

BENNY HINN MINISTRIES PRESENTS

BIBLE FOODS

— THAT —



HEAL

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Clarion Call Marketing



Dallas, Texas

Bible Foods that Heal

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Disclaimer: This booklet is intended as a reference volume only, not as a medical guide. The information provided is intended to help the reader make informed decisions about his or her health, but is in no way intended as a substitute for any professional medical treatments.

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FOREWORD

Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God?

1 Corinthians 6:19

Can the foods of the Bible bring healing? Yes, they can! The Bible gives clear instruction providing insight into what you should eat.

As I've traveled the world I've seen firsthand, the number one desire on people's hearts is good health.

I've received a great response from you, my dear partners and ministry friends, showing your interest in this vital subject. That is why we have prepared this special booklet for you.

There are many marvelous health benefits to eating the living foods spoken of in God's Word. You can boost your immune system, maintain your ideal weight, and have abundant energy today as you discover the phenomenal foods God has given in His Word.

HONORING THE LORD'S COMMANDMENTS

Deuteronomy 8:1 declares: *"Every commandment which I command you today you must be careful to observe, that you may live and multiply."* The first key to healthy living is to obey the Lord's commandments, for it is the Lord who causes you to live.

The foundational truth to health and healing is found in this mighty spiritual principle that bears repeating: We must honor the Lord's commandments to live long.

Deuteronomy 8:3-6 goes on to say:

So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.... Therefore you shall keep the commandments of the Lord your God, to walk in His ways and to fear Him.

God's promise is to keep us just as He kept the Israelites of old. We are sustained by the Lord. It is God, our heavenly Father, who gives us life and breath. We must look to Him for wellness, for our well-being is not found in bread alone, but through having a personal relationship with the Lord Jesus.

FEARFULLY AND WONDERFULLY MADE

God's Word is filled with truth pertaining to your healthy life. We read in 1 Corinthians 6:19: *"Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God?"*

You can look to your Maker for help to maintain your body, the temple He has given you. We find that 2 Peter 1:3 goes on to say: *"His divine power has given to us all things that pertain to life and godliness."*

We were created *"fearfully and wonderfully"* in the Lord's image, and God has understanding of our health and nutritional needs. The book of Genesis states: *"So God created man in His own image; in the image of God He created him; male and female He created them"* (1:27).

The Lord created you as a unique individual. He understands you and your specific health needs intimately: *"LORD, YOU have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways"* (Psalm 139:1-3).

I believe in healing, but I also believe in divine health. It is God's will for you to be

healthy. That is why God has given us the incredible living foods in His Word, all so you may be whole and lack nothing. Wholeness is available to us in Christ Jesus today.

THE SEVEN LIVING BIBLE FOODS

The book of Deuteronomy gives us a list of seven living Bible foods. These foods were given to the new generation of Israelites destined to possess the land of promise, those who survived the forty years of wilderness wandering. God's Word says:

For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills; a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey; a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can dig copper. (Deuteronomy 8:7-9)

Still today the seven foods listed in this passage of Scripture are highly noted by medical science for their healing properties and exceptional nutritional value.

You and I can reap the same blessed benefits from God's promise to the children of

Israel. We can partake of the foods of the Promise Land and experience divine health.

Throughout the rest of this booklet you will discover the phenomenal health benefits of the Bible foods that heal listed in Deuteronomy 8:

1. Wheat
2. Barley
3. Vines
4. Figs
5. Pomegranates
6. Olive oil
7. Honey

We've included a special recipe for each of these seven foods for you to enjoy along with additional information on the health benefits of hummus, baba ghannouj, and garlic. Many of the marvelous foods found in these recipes have been favorites of my family for many years.

It is my prayer that the seven living Bible foods given in Deuteronomy 8 are a great source of health and strength for you and your loved ones.

God in heaven is the source of life, wholeness, and healing. Let's follow the practical insights He has given in His holy Word as we abide in Him each and every day.

—BENNY HINN

WORLD HEALING CENTER CHURCH

WHEAT

For the Lord your God is bringing you into a good land . . . a land of wheat... in which you will lack nothing.

Deuteronomy 8:7-9

THE HISTORY OF WHEAT

Wheat is a grass that is cultivated around the world. Globally, it is the second-largest cereal crop behind maize; the third being rice. Wheat grain is a staple food used to make flour and livestock feed. The husk can be separated and ground into bran. Wheat is also planted strictly as a forage crop for livestock and for straw.

Domestic wheat originated in Southwest Asia in what is now known as the Fertile Crescent. The oldest archaeological evidence for wheat cultivation comes from Syria, Jordan, Turkey, Armenia, and Iraq.

Wild einkorn wheat was harvested and domesticated in the first archeological signs of sedentary farming in the Fertile Crescent. Then

a mutation, or hybridization, occurred within emmer wheat, resulting in a plant with seeds that were larger but could not sow themselves in the wind. While this plant could not have succeeded in the wild, it produced more food for humans, and within cultivated fields, it outcompeted plants with smaller, self-sowing seeds to become the primary ancestor of modern wheat.

WHEAT IN THE OLD TESTAMENT

The children of Israel were in the wilderness for forty years and consumed manna as their main source of food. Manna was the perfect food; it had all the vitamins, minerals, and antitoxins they needed to survive.

We know this because their bodies were healthy. They were free of disease during those forty years. Manna contained the protein, fat, carbohydrates, fiber, and everything needed for nutritional balance.

In Ezekiel 4, God showed the Israelites of old how to make bread with wheat, barley, beans, lentils, millet, and spelt. These foods contained a perfect balance of protein and

carbohydrates to fat ratio. The children of Israel ate sprouted-grain bread. Sprouts have a much higher nutritional content than regular grain.

REFINED GRAINS

It takes a person about five minutes to eat a piece of sprouted, whole-grain bread made as described in the book of Ezekiel, whereas it takes only a few seconds to eat a piece of white bread made of refined grain. Other common refined grain products include white rice, most hominy, and pasta.

Many people do not understand the importance of eating sprouted grains and whole wheat. Health expert Dr. Don Colbert has a startling saying about white bread that is a wake-up call for those who rely refined breads as a staple source of nutrition. He says, "The whiter the bread, the sooner you are dead."

It is vital to your good health that you eat sprouted, whole-grain bread. You see, white bread has been stripped of its nutritional value. The fiber and wheat germ have been removed, leaving starch. The starch is taken and oxidized. Then some vitamins are added, it is

hydrogenated, and some sugar is added. This makes white bread highly glycemic, so it converts to sugar. As white bread is bleached, certain chloride can convert to a chemical that can lead to type 2 diabetes.

Most people eat some type of bread every day, so it is important that we know what healthy wheat is. Wheat should be eaten in its whole form with all the nutrients included. Remember this tip: the thicker the bread, the more wholesome the grain.

You might enjoy whole-grain pita bread with hummus, a delicious spread. A recipe is included in this booklet to show you how you can make hummus right in your own kitchen.

UNDERSTANDING WHOLE GRAINS

Whole grains are rich in nutritional value. They contain the entire grain kernel, bran, germ, and endosperm. In contrast, refined grains retain only the endosperm. Examples of whole grains include whole wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

Ready-to-eat whole-grain choices are

whole-grain barley, whole-grain cornmeal, whole rye, whole-wheat bread, whole-wheat crackers, whole-wheat pasta, whole-wheat sandwich buns and rolls, whole-wheat tortillas, and wild rice.

Common whole-grain products include many breakfast cereals, oatmeal, popcorn, brown rice, whole-wheat flour, and whole-wheat bread.

Whole grains are often more expensive than refined grains because their higher oil content is susceptible to rancidification, complicating processing, storage, and transport. Even so, the additional expense is worth the cost, as you will be assured that the bread products you are eating are providing the health benefits needed to fuel your body with sustained, life-giving nutrients.

HEALTH BENEFITS OF WHOLE GRAINS

Whole grains are believed to be nutritionally superior to refined grains, richer in dietary fiber, antioxidants, protein (and in particular, the amino acid lysine), dietary minerals (including magnesium, manganese, phosphorus, and selenium), and vitamins

(including niacin, vitamin B₆, and vitamin E). Manufacturers are sometimes required by law to fortify refined grain products to make up for the loss of vitamins and minerals.

The greater amount of dietary fiber—as much as four times that found in refined grains—is likely the most important benefit, as it has been shown to reduce the incidence of some forms of cancer, digestive system diseases, coronary heart disease, diabetes, and obesity. Some of these protective effects occur because carbohydrates from whole grains are digested and enter the bloodstream more slowly (as measured by the glycemic index).

Wheat germ is high in B vitamins, iron, magnesium, zinc, chromium, manganese, and vitamin E. Just a quarter cup of wheat germ has five grams of fiber. Wheat bran's high fiber content is one of the best-known dietary sources of insoluble fiber.

According to Dr. Colbert, it is an excellent means of protecting against and curing constipation. It helps prevent intestinal infections, hemorrhoids, and varicose veins. It also helps guard against colon cancer. A healthy amount of wheat bran to consume is

one to two heaping tablespoons per day.¹

BREAD IN THE LIFE OF JESUS

Bread played an important role in the life and teachings of Jesus. But a loaf of bread in Jesus' time was not the baker's loaf we find in our grocery stores today. Bread was baked on large, flat rocks, the dough stretched and twirled in a circular fashion to make a large, flat circle. Jesus definitely regarded bread as a good gift:

I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread which comes down from heaven, that one may eat of it and not die. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world. (John 6:48-51)

Jesus knew that bread was the staple of man's physical life; in like manner, only those who accept Jesus as their atoning sacrifice and feed upon the Bread of Life will inherit eternal spiritual life.²

WHEAT RECIPE

Pecan Tea Bread

1/4 c. whole-wheat flour

1/4 c. soy flour

2 tsp. baking powder

1/2 tsp. baking soda

1/2 tsp. allspice

1 c. date sugar

2 eggs, beaten

1 c. buttermilk

2 tbsp. vegetable oil

1 c. chopped pecans

Oil and flour a 9-inch loaf pan. Heat oven to 325 degrees. Sift together flours, baking powder, baking soda, and allspice. Stir in sugar. Mix together eggs, buttermilk, and oil. Add to dry ingredients, stirring to mix. Mix in pecans. Pour mixture into loaf pan. Bake 40 minutes or until toothpick inserted into the center comes out clean. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack.

BARLEY

For the LORD your God is bringing you into a good land ... a land of ... barley... in which you will lack nothing.

Deuteronomy 8:7-9

THE HISTORY OF BARLEY

Cultivated barley is descended from wild barley, which still can be found in the Middle East. All variants of barley produce viable seed when crossed and are thus considered to belong to one and the same species today.

The major difference between wild and domesticated barley is the brittle rachis, or spine, of the wild barley, which is conducive to self-propagation. The first domesticated barley has been found in the Neolithic layers in Syria. The domestication seems to be contemporaneous to that of wheat.

Barley is one of the world's leading grain crops. Grown since biblical times, barley's popularity is due in part to its ability to flourish in diverse climates.

BARLEY IN THE BIBLE

The Bible makes many references to barley. It was one of the earliest known nourishing grains cultivated. Some scholars even believe that the Feast of Unleavened Bread was an ancient barley festival.

In Exodus 12 we read that the Passover Feast required unleavened bread. Unleavened bread is simply bread that is made without yeast. Yeast, or leaven, causes dough to become full with volume. And we see that the Israelites took bowls of unleavened dough with them as they left Egypt. Moses instructed his people to keep a seven-day feast each year as a remembrance of that night, the night they were delivered from Egypt.

Experts in Bible history say that barley was a staple food of the masses. Wheat and barley, seen as an ancient and central gift of the earth, became used as a symbol of wealth. Barley, the less expensive of the two grains, was more readily available. The fact that barley was mentioned so often shows that the people of that day consumed large quantities of the grain and that it played a vital role in their health.

Ezekiel 4:9 says, *"Take for yourself wheat, barley, beans, lentils, millet, and spelt; put them into one vessel, and make bread of them for yourself,"* showing that the prophet Ezekiel lived on bread made from barley.

HEALTH BENEFITS OF BARLEY

The best barley is whole barley. It is often used in bread, soup, stew, and hot cereal.

Barley is a high-protein grain. Some people may be sensitive to the protein gluten in wheat. If so, barley is a good choice. Barley contains beta glucans, which help our immune system. It is high in fiber and in vitamin B.

You prepare bread made with barley by grinding the grain and then adding wheat, millet, and spelt, if you choose. Some health food stores have bread with barley already prepared, so you can buy it ready-made if you don't have the time to make it yourself.

It is important to keep this bread in the refrigerator or freezer to preserve its live ingredients. If you leave the bread out for a day or two it molds. However it will remain fresh for about a week or so if placed in the

refrigerator.

Many people (especially Americans) are low in B vitamins due to all the processed foods they eat. This causes some to suffer from constipation. Barley helps prevent that while providing essential B₆, B₁₂, and folic acid. It also helps prevent heart disease.

IS IT GOOD TO EAT BREAD?

Many people nowadays are saying not to eat bread, but the right kind of bread can be good for you. It is good to eat barley with bran so the bread is absorbed slowly. Rapid absorption, associated with white bread, affects the insulin, which can lead to obesity.

Bread is a good food, but we must make sure that it is whole grain or sprouted bread that we are serving to our families. This type of bread is the staff of life, rich in nutrition.

Millet and spelt are also very good grains. They contain no gluten and are the highest of all grains in protein content. Beans and lentils are also excellent ingredients to add to your bread. They complete the bread with all the essential amino acids.

Properly prepared (germinated or fermented) seeds, legumes, and cereal grains represent the best sources of protein in the vegetable kingdom, but they—along with all other plant foods—are low in tryptophan, cystine, and theonine.¹ These sources complete your bread with carbohydrates and good fats because you are getting wheat germ. Barley is a wonderful source of fiber because it lowers cholesterol and helps fight cancer.

God has given us in His Word specific foods to eat, including barley, which are potent against the major diseases that we face today. When we listen to the wisdom of God, our bodies benefit.

BARLEY RECIPE

Seven-Grain Breakfast Bowl

- 4 1/2 c. water
- 1/4 c. whole oats
- 1/4 c. barley
- 1/4 c. wheat berries
- 1/4 c. buckwheat

1/4 c. brown rice

2 tbsp. rye grains

2 tbsp. Millet

1/4 tsp. salt

Heat water to boiling. Stir in grains and salt. Return to boil. Cover, lower heat, and simmer 90 minutes, stirring occasionally. Serves 2-4.

VINES

For the LORD your God is bringing you into a good land... a land of... vines... in which you will lack nothing.

Deuteronomy 8:7-9

THE HISTORY OF VINES

Grapes are the sweet, juicy smooth fruit or berries that grow on a woody grapevine. The grape belongs to the family Vitaceae. Grapes grow in clusters of 6 to 300 and can be black, blue, golden, green, purple-red, or white. They can be eaten raw or used for making grape juice, jelly, wine, and grape seed oil.

Raisins are the dried fruit of the grape, and the name comes from the French word for "grape." Wild grapes are often considered a nuisance weed, as they cover other plants and form thick entangling vines.

According to the Food and Agriculture Organization (FAO), 75,866 square kilometers of the world is dedicated to grapes. Approximately 71 percent of world grape

production is used for wine, 27 percent as fresh fruit, and 2 percent as dried fruit.

A portion of grape production goes to producing grape juice to be used as a sweetener for fruits canned "with no added sugar" and "100% natural." The area dedicated to vineyards is increasing by about 2 percent each year.

Many people incorrectly assume that red grapes are more beneficial to our health, but grapes of all colors offer comparable benefits. Red wine, however, does offer some health benefits not found in white wine, because many of the beneficial compounds are found in the skins of the grapes, and only red wine is fermented with the skins.

GRAPES IN THE HOLY LAND

Grapes are a rich source of nutrients. The Bible has more references to grapes and grapevines than to any other fruit and plant except olives and olive trees.

Grapes are the first cultivated plant in the Bible and can be traced all the way back to Noah (Genesis 9:20). After Noah left the ark, he planted a vineyard; he went from being a

caretaker of animals to a caretaker of vines.

Throughout the ages, from July to October each year, fresh ripe grapes have been eaten along with bread as one of the mainstays of the daily diet of those living in Israel. Grapes become ripe first in the south of the land, beginning in July, and are ripe in the areas north of Galilee as late as October.¹

HEALTH BENEFITS OF GRAPES

Grapes are high in phytonutrients, antioxidants, and they have ellagic acid, a powerful antioxidant good for arteries that helps decrease inflammation. They've been shown to inhibit chemically induced cancers of the liver, lungs, skin, and esophagus in rodent studies. Ellagic acid also protects our DNA.²

There has been much debate about whether it is right or wrong for a Christian to drink wine. The question is, what exactly are they calling wine in the Bible? Many believe that the wine spoken of in the Bible contained only a slight amount of alcohol and was more like a fizzy drink.

There are many questions over whether

Jesus drank grape juice or wine when He turned the water to wine at the wedding spoken of in the book of John (2:1-10). Whatever you believe, it is certain that the wine the Bible spoke of had much less alcohol than today's wine.

Researchers comparing diets in Western countries have discovered that although the French tend to eat higher levels of animal fat, surprisingly the incidence of heart disease remains low in France. Many scientists now believe the reason is the greater consumption of red wine in France.

Something in the grape helps to lower cholesterol levels in the body and thus slows the buildup of deposits in the arteries. Compounds such as resveratrol, discovered in grapes, have been positively linked to fighting cancer, heart disease, degenerative nerve disease, and other ailments.

The resveratrol in grapes functions as a COX-2 inhibitor. When the COX-2 enzyme is inhibited, cancer activity is reduced, as in inflammation. The benefits are especially important to those who suffer from arthritis.³

Ancient Israelites had many uses for grapes,

including grape honey. Grapes were pressed to make not only wine but also fresh juice and vinegar. Grapes were pressed into cakes of flour, as were raisins. Sour wine and vinegar made from grapes were given to Roman soldiers to prevent diarrhea and help make them strong in battle.⁴ As Jesus hung on the cross, He was given sour wine on a sponge of hyssop (John 19:28-30):⁵

After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, "I thirst!" Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put it on hyssop, and put it to His mouth. So when Jesus had received the sour wine, He said, "It is finished!" And bowing His head, He gave up His spirit.

As you partake of grapes, it is best not to fill completely up on them by themselves, since they are high in sugar. You'll want to eat them along with foods such as whole-grain bread. The same goes for drinking bottled grape juice: be careful of your sugar intake. Fresh-pressed grape juice is much better for you. Remember that when grape juice is processed, sugars are added that are not good for your body.

GRAPE RECIPE

Lentils in Grape Juice

1 c. green or brown lentils

4 c. white grape juice

1 sprig fresh rosemary or 1 tsp. dried rosemary

1/4 tsp. ground cloves

1 tsp. ground coriander

2 small carrots, thinly sliced

2 med. onions, finely chopped

sea salt

pepper

Place washed lentils in a two-quart pot with all other ingredients. Bring to a boil. Lower heat and simmer, loosely covered, until lentils are tender, about 20-30 minutes, stirring occasionally. Add more juice or water if necessary. Finished dish should not be dry. Serves 6.

FIGS

For the LORD your God is bringing you into a good Land... a land of...fig trees... a land in which you will lack nothing.

Deuteronomy 8:7-9

THE HISTORY OF FIGS

Figs, either fresh or dried, have been prized since ancient times for their sweetness and nutritional value. Greek and Roman athletes ate figs to increase their stamina and improve their performance.

Figs are a genus of about 800 species of woody trees, shrubs, and vines in the family Moraceae, native throughout the tropics with a few species extending into the warm temperate zone. Examples of figs include the banyan and the sacred fig (peepul or bo) tree. Most species are evergreen, while those from temperate areas, and areas with a long dry season, are deciduous.

The fig fruit is derived from a specially adapted flower. The fruit has a bulbous shape

with a small opening (the ostiole) in the end and a hollow area inside lined with small red edible seeds. The fruit/flower is pollinated by small wasps that crawl through the opening to fertilize it.

FIGS IN THE WORD OF GOD

Deuteronomy 8:8 is a wonderful prescription with seven living foods that bring health. Each amazing food, including the fig, should be consumed for strength and well-being.

God has given us healing foods right in the Bible, beginning in the Garden of Eden. The fig, for example, is mentioned in Genesis and more than fifty times throughout the Word of God.

Did you know that the fig is the first fruit specifically named in the Bible? Genesis 3:7 states, *"Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings."*

The fig held great importance as one of the "seven species" with which the Holy Land was blessed. In biblical terms, the fig is a symbol of peace, prosperity, and great joy. We read in 1

Kings 4:25: *"And Judah and Israel dwelt safely, each man under his vine and his fig tree, from Dan as far as Beersheba, all the days of Solomon."*

There was a time, the Bible tells us, when Hezekiah, the king of Judah, was *"sick even to death."* He was visited by the prophet Isaiah who ordered that they should *"take a lump of figs, and apply it as a poultice on the boil, and he shall recover"* (Isaiah 38:21).

In some versions, "boil" is translated as "wound," which some Bible scholars believe actually meant a form of cancer. According to the book of Isaiah, the fig treatment was so effective that Hezekiah lived and ruled for another fifteen years.

The figs caused King Hezekiah's sickness to melt away. The benzaldehyde in the fig is a powerful anticancer compound, and God knew that it was the solution to King Hezekiah's illness thousands of years ago.

It was customary in Bible times for people who traveled about the land on foot to eat fruit from wild, uncultivated trees growing along the roadside. The book of Matthew tells us of a time when Jesus and His disciples were on a trip and came across a fig tree: *"Now in the*

morning, as He returned to the city, He was hungry. And seeing a fig tree by the road, He came to it and found nothing on it but leaves, and said to it, 'Let no fruit grow on you ever again.' Immediately the fig tree withered away" (21:18-19).

The next morning as they passed by the tree, it had dried up. The lack of fruit meant it wasn't fulfilling its purpose. Jesus compared the lack of productivity of the tree to lack of true spiritual growth in the life of those who reject Him. He wasn't opposed to fig trees or figs, rather to any aspect of creation not fulfilling its purpose.¹

HEALTH BENEFITS OF FIGS

Like grapes, figs are also high in antioxidants, one of which is benzaldehyde. Much of figs' medicinal value is due to their high amounts of fiber, magnesium, potassium, calcium, manganese, copper, iron, and vitamins C and B₆. Figs have been recommended for centuries to tone and nourish the intestines. In Bible times, figs were often pressed into cakes, or they were dried for preservation.

One study found that the fruit fiber in figs is linked to reducing systolic blood pressure, the

upper number of a blood pressure reading, representing pressure during the heart's contractions. Vitamin B₆, found in figs, has been shown to help women cope with stress and tension. Also in figs is an enzyme called phytan, which breaks down certain toxins in the body. The enzyme actually dissolves foreign tissues in the body.

A FINAL WORD ON FIGS

Fresh figs range in color from deep purple-black to golden yellow. When you purchase them fresh, they should be fragrant, firm, and without any soft or brown spots. Dried or fresh, figs keep best in the refrigerator. If you are buying dried figs, be sure to check what may have been added to them. Some people are allergic to sulfites, which are often used to preserve dried figs and other dried fruits.

Figs are a wonderful food for people of all ages to eat and enjoy. In Bible times as well as today, an arrangement of figs and other dried fruits makes a delicious dessert. Dried figs, apricots, and raisins can be soaked overnight and then gently boiled with a stick of cinnamon. They can later be served cold with a

little orange or lemon juice.²

When we eat figs we receive the same benefits that King Hezekiah did. As we consume these marvelous Bible foods that heal, they literally become an agent of healing to us. The Lord knew this long ago. Now it is up to us to be faithful with this knowledge and apply the truth found in God's precious Word.

When we take preventative steps by eating properly, we can avoid having to take unnecessary medication, which often masks symptoms, and we can live healthier, more productive lives.

FIG RECIPE

Fig Salad

- 1 head red leaf lettuce, shredded
- 15 fresh figs, quartered
- 1 c. seedless grapes, halved

Mint Caper Dressing

- 3/4 c. olive oil
- 1/4 c. lemon juice

1 tbsp. capers

1 tbsp. fresh mint, chopped

Combine lettuce, figs, and grapes in a salad bowl. In a small bowl blend olive oil, lemon juice, capers, and mint. Pour oil mixture over the salad; toss and serve. Serves 4-6.

POMEGRANATES

For the LORD your God is bringing you into a good land ... a land of...pomegranates... in which you will lack nothing.

Deuteronomy 8:7-9

THE HISTORY OF POMEGRANATES

The pomegranate is a species of fruit-bearing deciduous shrub or small tree growing to 10-15 feet tall that is believed to have originated in the area from Iran east to northern India. It has been cultivated around the Mediterranean for so long that its true native range is not accurately known.

The ancient city of Granada in Spain was renamed after the fruit during the Moorish period. It is also extensively grown in South China and Southeast Asia and could have been brought by sea traders, assuming the pomegranate was not native to the Pacific Coast. Missionaries from Spain are also said to be the source for the pomegranate's introduction into the Caribbean and Latin America in the seventeen and eighteen

hundreds.

The arils (seed casings) of the pomegranate are consumed raw. The entire seed is eaten, though the fleshy outer portion of the seed is the part that is desired. The taste differs, depending on the variety of pomegranate and its state of ripeness. It can be sweet or very sour, or tangy, but most fruit lie somewhere in between, which is the characteristic taste.

The pomegranate gave its name to the grenade from its shape and size (and the resemblance of a pomegranate's seeds to a grenade's fragments) and to the garnet from its color.

POMEGRANATES IN THE BIBLE

Pomegranates have been growing in Israel for thousands of years. They are among the fruits brought back by the twelve spies sent out by Moses (Numbers 13:23). Exodus 28:33-35 directed that images of pomegranates be woven onto the borders of Hebrew priestly robes:

"And upon its hem you shall make pomegranates of blue, purple, and scarlet, all around its hem, and bells of gold between them all around: a golden bell and a pomegranate, a golden

bell and a pomegranate, upon the hem of the robe all around. And it shall be upon Aaron when he ministers."

We see that 1 Kings 7:13-22 described pomegranates depicted in the temple King Solomon built in Jerusalem.

In a later tradition the pomegranate's 613 seeds corresponded with the 613 mitzvot (commandments or Jewish law) of the Torah (first five books of the Old Testament). Some Jews traditionally eat pomegranates on Rosh Hashanah and Sukkot.

HEALTH BENEFITS OF POMEGRANATES

Beneath the smooth, red, and bitter skin of the pomegranate lie hundreds of small scarlet seeds. Within these seeds lie amazing nutrients: one pomegranate delivers 40 percent of an adult's daily vitamin C requirement. It is also a rich source of folic acid and antioxidants.

Pomegranates are high in polyphenols. The most abundant polyphenols in pomegranates are hydrolysable tannins, particularly punicalagins, which have been shown in research to be the superior antioxidant responsible for the free-radical scavenging

ability of pomegranate juice. Pomegranates are best to eat in fruit form because we get the fiber right along with the fruit when we eat it. Currently, pomegranate juice is being tested for its efficacy against prostate cancer.

Many food and dietary supplement makers have found the advantages of using pomegranate extracts instead of the juice (which has no sugar, calories, or additives) as healthy ingredients in their products. As far as pomegranate extracts go, however, it may be advisable to stick with ingredients standardized to native constituents, as these are absorbed into the body and have benefits backed by clinical research.

Many pomegranate extracts are essentially ellagic acid, which is largely a by-product of the juice extraction process, and is not absorbed into the body. The ellagic acid in pomegranates, the royal fruit of the Bible, actually makes cancer cells self-destroy.

Pomegranates are one of the highest fruits in antioxidants, which help with inflammatory diseases, heart disease, arthritis and Alzheimer's. Pomegranates literally put out the fire of inflammation and reduce the chance of

these diseases.

Pomegranate seeds are sometimes used as a spice, although the juice is more popular, especially in the Middle East. It is especially popular in Iranian, Syrian, and Indian cuisine. It began to be widely marketed in the U.S. in 2004.

Grenadine syrup is thickened and sweetened pomegranate juice. Before the tomato arrived in the Middle East, grenadine was widely used in many Persian foods; it can still be found in traditional recipes. The juice can also be used as an antiseptic when applied to cuts.

When buying pomegranate juice, you must be careful, because some of those juices have sugars that are not good for you. A "grenadine" refreshing drink is made in the Middle East using carbonated mineral water and pomegranate juice.

Pomegranates are best to eat in fruit form because we get the fiber right along with the juice when we eat it. The juice is fine as long as you balance it with something high in fiber. Otherwise your sugar levels could spike. Pomegranate supplements are also available.

POMEGRANATE RECIPE

Pomegranate and Orange Salsa

- 1 large pomegranate
- 2 large oranges, peeled and chopped
- 1 whole jalapeno pepper, seeded and minced
- 1 large tomato, peeled, seeded, and diced
- 2 tbsp. scallion, thinly sliced
- 1 tbsp. lime juice
- 1 tsp. fresh cilantro, minced
- 1/2 tsp. ground cumin

Break the pomegranate apart to release the seeds. Discard membranes and skin. Drain seeds and pat dry on paper towels. Place in a medium size bowl. Add the oranges, jalapeno, tomato, scallions, lime juice, coriander, and cumin. Stir well. Cover and chill at least two hours. Serves 2.¹

OLIVE OIL

For the Lord your God is bringing you into a good land ... a land of olive oil.. in which you will lack nothing.

Deuteronomy 8:7-9

THE HISTORY OF OLIVE OIL

In agriculture, olive oil is an oil extracted from the fruit of the European olive tree, which originated in the Mediterranean area. It is used in cooking, cosmetics, and soaps. It is also used by Eastern Orthodox Christians as a fuel for their traditional oil lamps. Olive oil is regarded as a healthful dietary oil because of its high content of monounsaturated fat.

Among global producers, Spain leads with more than 40 percent of world production, followed by Italy and Greece. Much of the Spanish crop is exported to Italy, where it is both consumed and repackaged for sale abroad as Italian olive oil. Although boutique groceries sell high-quality Spanish olive oil at a premium, Italian olive oil has the popular reputation for quality.

Traditionally, olive oil was produced by beating the trees with sticks to knock the olives off and then crushing them in stone or wooden mortars or beam presses. Nowadays, olives are ground to tiny bits, obtaining a paste that is mixed with water and processed by a centrifuge, which extracts the oil from the paste, leaving behind pomace.

HEALTH BENEFITS OF OLIVE OIL

Extra-virgin olive oil and organic olive oil are especially good for us. They help to lower our cholesterol and prevent heart disease by lowering the stickiness of our platelets.

Due to the average American diet, there are a number of people who suffer from gallbladder disease. Olive oil is a wonderful prevention for that.

The nutrients in extra-virgin olive oil make it better for us than other oils. One of the best ways to incorporate extra-virgin olive oil into our diet is to use it on salads as a dressing. It may also be combined with balsamic or apple cider vinegar.

Olive oil makes an excellent substitute for

butter or polyunsaturated fats in cooking. As you make your switch to olive oil, do so gradually, as olive oil can have a laxative effect.¹

OLIVE OIL CLASSIFICATION AND LABELS

Olive oil is classified by how it was produced, by its chemistry, and by its flavor. All production begins by transforming the olive fruit into olive paste. This paste is then mixed to allow the microscopic olive droplets to concentrate; then the oil is extracted by means of pressure (traditional method) or centrifugation (modern method).

Oils extracted from the olive fruit can be classified in these ways:

Extra-virgin oil is free of defects, is extracted only from olives, and cannot undergo any chemical treatment.

Refined means that the oil has been chemically treated to neutralize strong tastes (characterized as defects) and neutralize the acid content (free fatty acids). Refined oil is commonly regarded as lower quality than

virgin oil; the retail labels *extra-virgin olive oil* and *virgin olive oil* cannot contain any refined oil.

Olive pomace oil is oil extracted from the pomace using chemical solvents, mostly hexane, and by heat.

Wording on olive oil bottles reads differently. It is important to read the label carefully to know what is in the olive oil you are buying.

"*Imported from Italy*" produces an impression that the olives were grown in Italy, although in fact, it only means that the oil was bottled there. A corner of the same label may note that the oil was packed in Italy with olives grown in Spain, Italy, Greece, and Tunisia. Since Spain produces nearly half the world's olive harvest, it is likely the oil "imported from Italy" comes from olives grown in Spain.

"*100% pure olive oil*" sounds like a high-end product, but in fact is often the lowest quality available in a retail store. Better grades would have "virgin" on the label. Having said that, 100 percent pure olive oil might be perfect for baking and frying, since high heat can destroy the rich flavor of extra-virgin oil.

"*Made from refined olive oils*" suggests that the essence was captured, but in fact means that the taste and acidity were chemically produced.

"*Light olive oil*" suggests a low-fat content, but in fact it refers to a lighter color. All olive oil — which is, after all, fat — has 120 calories per tablespoon.

"*From hand-picked olives*" gives the impression that extraordinary care went into the oil's production, whereas it is not clear that a manual harvest produces better oil than the common tree-shaking method.

In the United States, producers of olive oil may place the following health claim on product labels: "Limited and not conclusive scientific evidence suggests that eating about two tablespoons (23 grams) of olive oil daily may reduce the risk of coronary heart disease due to the monounsaturated fat in olive oil. To achieve this possible benefit, olive oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day."²

This decision was announced November 1, 2004, by the Food and Drug Administration after application was made to the FDA by

producers. Similar labels are permitted for walnuts and omega-3 fatty acids, which also contain monounsaturated oil.³

OLIVE OIL IN RELIGIOUS HISTORY

For the vast majority of history, olives have been abundant in the land of Israel. The olive tree is one of the longest living trees. Many live longer than a thousand years, and some trees alive in Israel today are estimated to have been alive two thousand years ago when Jesus walked the earth. A few of these ancient olive trees are in the area of the Garden of Gethsemane.

Not only are olive trees long-lived, but they are also among the most resilient of trees. Through the ages, wars have ravaged the land of Israel, and many of the olive orchards have been cut down. The olive tree, however, seems to have a unique ability to grow back even when it appears to be dead.⁴

Olive oil is symbolic of healing, strength, and consecration. It was used by the ancient Hebrews when olive oil of the highest purity was poured daily into the seven cups of the golden candelabrum in the Holy Temple in

Jerusalem. Olive oil was also used for anointing the kings of Israel.

Jesus very likely consumed extra-virgin olive oil on a daily basis. We can follow His example by using olive oil instead of butter, other oils, and salad dressing. Olive oil is the best choice for both cooking and eating!⁵

OLIVE OIL RECIPE

Stuffed Grape Leaves

- 1 jar grape leaves (1 lb.)
- 2 tbsp. chopped fresh dill
- 1/4 c. lemon juice
- 1/2 c. olive oil
- 2 tbsp. chopped fresh parsley
- 3/4 c. raw brown rice
- 1/2 lb. ground lamb*
- 1 c. hot water
- 1/4 c. chopped raisins (optional)
- 2 cloves garlic, crushed

* Soy granules, softened in water and drained, can be used instead of lamb.

1 onion, chopped

4 green onions, chopped

Place grape leaves in a large colander and rinse with hot water. Set aside. Heat olive oil in a large pot. Add onion and cook until tender. Add lamb and stir until lamb is crumbly. Add garlic, onions, dill, parsley, and lemon juice. Mix well. Add rice and stir until rice is clear. Add hot water. Cover and simmer 10 minutes. Remove from heat and stir in raisins, if desired. Cool to touch. Line the bottom of a large pot with some of the grape leaves. To stuff leaves, place them shiny side down (veins up). Remove the stems. Place a portion of the filling (approximately 1/2 tsp.) at the stem end of each leaf. Roll toward the center and fold in sides, then finish rolling. Place rolled leaf stem side down in prepared pan. Continue stuffing until all the mixture is used. Cover stuffed leaves with extra leaves. Place a plate over the leaves and press down gently. Add water to a depth of one inch below the top of the stuffed leaves. Cover and simmer about 30 minutes, or until rice is done. Open a leaf to check doneness. Serve warm or cold.

HONEY

For the LORD your God is bringing you into a good land ... a land of... honey... in which you will lack nothing.

Deuteronomy 8:7-9

THE HISTORY OF HONEY

Honey is a sweet and viscous fluid produced by bees and other insects from the nectar of flowers. "The definition of honey stipulates a pure product that does not allow for the addition of any other substance. This includes, but is not limited to, water or other sweeteners."¹

Honey is significantly sweeter than table sugar and has attractive chemical properties for baking. Honey has a distinctive flavor which leads some people to prefer it over sugar and other sweeteners. Liquid honey does not spoil. Because of its high sugar concentration, it kills bacteria by plasmolysis. Natural airborne yeasts cannot become active in it because the moisture content is too low. Natural, raw honey varies from 14 percent to 18 percent moisture content.

A main effect of bees collecting nectar to make honey is pollination, which is crucial for flowering plants. Honey is a mixture of sugars, water, and other compounds. The specific composition of any batch of honey will depend largely on the mix of flowers consumed by the bees that produced the honey.

HONEY IN THE WORD OF GOD

The Promised Land is referred to throughout God's Word as a "*land flowing with milk and honey*" (Deuteronomy 6:3). Honey, sweet to taste, is a symbol for God's abundant blessing.

Instead of processed sugar, people in Bible times used natural honey as a sweetener or ate the honeyed pulps of fresh fruit.²

Honey was common in Bible history. For the Israelites, it was the primary source of sugar used in baking and making beverages.

For thousands of years, serving honey has been a way of honoring guests. It generally was served after the main meal at the end of the day. A common dessert even today in the Middle East is "honey cream." A quarter to half

cup of honey is added to a pint of plain yogurt, sour cream, or heavy cream. Generally speaking, both honey and yogurt (or sour cream or heavy cream) are put in bowls on the table, and each guest mixes his own dessert to taste. On cold nights, the yogurt or cream may be heated slightly; in the summer months, the yogurt is chilled.³

The Word of God makes numerous references to honey, including the Psalms, which says, "*He would have fed them also with the finest of wheat; And with honey from the rock I would have satisfied you*" (Psalm 81:16) and Proverbs, which says, "*My son, eat honey because it is good, And the honeycomb which is sweet to your taste*" (Proverbs 24:13).

The Old Testament contains many references to honey as a symbol for all that is pleasant and desirable. For example, the book of Exodus famously describes the Promised Land as a "*land flowing with honey*" (Exodus 33:3).

So important is honey in Jewish tradition that some scholars believe an exception was made for it in the dietary laws: Insects and their products are normally considered unclean, but honey is kosher.

TYPES OF HONEY

The flavor and color of honey is largely determined by the nectar source. Common flavors of honey include orange blossom honey, tupelo honey, buckwheat honey, clover honey, blackberry honey, and blueberry honey. In Australia, the most common honey is from the eucalyptus trees, such as redgum, yellow gum and stringybark. Tasmanian leatherwood honey is considered a delicacy for its unique flavor.

While it is rare for any honey to be produced exclusively from one floral source, honey will take on the flavor of the dominant flower in the region. Orange blossom, tupelo, and sourwood are favored types in the United States. Greece is famous for wild thyme honey, as is France for lavender and acacia honey.

In 2005, New Zealand had 320,000 beehives that produced an average annual crop of 8,600 types of honey. These honeys cover a huge range of flavor types and properties: from mild to very strong flavored, light to dark colored, delicately perfumed to pungent, and even honeys with significant antibacterial properties.

Most commercially available honey is blended. Monofloral honeys are especially valuable on the market. New Zealand is a major producer of several of these fine monofloral honeys: viper's bugloss honey, nodding thistle honey, kamahi honey, honeydew honey, tawari honey, rewarewa honey, or thyme honey.

HEALTH BENEFITS OF HONEY

Honey is a wonderful treat that is good for our bodies. Honey contains minerals and B vitamins. It is also excellent for people with hay fever and asthma.

Wild honey, raw honey, and organic honey are all good. Just be sure that it is pure honey you are buying. You'll want pure honey just as they pull it out of the hive. Some honey contains syrup and sugar. As you shop for honey, it will also be helpful to keep in mind that darker honey contains more antioxidants.

The main uses of honey are in cooking, baking, spreading on bread or toast, and as an addition to various beverages such as tea. Because honey is hygroscopic (drawing moisture from the air), a small quantity of honey added to a pastry recipe will retard the

staling process. Raw honey also contains vitamins, antioxidants, and enzymes that help in its digestion.

Honey is not always healthful. Because it is gathered from flowers in the wild, there are situations in which it may be toxic. Rhododendrons, mountain laurels, and azaleas have nectar that is poisonous to humans, though harmless to bees. The shape of the azalea flower, however, makes access to nectar difficult for honeybees. And during the time when azaleas bloom, there are usually other flowers available which are more appealing to the honeybee.

Nonetheless, honey, corn syrup, and other natural sweeteners are a potential and acute threat to infants. Harmless to adults because of a mature person's stomach acidity, botulinum spores are widely present in the environment and are among the few bacteria that can survive in honey.

Since an infant's digestive juices are nonacidic, ingestion of honey creates an ideal medium for Botulinum spores to grow and produce sufficient levels of toxins to cause infant botulism. For this reason, it is advised

that neither honey, nor any other sweetener, be given to children under the age of eighteen months. Once a child is eating solid food, the digestive juices are acidic enough to prevent the growth of the spores.

Honey is processed a number of ways. Comb honey is a popular honey product. The honey is sold still in the wax comb.

Raw honey is as it exists in the beehive or as obtained by extraction, settling, or straining without adding heat. Raw honey contains some pollen and may contain small particles of wax. Local raw honey is sought after by allergy sufferers as the pollen impurities lessen the sensitivity to hay fever.

Filtered honey is processed by filtration to remove extraneous solids and pollen grains.

Strained honey has been passed through a mesh material to remove particulate material (pieces of wax, propolis, other defects) without removing pollen.

Blended honey is a homogeneous mixture of two or more honeys differing in floral source, color, flavor, density, or geographic origin. Honey may also be churned, creamed or

whipped, crystallized, granulated, and spun.

Organic honey is honey produced, processed, and packaged in accordance with national regulations, and certified as such by some government body or an independent organic farming certification organization.

HONEY RECIPE

Baklava

4 c. apricot, finely chopped

1 tsp. Cinnamon

1 lb. phyllo, or strudel leaves

1 c. melted butter

12 oz. (jar) honey

Make baklava at least 2 1/2 hours before serving. Grease a 13" x 9" baking dish. In a large bowl, combine apricot and cinnamon. Blend well and set aside. In a baking dish, place one sheet of phyllo or strudel leaf, extending it up the sides of the dish. Brush with melted butter. Repeat to make five more layers. Sprinkle with one cup apricot and cinnamon mixture. Cut remaining phyllo into 13" x 9" rectangles. Place

one sheet of phyllo in the baking dish over the apricot mixture. Brush with butter. Repeat to make at least six layers, overlapping small strips of phyllo to make rectangles, if necessary. Sprinkle one cup apricot/cinnamon mixture evenly over phyllo. Repeat procedure two more times, placing phyllo on top of the last apricot/cinnamon layer. Trim any phyllo that extends over the top of the dish. With a sharp knife, cut all layers in a diamond pattern to make 28 servings. Bake in 300 degree oven 1 hour 25 minutes or until golden brown. While phyllo is cooking, in one-quart saucepan over medium low heat, heat honey until hot but not boiling. After phyllo is cooked, remove from oven and let warm. Spoon hot honey evenly over it. Cool on wire rack at least one hour, then cover and leave to cool at room temperature.

LIVING HEALTHY

For the LORD your God is bringing you into a good land ... a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can dig copper.

Deuteronomy 8:7, 9

GOD'S PEOPLE: A HEALTHY PEOPLE

God's people should be a healthy people. His Word has given us guidelines to follow which show us how to find health, healing, and renewal in every area of our lives.

In our crusade meetings there have been mighty outpourings of God's miraculous healing power. It is God's will for us to be whole in body. But it is our responsibility to take care of ourselves and lead healthy lifestyles.

As you eat these seven living Bible foods along with a well-balanced diet of fruits, vegetables, fish, and lean meats (if you choose to eat meat), you will experience vitality and health. God created these foods for your

wellness.

The Lord gave us clear direction for health thousands of years ago that applies to our lives today. The Bible declares in Exodus:

If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you. (Exodus 15:26)

You can claim this promise for yourself and your loved ones today as you obey the Lord, eat nutritionally balanced meals, and exercise. When we don't take care of our bodies the way the Lord intended for us to, we suffer physical consequences and poor health. We must be wise and follow the direction given in God's Word today and every day.

We have been saved by grace and redeemed by Jesus's blood. Our lives are His, therefore it is good to honor Him with our physical bodies. God's people are called to be a healthy people.

**"IN HIM WE LIVE, MOVE, AND HAVE
OUR BEING"**

The Lord has marvelous plans for you, and He will fulfill His promises concerning you. We must be careful, however, to heed a word of caution that is given in God's Word:

When you have eaten and are full, then you shall bless the LORD your God for the good land which He has given you. Beware that you do not forget the LORD your God by not keeping His commandments, His judgments, and His statutes which I command you today ... For it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day. (Deuteronomy 8:10-11, 18)

Once we enter into the good land God has promised us, we must never forget the Lord. Some eat and are full, then they forget what God rescued them from.

It is by the Lord's own hand that we "*live and move and have our being*" (Acts 17:28). He is the One who gives us the power to obtain fullness or wealth, which is much more than monetary gain. True wealth is walking in divine health, both spiritually and physically.

The mighty principles given in Deuteronomy 8 are powerful rules to live by:

remember the Lord, obey His Word, and eat nutritionally balanced living foods. And as we follow these principles, we will experience abundant life.

ABUNDANT LIFE IN CHRIST JESUS

As we remain in the Lord, the source of our very being, we discover abundant life. It is in Christ that we find our well-being. Consider these guiding words from the Scriptures:

"Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing"
(John 15:4-5).

When we abide with Jesus, we rest in His presence, living and dwelling in His care, and remain in a posture of worship with our lives uplifted in an expression of His praise.

As we remember the Lord each day, He sustains us, strengthening our bodies for His service and good will. God causes us to thrive and experience divine preservation as we acknowledge Him. And as we submit to His

guidance, conform to His image, and walk faithful to His will, we will bear fruit in vibrancy and strength. We become vessels of honor to serve Him.

LACKING NOTHING

How do you experience God's overflow? The answer is simply "Come to Jesus."

You may say, "Well, that is fine for spiritual matters, but how does that apply to my physical health? Can I experience such wholeness in Christ Jesus that I lack nothing?"

There is no lack in Jesus. He does not *have* health, He *is* health. He does not *have* healing, He *is* healing. All that you need is found in Him. God's Word declares:

Bless the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle's. (Psalm 103:1-5)

Never forget that the Lord Jesus is your

healer and source of divine health. Restoration, regeneration, and renewal are all found in Him.

The book of Deuteronomy declares, "*For the LORD your God is bringing you into a good land... a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can dig copper*" (8:7, 9) May you experience God's healing power, renewed strength, and abundant life as you partake of Bible foods that heal today!

ADDITIONAL HEALTHY FOODS: HUMMUS, BABA GHANNOUJ, AND GARLIC

As an added bonus, here are a few additional foods that provide tremendous health benefits. These foods should be staples in our diet and would be good to eat several times each week: hummus, baba ghanouj, and garlic.

HUMMUS

Hummus, made of chickpeas or garbanzo beans, is high in soluble fiber helping to lower cholesterol. It literally binds the bad cholesterol and helps balance blood sugar (especially in type 2 diabetes). Hummus is an excellent food choice to balance pomegranate.

Hummus is good to eat with olive oil, garlic, and bread. Having this delicious food is like having a feast!

BABA GHANNOUJ

Baba ghannouj, made from eggplant, is also very good for your body. For the majority of people, this delicious food is beneficial, but some people with arthritis or lupus should avoid it, as it can cause inflammation.

Baba ghannouj is good with sesame, olive oil, garlic, and lemon. The sesame provides a good omega-6 oil that has not been processed. The seeds are a good source of fiber as well.

GARLIC

Garlic is excellent for lowering cholesterol. Some studies show it may also help lower blood pressure and can be a powerful antiparasitic, removing bad bacteria in the intestinal track.

Please enjoy the following additional recipes for hummus and baba ghannouj, both containing garlic.

HUMMUS RECIPE

Hummus

1 1/2 c. dried chickpeas

3 cloves garlic, pressed

1/2 c. sesame tahini
juice of 1 lemon
parsley
lemon wedges
paprika
whole-wheat bread sticks

In a large saucepan, cover chickpeas in water. Bring to a boil and cook three minutes. Cover and let stand one hour. Drain and reserve liquid. Mash chickpeas. Set aside. Combine garlic with tahini. Add lemon juice and salt. Mix well. Grind mashed chickpeas in a blender or food processor a little at a time, adding tahini mixture and chickpea cooking water as needed. Hummus should be thick. Garnish with parsley and lemon wedges. Sprinkle with paprika and serve with or on whole-wheat sesame crackers.

BABA GHANNOU RECIPE

Mideast Baba Ghannouj

1 medium eggplant, washed and halved lengthwise

1 1/2 tbsp. tahini

1/4 c. lemon juice

2 cloves garlic, pressed

1/2 tsp. kelp cayenne, to taste

1/4 c. chopped parsley

Broil or toast eggplant until skin is blackened. Cool. Peel away skin. Mash pulp until creamy but not perfectly smooth. Mix together tahini, lemon juice, garlic, kelp, and cayenne to taste. Beat into eggplant. Heap into bowl and chill. Serve sprinkled with parsley. Serves 4.

NOTES

Unless otherwise indicated, recipes used in this book come from:

Maureen Salaman, *Foods That Heal: Companion Cookbook, Showing You the Light at the End of the Refrigerator* (Menlo Park, CA: MKS, nd). Used by permission.

WHEAT

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3 Colbert, *What Would Jesus Eat?* 148.

4 James Duke, *Herbs of the Bible* (Loveland, CO: Interweave Press, 1999), 139-43.

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FIGS

1 Colbert, *What Would Jesus Eat?* 152.

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POMEGRANATES

1 RecipeSource, www.recipesource.com. Used by permission.

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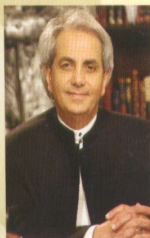
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BIBLE FOODS — THAT — HEAL

Foods of the Bible can bring healing to you! More than ever today, we need to turn to God's Word for revelation on how to boost our immune system, maintain our ideal weight, have abundant energy, and live a life of sustained health.

Bible Foods That Heal highlights the phenomenal health benefits of the seven living Bible foods found in Deuteronomy 8:7-9:

**Wheat • Barley • Vines • Figs
Olive Oil • Honey • Pomegranates**



"You can apply the miraculous principles in God's Word to see your health renewed and restored today! It is God's will for you to be healthy and stay healthy. I believe in healing, but I also believe in divine health. It is my prayer that the Lord will cause you to live long and prosper in the land He has given to you."

—Pastor Benny Hinn



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