

## **FYI - Building Blocks to a Healthy Life**

**Know that everything that we put into our mouth has the potential to either produce life or death.**

**Know the difference between living foods and dead foods:**

**Living Foods: Will protect your body from cancer, heart disease, all degenerative diseases and obesity.**

**Dead Foods: Will make you disease-prone, will cause degenerative diseases such as diabetes, cardiovascular disease and arthritis.**

**Living Foods:**

**Fruits, vegetables, grains, seeds, nuts**

**The natural ingredients that God put in living foods flow into your system in their natural state and is recognizable as FOOD!**

**Dead Foods:**

**Have fallen into human hands and have been altered to have longer shelf life and made to be addictive as possible. Dead foods hit our bodies like a foreign intruder. Chemicals, including preservatives, food additives, bleaching agents place a strain on our liver. Toxin man-made fats begin to form in our cell membranes and they begin to form plaque in our**

**arteries. That generally means the manufacturer has added considerable amount of sugar (dextrose, corn syrup, fructose, glucose and any other food ending in OSE. It also means that they also add man-made fats that involve taking various oils and heating them to dangerously high temperatures so that the nutrients die and become reborn as something completely different – a deadly, sludgy substance that is “toxic” to our bodies. This substance is called “HYDROGENATED” or ‘PARTIALLY HYDROGENATED”.**

### **DEAD FOODS:**

- **Bad foods are a habit**
- **Bad foods are convenient**
- **Bad foods are a vicious cycle**
- **Hormones make bad foods look good**
- **Bad foods give comfort**

**The main reason many Americans are obese is simply  
GLUTTONY!!!!!!!!!! AND CHRISTIANS ARE NO EXCEPTION.**

**Christians often think that because they don't smoke, drink or party, they can eat all they want. Emotions are usually at the root of all obesity problems.**

**Make a note of what the ingredients are in the foods that we purchase to put into our bodies – READ THE LABELS!**

**When we eat, chew your food thoroughly and put your fork down between bites and eat SLOWLY!**

**Our physical bodies are PRECIOUS and were created as a dwelling place of our CREATOR! – STOP POLLUTING OUR TEMPLES!**