

The Sabbath Watchman

July - September 2018

“... doing the will of God from the heart...”

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The Sabbath Watchman

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Beacon of hope, faith, and truth in a confused world.

We believe:

- The all-wise, loving God created all things in the universe by His Son, Jesus Christ; He is its Owner and Sustainer.
- He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh.
- The Holy Spirit, Jesus' representative on earth, convicts of sin, guides into truth, and, when abiding in man, overcomes all unrighteousness.
- The Bible is the record of God's dealings with mankind and the standard of all doctrine; the Ten Commandments are the transcript of His character and the foundation of all enduring reform.
- His people, in harmony with God's Word and under the direction of the Holy Spirit, call all men everywhere to be reconciled to God through faith in Jesus.
- Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.

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Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart; With good will doing service, as to the Lord, and not to men. Ephesians 6:6, 7.

Let us in our lifework strive constantly to answer the prayer of Christ, that we may be united with one another and with Him. Let us always before undertaking anything, ask ourselves the question, "Will this please my Saviour? Is it in harmony with the will of God?" The consciousness that we are bringing the Christ-life into the daily experience will give a sacred dignity to the everyday duties. All that we do will be done with faithfulness, that the Master may be honored. Thus shall we show to the world what Christianity can accomplish for sinful human beings, giving them constantly increasing efficiency for service in this life, preparing them for the higher life in the world to come.—Manuscript 1, January 7, 1903, "An Appeal."

"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory." Colossians 3:1-4.

What a rich promise is this presented to us! Let us then show that we appreciate these promises and work to the point to be fully in earnest and to be thankful for such assurance. It is for our good and the good of all with whom we shall associate in all our public labors that we shall reveal that we are seeking those things that are above.—Manuscript 173, January 7, 1905, diary.

Ellen G. White.

Jesus and Genuine Love

The Saviour strictly forbade violence. He said: "Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire." Matthew 5:21, 22.

Every form of revenge, pressure, or reprisal, in which one returns evil for evil, will cease in the hearts and minds of His children. "Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also." Matthew 5:38, 39.

"These words were but a reiteration of the teaching of the Old Testament. It is true that the rule, 'Eye for eye, tooth for tooth' (Leviticus 24:20), was a provision in the laws given through Moses; but it was a civil statute. None were justified in avenging themselves, for they had the words of the Lord: 'Say not thou, I will recompense evil.' 'Say not, I will do so to him as he hath done to me.' 'Rejoice not when thine enemy falleth.' 'If he that hateth thee be hungry, give him bread to eat; and if he be thirsty, give him water to drink.' Proverbs 20:22; 24:29, 17; 25:21, 22, R.V., margin.

"The whole earthly life of Jesus was a manifestation of this principle. It was to bring the bread of life to His enemies that our Saviour left His home in heaven. Though calumny and persecution were heaped upon Him from the cradle to the grave, they called forth from Him only the expression of forgiving love. Through the prophet Isaiah He says, 'I gave My back to the smiters, and My cheeks to them that plucked off the hair: I hid not My face from shame and spitting.' 'He was oppressed, and He was afflicted, yet He opened not His mouth: He is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so He openeth not His mouth.' Isaiah 50:6; 53:7. And from the cross of Calvary there come down through the ages His prayer for His murderers and the message of hope to the dying thief." —Thoughts from the Mount of Blessing, pp. 70, 71.

Our actions toward others should radiate the kindness with which we ourselves wish to be treated; that is, according to the "golden rule" of Matthew 7:12: "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."

The Christian way of resisting violence in all its forms, according to the holy Scriptures, consists of specific behavior that recognizes no use of force but rather active love toward one's neighbor. Matthew 5:39, 41. "And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also." Matthew 5:40.

In the example of Jesus, we see that there is only one method that overcomes evil in every form, and that is goodness. We must leave vengeance to the Lord. "Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is Mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, thou shalt give him drink: for in so doing thou shalt heap coals of fire on his head. Be ye not overcome of evil, but overcome evil with good." Romans 12:19-21. This may be very difficult for the carnal mind; but, according to Christ's teachings and through the power of the Holy Spirit, it is possible and is the most effective way.

In times of war or persecution, we have two possibilities for escaping from danger as quickly as possible—prayer and flight. "But when they persecute you in this city, flee ye into another: for verily I say unto you, Ye shall not have gone over the cities of Israel, till the Son of man be come." "When ye therefore shall see the abomination of desolation, ... flee into the mountains: ... Let him which is on the housetop not come down to take any thing out of his house: Neither let him which is in the field return back to take his clothes." Matthew 10:23; 24:15-18.

We should not be in agreement with the attitude of James or John, who referred to the experience of Elijah (2 Kings 1:10-12; Luke 9:51-53). "And when His disciples James and John saw this, they said, Lord, wilt Thou that we command fire to come down from heaven, and consume them, even as Elias did? But He turned, and rebuked them, and said, Ye know not what manner of spirit ye are of." Luke 9:54, 55.

Would such a rebuke have been appropriate in the time of Elijah? No. He was a prophet of God under the old covenant in a physical theocracy dealing with physical nations. But Jesus established the Christian church as a strictly spiritual body to be His witnesses in a revolted world. He would rebuke a spirit of revenge today just as He did when He was on earth.

Our mission is to be carried out with the mind of Christ, meaning God's salvation is to be preached to sinful men for the strengthening of body and soul. "So then they that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of His." "For the Son of man is not come to destroy men's lives, but to save them." Romans 8:8, 9; Luke 9:56.

True Christian love encompasses not only love for one's neighbor but also for his enemies and persecutors. "Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for He maketh His sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so?" Matthew 5:43-47. See also Luke 6:27-36.

Jesus was slandered, but He never slandered others. He was struck but never struck back. He was tortured, but He sought no revenge. He lovingly forgave everyone. "Who did no sin, neither was guile found in His mouth: Who, when He was reviled, reviled not again; when He suffered, He threatened not; but committed Himself to Him that judgeth righteously." I Peter 2:22, 23.

"And when they were come to the place, which is called Calvary, there they crucified Him,... Then said Jesus, Father, forgive them; for they know not what they do." Luke 23:33, 34. Just as love was the stimulus for Jesus' every action, so this divine love must be imprinted in the life of every Christian. "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another." John 13:34.

Love—love for God and man—is the greatest commandment. "Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets." Matthew 22:37-40.

"He who is imbued with the Spirit of Christ abides in Christ. The blow that is aimed at him falls upon the Saviour, who surrounds him with His presence. Whatever comes to him comes from Christ. He has no need to resist evil, for Christ is his defense. Nothing can touch him except by our Lord's permission, and 'all things' that are permitted 'work together for good to them that love God.' Romans 8:28." —Thoughts from the Mount of Blessing, p. 71.

Problem solving

The words “problem” and “solution” are opposites. While the first one arises when one is faced with doubt, the unknown, a dilemma, a puzzle, or the intricacies of an idea, situation or issue, the second offers certainty, discovery, the outcome or reshaping of an idea, situation, or issue. Thus, a “problem” may be defined as something unexpected, unknown, or destabilizing that is beyond one’s immediate ability to find an appropriate response to or attitude toward. Throughout God’s word there are many expressions that eloquently verbalize the presence of problems, such as “What have you done to me?” Genesis 12:18. “What will be the end of these things?” Daniel 12:8. “Why did you do this?” Genesis 20:10. “What is that between you and me?” Genesis 23:15.

Faced with situations, events, moments, people and/or behaviors that surprise and disorient people in the framework of society, family, and relationships, it is important to keep things straight. Below are some guidelines to facilitate problem solving.

IDENTIFICATION

“Now therefore know and consider what thou wilt do;...” 1 Samuel 25:17. A dangerous situation that developed between Nabal and David became known to Abigail, Nabal’s wife, when a young man told her what had happened and the disaster that was imminent as the result. Abigail first identified the problem, and for this it was necessary to get all the details and ramifications. The details include who, what, where, when, how, and why, making sure the necessary information is clear and precise. Thus, the problem needs to be seen from different angles, for one needs to know the different things that caused the problem, such as origin, motivation, and religious and cultural values, among others. This is important, because at the moment the problem appears, it could have already gone through numerous phases, twists, and turns.

Two friends were talking kindly together when one of them expressed his sadness and anguish about something that was happening. His friend showed him a \$100 bill and asked, “Do you want this bill?”

“Sure,” he replied.

The friend then took the paper money, squeezed it, crumpled it into a ball, and then asked again, “And now—do you still want it?”

“Yes, of course. It is still \$100.”

Now his friend stretched out the bill, rubbed it on the dirty floor, stepped on it, and then offered it once more: “Do you still want it?”

“It is always a \$100 bill and has value in spite of its condition.”

What do we learn from this? In a family, each of its members is of great value, despite his or her present condition, weaknesses, or circumstances; and every effort should be made to keep that person’s worth in mind with proper perspective and objectivity.

“All men have been bought with this infinite price. By pouring the whole treasury of heaven into this world, by giving us in Christ all heaven, God has purchased the will, the affections, the mind, the soul, of every human being. Whether believers or unbelievers, all men are the Lord’s property.” —Christ’s Object Lessons, p. 326.

CONSIDERATIONS

When a problem is clearly understood, including the circumstances that led to it and how the different people (friend, husband, wife, children, or others) and parts are connected, it is possible to clarify the

problem so that it can be solved. This is essential to be able to decide what actions need to be taken and what attitude should characterize the solution.

Read the prophet Daniel's prayer in Daniel 9:5, 6, 9-11: "...We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from Thy precepts and from Thy judgments: Neither have we hearkened unto Thy servants the prophets,... We have rebelled against Him [the Lord our God]; Neither have we obeyed the voice of the Lord our God, to walk in His laws, which He set before us by His servants the prophets. Yea, all Israel have transgressed Thy law, even by departing, that they might not obey Thy voice; therefore the curse is poured upon us, and the oath that is written in the law of Moses the servant of God, because we have sinned against Him."

The process of formulating the problem actually becomes part of the solution. This can be seen in Daniel's intercessory prayer; for identifying the cause or origin of the difficulty shows the belief that there is a way to solve it in an effective and dynamic way, because you know what, how, and why.

STEPS TO A SOLUTION

Next, it is essential to consider the steps to follow to solve, minimize, or eliminate the problem. It is about using the "stop and think" principle, adopting a realistic, hopeful attitude toward the solution process, as follows:

- **DIVINE DIRECTION**

"O our God, wilt Thou not judge them? For we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon Thee. And all Judah stood before the Lord, with their little ones, their wives, and their children." 2 Chronicles 20:12, 13.

- **PRINCIPLES TO FOLLOW**

The king asked the wise men what should be done, according to the law. Esther 1:15.

- **PERSONAL INITIATIVE**

"...What can the righteous do?" Psalm 11:3.

- **VALUATION OF ACTIONS**

"... What can the man do...? Even that which hath been already done." Ecclesiastes 2:12.

- **FLEXIBILITY AND DYNAMISM**

"... See what was that good for the sons of men, which they should do under the heaven..." Ecclesiastes 2:3.

- **DIVINE CONSULTATION DURING THE PROCESS**

"... Lord, what wilt Thou have me to do?" Acts 9: 6.

- **CHANGE, LEARNING, AND EFFORT**

"Learn to do well; seek judgment,..." Isaiah 1:17.

"The most valuable rules for social and family intercourse are to be found in the Bible. There is not only the best and purest standard of morality but the most valuable code of politeness. Our Saviour's Sermon on the Mount contains instruction of priceless worth to old and young. It should be often read in the family circle and its precious teachings exemplified in the daily life. The golden rule, 'Whatsoever ye would that men should do to you, do ye even so to them,' as well as the apostolic injunction, 'In honour preferring one another,' should be made the law of the family. Those who cherish the spirit of Christ will manifest politeness at home, a spirit of benevolence even in little things. They will be constantly seeking to make all around them happy, forgetting self in their kind attentions to others. This is the fruit which grows upon the Christian tree." –The Adventist Home, pp. 423, 424.

ACTIONS

The above steps are general guidelines to follow, but the solution must be composed of concrete actions that contain the vital elements necessary to solve the problem at hand.

The sacred Scriptures show the principles to follow to solve problems that may arise, according to 1 Corinthians 13:1-8, as shown below:

- **LOVE "SUFFERETH LONG"**: The ability to help any member of the family to overcome weaknesses does not consist of tolerance, denial, or concealment of faults, sins or defects, but of patience and acceptance so there can be complete overcoming in a truly Christian spirit.
- **"IS KIND"**: Kindness is revealed in understanding, treating others with respect, and a desire to do good and establish goodness as a mechanism of transformation.
- **"ENVIETH NOT"**: In a family, there should be no competition or spirit of domination among any of its members, but the joy of doing good deeds, progress, and success for all should be cherished.
- **"IS NOT PUFFED UP"**: The family circle revolves around God, and none of the members should consider himself or herself superior to the others.

- **“IS NOT PUFFED UP”**: Humility is a virtue that makes a family successful. There should be a clear understanding of each person’s limitations and weaknesses, for complementarity and cooperation produce happiness in the home.
- **“DOTH NOT BEHAVE ITSELF UNSEEMLY”**: The divine principles of goodness and seeking salvation for all of the members of the family will keep discordant and disruptive elements away.
- **“SEEKETH NOT HER OWN”**: Mutual happiness, the well-being of all, and personal fulfillment in the family are essential.
- **“IS NOT EASILY PROVOKED”**: Dialogue, open communication, the free exchange of ideas, and a calm, peaceful spirit will keep potential problems from arising.
- **“THINKETH NO EVIL”**: Overcoming difficulties or weaknesses gives experience, strength, and a sense of victory, producing the joy of success instead of painful memories.
- **“REJOICETH NOT IN INIQUITY”**: Instead of focusing on the difficulties that may occur in the home, solutions are sought and a good attitude leads to victory.
- **“REJOICETH IN THE TRUTH”**: Transparency, honesty, and clarity are precious virtues to eliminate family problems.
- **“BEARETH ALL THINGS”**: No matter what circumstances are encountered, each family member supports, protects, and promotes the way of goodness.
- **“BELIEVETH ALL THINGS”**: Confidence, dedication, and availability to help will be a blessing to the family relationship at all times.
- **“HOPETH ALL THINGS”**: Realistic optimism and enthusiasm for doing one’s best and seeking salvation are wonderful goals.
- **“ENDURETH ALL THINGS”**: Dealing with negative, painful, and difficult circumstances in the spirit of heaven is a binding and empowering element in the family.
- **“NEVER FAILETH”**: The principle of love that comes from God does not depend on time, situations, or one’s personal condition, but strengthens and grows as the family walks with God to eternity.

“Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile: Let him eschew evil, and do good; let him seek peace, and ensue it. For the eyes of the Lord are over the righteous, and His ears are open unto their prayers:....: 1 Peter 3:8-12. Amen.





Raw Food

second part

By Arancha Lazar Markus

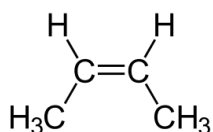
Parts of food that
change when cooking

PROTEINS

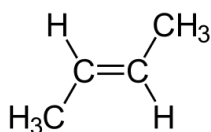
Heat adversely changes the molecular structure of proteins, impeding their digestion. Beginning at 100 degrees C. (212 degrees F), some essential amino acids are lost, such as lysine, which is needed for the absorption of calcium. (Amino acids are the building blocks that the body uses to form proteins). This leads to a decrease in the biological value of the protein.

FATS

Fats suffer oxidation above 60 degrees C. (140 degrees F). When temperatures rise above 160-200 degrees C. (320-392 degrees F), part of their unsaturated fatty acids become saturated, thus increasing the "bad" LDL cholesterol, which leads to coronary heart disease; and others change from the cis to the trans form. It is very difficult for the body to metabolize these fatty acids, for they do not exist in nature, and the cis form of enzymes are used in the body. Trans fats found in industrial pastries, margarine, pizza, fried and baked foods, snacks, etc., are harmful.



cis-2-Buten



trans-2-Buten

In 2002, at the University of Wake Forest (USA), a study² was carried out on trans fats. A group of monkeys was fed a diet containing 8% trans fats, and the other group was fed foods containing 8% monounsaturated fatty acids (such as in olive oil). Although both groups consumed the same amount of calories, over a period of six years (equivalent to twenty years in humans), the chimpanzees eating trans fats gained almost four times more weight than the other group, probably because such fats are very difficult to digest. This shows that a calorie is not always a calorie and that, rather than focusing on the quantity of food, we need to focus on its quality (vitamins, minerals, phytochemicals, biophotons, and enzymes), which will give us good health and the ability to face our daily challenges.

It should be mentioned here that all smoked foods and, of course, tobacco smoke⁵, as well as foods fried in oil reach temperatures up to 300 degrees C. (570 degrees F). Acrolein is then generated, which increases the risk of cancer in the lungs and pancreas. And if the foods that are fried or broiled at high temperatures (more than 120 degrees C., or 248 degrees F.) are high in starches, acrylamides are also produced, which are proven carcinogens; French fries are an example of this. The Food and Agriculture Organization of the United Nations (FAO) declared that concentrations of acrylamide in food are a major health concern⁴.

ENZYMES

The enzymes in food are complete destroyed when the cooking temperature rises above 42 degrees C. (108

degrees F.) These enzymes pre-digest food, making it easier for the body to digest, since it has to resort to less of the enzymes that it produces. Enzymes are involved not only in digestion (although this is the task that requires the most enzymes), but also in all of the body's functions—breathing, vision, cell repair, elimination of poisons and toxins, etc.

We are all born with a limited capacity to produce enzymes, which declines as the years pass. Thus, it has been seen that children have 100 times more enzymes than do the elderly. If we eat a lot of cooked food, the body needs to use enzymes for digestion that are required for other purposes; and the time will come when the other systems and organs (brain, heart, kidneys, immune system, etc.) will not have an adequate supply and therefore will not work properly. This can cause a broad spectrum of diseases.

Dr. Robert Howell, one of the pioneers of natural health, worked for six years at the Lindlahr Sanitarium in Elmhurst, Illinois, under naturopath Henry Lindlahr. There he witnessed how the patients who were placed on a diet that was high in raw foods gained splendid health and normal weight. Howell discovered that the “magical ingredients” in such diets were enzymes.

Cooking also destroys a good part of the biophotons of food; these are particles that supply vigor, strength, and energy. The amount of these compounds is closely related to the amount of sunlight the food received, the quality of the soil in which it was grown, and the amount of time between harvest and consumption. Foods with a higher content of biophotons include pineapple, mango, tomato, blackberry, peach, avocado, papaya, and banana. But it is not just fruit that has a high content of these particles, for the land and the sea also receive a lot of sunlight. In fact, spirulina and chlorella are two algae that contain high amounts of biophotons. For example, chlorella is very good for removing heavy metals from the body due to a high concentration of biophotons and mucilaginous fiber.

Dr. Norman W. Walker (1886-1985) was a pioneer in raw diets and a promoter of the vegetarian movement. He explained that cooked food produces in the colon a layer of coating similar to plaster. The more cooked food a person eats, the more he is subject to products of industrialization and the more such waste accumulates. Over time, this coating can increase in thickness. Thus, according to this doctor, it is common for people to have kilos of dirt in their colons. That opinion was shared by naturopath Arnold Ehret after he carried out hundreds of autopsies.⁷

In 1930, Paul Kouchakof presented evidence of postprandial leukocytosis⁶ (elevation of leukocytes or white blood cells). Normally leukocytes multiply when a person has any infection, intoxication, or poisoning.

This doctor observed that the number of leukocytes in the blood doubled half an hour after eating cooked foods, while this did not occur after raw food was eaten. Thus, the body treats cooked food like an invading or enemy agent. This increase in white blood cells does not occur when one eats fresh, live foods, thus benefiting the immune system. Therefore, it was asserted that cooked foods weaken the immune system. This Russian doctor indicated that such active and recurring demands placed on the immune system in reaction to cooked food (mild daily leukemia) devitalizes the body and decreases its defensive capability, making it more vulnerable to infections, flu, etc.

What does this mean? If I eat an apple and then have my blood drawn half an hour later to determine my body's white blood cell count, the hematologist will count approximately 7,000 leukocytes per cubic millimeter. That is a normal and current count, so everything is good. However, if, before eating the apple, I steam it for just 5 minutes, my leukocyte count will be around 14,000 leukocytes per cubic millimeter. That is double the rate resulting from eating the apple raw. The conclusion here is that the body considers the cooked apple, not as supportive of the system and friendly by nature, but as an enemy that must be defended against and neutralized. That is, the fire transformed the apple into something without life, into a set of molecules that was more or less altered.



But even worse is that an apple that is microwaved for one minute can raise the count to more than 40,000 leukocytes per cubic millimeter. That is, the body is able to distinguish the level of degradation of food. The microwave alters it much more than does the heat of a saucepan.

At this point someone may wonder, “Well, so the white blood cells rise, am I going to die because of that?” The immune system should be operating against potentially harmful enemies, such as viruses, bacteria, or even cells that are turning cancerous; but if it is activated every time we eat, that is obviously a waste of energy and

resources, which in turn will have a negative effect on the body and cause a loss of vitality, with all that that implies (predisposition to disease, premature aging, dysfunction, etc.).

This doctor found out that eating prepared or processed meat (cooked, smoked, salted) caused the most severe reaction, equivalent to the increase in leukocytosis that is experienced in poisoning. However, Kouchakof discovered that a vegetarian diet compensates for the adverse effect of a small amount of cooked food so as not to cause leukocytosis. Most people can tolerate a diet of 80 percent live food and 20 percent cooked food.

According to Kouchakof, raw foods cure acute and chronic illnesses quickly by reducing the tremendous overload of toxic substances and germs that the blood has to fight against and allowing the immune system to concentrate on curing and purifying the body. (Perhaps these data help explain why even vegetarians can get sick easily, such as from the flu).

LEUKOCYTOSIS POST PRANDIAL
Work of Dr. Kouchakof, published in 1930
The values express leukocytes per mm³

Moment of intake	Cooked Food	Cooked Food
Before the intake	7.000	7.000
5 minutes later	8.000	7.000
10 minutes later	10.000	7.000
30 minutes later	14.000	7.000
120 minutes later	7.000	7.000

Processed foods are generally high in sodium (common salt), so such foods would cause an imbalance, while uncooked foods are high in bioavailable potassium. In the opinion of the physician Max Gerson, creator of a therapy that is effective against chronic and degenerative illnesses) the body's balance is altered by an excess of sodium, and the body chemistry is severely affected. This is because there is a loss of cellular potassium, a key mineral in the transmission of nerve impulses, that catalyzes numerous enzymes, is essential for muscle contractions, including those of the heart, and increases cellular oxygen uptake. In turn, when we suffer from some pathology, cellular respiration is diminished. Nobel Laureate Otto Warburg discovered that cancer cells only proliferate in an oxygen-free environment. What foods contain a lot of oxygen? Raw foods. What foods lack oxygen? Cooked foods.

Other toxic and carcinogenic substances, such as benzopyrenes³ (which are polycyclic aromatic hydrocarbons) and heterocyclic amines, are also generated at high temperatures (200-700 degrees C., or 392-1292 degrees F.). Foods that contain such substances include grilled or barbecued meats, roasted nuts, very toasted bread, pizza, and bread made in a wood-fired oven.


Of course, I do not want to tell you that from now on you have to eat nothing but raw food. That would be going to an extreme. In fact, raw beans and eggplant contain a toxin that can penetrate the bloodstream and wreak havoc. Cooking deactivates these toxins⁸. I think it is very important not to go to any extreme.

The great access, in many parts of the world, to cooked and processed foods means that more calories are being consumed by people around the world than ever before. Currently, in developed countries, one in three adults over the age of 20 is overweight.

My aim is to invite you to try new recipes and improve your quality of life. Consuming a higher proportion of raw foods helps us to be healthier and have more energy, more vitality and mental clarity, and more joy in undertaking new projects. At the same time, we will be better able to eliminate toxins and to maintain the sodium-potassium and acid-alkaline balance. We will also feel younger and lighter, have better digestion, and maintain better weight. I can tell you this from my own experience in designing and testing a diet following the recommendations of Kouchakof.

Of course, every week we need to take vitamin B12 (approximately 1000 mcg) and eat a tablespoon of seaweed that is salted and soaked in water. I recommend these supplements, because the vegan diet does not contain high enough amounts of vitamin B12 and iodine. Sea algae (salt water) are very rich in iodine and are the best, most natural sources of iodine for adequate thyroid function. (This is important to know, because the soil in Europe is poor in iodine, therefore all the food grown in Europe lacks iodine. Other continents have a different profile; for example, the soil on the American continent is rich in iodine, so bananas, pineapples, and other products that come from there contain this mineral.)





On the other hand, the knowledge of how to combine foods is also important. Most people know that combining grains with beans produces a complete protein. However, when designing a diet rich in raw foods, we can accomplish in this another way. Make a green salad with a sauce made from some type of dried fruit or a cashew nut pate and then put it together with some type of cooked or sprouted legume; this combination also supplies all eight essential amino acids. (That is, a legume with a grain, or a legume with a nut.) There are also a few foods that have the 8 amino acids all by themselves, such as quinoa, chia seeds (chia does not need cooking; just soak it), amaranth, and hemp seeds. And finally, buckwheat and potatoes also contain complete proteins but in a lower proportion. If we eat boiled potatoes (the healthiest way to prepare potatoes) with raw vegetables, we can decorate our salad with 2-3 tablespoons of hemp seeds to obtain a complete protein. (Hemp seeds are very rich in complete protein with 3 tablespoons containing 10g of protein.)

We conclude this article by remembering that God is the Giver of health; only He can give us this gift. In a polluted world full of so many financial systems geared to make money from food and medicine, we are not secure if God does not protect us. Let us pray, thanking God for the abundant food, rain, sun, and air.

May He bless you with peace and health.

The Prophet Elijah

By Alfredo Fisicaro

“And he went and did according to the word of the Lord ...” (1 Kings 17: 5). Within the list of men of faith, we find Elijah, the prophet. He was a human being like us, subject to weaknesses, but decided to exercise the faith received from heaven and by the grace of Christ could triumph over the evil powers, both the powers of the air, as well as earthly. His example is a lesson for us. Let's see some of his greatest acts of full trust in God.

CALLED BY GOD

The servant who has been called by God for a Ministry should never doubt his calling or the purpose for which God called him. “Among the mountains of Gilead, east of the Jordan, dwelt in the days of Ahab a man of faith and prayer whose intrepid ministry was destined to stop the rapid spread of apostasy in Israel. Away from any city of renown and without occupying a position in life, Elías the Tisbita nevertheless began his mission trusting in the purpose that God had to prepare the way before him and give him abundant success” (PR, 87). The life of the servant of God, both yesterday and today, is characterized by much prayer, faith, consecration and obedience to the will of God.

ELIJAH'S ATTITUDE TO THE SITUATION IN ISRAEL

“While Elijah saw Israel sinking more and more into idolatry, his soul became anxious and his indignation awoke. God had done great things for his people. He had freed him from slavery and had given him “the lands of the nations ... to keep his statutes, and to observe his laws (Psalm 105: 44-45). But the beneficent designs of Jehovah had been almost forgotten. Unbelief was quickly separating the chosen nation from the Source of its strength. While he considered this apostasy from his retreat in the mountains, Elijah was overwhelmed with grief. With anguish in his soul he prayed to God to stop the people once favored in his impious career, to send him punishments if necessary, to induce him to see what his separation from heaven really meant. He longed to see him led to repentance before he arrived in his wrongdoing to the point of provoking the Lord so completely that he destroyed him” (PR, 87).

THE PROPHET LIVED A REAL EXPERIENCE OF FAITH

“Then Elijah the Tishbite, who was of the inhabitants of Gilead, said Ahab: the LORD God of Israel lives, in whose presence I am, there will be no rain or dew in these years, but by my word” (1 Kings 17: 1). Elijah really believed God, otherwise he could not have made such a statement without

incurring presumption; and faith in the words of God were supported by retention of rain and dew for three years. In addition to this, the Lord sustained his servant during this time by giving him food, drink and a safe place. God never abandons his servants who faithfully fulfill his designs, although they must go through distressing situations.

THE PROVEN FAITH IN SAREPTA

“And the word of the Lord came unto him, saying, Arise, go to Zarephath of Sidon, and dwell there; here I have given order to a widow woman to support you. Then he got up and went to Zarepta. And when he came to the gate of the city, behold, there was a widow woman who was there gathering wood; and he called her, and said to her, “Please bring me some water in a cup, so that I may drink.” And she going to bring it to him, he called her again, and said to her: Please, bring me a piece of bread in your hand too. And she said, As the LORD your God lives, I have no cooked bread; only a handful of flour I have in the jar, and a little oil in a jar; and now I was picking up two logs, to enter and prepare it for myself and my son, so that we could eat it, and let ourselves die. Elijah said: Do not be afraid; go, do as you said; but first make me a small cake baked under the ashes, and bring it to me; and then you will do for yourself and your son. For Jehovah, the God of Israel, has said thus: The jar of flour shall not run short, nor shall the oil of the jar dwindle until the day when the Lord rains it on the face of the earth. Then she went and did as Elijah said; and he ate, and she, and her house, many days. And the jar of flour did not run short, neither did the jar's oil dwindle, according to the word that the Lord had spoken for Elijah” (1 Kings 17: 7-16).

It was really a miracle so simple and so extraordinary at the same time in favor of Elijah, and also of the widow and her son. A clear demonstration of God's paternal love and care for his servant. God is faithful! Once again Elijah received another divine demonstration of response to his deposited trust. The son of this widow died, and the prophet: “He fell on the child three times, and cried out to the LORD and said, ‘O LORD my God, I pray you, let this child's soul return to him.’ And the Lord heard the voice of Elijah, and the child's soul returned to him, and he revived. Elijah then took the child, brought him from the room to the house, and gave it to his mother, and Elijah said to him: Look, your son lives. Then the woman said to Elijah, “Now I know that you are a man of God, and that the word of the Lord is true in your mouth” (1 Kings 17: 21-24). Amazing to the human eye. We can only repeat with the widow: “Now I know that you are a man of God.”

ELIJAH AND THE PROPHETS OF BAAL

“When Ahab saw Elijah, he said to him, ‘Are you the one who disturbs Israel? And he answered: I have not troubled Israel, but you and your father’s house, leaving the commandments of the Lord, and following the Baals “(1 Kings 18: 17-18). Here the prophet presents from God the true cause of all the misfortunes and evils in this world: sin, transgression to his holy law, for the separation from God. This is a lesson for us today, as the popular saying goes: “a people who do not know their history are condemned to repeat it.” But one of the greatest tests of faith in biblical history was coming. “Send, then, and congrégame to all Israel on Mount Carmel, and the four hundred and fifty prophets of Baal, and the four hundred prophets of Asherah, who eat at the table of Jezebel. Then Ahab summoned all the children of Israel, and gathered the prophets at Mount Carmel. And Elijah came to all the people, and said: How long will you yield between two thoughts? If Jehovah is God, follow him; and if Baal, go after him. And the people did not answer “(1 Re. 18: 19-21). “The Lord abhors indifference and disloyalty in time of crisis for his work” (PR, 108). “Those who place themselves under the power of Satan can not see things as God sees them. When confronted with the mirror of truth, they are outraged at the thought of being reproved. Blinded by sin, they refuse to repent; they consider that the servants of God have turned against them, and that they deserve censure more severe ...” (PR, 102).

What a solemn call of the Lord to Israel, and what a shame for the congregants ... they had become so confused that the majority no longer distinguished between God and baal. What a lesson for us! May God help us to be clear who Jehovah God is, what is his will. God help us to have the same trust in God as the prophet Elijah, and the same decision to serve God at all costs over the passing offerings of this life. All the rest of this story is known ... “When the time came to offer the burnt offering, the prophet Elijah came and said:

Jehovah God of Abraham, of Isaac and of Israel, be it manifest today that you are God in Israel, and that I am your servant, and by your command I have done all these things. Answer me, Yahweh, answer me, that this people may know that you, O Lord, are God, and that you turn their hearts to you. Then the fire of the Lord fell, and consumed the burnt offering, the wood, the stones, and the dust, and even licked up the water that was in the trench. When all the people saw it, they fell down and said, “Jehovah is God, Jehovah is God!” (1 Re. 18:36).

The Lord fulfilled his Word. He claimed the questioned prophet Elijah by the king and his people. The people could understand that the punishment inflicted by denying the rain and dew for three years was an act of mercy on God’s part, forgiving their lives and giving them a new opportunity to know and obey Him. Such is the love of God ... slow to anger and great in mercy and truth!

“The special blessing of God accompanies the labors of men of action who do not allow themselves to deviate from the straight line or duty, but with divine energy ask:” Who is Jehovah? (Ex 32:26) They are men who are not satisfied with asking the question, but ask those who decide to identify themselves with the people of God to go forward and unequivocally reveal their fidelity to the King of kings and Lord of lords. Such men subordinate their will and their plans to the law of God. Out of love for him, they do not consider his life precious. His work consists in receiving the light of the Word and letting it shine on the world in clear and constant rays. Their motto is to be faithful to God “(PR, 108).

May the Lord help us to exercise our faith in our life, and allow us to be an instrument to carry out his purposes in this world, surrendering our will every day; uniting it and holding it to yours, in order to “live by faith” and be an Elijah in these final times. Amen.





World in Brief

SPECIAL EVENTS IN JAMAICA



"They come from the east and west, they come from the north and south."

The people of God in the Jamaican Field gathered together on February 3, 2018, to witness the baptism of four precious souls.

The day began with us enjoying the Sabbath school in our beautiful chapel in Annotto Bay, which is by the Caribbean Sea. Immediately after the Sabbath school, the candidates were examined and we proceeded to the baptismal site. The angels of heaven rejoiced as these souls gave themselves wholly to God. Following the baptismal service, they were welcomed into the church of God.

All glory and praise to the God of heaven for leading these four souls to His church. Let us pray for them always.



From left to right: Tajah Brown, Desrine Brivett, Beverly Reid and Phyllis Williams



At the Baptismal Site



Praying with Candidates



Acceptance of Tajah Brown



Baptism of Sister Williams



World in Brief

SURINAM



On February 5, 2018, I left Jamaica to visit Suriname. Although our membership there is very small (five members), more than thirty people attend the services on the holy Sabbath. These visitors are interested in the gospel truth and are supporters of the church.



This was a very special visit, for we were also blessed with the ordination of Brother Edison Henriquez as Elder and the baptism of one dear soul. We praise the Lord for His mercies and blessings and ask everyone to pray that many souls will be gathered into the Father's house in Suriname.



Celebrating the Sabbath in the Church



Members and Visitors on the Sabbath



Ordination of Brother Edison



Baptism of Sister Erica