

HEALING FOODS



HEALTHY FOODS



THE HEALING FOODS DIET



INTRODUCTION

*So whether you eat, drink or whatever
you do,
do all for the glory of God
~ 1 Corinthians 10:31*

Nature's foods contain powerful medicine in the form of phytonutrients, and **KNOWING HOW** to use those natural medicines **EMPOWERS** people with the **INFORMATION** they need to be **healthier, happier** and **free** from the ravages of **chronic disease**.

BIBLE FOODS WITH HEALING PROPERTIES

1. OLIVES AND OLIVE OIL

(DEUTERONOMY 6:10-11)

- Contributes to heart, brain, skin and joint health.
- Linked to cancer and diabetes prevention.

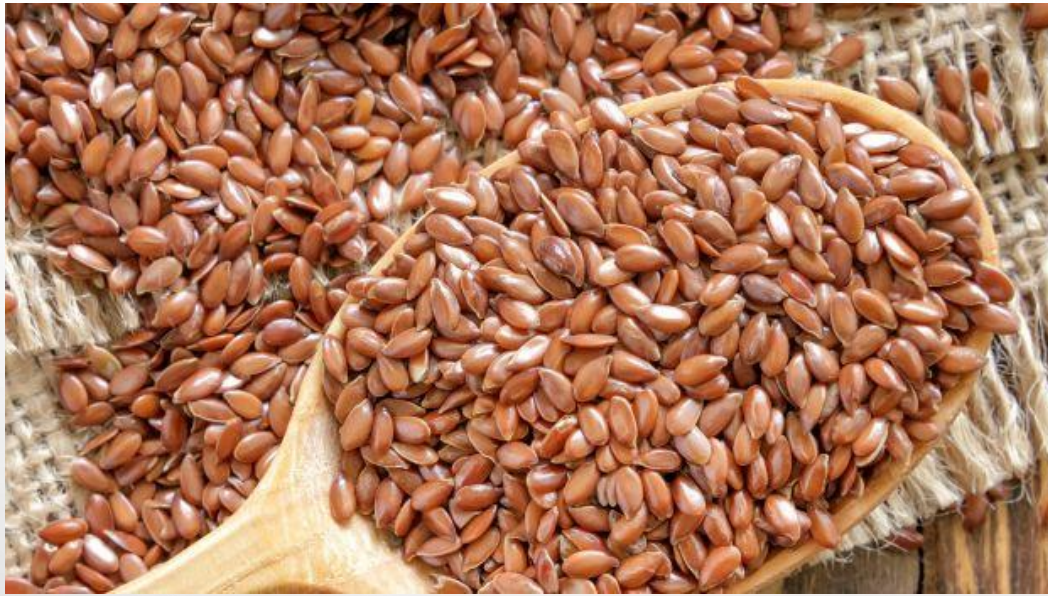


BIBLE FOODS WITH HEALING PROPERTIES

2. POMEGRANATES

(*DEUTERONOMY 8:7-8*)





FLAX

(Proverbs 31:10,13)

- **Provides a natural, vegan source of Omega-3 essential fatty acid and fibre.**
- **Fights against cancer, diabetes and heart disease.**

Sprouted Grain Bread

Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. (Ezekiel 4:9).



RAW MILK (*Proverbs 27:26-27*)

Goat milk has properties that help with the digestive and metabolic utilization of minerals such as iron, calcium, phosphorus and magnesium



LAMB (EXODUS 12:11)

- Rich in protein, vitamin B12, and minerals
- The healthiest red meat on the planet

FERMENTED GRAPES – (SONG OF SOLOMON 1:2)

- Natural anti-oxidant and flavonoid properties are exemplified through a substance called *resveratrol*.
- Linked to chronic disease reversal including diabetes and obesity.



RAW HONEY (PROVERBS 25:16)

BITTER HERBS (CORIANDER AND PARSLEY) -

EXODUS 12:8

Coriander is the seed of the powerful anti-oxidant and natural cleansing agent cilantro.

Europeans refer to it as the “anti-diabetic” because of its ability to regulate blood sugar, and being an effective anti-inflammatory.

Parsley has been shown to

- normalize blood pressure,
- help prevent cancer
- offer joint pain relief

VEGETABLES (DANIEL 1:12)



The background is a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the middle of the page.

MORE HEALING FOODS



BANANA

Cure for: Stress or Anxiety



YOGURT

Cure for: Constipation or Gas



RAISINS

Cure for High Blood Pressure



Tuna

Cure for: A bad mood, protects Heart Disease



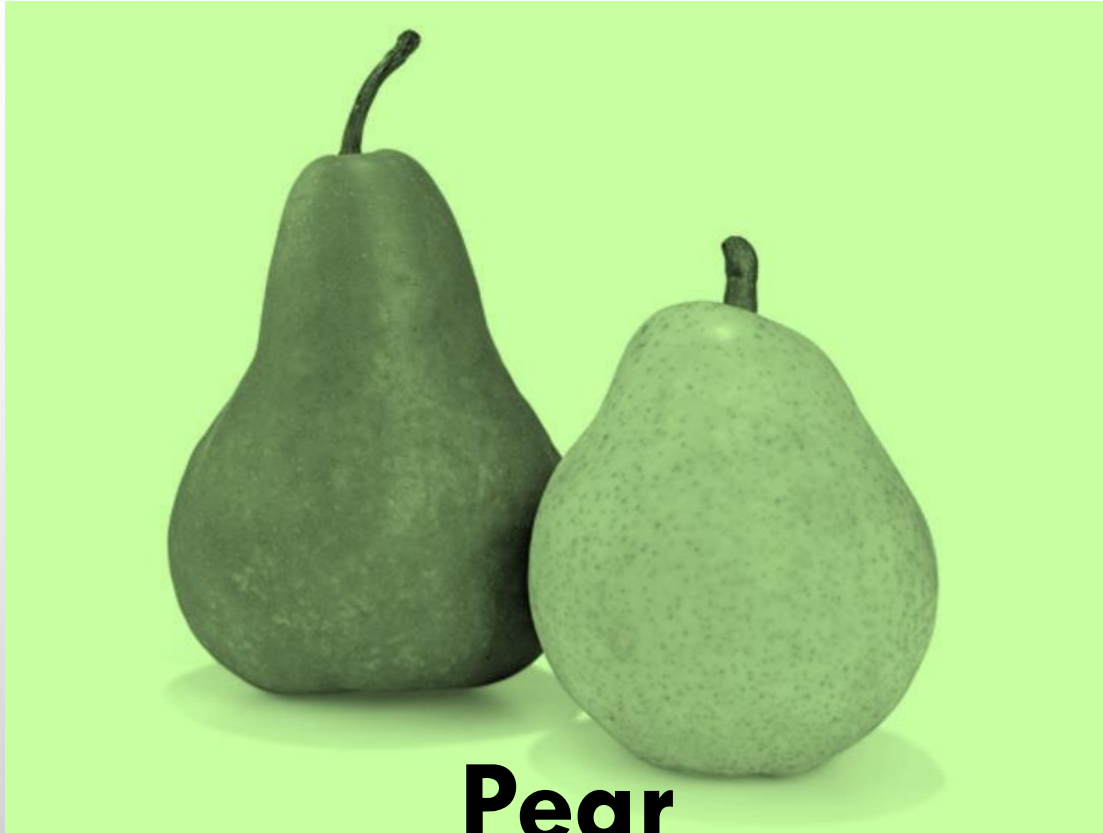
Ginger Tea

Cure for: Nausea



Basil

Cure for: Tummy troubles



Pear

Cure for: High Cholesterol



Pure Honey

Cure for: Coughing



Cabbage

Cure for: Ulcers



Cucumber

Reduce Cancer Risk
Fights Inflammation
Weight Management



Bran Cereal

**For More Energy
For Blood Sugar Control,
For Heart Health**



Turmeric

**Good For:
Arthritis Relief,
Cancer Protection**



TOMATO SAUCE

**For: Stronger Bones,
Cancer Protection,
Heart Health.**



Ginger

Aids Digestion

Reduces Stomach Aches

Cleans the Gut

Relieves Nausea



Oatmeal

Eliminates Insomnia



RED GRAPES

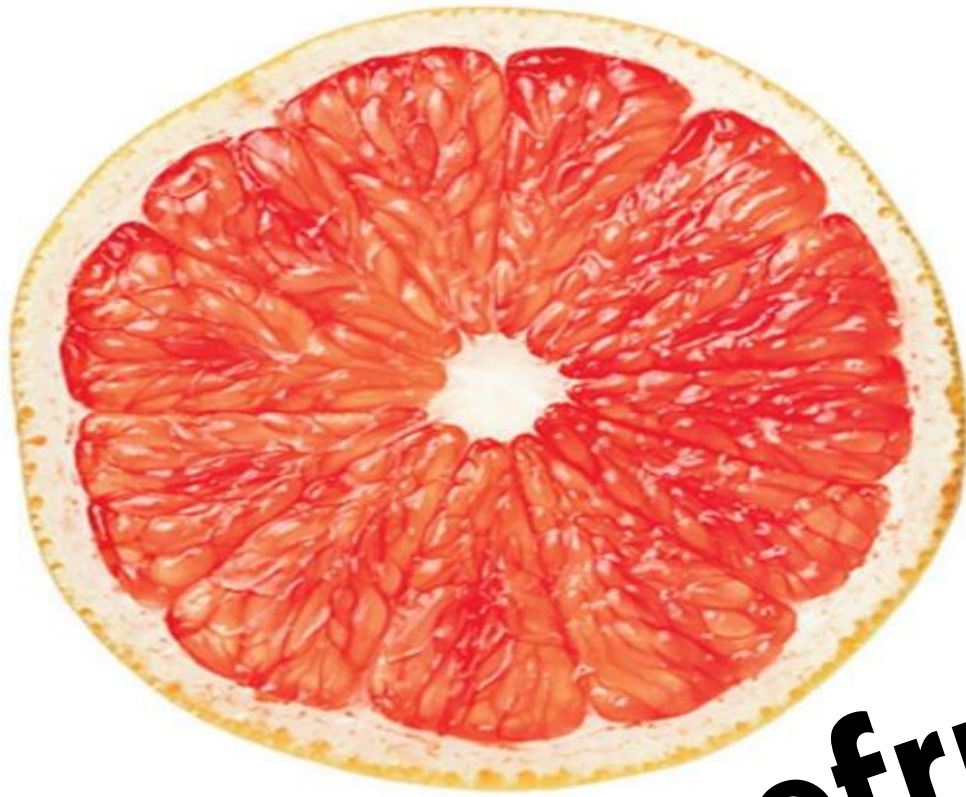
**Keeps the mind sharp
For Heart Health**



Nuts
To Fight Fats



LETTUCE
TO FIGHT FAT



Grapefruit
To Fight Fat



BELL PEPPERS

TO FIGHT FAT



Chilli Powder (Ata Gungun)
To Fight Fat



Citrus

Protects the heart



Popcorn

Super-heart-healthy snack



Apples

A daily apple delivers a double dose of heart disease protection.



Coconut Oil

**Manages Menopause, Prevents HBP
and Heart Disease**



Eating fish low in mercury and high in omega-3 fatty acids can help relieve back pain.

ACTION POINTS

- Try cooking with **Olive oil** or **Coconut Oil**. Stir Fry Your Vegetables in Oil
- Eat **Raw vegetables** (**Cucumber, Garden Egg, Carrot** etc) at least 3 times this week
- Buy a bottle of **Groundnuts** or **Almond nuts** and snack on it occasionally
- Drink 1.5 liters of **water** daily



CONCLUSION

- Being healthy is about eating as many unprocessed foods as possible.
- Eating real food — things you make at home and from scratch.