the injection of osmic acid into a troubled joint) to relieve persistent pain.

And in the less-common instances where *Yersinia* doesn't bring the typical feverish, diarrheic unpleasantness? Reactive arthritis can develop even when the original infection was asymptomatic, leaving some victims unaware that their arthritis is a consequence of food-borne illness.

Although reactive arthritis usually subsides on its own over time, *Yersinia* victims remain at higher risk of chronic joint problems, including ankylosing spondylitis, sacroiliitis, tenosynovitis and rheumatoid arthritis, for years on end.

Some evidence suggests that *Yersinia* can lead to neurological complications. Infected individuals with iron overload may be at higher risk of multiple liver abscesses, potentially leading to death. And among people who are genetically susceptible, anterior uveitis, inflammation of the eye's iris, is also more likely following a bout of *Yersinia*.

Lastly, via molecular mimicry, *Yersinia* infection could also raise the risk of Graves' disease, an autoimmune condition characterized by excessive thyroid hormone production.

The solution? Bring on the heat. The majority of pork products (69% of tested samples, according to a Consumer Reports analysis) are contaminated with *Yersinia* bacteria, and the only way to safeguard against infection is through proper cooking. An internal temperature of at least 145°F for whole pork and 160°F for ground pork is necessary to decimate any lingering pathogen.

6. Worm Infestation

Roundworm infestation, also known as trichinosis, is a disadvantage of pork that can be prevented. Undercooked pork can contain the *Trichinella spiralis* parasite, also known as "pork worm." Eating the infested pork causes the cysts to break open in your intestines and grow into large adult roundworms. The roundworms multiply in your intestines and move through your gut into your bloodstream, invading muscle tissue,

according to the National Institutes of Health. This can affect your heart, brain, lungs and diaphragm. Symptoms of roundworm infestation include cramps, diarrhea, fever, muscle pain or weakness and abdominal discomfort.

Neurocysticercosis is caused by pork tapeworm larvae. Of all the worms that cause brain infections, the pork tapeworm causes by far the most cases of brain infections in the Western Hemisphere.

After people eat food contaminated with the tapeworm's eggs, secretions in the stomach cause the eggs to hatch into larvae. The larvae enter the bloodstream and are distributed to all parts of the body, including the brain and spinal cord. The larvae form cysts (clusters of larvae enclosed in a protective wall). (The infection caused by cysts is called cysticercosis or, when the cysts form in the brain, neurocysticercosis.) These cysts cause few symptoms until the cysts degenerate and the larvae die, triggering inflammation, swelling, and symptoms such as headaches, seizures, personality changes, and mental impairment.

Sometimes the cysts block the flow of cerebrospinal fluid within the spaces of the brain (ventricles) putting pressure on the brain. This disorder is called hydrocephalus. The increased pressure can cause headaches, nausea, vomiting, and sleepiness.

Cysts may rupture and spill their contents into the cerebrospinal fluid, causing meningitis.

Without treatment, people with neurocysticercosis may die.

Doctors suspect neurocysticercosis in people who live in or have come from developing countries and who have typical symptoms. Magnetic resonance imaging (MRI) or computed tomography (CT) can often show the cysts. But blood tests and a spinal tap (lumbar puncture) to obtain a sample of cerebrospinal fluid are often needed to confirm the diagnosis. Occasionally, a biopsy of the cyst is needed.

The infection is treated with albendazole or praziquantel (drugs used to treat parasitic worm infections, called antihelminthic drugs). However, if a person has many cysts, antihelminthic drugs may kill many organisms, causing the brain to swell significantly. Also, if a person has only one cyst, these drugs may not help. Doctors carefully tailor treatment for each person. Corticosteroids are given to reduce the inflammation that occurs as the larvae die.

Seizures are treated with antiseizure drugs.

Occasionally, surgery is necessary to place a drain (shunt) to remove the excess cerebrospinal fluid and relieve the hydrocephalus. The shunt is a piece of plastic tubing placed in the spaces within the brain. The tubing is run under the skin, usually to the abdomen, where excess fluid can drain. Surgery to remove cysts from the brain may also be needed.

7. Bladder Cancer Risk

Another disadvantage of pork is that it increases your risk of bladder cancer if you eat well-done or burnt pork often, according to Jie Lin, Ph.D., in an article published by the University of Texas M.D. Anderson Cancer Center. Pork cooked at high temperatures creates heterocyclic amines, HCAs, which can cause cancer. A 12-year study involving 844 patients with bladder cancer and 878 patients without bladder cancer gathered nutritional information and found that patients who ate pork and other red meats well-done had a significantly higher risk of bladder cancer.

Let me pause here to say that while I was searching for information on pig eating, I found that information was unusually sparse. Even the few persons who attempted to write on it, as you have seen above, complained that the scientists did a lax job in researching pigs. Most info that I find is mixed in with this "Red Meat" agenda, where they mix the clean with the unclean and say it is all bad, but the trick, because is if you should look up information on cows you'll find tons of information on why it is bad. They even plan to eventually kill all the cows because they say they are releasing too much carbon in the air. Why do we think that is? This is because the Prince of darkness controls the air waves, which means he controls information and he knows that the truth can set us free, so he won't allow the truth to come out about pigs. But we know that every law in the bible stand for something important, there is a reason why we are asked to stay away from eating certain animals and I prefer to trust YAH over man. Also in **Deuteronomy 7:11-12, 15**, "Thou shalt therefore keep the commandments, and the statutes, and the judgments, which I command thee this day, to do them. Wherefore it shall come to pass, if ye hearken to these judgments, and keep, and do them, that YAHUWAH Elohai shall keep unto thee the covenant and the mercy which he sware unto thy fathers..."

...And YAHUWAH will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee." Yet if we do the opposite it states in **Deuteronomy 28:58-61**, "If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, YAHUWAH ELOHAI; Then YAHUWAH will make thy plagues wonderful, and the plagues of thy seed, even great plagues, and of long continuance, and sore sicknesses, and of long continuance. Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. Also every sickness, and every plague, which is not written in the book of this law, them will YAHUWAH bring upon thee, until thou be destroyed." Now, we could say this is just for the Yasherelym, but let's be honest here, isn't the world in turmoil, we have diseases that are caused by YAHUWAH when we eat unclean foods and we have diseases that are caused when scientists mix unclean things into our foods, and when they themselves create diseases. This is all caused by sin.

What research says

Pork has lower levels of fat and cholesterol than beef but has fewer minerals and vitamins. Additionally, recent research shows that lean pork and beef consumption for three months had a similar effect on weight and fat levels in people with obesity.

Rabbit

Eating Rabbit Meat Can Cause Protein Poisoning

By far one of the biggest dangers of eating rabbit meat is protein poisoning. Protein poisoning is also called rabbit starvation, and this happens when a person only eats lean meat such as rabbit meat which has a lot of protein but very little fat. No matter how much rabbit meat you would eat you will only satiate your hunger for a short period of time. Protein poisoning is fairly rare to occur as most people do consume plenty of fat in order to process all the protein.

Generally speaking, surviving only on rabbit meat is impossible in the long run. The first couple of days of only eating rabbit meat won't be a problem as the human body has plenty of stored fat which it can use in case the fat intake is low. However, after the first week of eating rabbit meat regularly or exclusively (as some people eat chicken), the

human body will struggle to digest the meat and most people end up with diarrhea which will only complicate things further.

Some Rabbits Carry Tularemia Disease

Generally speaking, most hunters know not to hunt rabbits before the first frost. Although a lot of people think this is some kind of myth, but there is actually a very good reason why you shouldn't hunt rabbits before the first frost. Tularemia is a disease that rabbits get from infected ticks, at first glance it is impossible to see if the rabbit is infected as they tend to look and move around like any other rabbit.

Tularemia tends to kill the infected rabbits in a matter of days, and consuming infected rabbit meat is extremely dangerous. The main reason why people should avoid hunting rabbits before the first frost is that during the summertime ticks and mites tend to thrive, but once the first frost comes the likeliness of a rabbit being infected with Tularemia is a lot lower. Even hunters who often hunt rabbits tend to wear gloves while cleaning the meat as the Tularemia can be found both in the meat and in the blood of the rabbit.

Key Takeaways

Some rabbits can carry diseases and parasites that can be transmitted to humans through consumption. It is important to ensure that the rabbit meat is properly cooked to kill any potential pathogens.

Rabbit meat is generally lean and low in fat, which can make it a healthy choice. However, it is also lower in certain essential nutrients compared to other meats, so it is important to have a varied diet to ensure adequate nutrition.

Allergies to rabbit meat are rare but can occur. If you have known allergies to other meats or a family history of allergies, it is advisable to exercise caution when consuming rabbit meat and consult with a healthcare professional if needed.

Lobster

Lobsters are nocturnal bottom walkers and **scavengers** that scavenge for dead animals and debris on the ocean floor – they are like the vultures of the oceans. Lobsters have even been seen burying dead fish and digging them up a little at a time to eat.

Several aquatic bottom feeders will eat whatever dead thing they can find while wallowing in the mud. Those bottom feeders will usually pick up whatever chemicals have leached into the bottom of the body of water in question. The chemicals they can pick up are lead, mercury, radioactive waste, petroleum products, etc.

Let's Talk Truth with Suziann

High levels of mercury exposure can lead to brain cell death and result in impaired fine motor skills, memory and focus.

They are what they eat.

In one study in 129 adults, those with the highest concentrations of mercury performed significantly worse on fine motor, logic and memory tests than those who had lower levels of mercury.

Mercury exposure may also lead to anxiety and depression.

A study in adults exposed to mercury at work found that they experienced significantly more depression and anxiety symptoms and were slower at processing information than control participants.

Finally, mercury buildup is linked to a higher risk of heart disease. This may be due to mercury's role in fat oxidation, a process that can lead to this illness.

In a study in over 1,800 men, those who ate the most fish and had the highest mercury concentrations were two times likelier to die from heart attacks and heart disease.

At-risk populations include women who are or may become pregnant, breastfeeding mothers, and young children.

Fetuses and children are more vulnerable to mercury toxicity, and mercury can easily be passed to a pregnant mother's fetus or a breastfeeding mother's infant.

One animal study revealed that exposure to even low doses of methylmercury during the first 10 days of conception impaired brain function in adult mice.

Another study indicated that children exposed to mercury while in the womb struggled with attention, memory, language, and motor function.

ancy. It used to be viewed as the big bottom-feeding bug-like nasty thing it looks like. It was, to be frank, food for animals, prisoners, and the poor and desperate. Not fit for fancy folks. It was sometimes used merely as fertilizer.

It was the lowest rank in food. People not from the South America talk about catfish with disdain. Saying it tastes dirty. Saying it is a bottom feeder. Well, that is how lobster tastes to me, and that is how people used to speak of it in this country. But there is one fundamental difference between catfish and lobster except for the fact that today catfish is plentiful and lobster is, relatively speaking, not.

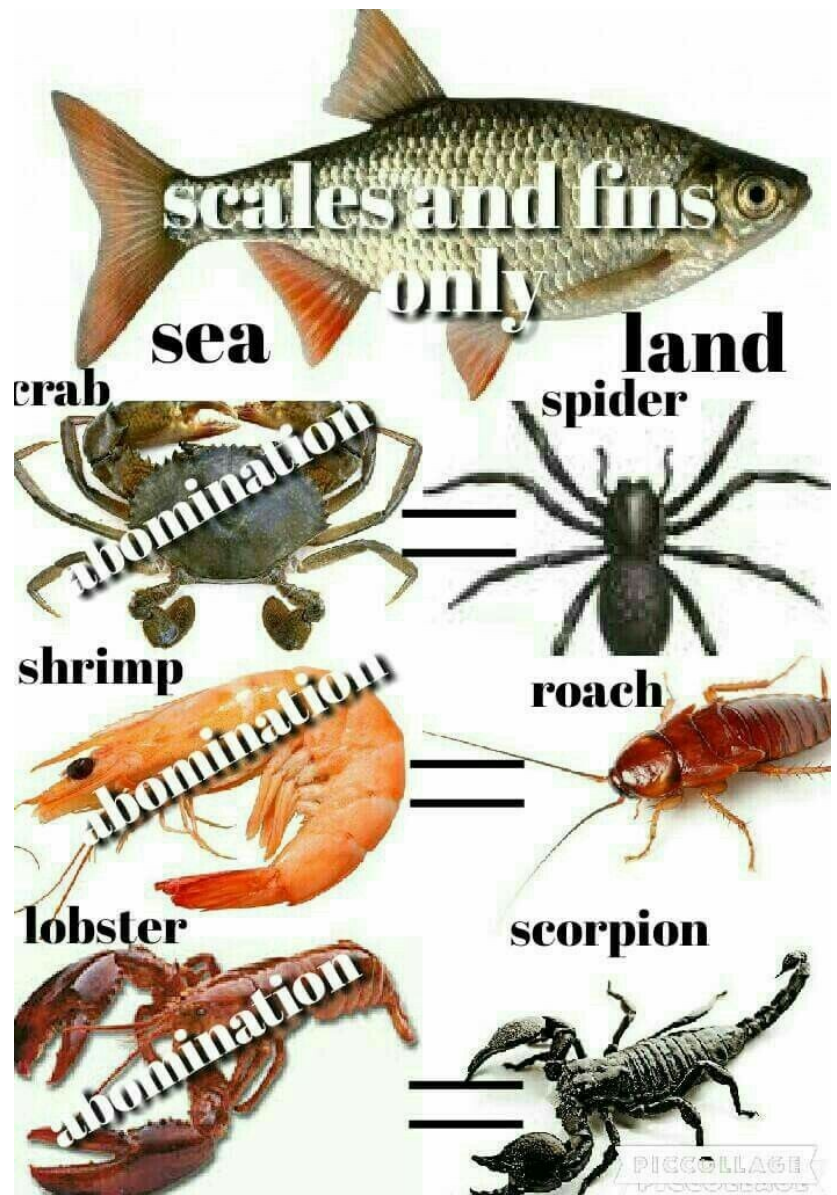
Supply was not always an issue for lobster, though! They were very plentiful back then, piles and piles of them would wash up on shore. The people were disgusted by them and called them the 'cockroaches of the sea'. You didn't even need lobster traps and big boats. You could catch them by hand, for an easy, but poor, meal when nothing else was available. In fact, these crustaceans were fed to pigs, prisoners, apprentices and slaves.

However, all this started to change in the mid 1800's because of canned food and trains.

Lobster actually became one of the most popular canned products on the market. And although canned lobster doesn't sound too fresh and appealing to me, I guess you gotta do what you gotta do when you don't live near the east coast and need some inexpensive food.

With train tickets becoming affordable, more and more people were also heading out to out to New England cities.

This made fresh lobster become even more popular and, because of this new demand, in the 1880's restaurants and markets were able to mark up the prices. So by World War II,



lobster was considered a delicacy and, as a result, what was once a poor man's food became only affordable for the rich.

Clams

Also bottom feeders, closer observation of oysters, mussels, scallops and clams shows us that God also had a very significant purpose for these creatures. They are found in streams, coastal areas and lakes and are considered filter-feeders. They are stationary — meaning they do not go hunting for their food but rather pump large amounts of water over their gills, trapping small pieces of silt, bacteria, viruses and plant debris for their dinner. The International Wildlife Encyclopedia tells us that mussels and other filter-feeders are the ultimate scavengers of the sea. They are the detail cleaners, so to speak. Their role is to purify the water.

According to the FDA, raw oysters, mussels and clams are responsible for 85 percent of all illnesses caused by eating seafood. Such conditions as hepatitis A, salmonella, Norwalk virus, cholera and paralytic shellfish poisoning are just a few of the problems that are often linked to shellfish consumption. The more waste we dump into our oceans, lakes and streams, the greater the risk of getting sick from eating shellfish and other aquatic scavengers becomes.

The risk is the same for other shellfish like **crabs** or **shrimp** which are also bottom dwellers, especially imported shrimp: These tend to be high in antibiotics and heavy metals.

What is climate change? Not climate changing of course, just YAH punishing the people of earth who constantly deny his existence by rebelling against his Word. **Why do we have air pollution?** Because of big business deforestation and industrial farming which uses tons of chemicals. Because all of the new technology, especially military weapons and equipment. Because individual humans use a lot of chemical sprays (especially sprays that are labelled "instant") whether for perfume, cooking, cleaning or killing insects that they don't know what they contain, humans also burn garbage that include toxic chemicals. **Why do we get overrun by certain species of animals?** Because big business deforestation forces them out of their habitats and humans started to eat their predators who usually keeps the numbers down. **Why do we have water pollution?** Because big businesses dump pollution in waterways, humans do this too

and humans eat the natural water purifiers. **Why do we have land pollution?** Because Big businesses pollute the land, humans buy too much vanity, don't recycle anything and humans eat the land scavengers. **Why do we have diseases?** All of the above, plus since we eat a lot more supermarket food than actual meat, nuts, fruits and vegetables, we're probably not even eating real food, since most packaged and processed food is genetically modified, it might be a piece of rubber that is flavored with drugs that cause you to get addicted to it, isn't science amazing? **Why then don't we just use natural things and eat real food?** Impatience, laziness and the fact that big businesses are like sharks that swallow up little businesses and little farms, using science to not only make unhealthy instant things so our laziness is sustained, but uses propaganda through all sorts of media to make you hate homemaking and homesteading. I mean why would anyone want to be laboring over a stove, cooking or building a wood stove or drying herbs, making tinctures or building furniture or farming or knitting some cute baby socks when we could be laying down, eating some lays chips, Popeye's fried chicken and a soda and watching Tik tok? Yea, that's more like it... But I digress.

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Blood and fat

Other things to exclude from the diet are a few of the inward parts such as the kidney, liver, the flesh above the caul (appendage, overhang, protrusion, the caudate lobe of the liver of an animal) of the animal, it's just blood and fat (which you can also find in the bone of the animal). Animal should be thoroughly bled before eating. Sometimes we depend too much on sellers to do this and they don't do such a good job. The best way to get rid of meat from store bought meat is to soak it in vinegar water, so the vinegar can draw the remaining blood from the animal, because cooked blood is still blood.

Leviticus 3:14-17, "And he shall offer thereof his offering, even an offering made by fire unto YAHUWAH; the fat that covereth the inwards, and all the fat that is upon the inwards, and the two kidneys, and the fat that is upon them, which is by the flanks, and the caul above the liver, with the kidneys, it shall he take away. And the priest shall burn them upon the altar: it is the food of the offering made by fire for a sweet savour: all the fat is YAHUWAH'S. It shall be a **perpetual** statute for your generations throughout all your dwellings, that ye eat neither fat nor blood."

Leviticus 7:22-27, "And YAHUWAH spake unto Moses, saying, Speak unto the children of Israel, saying, Ye shall eat no manner of fat, of ox, or of sheep, or of goat. And the fat of the beast that dieth of itself, and the fat of that which is torn with beasts, may be used in any other use: but ye shall in no wise eat of it. For whosoever eateth the fat of the beast, of which men offer an offering made by fire unto YAHUWAH, even the soul that eateth it shall be cut off from his people. Moreover ye shall eat no manner of blood, whether it be of fowl or of beast, in any of your dwellings. Whatsoever soul it be that eateth any manner of blood, even that soul shall be cut off from his people."

What is the function of the liver?

The liver is a major metabolic organ only found in vertebrate animals, which performs many essential biological functions such as **detoxification** of the organism, and the synthesis of proteins and biochemicals necessary for digestion and growth.

What is the function of the kidney?

The mammalian kidneys are the paired organ of the **urinary system** of mammals, which is a type of metanephric kidney. The kidney in mammals is usually bean-shaped, located retroperitoneally on the back wall of the body. Each kidney consists of a renal capsule, peripheral cortex, internal medulla, calices, and renal pelvis, although the calices or renal pelvis may be absent in some species. Urine is excreted from the kidney through the ureter. The structure of the kidney may differ between species depending on the environment, in particular on its aridity. The cortex is responsible for **filtering the blood**, this part of the kidney is similar to the typical kidneys of less developed vertebrates. Nitrogen-containing waste products are excreted by the kidneys in mammals mainly in the form of urea.

What Are Your Bones Made Of?

Now that you know what bones do, let's take a look at what they're made of and their anatomy.

Each bone in your body is made up of three main types of bone material: compact bone, spongy bone, and bone marrow.

Bone Marrow

The inside of your bones are filled with a soft tissue called marrow. There are two types of bone marrow: red and yellow. Red bone marrow is where all new red blood cells, white blood cells, and platelets are made. Platelets are small pieces of cells that help you stop bleeding when you get a cut. Red bone marrow is found in the center of flat bones such as your shoulder blades and ribs. Yellow marrow is made mostly of fat and is found in the hollow centers of long bones, such as the thigh bones. It does not make blood cells or platelets. Both yellow and red bone marrow have many small and large blood vessels and veins running through them to let nutrients and waste in and out of the bone.

When you were born, all of the marrow in your body was red marrow, which made lots and lots of blood cells and platelets to help your body grow bigger. As you got older, more and more of the red marrow was replaced with yellow marrow. The bone marrow of full grown adults is about half red and half yellow.

So, the same function that pigs and shellfish serve in earth are the same functions the liver and kidney have inside the body, so basically if we eat these parts of the animal, we're eating what their body was trying to get rid of. So let us just eat the meat and not the inward parts ok?

I hope this has been very informative and helpful to change the way we take care of the body. We have enough to eat, in terms of plants and animals, we even have enough medicines in the form of herbs, so that we need not depend upon doctors, unless it for major traumas that might need surgery. We just need to spend more time on ourselves and less time chasing the world, which will continue to escape us, but as the scripture says the eye is never satisfied, so what we have to do is to put our members under subjection. After doing this presentation, I realized that the enemy has deceived us by making some of the clean foods expensive, so we think all clean foods are expensive. Also they would become free if we actually raised them. Even with raising animals, we are tricked into thinking that raising chickens and pigs are cost effective, when in reality, we're the ones who have to feed them and because they eat so much, they become a competitor for our food. Clean animals are actually low maintenance and also easier to cook (especially if you eat them when they are 1 year old), while unclean animals need so much more preparation because of the high risk of diseases and parasites that they may be carrying. We could have our own vegetables if we took the time out to plant them, if do not have land or space, there are many YouTube videos about terrace gardening, hanging gardens and planting small amounts in pots. Honestly, it's not at all as difficult as you are made to think and it saves a lot of money too.

We need to stop relying on this world and stop salivating over what they offer. **Romans 13:14**, "But put ye on the Adon Yahushua Ha'Mashiach and make not provision for the flesh, to fulfil the lusts thereof." This sinful Adamic nature will only assist in our destruction, **Galatians 5:17**, "For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would." So we must seek to please YAH and seek for the Ruach Ha'Qodesh that will help us to discipline the flesh. **IF WE LOVE OUR CREATOR AND HIS WAYS, WE LOVE OURSELVES**. We need to open our eyes and realize that from YAH created the world, he had already prepared everything for us, without man's intervention, we need to spend

time looking into his things and rejecting the technologies of this world. His way only seems hard because we have become more and more lazy, more burdened with the cares of this world and more addicted to instant gratification. I hope this helps us to not overlook anything and to acknowledge YAH in even the seemingly smallest things and do not take anything for granted.