

# Welcome to

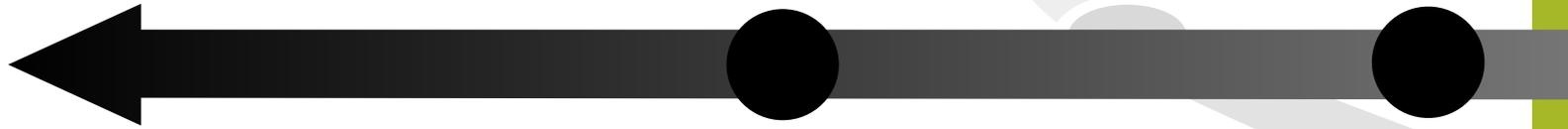


# Stand•Points



FACTS  HOPE

**His Plan(t) ~ My Plan**



**Stand•Points**



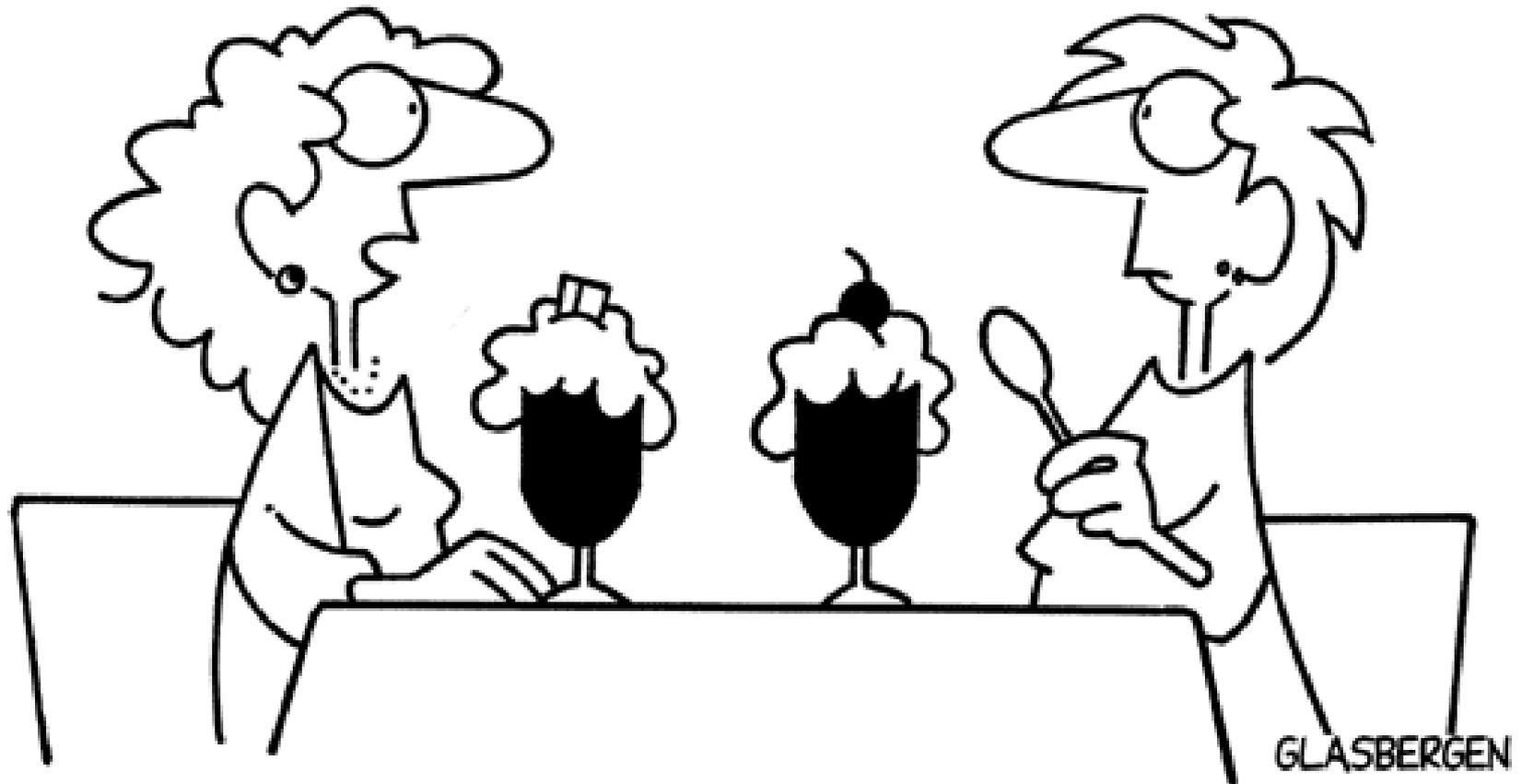


**Food for Thought**



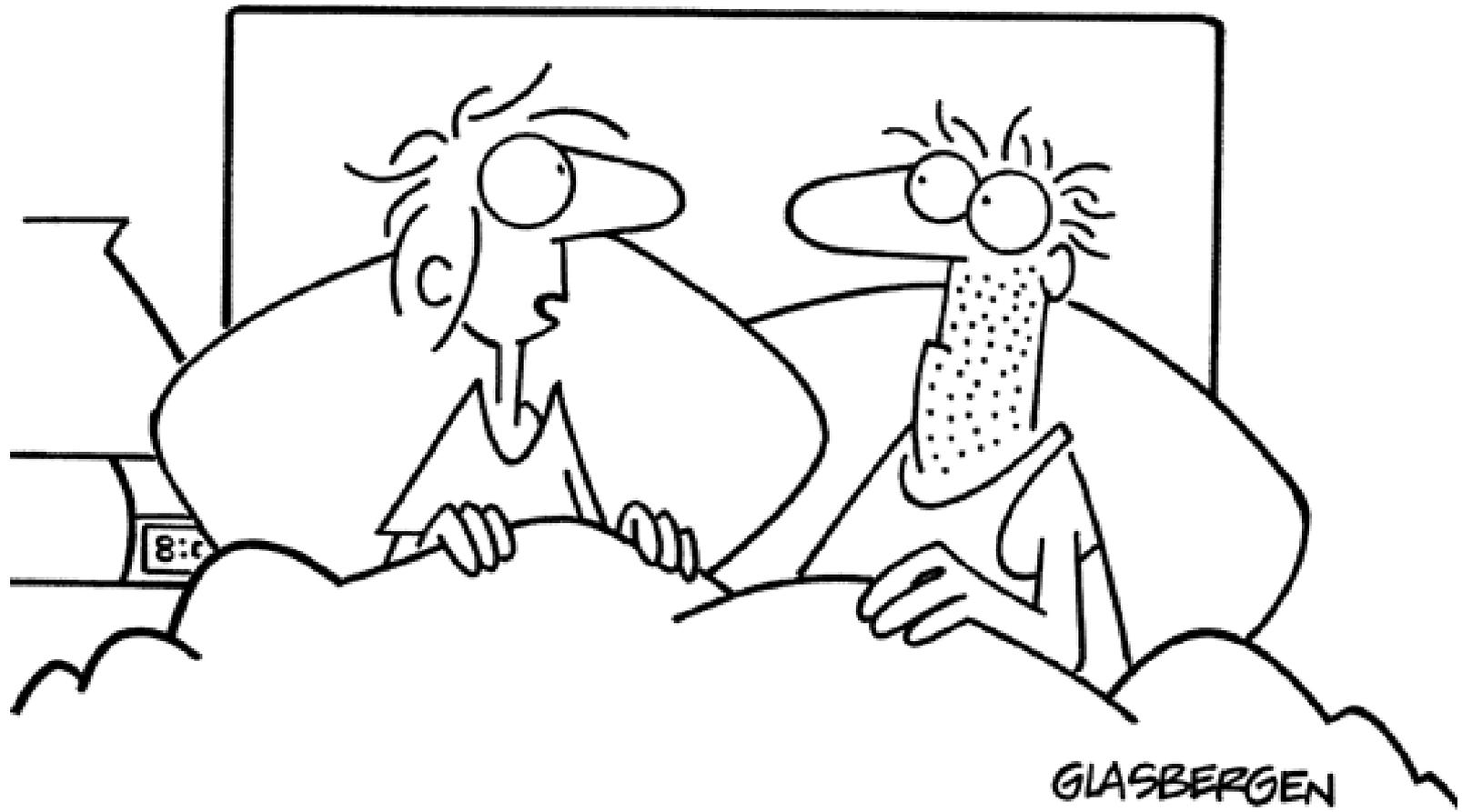
**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

Copyright 2003 by Randy Glasbergen.  
www.glasbergen.com



**“If you put a crouton on your sundae  
instead of a cherry, it counts as a salad.”**

Copyright 2006 by Randy Glasbergen.  
www.glasbergen.com



**“I was going to wake up early to go jogging,  
but my toes voted against me 10 to 1.”**

Copyright 2002 by Randy Glasbergen.  
www.glasbergen.com

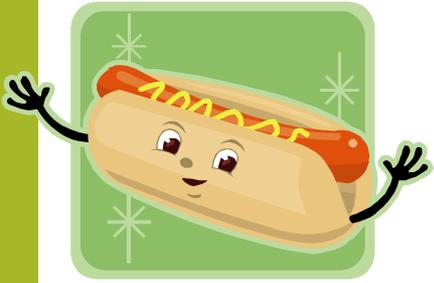


**“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”**

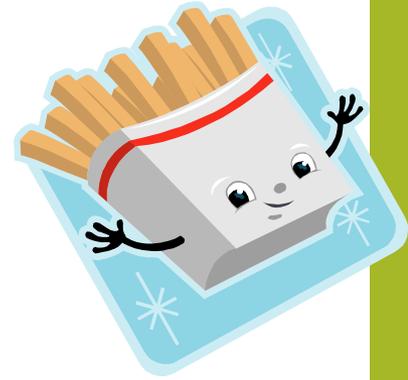
© 1998 Randy Glasbergen. E-mail: [randy@glasbergen.com](mailto:randy@glasbergen.com)  
[www.glasbergen.com](http://www.glasbergen.com)



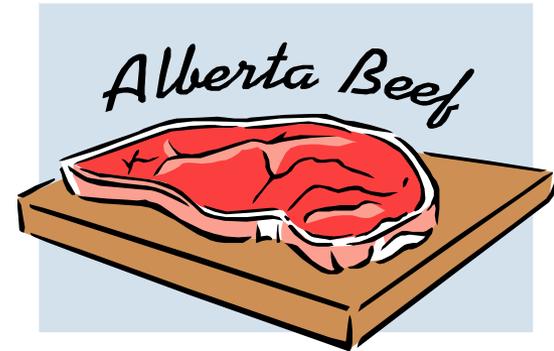
**“I’m going to order a broiled skinless chicken breast,  
but I want you to bring me lasagna and  
garlic bread by mistake.”**



# Food for Thought: *The Bible and Your Body*



What's Food  
got to do  
With Heaven?!



● ● ● | **Language Anguish . . .**

dEATH

DIET







**Jesus**

**Daniel**

**Leviticus**

**Exodus**

**Adam & Eve**

# Food Matters . . . In the Bible!

- **Genesis:** food specifically prescribed
- **Adam and Eve:** an Apple a day?
- **Esau:** Birthright or Beans?
- **Exodus:** Manna
- **Leviticus:** clean/unclean
- **Daniel:** 1:8 = food?!
- **Jesus:** Temptation
- **Jesus:** Last Supper
- **Revelation:** Laodicea – Food Offer (3:20)
- **Revelation:** Marriage Supper (19:9)





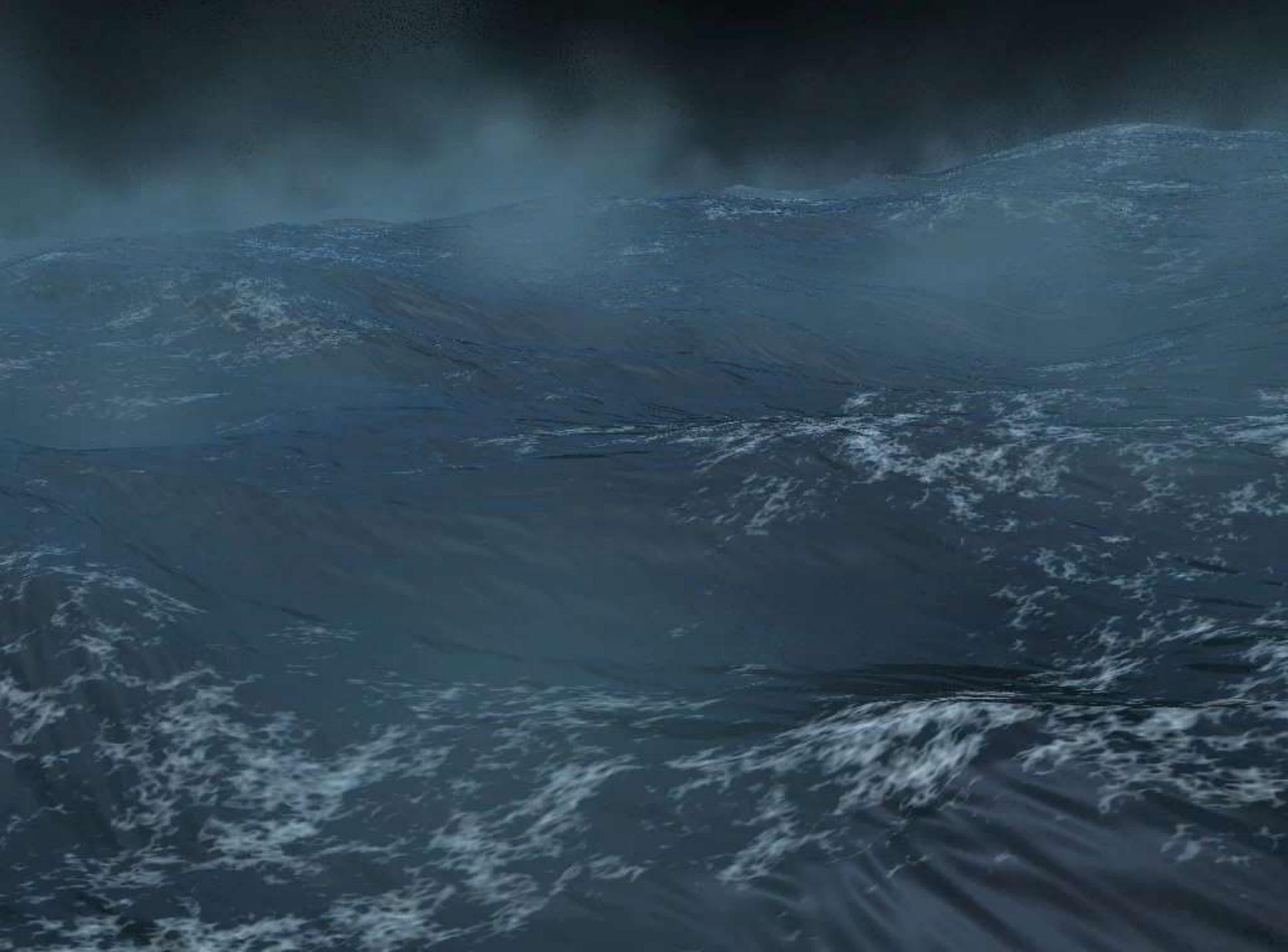
# Genesis 1:29

“And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat [food].”



# Garden of Eden

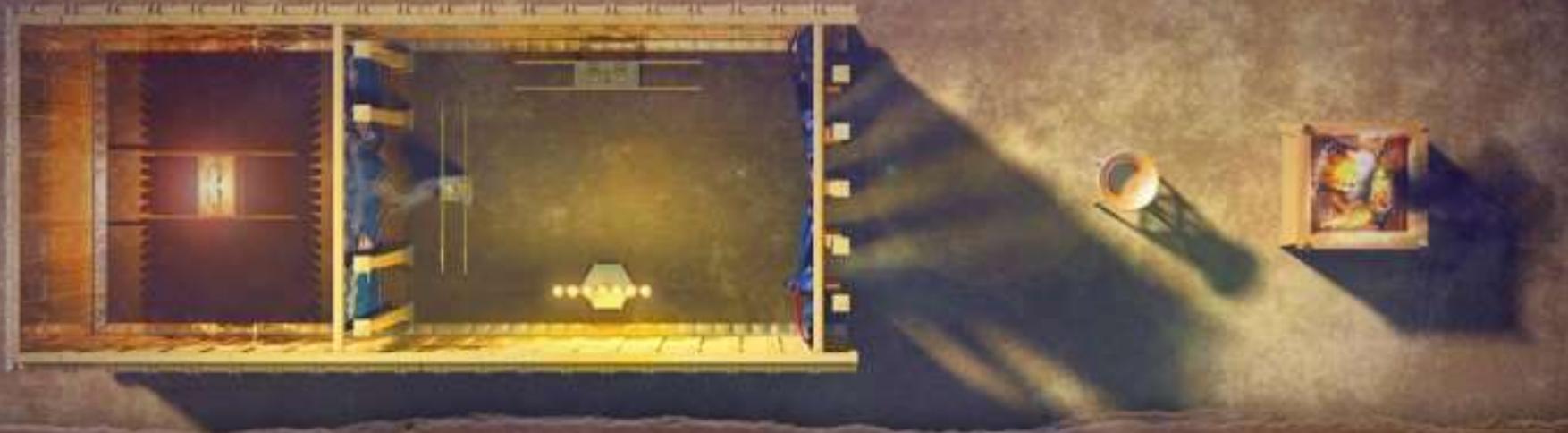




# Manna



# Food for Thought



God-made  
Manna

Man-made  
Bread

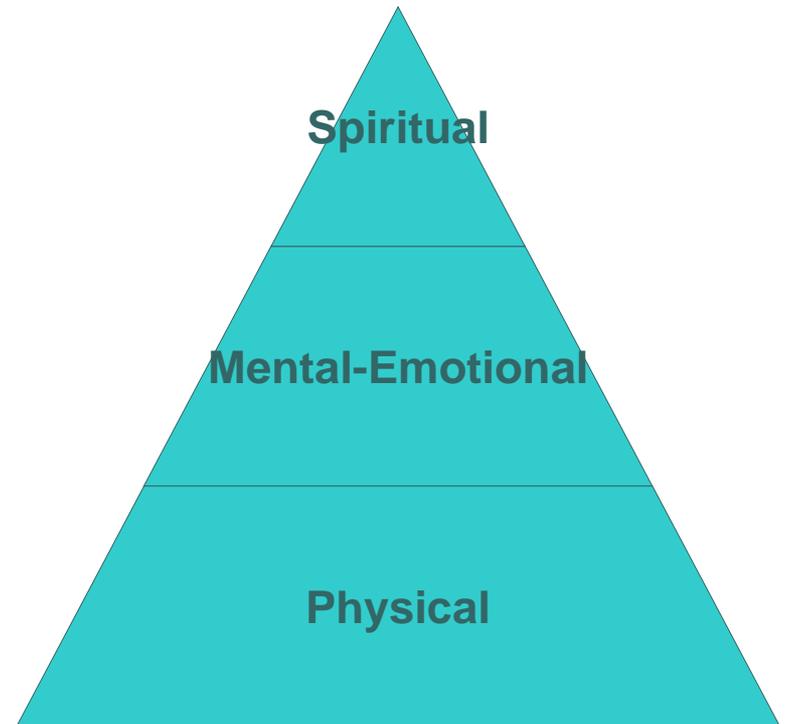
Meat



**Daniel 1:8**

# The Ministry of Jesus Christ

- Jesus went throughout all of Galilee,
  - 1) **teaching** in their synagogues,
  - 2) **preaching** the gospel of the kingdom,
  - 3) and **healing** all kinds of disease and sickness among the people  
(Mt 4:23-25)



# Leprosy Hansen's Disease

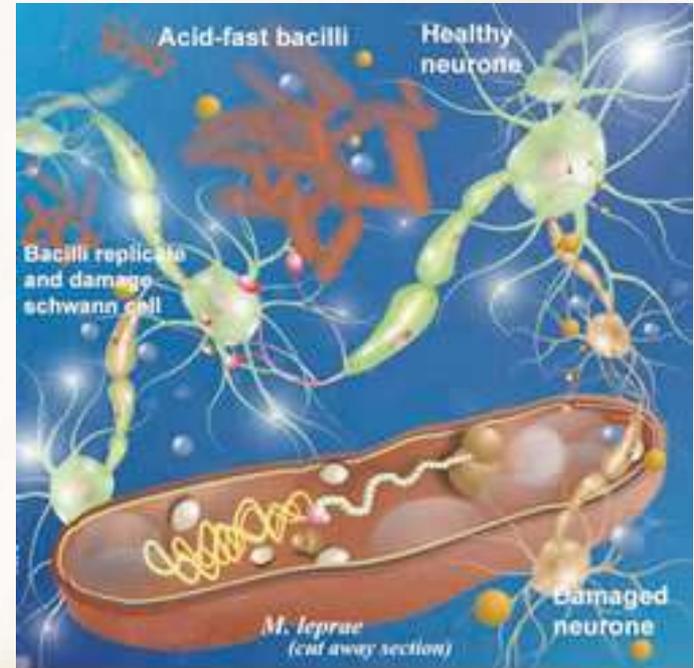


Sample text



Leprosy: ulcerated foot. L.K. Bhutani  
Color Atlas of Dermatology, 1988

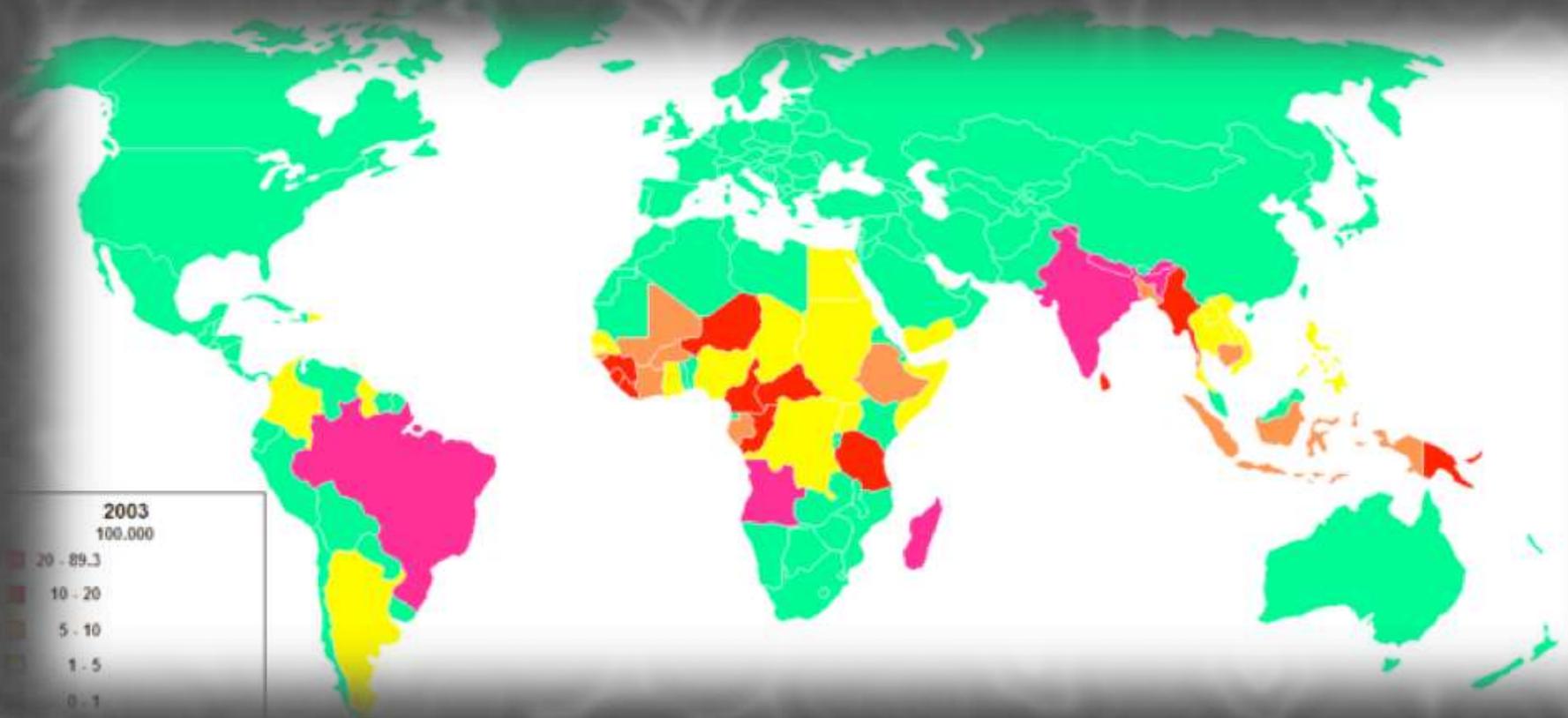
Sample text



© 2002 Andrew S R Featherstone - Research Graphix







2003  
100,000

- 20 - 89.3
- 10 - 20
- 5 - 10
- 1 - 5
- 0 - 1

If I can heal you I can save you.

Faith: Healing

Faith: Salvation



“Who pardons all your iniquities,  
who heals all your diseases.”

Psalm 103:3



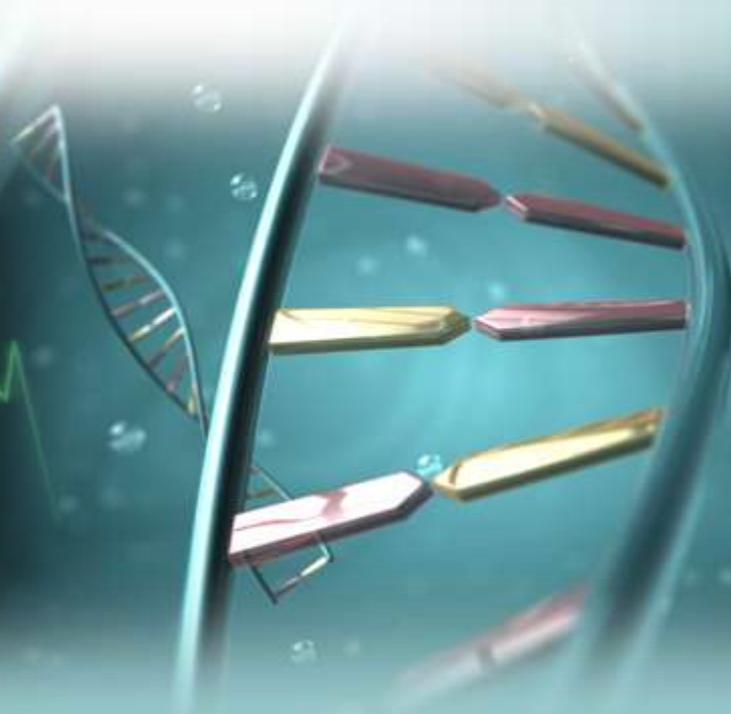
# “Temple of the Holy Spirit”

“Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? <sup>20</sup> For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.” 1 Cor 6:19-20



● ● ●  
“I will praise You, for I am fearfully  
*and wonderfully made*” Ps 139:14

125,000,000,000,000 cells





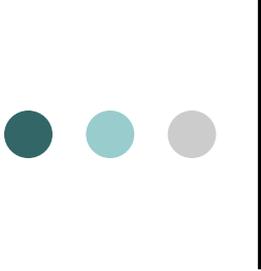
**20,000,000,000 blood cells**  
**5 quarts of blood**  
**3,000-5,000 roundtrips/day**

# Mk 7: Unclean?!



“There is nothing outside of a person that can defile [koinoo] him by going into him. Rather, it is what comes out of a person that defiles him. . . . For it does not enter his heart but his stomach, and then goes out into the sewer.” (This means all foods are clean.)“

Mk 7:15, 19 TNIV!



# Tradition!

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And they saw that some of Jesus' disciples ate their bread with unclean hands, that is, unwashed. 3 (For the Pharisees and all the Jews do not eat unless they perform a ritual washing, holding fast to the tradition of the elders. 4 And when they come from the marketplace, they do not eat unless they wash. They hold fast to many other traditions: the washing of cups, pots, kettles, and dining couches.) 5 The Pharisees and the experts in the law asked him, "Why do your disciples not live according to the tradition of the elders, but eat with unwashed hands?"

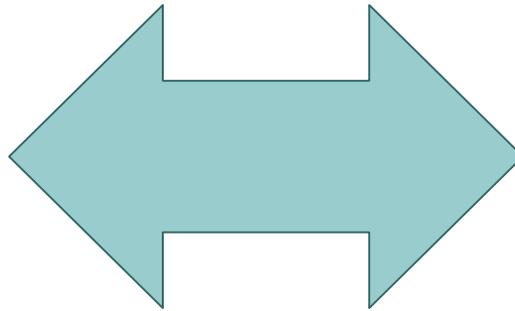
(Mark 7:2-5)

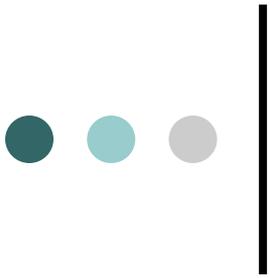
# Peter's Vision in Acts 10

“unclean”



“common”

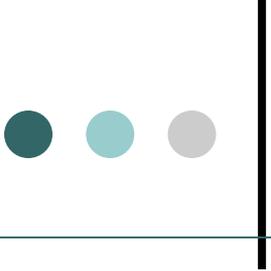




# Acts 10:28

“And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any man common or unclean.”

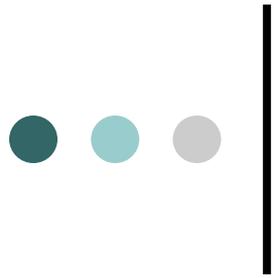




# Romans 14

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“Receive one who is weak in the faith, *but* not to disputes over doubtful things. 2 For one believes he may eat all things, but he who is weak eats *only* vegetables. 3 Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. 4 Who are you to judge another's servant?”



# Romans 14:14

“I know, and am persuaded by the Lord Jesus, that *there is* nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him *it is* unclean.”

# 1 Timothy 4:1-4

“Now the Spirit explicitly says that in the later times some will desert the faith and occupy themselves with deceiving spirits and demonic teachings, 2 influenced by the hypocrisy of liars whose consciences are seared. 3 They will prohibit marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. 4 For every creation of God is good and no food is to be rejected if it is received with thanksgiving.”



# Reaching Islam



# The Meat of the Matter

*Or: What's the Matter with Meat?*



Carnivore	Herbivore	Human
Sharp teeth	Flattened for grinding	Dullest canine teeth of all primates
Jaw: up and down	Vertical/horizontal	Vertical/horizontal
Face: to rip 		Face: not to rip
Water intake: lifting into throat with tongue	Suction	Suction
Tongue: rough, thin	Smooth, thick	Smooth, thick
Stomach: 10-20x > acid		
Intestines: 3x as long as trunk	8-12 as long as trunk	12+x as long as trunk



<b>Carnivore</b>	<b>Herbivore</b>	<b>Human</b>
Liver: uricase enzyme to break down uric acid	Low tolerance for uric acid	Low tolerance for uric acid
Digestive system: expel large amounts of foreign cholesterol	No capacity	No capacity
Acidic saliva	Alkaline saliva	Alkaline saliva
Acidic blood	Alkaline blood	Alkaline blood
Acidic urine	Alkaline blood	Alkaline blood
Cooling through tongue/mouth	Perspiration	Perspiration
Feet clawed	Feet hoofed	Feet/Hands nailed to grab, peel, hold

# “Poke and Sniff.”

Agriculture Secretary Dan Glickman, on current inspection methods at meat-processing plants. (*Newsweek*)



HAVE IT YOUR WAY®

# *The butcher's in . . .*

- No gloves
- Room temperature
- *Bon appetit!*



# A Bloody Mess? / see *red!*

---

Acts 15:11: **GRACE!**

“For it seemed good to the Holy Spirit, and to us, to lay upon you no greater burden than these necessary things: <sup>29</sup> that you abstain from things offered to idols, from blood, from things strangled, and from sexual immorality<sup>1</sup>. If you keep yourselves from these, you will do well. Farewell.”

Acts 15:28-29



# Exploding the Milk Myth



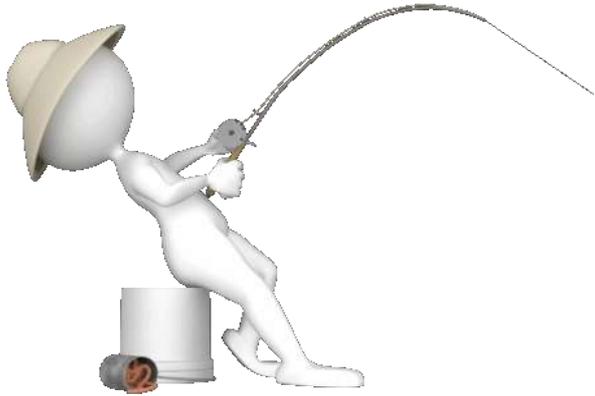
# *Moooove* over, Milk!

“I’ m actually very concerned about recommending a high-dairy diet to the general public.”

Frank Hu, Harvard (USNews &WR, May 23, 2005, p. 63)







“The FDA further warns that they shouldn’t eat any one kind of fish or shellfish more than once a week. The reason: to avoid ingesting dangerous amounts of mercury, a toxin known to damage developing brains and nervous systems . . . .

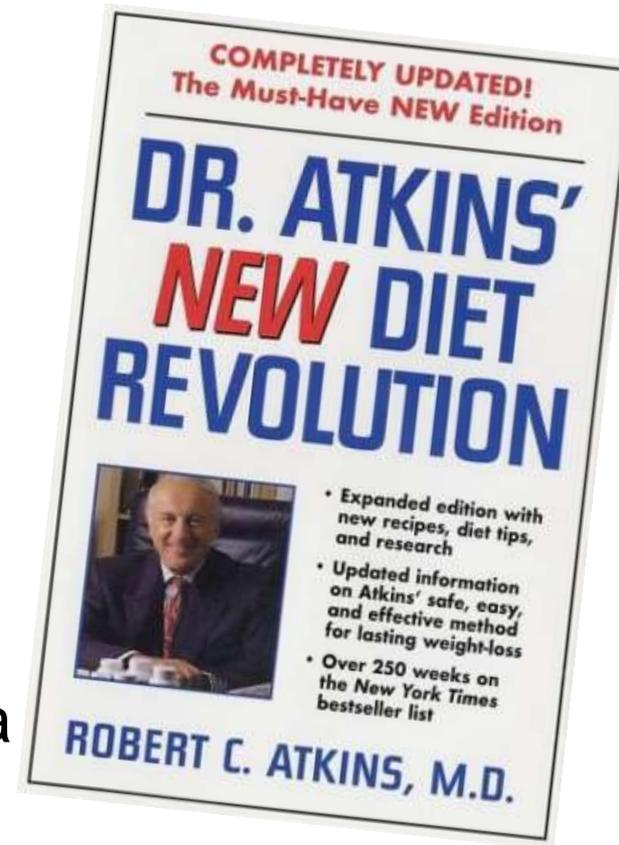
Millions of women are putting their babies at risk for brain damage by eating mercury-tainted tuna.”

-- U.S. News & World Report, Dec. 2003, p. 14.



# The Atkins DIET

“Based on our current state of knowledge, it’s fair to say that were the Atkins diet bottled as a prescription drug, it would not be allowed on the market. And, as the studies of this past week suggest, America would not be the fatter for it.”



Bernadine Healy, M.D., “One cheer for Atkins,” *USNews&WR* (June 2, 2003): 40.



# Low Carb?

“ . . . There is simply nothing healthy about ketosis or about overloading on protein and depriving the body of fruits, vegetables, and fiber . . . The Atkins diet tacitly acknowledges this by prescribing an elaborate array of supplements, including more than 60 vitamins, minerals, plant extracts, and fish oil.”

- Dr. Bernadine Healy, M.D.  
U.S. News & World Report, June 2,  
2003, p. 40.



## Baptist Students:

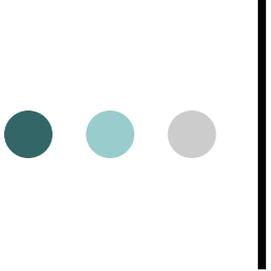
“The Scroll”, Spring 2004, SWBTS



“Donuts. Pizza. Coke, Dr. Pepper and Pepsi. French Fries. Tacos. These are a few of our favorite things. When the stress hits, when the papers come due, and when final exams loom large, seminary students often turn to prayer and comfort food. Prayer helps. Comfort food does not.

Over 70 percent of Southwestern Seminary students were showing moderate to high risk for coronary heart disease . . . Fifty-eight percent of . . . SBTS women are at moderate to high risk for coronary heart disease, compared to 72 percent of men who were at moderate to high risk.

The news gets worse as ministers get older: more than 80 percent of Southern Baptist ministers screened at the 2003 SBC were at moderate to high risk for coronary heart disease.



# Parish or Perish?

“If the body is a temple of the Holy Spirit . . . Then staying healthy and reducing one’s risk of coronary heart disease is a basic matter of temple stewardship.

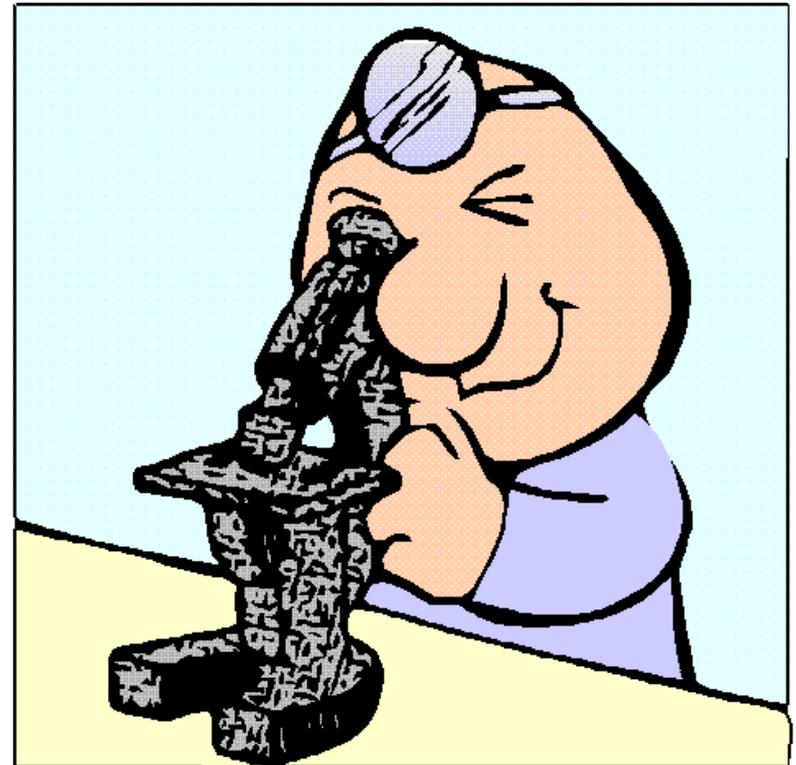
We as ministers take stands on a variety of cultural issues . . . And they are important, but we avoid conviction about temple stewardship. It is hard to preach the gospel flat on your back in a hospital.

**We estimate that 60-70 percent of annual healthcare costs are preventable . . . Churches whose staff reduce their risk profile through healthy eating and exercise can realize savings of \$1,000 per year per staff person in avoidable health care costs . . . ” (SWBTS *The Scroll*)**

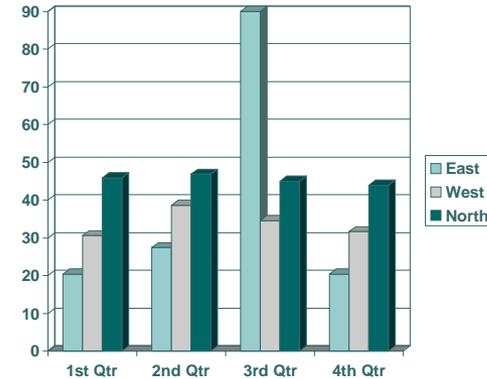
# Dr. Harmon Eyre, ACS CMO

We want to send the message: Don't smoke, eat right, exercise and maintain normal weight, and see your doctor for normal checkups.”

<http://cnn.health...> 1/20/05



# Statistics:



“More than 60% of all cancer deaths could be prevented if Americans stopped smoking, exercised more, ate healthier food and got recommended cancer screenings.” ACS, on CNN 3/31/05

# The NEWSTART Prison

- 95% drug/alcohol problems
- CA: \$6 billion business
- Normal return rate: 75%





Eat Your

Veggies.

They're good for you.



# World Hunger





● ● ● | **O.k., don't take my  
chocolate away!**



One chocolate bar:

147% calcium loss in urine

213% oxalate

Kidney stone: calcium oxalate

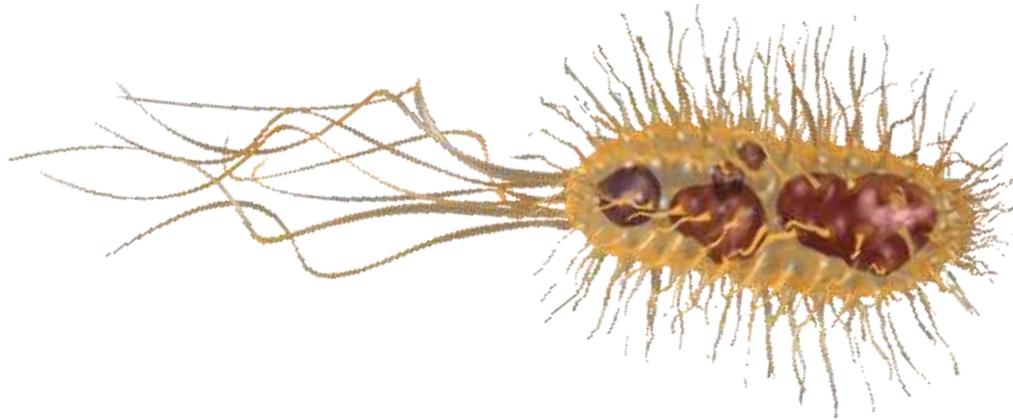
+ Large amounts of sugar

# Pop Goes the Soda

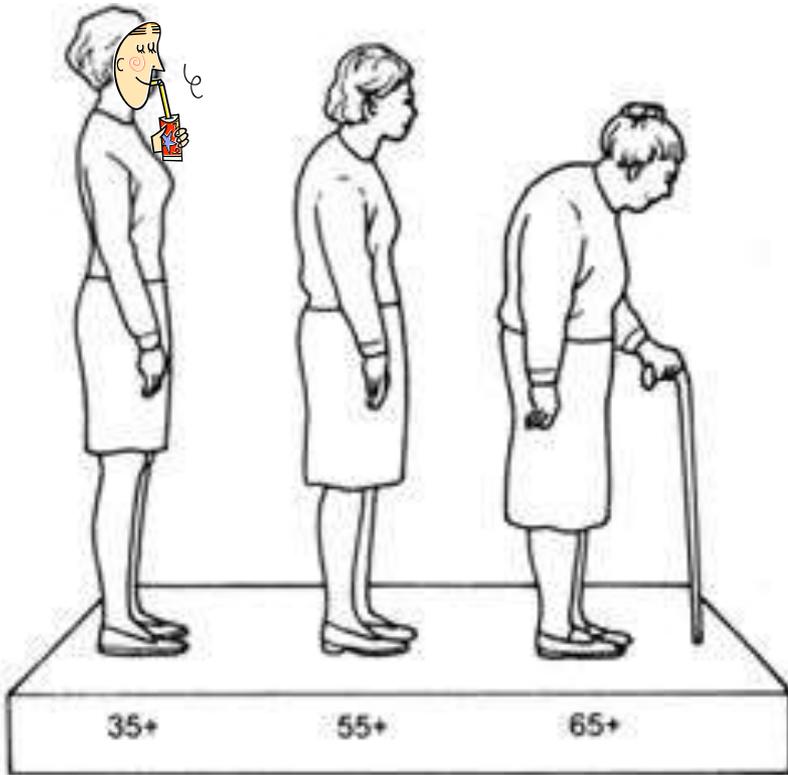


# Soda

- Sodas: average American: 560 cans/year!
- 24 teaspoons of sugar:  
bacteria destroyed drops from 14 to 1



# Pop goes the, well, bones.



daily soda: lower hip bone density

Katherine Tucker, nutritional epidemiologist (Tufts University): phosphoric acid pulls calcium from bones

American Journal of Clinical Nutrition, Oct 2006

The



# Dark Side of Coffee

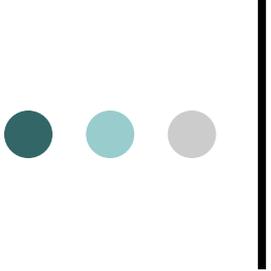


# Would you like some Coffee?

“Just around the corner, there’s a rainbow in the sky/So let’s have another cup of coffee, and let’s have another piece of pie.”



- Homocysteine levels: triggers atherosclerosis and heart attacks
- American Journal of Clinical Nutrition (Vol. 80, p. 862): Coffee + Heart Disease direct correlation increase of infections



# Just a Cup of Coffee

- pregnant? >200 mg of caffeine/day (2 cups) = 2x miscarrg. (Journal of Obstetrics and Gynecology, Jan. 2008)

“Kaiser study”: 1,063 women; of 172 women with miscrg:  
12.5% no caffeine; 25.5% >200 mg!

- no difference if coffee, soda, tea, or chocolate

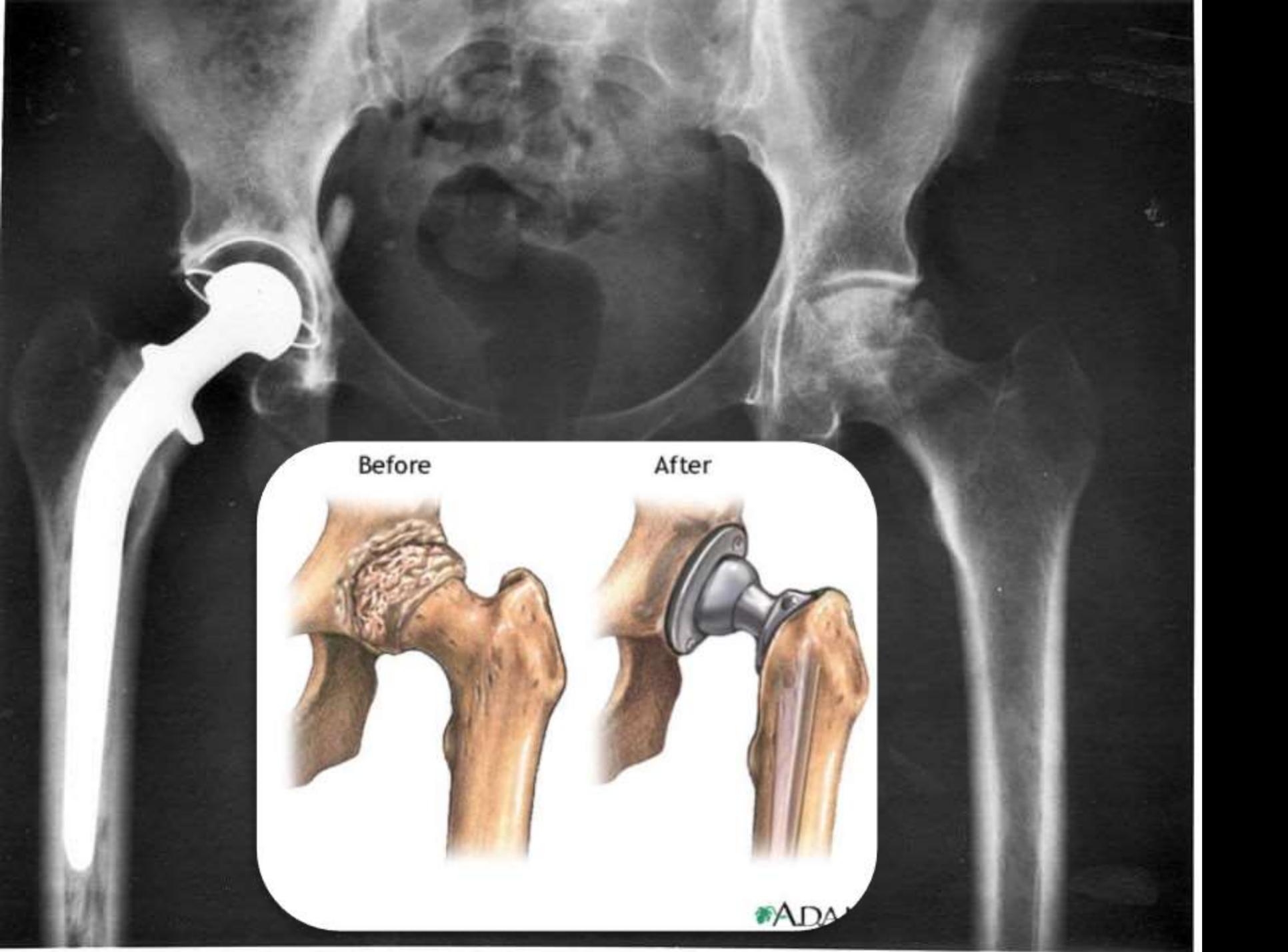
Dr. Jennifer Wu: “. . . a definite correlation between caffeine consumption and miscarriage”

# Coffeine ?!

“ . . . drinking cola significantly lowers bone mineral density in the hips.”

Jean Mayer USDA Human Nutrition Research Center on Aging (Tufts), in Baylor Innovations, Winter 2009



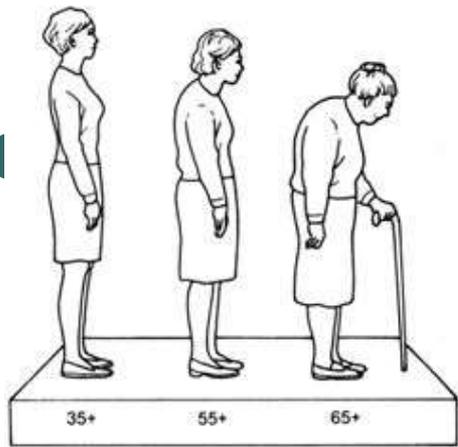


Before



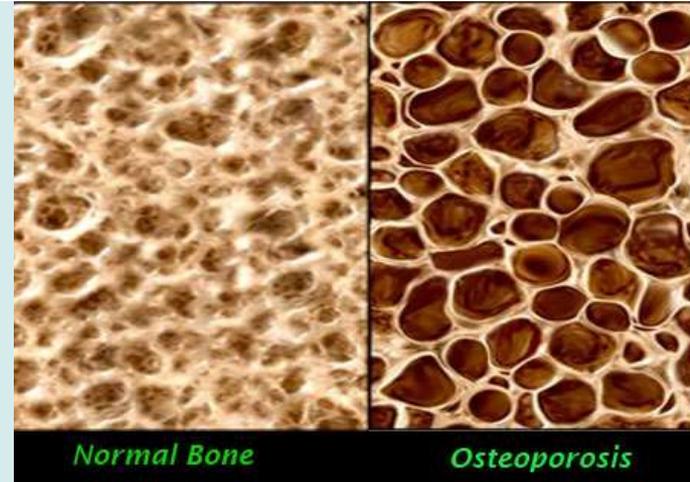
After



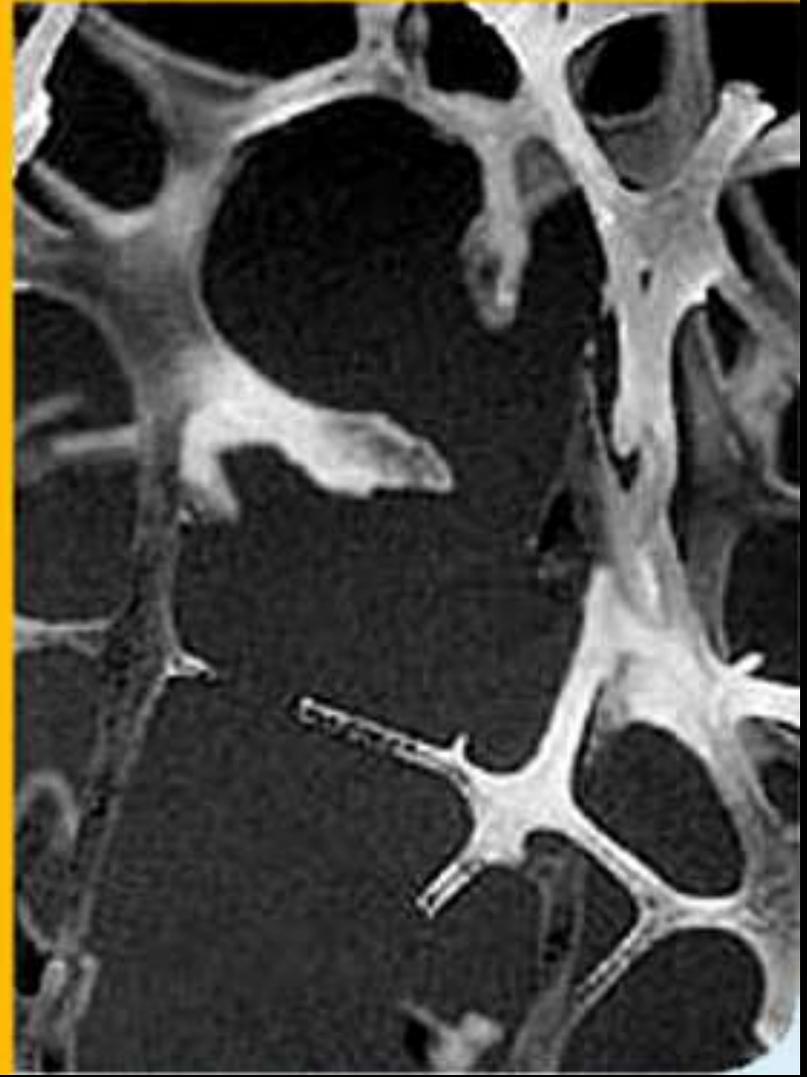


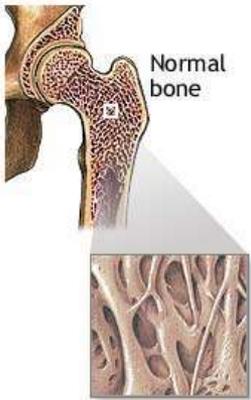
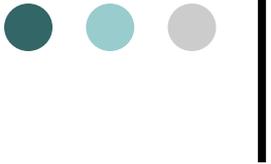
“Caffeine intake is a risk factor for osteoporosis, but it is the phosphoric acid, added to cola for tartness, that is now the targeted suspect.” Baylor Innovations, Winter 2009

“Phosphoric acid releases hydrogen in the blood and makes it more acidic. We believe the body pulls calcium out of the bone to neutralize the acid. We have reason to think this is a cause for loss of bone mineral density for female cola drinkers.”  
Dr. Tucker, Baylor Innovations, Winter 2009

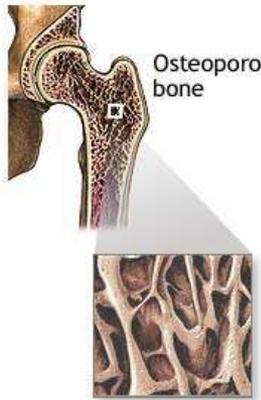


# **Osteoporosis causes weak bones.**



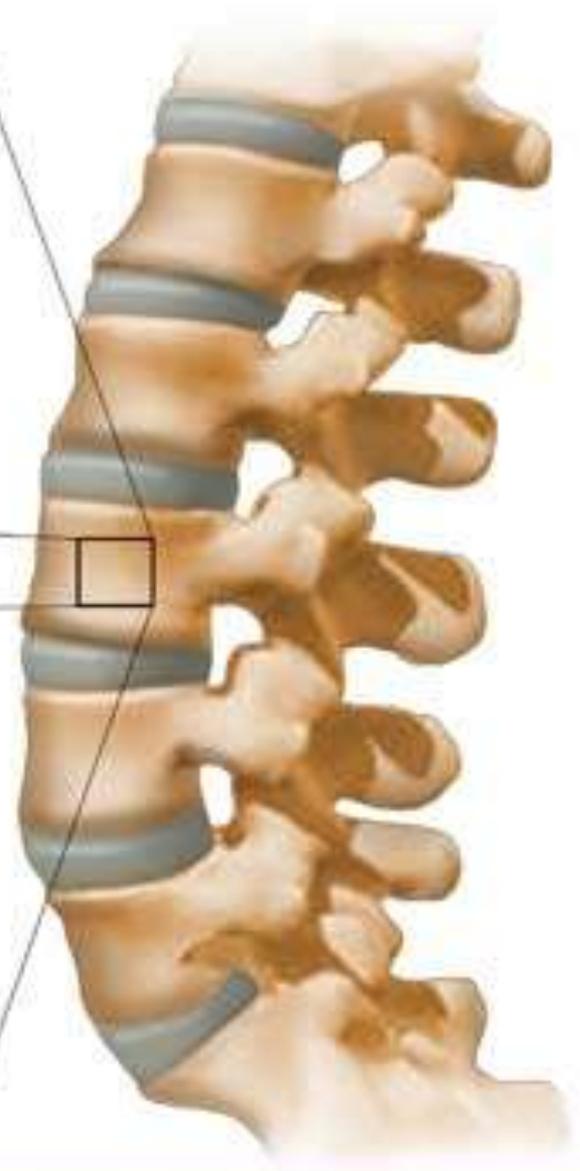
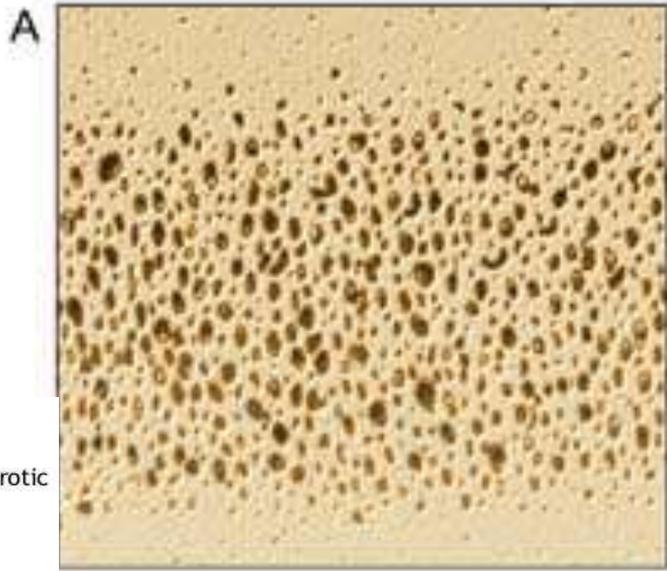


Normal bone



Osteoporotic bone

ADAM.



It's the real thing



DRINK

*Coca-Cola*®

© 1999 Coca-Cola Bottling Co. Atlanta, GA









CIGARETTES

# Brand



La fumée contient du benzène,  
des nitrosamines, du formaldéhyde  
et du cyanure d'hydrogène

CIGARETTES

# Brand



Fumer peut  
entraîner  
une mort  
lente et  
douloureuse

CIGARETTES

# Brand



**Fumer bouche les artères et  
provoque des crises cardiaques  
et des attaques cérébrales**

CIGARETTES

# Brand



**Fumer pendant la grossesse  
nuît à la santé de votre enfant**

CIGARETTES

# Brand



**Smoking when pregnant  
harms your baby**

CIGARETTES

# Brand



Smoking  
causes fatal lung cancer

CIGARETTES

# Brand



0315267

Smoking is highly addictive,  
don't start

CIGARETTES

# Brand

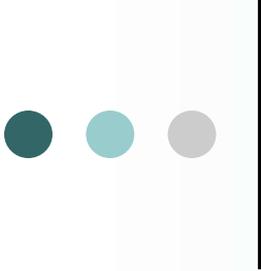


Protect children: don't make  
them breathe your smoke

- Nutrition
- Exercise
- Water
- Sunshine
- Temperance
- Air
- Rest
- Trust

# NEWSTART





# An Ounce of Prevention . . .

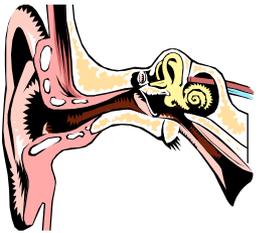
*TexasHealth*, Fall 2005

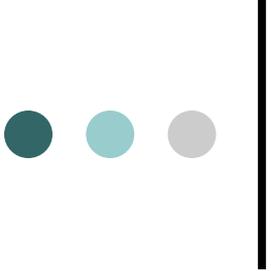
[www.harrismethodisthospital.org](http://www.harrismethodisthospital.org)

<b>Cancer</b>	<b>Changes to Make</b>
Breast	Exercise; eat healthy foods; stop smoking and drinking alcohol
Colon (alcohol/smoking: 5 years earlier; both: 8 years!)	Exercise; eat healthy foods; stop smoking and drinking alcohol
Ovarian	Exercise; eat healthy foods; stop smoking and drinking alcohol



- 140+ gunshot
- 130 live rock concert
- 120 ipod, jet plane at take-off
- 118 movie theater
- 100 chain saw, motorcycle
- 90 lawn mower
- 80 busy street
- 70 vaccuum cleaner
- 60 conversation, dish washer
- 50 rainfall
- 30 library





# Quiz! (be honest!)

**A+!**   **A-**   **B+**   **B-**   **C**   **D**   **F**

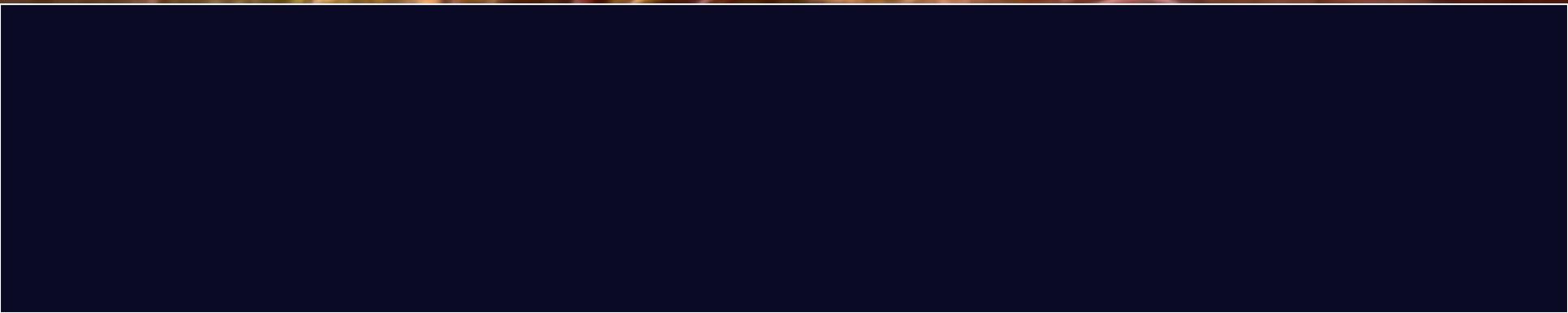
- Nutrition
- Excercise
- Water
- Sunlight
- Temperance
- Air
- Rest
- Trust in God







ghOst  
productions inc.



# 1 Corinthians 10:31



“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

# Grapes of Wrath

*Drink and Thrive?!*



# Absolute Abstinence?



“More generally, the accumulated human misery in every corner of the earth which results directly or indirectly from the immoderate use of alcohol puts the burden of proof on those who would advocate anything other than abstinence as the Christian stance in the late twentieth century.” Bruce Milne, *The Message of John*, p. 65

“Let me be blunt . . . .”

“I see absolutely no positive argument for something that will make you act like an idiot, smell like a brewery, fight like a fool, impair your motor functions, drain your bank account, give you a hangover, scare your kids, alienate your spouse, make you a danger to your fellow man, and has the potential to enslave you.”

John Caldwell,

<http://www.christianstandard.com/2012/08/to-drink-or-not-to-drink/>

# Stats

- Moscow, 1985: “vodka” – little water
- American Indians: “fire water”
- 18 mill. Alcoholics in US; 4-5 mill. 12-30
- Alcohol related traffic deaths: every 23 minutes (40,933)
- Alcohol related deaths in general: 75,000/year (shortens people’s lives by 30 years); 25x > all illegal drugs combined
- \$1 revenue/\$11 treatment -- \$23 billion/year (US NEWS & WR, Feb. 2, 2004, p. 49-50)
- 38,000 babies with Fetal Alcohol Syndrome

[www.cnn.com/2004/Health/09/24/drinking.deaths.reut/index.htm](http://www.cnn.com/2004/Health/09/24/drinking.deaths.reut/index.htm)

Would you fly in an airplane if 1 in 10 crashed?



Stat:

65% of the US population  
drink

1 in 10 of that 65% will  
become an alcoholic

if alcohol causes problems,  
it is one



# Abraham Lincoln:

Slavery is abolished, but the next great question will be the abolition of the liquor traffic. My head and heart and my hand and purse will go into that work. Less than a quarter of a century ago I predicted that the time would come when there would be neither a slave nor a drunkard in the land. I have lived to see, thank God, one of these prophecies fulfilled. I hope to see the other realized.”



Encarta Encyclopedia, (p) 1992 Microsoft Corporation. All rights reserved. / Archive-Photos.com

# Wine or Grape juice?

- Gen 9:20-21 "And Noah began *to be* a farmer, and he planted a vineyard. 21 Then he drank of the wine and was drunk, and became uncovered in his tent."
- Amos 9:13-14 "Behold, the days are coming," says the LORD, "When the plowman shall overtake the reaper, And the treader of grapes him who sows seed; The mountains shall drip with sweet wine, And all the hills shall flow *with it*. 14 I will bring back the captives of My people Israel; They shall build the waste cities and inhabit *them*; They shall plant vineyards and drink wine from them; They shall also make gardens and eat fruit from them."







# Stop Whining!

“Let your father and your mother be glad, And let her who bore you rejoice. 26 My son, give me your heart, And let your eyes observe my ways. 27 For a harlot *is* a deep pit, And a seductress *is* a narrow well. 28 She also lies in wait as *for* a victim, And increases the unfaithful among men. 29 Who has woe? Who has sorrow? Who has contentions? Who has complaints? Who has wounds without cause? Who has redness of eyes?” (Proverbs 23:25-29)

“They say to their mothers, “Where *is* grain and wine?” As they swoon like the wounded In the streets of the city, As their life is poured out In their mothers' bosom” (Lamentations 2:12)

# Psalm 60:3

“You have  
given us a  
wine to drink  
that made us  
stagger.”





“And be not drunk with  
wine, wherein is excess;  
but be filled with the Spirit”



*The Party's Over*

*Let's Go Home.*

Ephesians 5:18

# Fresh Grapejuice

“Gladness is taken away,  
And joy from the plentiful  
field; In the vineyards there  
will be no singing, Nor will  
there be shouting; No  
treaders will tread out wine  
in the presses; I have  
made their shouting  
cease.” Isa 16:10; see also  
Jer 40:10, 12; Neh 13:15;  
Lam 2:12; Gen 49:11; SS  
1:2, 4; 4:10



# Fermentation?

Columella, agriculturalist 1<sup>st</sup> cent. A.D.:

- 1) boiling to syrup
- 2) filtration of fermentable pulp
- 3) sealing

Wine is “much more pleasant to drink”  
when it “neither inflames the brain nor  
infests the mind or passions.” Plutarch,  
Symposiac 8,7



# Wine or Grape Juice?

- 1) **Rabbi:** The Jews do not, in their feasts for sacred purposes, including the marriage feast, ever use any kind of fermented drinks. In their oblations and libations, both private and public, they employ the fruit of the vine – that is, fresh grapes – unfermented grape-juice, and raisins, as the symbol of benediction. Fermentation is to them always a symbol of corruption.”

-- Bacchiocchi, *Wine*, 42. (From Rabbi S.M. Isaac; see also Sotah 48a; Mishna Sotah 9, 11)

- 2) **Leviticus 2:11** forbids fermenting leaven in grain offerings
- 3) **Symbolism:** Passover Lamb!
- 4) **Language:** 2:10 “good wine”
- 5) **Social Sensitivity**
- 6) **Medical Misinformation**



# “Fruit of the Vine”

- Mt 26:29
- Mk 14:25
- Lk 22:18
- Not “wine”!





# Alcohol . . .



- Distorts perception of reality (Is 28:7; Prov 23:33)
- Impairs decision-making capability (Lev 10:9-11)
- Weakens moral sensitivity and inhibition (Gen 9:21; 19:32; Hab 2:15; Isa 5:11-12)
- Physical sickness (Prov 23:20-21; Hos 7:5; Isa 19:1; Ps 60:3)
- Disqualifies for civil and religious service (Prov 31:4-5; Lev 10:9-11; Ezek 44:23; 1 Tim 3:2-3; Tit 1:7-8)

# Leviticus 10:9-11

"Do not drink wine or intoxicating drink, you, nor your sons with you, when you go into the tabernacle of meeting, lest you die. *It shall be a statute forever throughout your generations,* 10 "that you may distinguish between holy and unholy, and between unclean and clean, 11 "and that you may teach the children of Israel all the statutes which the LORD has spoken to them by the hand of Moses."

# But isn't it good for your heart?

“No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities.”

1 Tim 5:23



Pliny, A.D. 79:

recommends boiled, unfermented wine for sick people “for whom it is feared that wine may be harmful.”  
(*Nat. Hist.* 23, 24)

“use”, not drink

Assumption:  
Timothy drank water!

# New Testament Mandate

- “wine” 5x in writings of Paul, Peter, James
- Admonition to be sober: >20x  
(1 Thess 5:6-8; 1 Peter 1:13; 4:7; 5:8; 2 Tim 4:5; 1 Tim 3:2, 11; Tit 2:2)

“Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, 13 looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ,” Tit 2:12-13

- Revelation: 8x wine = drunkenness, moral depravity

# Serious Business

“Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals<sup>1</sup>, nor sodomites,<sup>10</sup> nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God” (1 Cor 6:9-10).



# Sour Grapes



“Many of us took comfort in those scientific reports that suggested that a little wine with dinner was good for our health. But a new study may spoil our pleasure. It found that moderate alcohol intake (one or two drinks a day) did not lower middle-aged drinkers’ risk of having a stroke, as previously reported, and may actually cause the brain to shrink. Maybe the StairMaster is better than that second glass of wine after all.”

-- *Time*, Dec. 22, 2003, p. 130

# Alco-hell

- Carcinogenic compound
- 2-5 drinks/day = 1.5x breast cancer
- University of Mississippi Medical Center in Jackson:
  - Inoculated chick embryos with fibro sarcoma (bone cancer)
    - saline solution embryos: few new blood vessels infiltrated tumors
    - alcohol embryos: angiogenesis (blood vessel network)
    - Protein secretion (vascular endothelial growth factor)

“We believe if a person has a high risk of cancer, they shouldn’t drink.”

Jian-Wei Gu, UMMC, *Science News*

January 15, 2005, p. 37

“Alcohol is underestimated as a cause of cancer in many parts of the world.” Dr. Paolo Boffetta, Int. Agency for Research on Cancer, Lyon, France (CNN Jan 30, 2006).

“A sizeable proportion of cancer today is due to alcohol intake and this is increasing in many regions, particularly in east Asia and eastern Europe.”

“Given the linear dose-response relation between alcohol intake and risk of cancer, control of heavy drinking remains the main target for cancer control.”



1 Cor 10:31



“Whether  
therefore ye  
eat, or drink, or  
whatsoever ye  
do, do all to the  
glory of God.”