

Vel's Talk

II Corinthians 6:16

“Believers are the spiritual houses in which the Spirit of Christ dwells”

Jesus is our role model for everything that we need in order to sustain a healthy and balanced life. In many of His direct parables, He used food items to express key spiritual principles.

John 6:48-51

Jesus declares “I Am The Bread of Life”

God's initial plan for man was to be a Vegetarian (Genesis 1:29) – Our bodies were not designed to handle a diet high in meats and unhealthy food items. Bread was mentioned many times throughout the Bible

- Bread from Heaven (Exodus 16:4)
- Fed to the children of Israel as Manna
- Lord's Prayer – Give us our daily bread
- Man does not live by bread alone
- Jesus blessed the multitudes with two loaves of bread

Bread was one of the main staples in the biblical diet, being consumed two to three times daily. Jesus ate breads directly in the form of whole grains, which the two foremost grains used in the other were primarily wheat and barley. Wheat is actually mentioned 51 times within the Scriptures (Genesis 30:14; Ruth 1:22 just to reference a few).

One of God's Promises to the children of Israel is quoted in Deuteronomy 8:8-9:

If the children of Israel would obey His commands, then He would bring them into a land where bread would never be scarce (speaks directly to His Provision)

Today we can follow His example by choosing to eat only whole grain breads, pastas, cereals, muffins, bagels, pretzels, etc (avoiding as much as possible non-gluten products)

A common statement relays a critical message:

“The Whiter the Bread – the sooner you’re DEAD”

The milling and bleaching process for making bread in our current society removes approximately 22 important nutrients; and at the end of the refining process, the flour used from the wheat grains are actually grayish in color (this is not at all appealing to the eye); so, bleaching chemicals are added to make it white, thereby really stripping more nutrients 😞 - (white flour looks cleaner than brown whole wheat flour. Low-fiber breads are laced with a great deal of sugar and hydrogenated fats which become paste like in the intestines and always leads to constipation 😞!!!!

So, remember to be a smart consumer – know the ingredients of those food staples that are readily consumed almost daily.