

Better Health from Real Food, a War between God and Satan (20 April 2024)

## Introduction

[Picture of Forks Over Knives video and Better Health from Real Food, a War between God and Satan]

In 2013 I watched “Forks Over Knives”, a documentary on Netflix. The information was so powerful that I decided to change to the whole food plant based diet presented in the documentary.

As I continued my online search for more information about this diet, I learned that this was really a way of eating plant based foods with minimal processing and avoiding animal based foods as well as avoiding excessive use of salt, oil, and sugar.

The health improvements were significant from changing to a plant based diet. The doctors had very sick patients on numerous medications and all were able to come off their medications and live better and more normal lives after they changed what they ate. This confirmed my decision to adopt a plant based way of eating.

I will tell you how your health is being affected by God’s design of our body, how the food industry makes their meals so tasty that you eat more than your body needs, and how the medical care system is trained only in the pharmaceutical solution for health care.

In my search for more nutritional information, I came across the long lifespan of the Seventh Day Adventists in Loma Linda, California because they favored a vegetarian diet.

When my physician, Dr. Errol Bryce said he was a vegetarian and a Seventh Day Adventist, I decided to become a Seventh Day Adventist. So that is why I am here at this DFW Fil-Am SDA Church.

## Better Health from Real Food, a War between God and Satan

Let us pray: Heavenly Father, we know you love us and you guide us to the food we should eat. Open our hearts and minds to learn how our real sinful world is confirming your loving guidance for our greatest benefit. Amen

Chad Rowan grew up in Waimanalo, Hawaii. I grew up in Waimanalo, Hawaii. There is a slight difference in our ages and heights, but the really big difference is in our weights. Chad Rowan got his weight up to 520 pounds, by choice. Why would anyone want to be so obese?

[PICTURE OF AKEBONO TARO]

This is Akebono, the first non-Japanese grand national sumo wrestling champion in Japan. His birth name is Chad Rowan.

[Chad passed away earlier this month from heart failure. He was 54 years old.]

[PICTURE OF ISRAEL KAMAKAWIWAOLE]

This is Israel Kamakawiwaole. He weighed as much as 757 pounds, not by choice. He just could not control his appetite. He was a famous singer and much loved in Hawaii. He lived to be 38 years and 1 month, survived by a young wife and baby girl.

This is War Zone 1, where God is on our side.

God loves man. He wants to have a relationship with his creation. Therefore he wants the best for us. That is why He tells us what to eat because he knows what is the best for our health. The better our health, the longer we live to have that relationship with Him. The longer we live in good health, the better our life will be here on earth with our family, friends, and relatives. God created the human body to survive in good times and bad. Food was not always available in abundance so He designed the human body to store any calories in excess of immediate need.

When was the last time you faced famine [no food for an extended period]? NEVER

BUT: God created our body to store all unused calories. So our bodies save all extra calories.

Since we never face famine, we must control what we eat and how much we eat or it will create health problems. This is a simple solution but it takes will power to change our eating habits.

PICTURE OF TRIPLE WHOPPER

This is a Triple Whopper, the ultimate burger from Burger King.

We are now in War Zone 2, the food industry, where Satan pushes profits for corporations

1 Timothy 6:10 For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

25 years ago, I used to love eating the Burger King Whopper, their biggest burger. Now they have the Triple Whopper, and it's not even their biggest burger. But it cost three times more and has way too many calories, too much salt, too much oil, and cancer promoting amounts of animal protein.

If you are the Chief Executive Officer (CEO) of Burger King, what is your primary goal? Most likely it is to increase both sales [top line] and profits [bottom line]. The food industry is driven by the profit motive. They are not in business to sell healthy food that is not in demand because it cannot be raised to the irresistible level of tastiness. To sell more food, you have to make it taste so good that your customers come back for more. To do that, you know that the perfect blend of added salt, oil, and sugar will make your food so tasty because you have found that "bliss" level of flavor.

You love your Triple Whopper because it is so tasty. The bad result: We are eating too much:

- 1) salt resulting in hypertension and high blood pressure;
- 2) oil resulting in excess calories because oil is pure fat with no fiber to fill you up;
- 3) sugar which hits your brain's dopamine receptors that tells you to eat more till you are stuffed. This leads to weight gain and all the health problems that come with excessive weight.

Genesis 1:29 And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

God has told us what our food is, which is all plant based. You need to convince yourself of what happens to your body if you eat anything you want to eat and not what God says is food. God is a loving God, not a dictator, so He tells us what is our food but he will not command us to eat only that food.

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When Brooke was 16 years old, she was told she had lupus and would die in 6 months.  
When John was 18 years old, he suffered a massive stroke which paralyzed the left side of his body.  
Remember their names, we will return to them in a few minutes.

We are now in War Zone 3, The medical care system, where Satan works to influence the type of remedies

Hippocrates (~460 B.C. to ~370 B.C., time of Medo-Persian Empire, Nehemiah, Esther, Artaxerxes)  
Greek physician, "the father of medicine"  
"Our food should be our medicine and our medicine should be our food."  
"Just as food causes chronic disease, it can be the most powerful cure."  
"All disease starts in the gut."  
"Leave your drugs in the chemist's pot if you can heal the patient with food."

Ask your doctor about nutrition and its relationship to health. What is the reaction?

Most doctors have practically no nutritional training in medical school. The pharmaceutical industry has provided incentives to medical schools to include instruction in the latest drug therapies for treatment of all diseases. There are no incentives for nutritional training.

How many of you are taking prescription medication from your doctor?  
If you are taking prescription medication, have you read the fine print that discloses the side effects on your body from this medication? Some side effects are worse than the original health issue.

There are doctors who prescribe medicines. And then there are doctors who really care for you.

My father was diagnosed with cancer in December 1996. My mother called me to come home so I was on a plane the next day from Denver to Honolulu. When I walked into the hospital I asked the check in desk where I could find my Dad. A doctor looking over his patient records walked over and introduced himself as the oncologist caring for my Dad. He did not express any condolences to me for my Dad's cancer. He just said my Dad had between 2 days to 2 weeks to live. I later learned that he was the top oncologist at that hospital and well respected in the Honolulu medical community. We also took my Dad and his medical records to a relative who was a doctor to get another medical opinion. Rather than give a medical opinion, he asked my Dad how old he was. And my Dad said he was 88 years old. The doctor laughed and said that was a long time to live. He asked my Dad "How much longer do you want to live? So two doctors and no real caring for the patient even if he was a relative. My Dad lived another 4 months before he died from his cancer. He died in his bed at home with Mom, my older brother and his wife, and myself in the home. In those last 4 months we experienced more caring from the hospice nurse on her daily visits than from the 2 doctors.

The medical care system is trained in the pharmaceutical solution which does not treat the cause of food related diseases, which is the majority of chronic disease today. There are some knowledgeable doctors that are aware of this problem but there are too few of them. All of these doctors promote a whole food plant based way of eating and have many stories of successful treatment of their patients. They care for their patients so that their lives improve.

[ASK CHURCH ELDERS TO DISTRIBUTE ONE PAGE HANDOUT AT THIS POINT]

SUMMARY: God designed our body to save every calorie we eat. The food industry makes their food so tasty that we eat too many calories. Too many calories causes weight gain. Too much salt, oil, and sugar in those tasty foods cause diabetes. Too much animal protein and dairy products promotes cancer. Which gets back to God telling us that he wants us to eat plants.

A whole food plant based diet will prevent or reverse the following chronic ailments:

heart disease	lung cancer	stroke	colon cancer
pancreatic cancer	esophageal cancer	diabetes	liver disease
kidney disease	breast cancer	suicidal depression	prostate cancer
Parkinson's disease			

Let me ask you a question. Let's say you have one of these ailments and you are probably on medication for it. If God loves us, why did he allow this to happen to you? It could be simply your bad luck. But it could also be God's way of getting your attention to focus on your health and that includes eating the best food to improve your health because the medication will not do that. That is what all the doctors on the handout sheet know and that is why they all recommend a whole food plant based diet to prevent all these disease from happening in the first place. Medication is too late and it does nothing to prevent the disease. Medication just lets you live with the disease, at least for a time. If you have diabetes but you do not change your diet, all your medication will not cure diabetes. You will continue to get worse and eventually die from diabetes. Think about that.

[HANDOUT]

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A. Hope for the future: The growing holistic and naturopathic health care providers

Here are some doctors, researchers, and dietitians that are fully aware of all these problems and treat their patients with proper healthy remedies. You can go online to Youtube and watch hour long videos presented by any of these doctors and no matter which one you chose, you will find a similar message which tells you that you are getting the truth.

Dr. Neal Barnard	Dr. Errol B. Bryce
Dr. T. Colin Campbell [PhD researcher]	Dr. Garth Davis
Dr. Caldwell B. Esseltine, Jr.	Dr. Joel Fuhrman
Dr. Alan Goldhamer [chiropractor]	Dr. Brooke Goldner
Dr. Michael Greger	Dr. Joel Kahn
Dr. Michael Klaper	Dr. Matthew Lederman
Dr. Doug Lisle [PhD psychologist]	Dr. John McDougall
Dr. Michelle McMacken	Dr. Milton Mills
Dr. Dean Ornish	Dr. Pam Popper
Dr. Alone Pulde	Dr. Reshma Shah
Dr. Ellsworth Wareham, SDA, age 104	Dr. Ron Weiss
Dr. Kim A. Williams	Brenda Davis, Registered Dietitian
Jeff Novick, Registered Dietitian [watch his videos and be entertained as you learn]	

B. The plant based documentaries

Here are some documentaries that you can find online at Youtube. Most are an hour to two hours.

Forks Over Knives	H.O.P.E. What You Eat Matters
Cowspiracy	The Invisible Vegan
Eating You Alive	PlantPure Nation
Fat, Sick, and Nearly Dead	The Engine 2 Kitchen Rescue
Fat, Sick, and Nearly Dead 2	Vegucated
Food Choices	What the Health
The Game Changers	

C. Books to read

*The China Study* by Dr. T. Colin Campbell  
*Prevent and Reverse Heart Disease* by Dr. Caldwell B. Esselstyn, Jr.  
*Eat for Life* by Dr. Joel Fuhrman  
*How Not to Die* by Dr. Michael Greger  
*The Pleasure Trap* by Dr. Doug Lisle  
*The Starch Solution* by Dr. John McDougall  
*Dr. Dean Ornish's Program for Reversing Heart Disease* by Dr. Dean Ornish  
*Becoming Vegan* by Brenda Davis and Vesanto Melina

Handout: Please look at the one page handout that you were given and please raise your hand if you did not get this handout so we can get you a copy now.

I call this handout "Hope for the future."

Remember, I am a geophysicist, not a doctor. If I was not able to convince you to change your diet, you need to watch videos of these doctors, each of whom are not only very knowledgeable but also very caring, which will become very obvious as you observe their presentations.

Dr. Errol B. Bryce presented his sermon and health message here at our church on 23 December 2024. He has made presentations that are available on Youtube. Like all the people on this list, he is both very knowledgeable and very caring.

Dr. T. Colin Campbell is recognized around the world as the foremost expert on nutrition and early cancer research and is famous for writing *The China Study* that has sold over 2 million copies in many languages around the world. His lectures are fascinating if you really want to learn about nutrition and the effects of whole foods on the human body. [picture of cancer growth with changing 5% and 20% animal protein]

Remember that 16 year old teenager that was told she had Lupus and had 6 months to live?

[PICTURE OF DR. BROOKE GOLDNER AND HER FAMILY]

Dr. Brooke Goldner went from a patient with severe lupus on many medications to full recovery with no lupus and no medications. She also lost a lot of weight, married her boyfriend and has 2 boys when she was told she could never have children when she had lupus. She is a doctor on a mission with herself as a case study of what eating the right foods can do for your body. Dr. Bryce referred this to a patient.

Remember that 18 year old teenager that had a massive stroke that paralyzed the left side of his body?

He was so frustrated that none of the doctors who visited him could tell him why he had a stroke that he decided to become a doctor. [PICTURE OF DR. JOHN MCDUGALL AND AL AT 2017 MCDUGALL HEALTH CLINIC]

Dr. John McDougall learned his secret of "It's the food!" when he was the doctor for the sugar plantation town of Honokaa, Hawaii. He is now retired but still lectures. I attended his last 10 day live in health retreat in Santa Rosa in 2017, just 2 months before wildfires destroyed his home. He and his wife Mary now live in Portland, Oregon, close to their medical doctor son and his family. [ForksOverKnives, 21m20sec 22m24s]

The major traits of all these professionals is extremely high knowledge of their specialty and a high level of caring for their patient—quite a difference from my experience with my Dad's doctors in 1996-1997.

Handout topic B: The plant based documentaries

These documentaries cover the health reasons why plant based foods are good for the human body and why animal based foods create problems in our diet.

Forks Over Knives was produced in 2011 and is still the best for the science behind what plant and animal foods do to our bodies.

Fat, Sick, and Nearly Dead is about a young wealthy Australian that went from overweight, poor health, and lots of medications and through "reboots" using juicing lost a lot of weight, got off all medications, and restored his health. He filmed his journey and gained a lot of followers, some of whom in the USA also turned their health around through juicing reboots.

The Game Changers is produced by James Cameron [Titanic, Avatar] and documents the winning athletes that are plant based, proving you can still win by eating plants.

Handout Topic C: Books to read

If you have the time and the interest to increase your knowledge as to why a plant based diet is so healthy, then these are some of the most important books to read:

## Final thoughts

My cousin Brian Murashige lives in Waipahu, a suburb of Honolulu. When I moved back to Honolulu to care for my mother in 2002, Brian invited me to his stepson Lee's wedding. About a decade later Brian said Lee had stomach cancer and they were going to remove the cancerous part of his stomach. About that time, Dr. Joel Fuhrman wrote a book titled *Fast Food Genocide*. I read it and sent an email to Brian about the book and asked how Lee was liking his new diet. I had assumed that Lee changed what he was eating after the surgery. I was shocked and saddened when Brian said Lee had passed away. He said Lee was addicted to fast food and soft drinks, exactly as Dr. Fuhrman wrote about in *Fast Food Genocide*. Lee kept eating the food that caused his cancer and it came back to take his life not long after the surgery.

Nutritional science now knows that plant foods contain so many phytochemicals that control how the body processes the whole plant which results in the human body getting all the nutrients needed to maintain a completely healthy life. Animal foods lack all of these micronutrients and have many negative factors that create an unhealthy environment in the human body. The human body thrives on plants alone. The human body suffers on only animal products.

If you have a food caused health problem and you do not change what you eat, all the medicines and medical procedures will not cure that problem, only a whole food plant based way of eating can resolve that health problem. The side benefits will be weight loss, removal of the need for most or all medications, better sleep, more alertness during your waking hours, better general health, more energy and vitality, prevention of memory loss and dementia with age and a longer lifespan to enjoy with your family. There are no negative consequences with a whole food plant based lifestyle.

When you change to a whole food plant based way of eating, your taste buds change. That is when you can taste the real natural sweetness of fruits. You will be able to taste the excessive amounts of sugar in your old desserts that you will not like it anymore. Remove salt from your diet and your taste changes so that when you go out to eat at a restaurant, you will come home and need to drink a glass of water to dilute the excessive saltiness in your mouth from that tasty restaurant food. Oils are the last of the flavor enhancers that cause health problems. Oils do not provide any necessary nutrient to the human body. It is used purely to make food taste better but at the cost of pure fat and extra calories. When you remove all oils from your diet you will see your weight drop and you will find kitchen cleanup will not need detergents and will be a lot quicker.

Exodus 15:26 and said, "If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you."

Ezekial 36:29-30 I will deliver you from all your uncleannesses. I will call for the grain and multiply it and bring no famine upon you. And I will multiply the fruit of your trees and the increase of your fields, so that you need never again bear the reproach of famine among the nations.

[Instruction from Dr. Erroll Bryce: put down notes, pause, look them in the eyes]

I have 2 questions for you. Do you think God knows what he is doing? [Pause] Do you trust him?

[possible alter call by Dr. Errol Bryce]

Heavenly Father, thank you for touching those who honored your call and we pray for their success. Amen  
[if no alter call]

Let us pray: Heavenly Father, thank you for loving us and telling us what is the food you provide for us so that we may enjoy the best health and protect our bodies from illness, that we may maintain our bodies as your temple in us so that we may have a long and joyful relationship with you, and to honor the reason you created us. Amen