

How To Eat Healthy Food

Eat Healthy Foods in the
proper food combinations in
few varieties and practice
portion control.

The human body is fearfully and wonderfully made. Inside of us is a divine intelligence within the cells and every fiber of our body. For instance to prevent a heart attack the body knows what to do with the correct ratio (4 to 1) some say (2 to 1) of Omega 6 and Omega 3 fatty acids to benefit from EPA and DHA which blocks inflammation and blocks the oxidized cholesterol state and also prevents clotting. Do you even know If you're eating the correct ratio of Omega 6 and Omega 3 in your plant based diet? The most common people who are omega-3 deficient include those who consume a large amount of processed foods, hydrogenated oils (fried foods), and those on a vegan or vegetarian diet.

Most omega 3 benefits have been found in EPA and DHA so you will want to focus more on consuming those omega 3 foods.

Stop eating fried foods and start eating Flax Seeds—It's super high in Omega 3

Eating a plant based diet without understanding is harmful and deceptive. How the body works – what it's designed to do and why you need to follow the Creator's divine prescription for health is knowledge you need – “And with knowledge get understanding”.

Healthy Foods

Genesis 1:29(KJV) “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.”

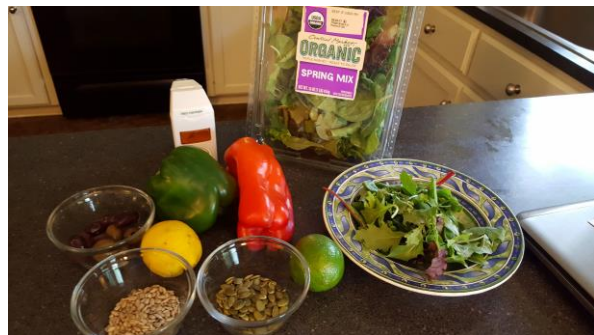


Genesis 3:18(KJV) “Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;



How To Eat Healthy?

Start with Fresh, ripe produce prepared free of grease, free of excessive salt and spices.



In genesis 1:29 we are told what to eat to be loyal to God and reflect the image of God.” Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” - Matthew 4:4 Read for yourself – In the bible are the promises of health and soul prosperity for all who obey God. “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2

Proper food combinations

Fruit and vegetables eaten together produce acidity of the stomach. Fermentation and putrefaction (rotting) is the result of incomplete or poor digestion. It is better to have the fruit at one meal, and the vegetables at another.

Meals should be made of the kinds of healthy foods that combine well and are compatible with each other. Avoid heavy and complicated mixtures, which is a frequent cause of indigestion. The simpler the meals, the easier to digest and won't cause inflammation.

Variety

3 kinds of food in a meal is all the variety needed to stay interesting and not overtax the digestive organs.

Too much variety at any one meal encourages overeating, and causes indigestion and inflammation.

When planning a meal, choose complex carbohydrates such as whole-grains, nuts or seeds, vegetables (for vegetable meals), and succulent fruits (for fruit meals). These healthy meals contain nutrients and fiber.

Portion Control

Stress Overeating has a worse effect on the body than overworking. The habit of eating too much food, even best of the best food quality, is dangerous and lead to disease even heart attack.

Some people jump to the conclusion that simply cutting meat from your diet will lead to health benefits. But it's actually more complicated than that. God is the healer. You can't necessarily conclude health benefits will be solely based on the absence of meat.

Whether you're a vegetarian or not, **you can benefit from the high fiber, no "Fried-Foods" and rich nutrients of a plant based diet of divine prescription.**

Dear Friend,

Heart disease, stroke and advanced brain disease (dementia- Alzheimer's) is so prevalent in our world today because of eating habits out of harmony with God's divine prescription. Will you make dietary changes to stop the war (indigestion and inflammation) in your stomach? I could give you a list of fruits, vegetables, grains, etc. to choose from but that would not be wise. If you have been eating wrong for years then more than likely your digestive system needs the divine prescription to restore balance and proper function. You can learn to trust in divine power and break free of harmful and deceptive eating habits.

I'm reaching out to you to take advantage of a free consultation. Contact me at www.glendabhill.com

1 Corinthians 10:31(KJV)

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