

THE PRESENT TRUTH

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THE ELIMINATING DIET

All the good food that can be eaten cannot do the body any good until you have first cleansed the body by eliminating excess acid and mucus. The intestines retain these poisons, and they are one of the main causes of disease and premature aging. By eating an abundance of alkaline or base-forming foods, one can rid himself of the poisons and acids. To correct these unnatural and unhealthful conditions and make it possible for the food that is eaten to be assimilated and absorbed by the system, the body must be flushed and cleansed. Eating these foods will bring about a natural rejuvenation by constantly supplying the bloodstream with its original elements. These elements are found in natural foods, which should be either eaten raw or cooked as little as possible so as not to destroy the minerals or life-giving properties. You will be feeding the entire body, not starving it. Leviticus 17:11, "The LIFE is in the blood," and in the same chapter, fourteenth verse, "For the life of all flesh is in the blood." Health and happiness depend upon the bloodstream containing all of the necessary elements; when one is missing, disease in some form often results. To make the bloodstream pure and healthy, eat food in its natural state as far as possible, drink freely of pure water, bathe frequently, exercise in the pure air and sunshine, and use nonpoisonous herbs that were given for the "service of man." Psalms 104:14.

In most of the civilized world we are able to do this almost any time of the year, as we have citrus fruits and fresh vegetables available the year around.

We repair our homes, buy new parts and have our automobiles repaired, and give regular care to other machinery that we may be using. Just so, we must take care of our bodies by supplying them with natural elements and minerals to build and repair the parts that are constantly being worn out.

If pure and alkaline, the bloodstream, which provides nutrition to every cell in the body, will dissolve all poisons and carry them away. No disease can exist with a pure bloodstream.

Fruit: Use all kinds of fruit liberally. All fruits must be ripe before being picked or else they will not have the eliminating qualities.

Eat at least 2 grapefruit a day, 6 oranges, and 3 lemons. Do not use cane sugar with your fruit or lemonade as it destroys the benefit of the fruit.

Fresh pineapple, ripe peaches, cherries, plums, pears, apples, ripe strawberries, blueberries, and raspberries are excellent.

If fruits do not seem to agree with you, take one-fourth teaspoon of golden seal in one-half glass of water twenty minutes before you eat.

Persons wishing to eliminate who have an ulcerated stomach and cannot take fruits should drink two quarts of potassium broth a day. This is also excellent for invalids.

VEGETABLES:

The best vegetables to use are spinach, celery, carrots, parsley, tomatoes, asparagus, mild green onions, red or green cabbage (best raw), lettuce, cucumbers, radishes, okra, eggplant, etc. Eat a large raw vegetable salad each day. Have one meal of properly cooked vegetables each day.

Cook all vegetables in as little water as possible, and if salt is necessary, use only a small amount for seasoning.

General Rules While on the Eliminating Diet: All the above foods, when taken in abundance, will cleanse the bloodstream. Therefore, the greater the quantity taken of these foods, the sooner the body will be cleansed.

The eliminating diet is not a fast. It is a feeding process. It feeds the body through the blood with the necessary life-giving minerals that everybody needs. The eating of fresh fruits and vegetables in large amounts prevents shrinkage of the stomach and intestines, and also prevents lines and wrinkles from forming on the face and body.

Drink water copiously between meals.

Take moderate exercise in the open air.

Eat nothing but fruits and vegetables.

When taking the eliminating diet, do not use any of the following: milk, cane sugar or cane sugar products, gravies, butter, free fat of any kind, macaroni, spaghetti, tapioca, corn starch, meat, tea, coffee, chocolate, ice cream, pastries of any kind, white flour products,

any kind of liquor or tobacco, bread, oils or any kind, canned fruits or vegetables, potatoes, cakes, eggs, or any food that is not mentioned in the eliminating diet.

It is highly important that the bowels move freely. If they do not completely evacuate at least once a day, it is wise to cleanse them once or twice a week with an herbal enema.

We have 5 organs of elimination – skin, lungs, bowel, kidneys, and liver.

The bowels will be greatly improved by these foods and the help of nonpoisonous herbs.

The lungs eliminate poisons freely when we practice deep breathing and exercise.

The skin cannot eliminate poisons when it is dry and inactive. There are millions of pores that breathe and eliminate poisons. Therefore, a daily bath should be taken by everyone and, during the eliminating, it is excellent to take an Epsom salts bath every other day to stimulate the skin and open the pores.

Use 3 pounds of Epsom salts to a tub full of water. Drink plenty of water or broth while in the tub. Massage the body while in the tub. Salt glows are also highly beneficial. Rub the body thoroughly all over with half common and half Epsom salt. This increases the activity of the skin and stimulates the circulation. Finish with a cool shower or sponge-off, rubbing vigorously with a Turkish towel.

Many people do not understand why they cannot eat other good wholesome natural foods while on the eliminating diet. This is because they would upset the reaction of these cleansing foods. Do not take any starchy foods, sugars, or proteins as these things congest and clog the system.

When the cells of the body are clear, they function normally and harmoniously. Therefore, the whole body is rejuvenated and the vitality is restored.

Before beginning to eliminate, cleanse the system with an herbal laxative. This will rid the body of much waste matter and mucus and prevent such a great stirring up.

Immediately after taking the eliminating diet, eat sparingly of easily digested foods, such as baked potatoes, green lima beans, tender peas, corn, tomatoes, carrots, etc.

And abundance of oxygen assists elimination greatly. So above all things breathe deeply. Use grape juice, orange juice, grapefruit juice, and sweet apple juice liberally. Oxygen hastens elimination and burns up poisons.

How Long Should One Stay on an Eliminating Diet? This depends entirely upon the individual. If you have been sick or eating unnatural foods for years, or almost a lifetime, you may have to follow the eliminating diet many times. Eliminate a week or longer if you are stout or overweight, and repeat if necessary. One pound a day may be lost by faithfully eating just the elimination foods and that which is lost is mostly waste and poisons. If one has taken patent medicines, drugs, serums, etc., it will take longer to eliminate these poisons from the system. When all pains and discomfort in the body are gone, the poisons will have been eliminated. Until they are, you will have to go on the eliminating diet again. Everyone could safely eliminate seven days in every month. Very little healthy tissue will be lost. The most that is lost is unhealthy tissues and waste, and the sooner you rid your body of these, the better it will be for your health. {Back to Eden p. 635-639}

Let no one suppose that conversion is the beginning and end of the Christian life. There is a science of Christianity that must be mastered. There is to be growth in grace, that is constant progress and improvement. The mind is to be disciplined, trained, educated; for the child of God is to do service for God in ways that are not natural, or in harmony with inborn inclination. Those who become the followers of Christ find that new motives of action are supplied, new thoughts arise, and new actions must result. But they can make advancement only through conflict; for there is an enemy that ever contends against them, presenting temptations to cause the soul to doubt and sin. Besides this ever vigilant foe, there are hereditary and cultivated tendencies to evil that must be overcome. The training and education of a lifetime must often be discarded that the Christian may become a learner in the school of Christ, and in him who would be a partaker of the divine nature, appetite and passion must be brought under the control of the Holy Spirit. There is to be no end to this warfare this side of eternity, but while there are constant battles to fight, there are also precious victories to gain, and the triumph over self and sin is of more value than the mind can estimate. The effort put forth to overcome, though requiring self-denial, is of little account beside the victory over evil. {Christian Education Pg. 122}

If we love Jesus, we shall love to live for Him, to present our thank offerings to Him, to labor for Him. The very labor will be light. For His sake we shall covet pain and toil and sacrifice. We shall sympathize with His longing for the salvation of men. We shall feel the same tender craving for souls that He has felt. This is the religion of Christ. Anything short of it is a deception. No mere theory of truth or profession of discipleship will save any soul. We do not belong to Christ unless we are His wholly. It is by halfheartedness in the Christian life that men become feeble in purpose and changeable in desire. The effort to serve both self and Christ makes one a stony-ground hearer, and he will not endure when the test comes upon him. {Christ Object Lessons Pg. 50}