

you feed a monkey ordinary monkey fare, he will never have a heart attack. There is no way his body can set up for such an attack on a regular monkey diet. But in 1969 experimenters put a Rhesus monkey on a diet close to that of the average American. It contained 42% fat and about a 50th of an ounce of cholesterol a day.

Within two and a half years, the monkey suffered a massive heart attack. Upon autopsy the heart muscle and coronary arteries looked just like those of a human after a devastating heart attack. That should tell us something of the awful food trap that has been sprung on Americans.

EATING ISN'T WHAT IT USED TO BE

In earlier days (before 1900) Americans subsisted on a rather simple diet. They raised most of what they ate, securing very few food items from the general store. But that has changed. We don't live close to the soil any more. We live off of grocery shelves. Nearly all of the 15,000 items you find on those shelves are manufactured for TASTE and LOOKS—not for health.

If you begin to eliminate from your diet many of the items that were mentioned earlier, you will also be eliminating foods that are shortening the lives of millions of Americans. We have a massive health problem in the United States due to the way we eat.

FOODS TO AVOID

- Meats and dairy products.
- Refined sugar products: jams, jellies, jello, cake, candy, chewing gum and soft drinks
- White flour, bleached flour, enriched flour: white bread, biscuits, buns, cookies, pastries, gravy, noodles, pancakes, waffles, spaghetti and pizza.
- Catsup and mayonnaise.
- Salt: salted foods, potato chips, crackers and French fries.
- White rice and pearled barley.
- Fried foods.
- Coffee, decaffeinated coffee, tea, alcoholic beverages, chocolate and soft drinks (pop).
- Packaged breakfast foods.

WEIGHT CONTROL—A PERMANENT MATTER

Our bodies will need food until the day they die, that makes eating a PERMANENT proposition. Therefore the only answer to real weight control is a PERMANENT CHANGE in the kinds of foods we eat and the amounts. Such a change seems all but impossible when you consider how the giant food industry has done everything it can to make JUNK FOOD respectable and tempting. When everyone around you is living to eat, it is like swimming upstream to change your eating habits.

Exercise is also vital and should be added a permanent matter in weight control. It not only helps to burn calories, but because it does wonders for the

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory to God.

1 Corinthians 10:31

bloodstream, the delivery system of the body. Exercise is strategic to your weight loss program, and walking is the very best exercise. It can add years to your life.

Christians need to ask “Do I put food ahead of the Lord? Do I honor thee demands of my stomach before those of Christ?” It has been said: “Whenever you see a fat Christian, your looking at a man who is not walking with the Lord.”

If you leave the Lord out of your diet program, you may well find it IMPOSSIBLE to gain positive and complete control of your appetite. He made it very clear...

“Without Me Ye Can Do Nothing” John 15:5

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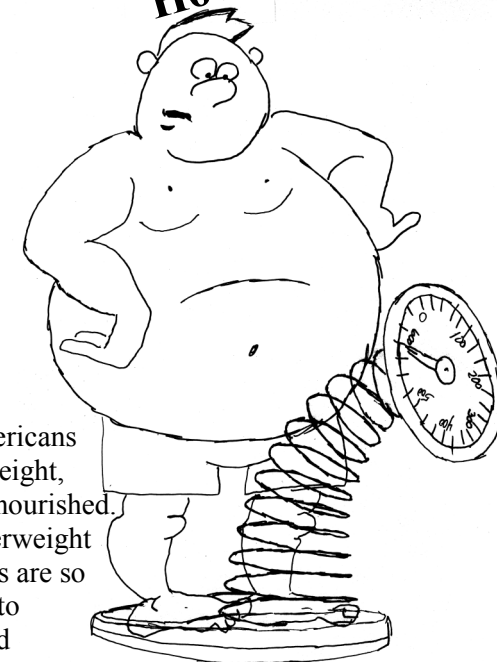
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Overweight?

How Healthy Is It?



Most Americans are overweight, but undernourished. These overweight Americans are so locked onto sweets and starches, they accumulate mounds of fat on their bodies, while they starve their tissues, blood and vital organs of nutrients needed to function. When the body is over loaded with “food” it can't use, the surplus goes into PERMANENT STORAGE. You are familiar with the common storage areas—hips, buttocks, thighs, waistline, neck and arms, All of it unhealthy.

OVERWEIGHT OR UNDERWEIGHT, WHICH IS HEALTHIER

Although it is generally known that overweight is unhealthy, it is not commonplace knowledge that underweight predisposes one to fewer diseases and infections. An article in the *journal of the American Medical Association* described an experiment showing “increased resistance to infectious disease due to undernourishment.” This does not refer to a state of

serious long-continued undernourishment, but discusses a laboratory experiment showing that rats eating fewer calories live longer than expected, which fuels theories that humans on similar diets could live past the 100-year mark.

“Rats and mice consuming 60 percent of their usual caloric intake survived an average of one-third longer than freely feeding rodents. They also suffered fewer tumors and other diseases,” the study found.

MORE ABOUT THE VALUE OF UNDER-EATING

Further evidence of the value of under-eating comes from Norway where, at a meeting of the Norwegian Public Health Association, it was shown that heart disease decreased decidedly in Norway during the German occupation of that country, when food (especially food rich in animal fats) was scanty. From 1917 to 1940 the mortality rate from circulatory and heart diseases had risen steadily. Then from 1941 it fell, reaching its lowest point in 1943—1944. After the end of the war, as food again became plentiful, heart and circulatory diseases again began to increase.

Deaths from hardening of the arteries and heart inflammation decreased during the occupation much more in the city areas where rationing was rigidly enforced than in the country where people raised and ate their own food.

LOW CALORIE DIETS AND CANCER

Perhaps more startling than either of the above reports is an article from the *Annals of the New York Academy of Sciences*, on the effect of low calorie diets on the formation of tumors. In this experiment, a control group of mice was fed as much as they wanted to eat of a basic ration, plus cornstarch. A second group was fed limited quantities of the ration, without cornstarch. Throughout the experiment the underfed mice revealed fewer disorders of the heart, Kidneys, liver and so forth than did the control mice. In addition, by the time the mice were 100 weeks of age, 26 animals in the group allowed to eat had developed tumors. No tumors had appeared in the underfed group.

In a second experiment the mice were injected with a substance known to produce cancer. Only 11 tumors grew in the group on the restricted diet, compared with 32 in the well-fed group. In addition to a decrease in the number of tumors in the underfed group, there was also a delay in the average time of appearance of tumors. In a further experiment the calorie content fed to several groups of mice was measured and, sure enough, it was found, after due time, that the less calories eaten, the fewer tumors.

SIGNIFICANCE FOR HUMAN BEINGS

What significance have these experiments for human beings? Surveys by life insurance companies show that middle aged individuals who are overweight are more likely to die of cancer than those of average weight or less. Persons 25 percent or more overweight have a cancer mortality of 143 per hundred thousand. Those who are 15 to 50 percent underweight have a mortality of only 95 per hundred thousand. It seems, therefore, that the avoidance of overweight may result in the prevention of cancer or at least a delay in the cancer process.

The *Science News* of May 1980, noted that overweight breast cancer patients die sooner than lean patients.

Can the answer lie in the candies, pies, cakes, fried foods, animal foods and white breads and pasta which make up a large part of our diet? It is known from the above experiments that one of the surest ways of being healthy and able to withstand cancer and many other diseases and infections is simply to get up from the meal table just a little hungry and to eliminate the above foods as well as between meal and bedtime snacks.

OVERWEIGHT IS A MISTAKE YOU CAN CORRECT

A clever man once summed up the reason for overweight thusly: “There are only two real causes of being overweight—chewing and swallowing.” It could be added, “...The wrong foods.” The important thing about this statement, however, is that it gets to the heart of the weight problem: eating. Of course, there can be other factors involved in overweight, but

careful selection of foods is really the source of healthy body weight, and all the pills and gadgets in the world won't help a bit if one's diet is ignored.

NO “EASY” WAY

Millions of dollars are made every year by investors who plan a campaign to take advantage of the overweight person's desire to reduce the easy way. Though the customer is well aware that reducing by simply taking a pill is impossible, he is still hopeful enough of some miracle to risk a dollar or a hundred dollars on a “painless” reducing plan. The “pain” involved is the rejection of sweets, the elimination from the diet of pastries, salt, junk foods, fried foods and second helpings.

Is it possible somehow to lose weight healthfully without giving up these things? Any responsible doctor or layman who knows even the most elementary facts about human physiology will tell you it is not. These foods contain the very stuff over weight is made of, so that eating them and hoping to reduce permanently and healthfully is as foolish as heaping wood on a fire hoping at the same time that it will go out!

Any drug which can increase the body's rate of burning calories enough to effect weight reduction without dieting is dangerous. In the past some diet drugs have caused deafness, blindness and paralysis before they were withdrawn from the market.

THE DANGER OF EXCESS POUNDAGE

The mortality rate of overweight persons is high compared with standard or expected mortality rate. The causes of death in overweight people are mostly degenerative diseases of the heart, arteries and kidneys. The latter rate is one and one-half times more than in the average. Diabetes causes death in four times more obese people than in the average. Cirrhosis of the liver and gall bladder problems occur one and one-half times as often, and childbirth is always open to complications when the mother is appreciably overweight.

When researchers want to conduct experiments on animals that resemble humans, they use monkeys. If