

Vel's Talk

II Corinthians 6:16

**“Believers are spiritual houses in which the spirit of
Christ dwells” – Be mindful of what we feeding our
Temples!!!!!!!!!!!!!!**

What Would Jesus Eat by Dr. Don Colbert, MD

MEATS

Recommends:

Use Meats cautiously (once or twice weekly)

3 Top reasons to limit red meats in our diet:

- High concentration of toxins (pesticides, sulfa drug, hormones, antibiotics are stored in animal fat(skin)
- Excess protein congests our organs and cells, thereby making our tissues acidic, which makes detoxification harder by putting a strain on our kidneys

Irradiation – when meats are zapped by radiation, it destroys 95% of vitamin A in chickens; 86% of vitamin B in oats; 70% of vitamin C in fruit juices, thereby reducing essential fatty acids and friendly bacteria /enzymes

Biblically:

Red Meat was nearly always a speciality food reserved for special occasions; feast, weddings, banquets

1. Jesus did not eat pork or any other unclean meat
2. Jesus did not eat meat fat
3. Jesus did not eat the blood of slaughtered animals
4. Jesus ate meat sparingly

When choosing to have meat, make sure to select **organic, free-range** or **grass feed meats** with the **leanest cuts**

Avoid – Avoid at All Costs !!!!!!!:

Highly processed meats (Bologna, sausages, ham, bacon, cold cuts and luncheon meats)

These meats are very high in fats and are mostly processed from the waste products of the animal flesh /hair; and, have Nitrites or Nitrates added, which once consumed in our body is converted to Nitrosamines in the digestive tract which is well known to be associated with various forms of cancers.

If red meats are going to be eaten, it is strongly suggested:

1. Cut down on the intake per month
2. Make sure all red meat is trimmed of fat
3. Store red meats in the coldest part of the refrigerator
4. Don't leave cooked meats outside for longer than 2 hours
5. Cook all red meats at their proper temperature

We have absolutely no mention in the Bible of Jesus ever sitting down to a steak dinner or grilling a greasy hamburger, but we do read about him sitting down to meals of fish and bread. We would be wise to follow His example. Stay Blessed!