

God's Kitchen, Clinic & Pharmacy

The Ultimate One Stop Shop Sanatorium **God's Dietary Recipes for Humanity**

*“God shall supply all your need according to his riches in glory by **Christ Jesus**” (Phil 4:19)... “Your **Father** knows what things you have **need** of before you ask him.” (Matt 6:8).*





Before to start talking about God’s providence and provision for our daily needs as per his plan and purpose for our health and wealth of body, mind and heart, I would like to share with you this amazing information, so together we can without cease praise God for his wonderful works and love:

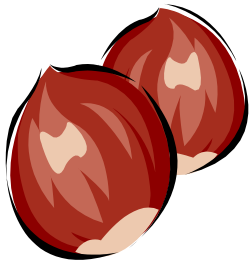
I found this article on many Internet sites; I am not sure who wrote it; some say the author is Ms. **Maria Treben** while others attribute it to **Dr. Heidi Dulay**. Anyway, while praising God, I am grateful to whoever thought of it, researched it, compiled it, wrote it and finally shared it. I trust you will enjoy the information and wonder at God’s amazing pharmacy, medicine and ingenuity.

The purpose of this list is not to disregard the other benefits of these vegetables and fruits, where their benefits are multifaceted for all body parts and organs, and its effectiveness when consumed fresh or steamed rather than cooked. The wonder lies in their shape designs constituting a medicine for that corresponding part of the human body. While meat is necessary, it only ranks #3 in importance after vegetables and fruits followed immediately by fish.

God left us great clues as to what food helps what part of our body!

These are the major ones

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|  | <p>A sliced Carrot looks like the human eye.</p> <p>The pupil, the iris & radiating lines look just like the human eye. Science now shows carrots greatly enhance blood flow to and function of the eyes.</p> |
|  | <p>A Tomato has four chambers and is red.</p> <p>The heart has four chambers and is red.</p> <p>All of the research shows tomatoes are loaded with lycopine (lycopine) and are indeed pure heart and blood food.</p> |
|  | <p>Grapes hang in a cluster that has the shape of the heart.</p> <p>Each grape looks like a blood cell</p> <p>The research today shows grapes are also profound heart and blood vitalizing food.</p> |
|  | <p>A Walnut looks like a little brain,</p> <p>A left/right hemisphere, upper cerebrums/lower cerebellums.</p> <p>Even the wrinkles or folds on the nut are just like the neo-cortex.</p> <p>We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.</p> |



Hazelnut is shaped like a **Heart** including its **color**.

Science has proven its effectiveness in reducing bad cholesterol.



Kidney Beans actually heal and help maintain **kidney function**

They look exactly like the **human kidneys**.

(For a natural kidney stone remedy, visit:
www.KidneyStoneNaturalTreatment.com)



Celery & Rhubarb and many more look just like **BONES**.

These foods specifically target **Bone strength**.

Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak.

These foods replenish the skeletal needs of the body.



Avocados, Eggplant and Pears

Target the health and function of the
Womb and Cervix of the female
They look just like these organs.

Research shows that when a woman eats one avocado a week, **it balances hormones, sheds unwanted birth weight, and prevents cervical cancers.**

And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit.

There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow.

They look like the **male two testicles**.

Figs increase the **mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.**



Sweet Potatoes look like the **pancreas**

They actually balance the glycerin index of diabetics.

| | |
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|  | <p><u>OLIVES</u> assist the health and function of the <u>Ovaries</u>, and Breasts, Colon, Skin, Cancer, Ulcers, Heart</p> |
|  | <p><u>Olive Oil</u> (oleic acid) helps the health and functions: Heart Disease, Ulcers, Gastritis, Secretion Of Bile And Pancreatic Hormones.</p> <p>Rich in antioxidants and anti-inflammatory fatty acids, biophenols, and oleocanthal synthesis for protection against Cholesterol LDL (bad) by increasing HDL (good) level.</p> |
|  | <p><u>Oranges, Grapefruits,</u> and other <u>Citrus</u> fruits look just like the <u>mammary glands of the female</u></p> <p>They actually assist the health of the <u>breasts</u> and the movement of <u>lymph in and out of the breasts.</u></p> |
|  | <p><u>Onions</u> look like the layered <u>Body's Cells.</u></p> <p>Today's research shows onions help clear waste materials from all of the body cells. Even produce <u>tears which wash the epithelial layers of the eyes.</u></p> <p>Research shows onions help clear waste materials from all body cells. It helps regulate blood sugar, cures infections, produces good cholesterol (HDL), and scavenges free radicals.</p> |
|  | <p>Garlic, a working companion of the Onion.</p> <p>It also helps eliminate waste materials and <u>dangerous free radicals from the body.</u></p> |

Add to this meager list for a healthy life:
Milk * yoghurt * honey * and all kinds of seeds, grains and nuts.

And now back to our study at hand: God did not create this world without design, purpose, providence and instructions. On the contrary, he spelled out every minute detail on the pages of his Holy Bible about every aspect of our physical, social and spiritual life. He supplied our kitchens and medicine cabinets not with bills but rather with all kinds of staples to eat, enjoy and be healthy. As we saw above, he created the anatomy of the human body to match vegetables and fruits' parts and shapes, not only serving as delightful food but as useful relevant medicine to that particular organ. It is safe to say that God molded the inner and outer human body organs after the different shapes of fruits and vegetables.

WOW! ... It is God's Pharmacy and his healing's Prescriptions

God created us vegetarians, humans as well as all the inhabitants of the kingdoms of little and dinosaurian sized animals and birds: “*And God said, “Behold, I have given you **every herb** bearing seed, which is upon the face of all the earth, and **every tree**, in which is the fruit of a tree yielding seed; to you it shall be for **meat**. And to every beast of the earth, and to every fowl of the air, and to every thing that creeps upon the earth, wherein there is life, **I have given every green herb for meat**”* (Gen 1:29-30). Animals, birds’ and fish meat was necessitated and introduced after Noah’s flood, which widely destroyed plantations, “*Every **moving thing** that lives shall be meat for you; even as the green herb have I given you all things.*” (Gen 9:3).

St. Paul assured us that “*God will supply **all our need***” (Phil 4:19) because nothing is impossible with God; but he used “*need*” in the singular not the plural for a divine purpose, while David assured us that if we delight ourselves in the Lord “*He will give **us the desires of our hearts***” (Psa 37:4). The biblical singular “need” encompasses the three major and vital items for our sustenance and our journey on earth. We all need: 1) **Shelter**, 2) **Food**, and 3) **Clothing**; but he also told us that we will toil to get them: “*By the sweat of your face you will eat bread* » (Gen 3:19).

On the first day, God created the sun and the moon to help regulate and sustain life. On the second day He created the seas and the dry land. The land was ours to till for our seasonal food, build and dwell in, “*And God blessed them, and God said unto them, “Be fruitful, and multiply, and replenish the earth, and subdue it.”* (Gen 1:28). He provided two kinds of waters, one salty for the big seas and the other fresh for us and our animals and birds to drink and to water our gardens and fields.

On the third day, God created before hand sustenance even before humans saw the light of the day on the sixth day: “*And God said, “Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. And the earth brought forth grass and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself after his kind: and God saw that it was good.”* (Gen 1:11-12)... “*And I will send grass in your fields for your cattle that you may eat and be full.*” (Deut 11:15).

God never intended for us to be constrained in all kinds of garments and raiment. He only intended for us to have Adam and Eve’s original suits ... be born, live and die naked; but Adam & Eve decided to invent the first wardrobe and ushered a new business of fashionable garments: “*And they were both naked, the man and his wife, and were not ashamed... And the eyes of them both were opened, and they knew that they were naked; and they sewed **fig leaves** together, and made themselves aprons.*” (Gen. 2:25 + 3:7). “*Unto Adam also and to his wife did the LORD God make **coats of skins**, and clothed them.*” (Gen 3:21).

Adam and Eve started with fig and other leaves and later with animals’ skins; their descendants created billions of dollars fashion industry. What we have now is nudity is optional where humanity started nudist camps and hedonistic hideaways, and sooner than later humanity will revert to its original father and mother’s suit: nudity without being ashamed, where clothing becomes optional.

As you can see, God provided and still provide for each and every one of us. He keeps assuring us that we are better than the birds and the lilies of the fields:

*“Therefore I say unto you, “Take no thought for your life, what you shall **eat** or what you shall **drink**; nor yet for your body, what you shall **put on**. Is not the **life** more than **meat** and the **body** more than **raiment**? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feeds them. Are you not much better than they? Therefore take no thought, saying, “**What shall we eat?**” or, “**What shall we drink?**” or, “**Wherewithal shall we be clothed?**” For after all these things do the Gentiles seek: **for your heavenly Father knows that you have need of all these things**. But seek you first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the tomorrow: for the tomorrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof”* (Matt 6:25-26; 31-34)...
*“And seek not you what you shall **eat** or what you shall **drink**, neither be you of **doubtful mind**”* (Luk 12:29).

Did not God supply manna and quails for the Israelites in the wilderness?

Although the Israelites sinned as we read: *“And the people spoke against God, and against Moses, “Wherefore have you brought us up out of Egypt to die in the wilderness? For there is no bread, neither is there any water; **and our soul loathes this light bread**.” And the Lord sent fiery serpents among the people, and they bit the people; and much people of Israel died. Therefore the people came to Moses, and said, “We have sinned, for we have spoken against the Lord, and against you; pray unto the Lord, that He takes away the serpents from us. And Moses prayed for the people. And the Lord said unto Moses, “Make you a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looks upon it, shall live.”* (Num 21:4-8). God had still forgiven them and given them:

*“I have heard the murmurings of the children of Israel: speak unto them, saying, “At even you shall eat flesh (quails), and in the morning you shall be filled with bread (manna); and you shall know that I am the Lord your God... **This is the manna (bread) which the Lord has given you to eat.**”* (Exo 16:12+15).

Did not He provide raiment and food for John the Baptist?

“And the same John had his raiment of camel's hair, and a leather girdle about his loins; and his meat was locusts and wild honey. (Matt 3:4).

Did not He provide mist to water the fields when no man was there to water and till the grounds as well as after the coming of man?

*“And every plant of the field before it was in the earth, and every herb of the field before it grew: **for the Lord God had not caused it to rain upon the earth, and there was not a man to till the ground**. But there went up a mist from the earth, and watered the whole face of the ground.... Therefore the Lord God sent him (Adam) forth from the garden of Eden, **to till the ground** from whence he was taken”* (Gen 2:5-6 & 3:23).

Did not Jesus feed over 5000 men besides women and children from 5000 loaves and 2 fishes?

*“And he commanded the multitude to sit down on the grass, and took the **five loaves**, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the **loaves** to his disciples, and the disciples to the multitude. And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full. And they that had eaten were about five thousand men, beside*

women and children. And they that had eaten were about five thousand men, beside women and children” (Matt 14:19-21).

Jesus instructed us to pray the "**Our Father**" where we repeat after Jesus, "*Give us this day our daily bread*" (Matt 6:11); and he also said that He is, "*The Bread of Life*" (John 6:33, 35 & 51); and the Eucharist is made of "*unleavened bread*" (Matt 26:17). As you can realize from Gen 1:29: as much as Jesus is everything, being the bread to sustain our spiritual, mystical and physical lives, thus "**Bread**" encompasses all foods in line with the use of the singular word "**Need**" explained here above.

When we read the Bible, we see God's saints praying and offering thanks before and after what they intend to do including having food. Jesus is our best example, he did not cease to pray and offer thanks. The psalms of David are all about praising God and thanking him. All what God is asking us is to trust in His infinite Providence and thank him in advance for what he provides and will provide.

“For the kingdom of God is not meat and drink, but righteousness, and peace, and joy in the Holy Ghost. For him/her that in these things serves Christ is acceptable to God, and approved of men. Let us therefore follow after the things which make for peace, and things wherewith one may edify another. For meat destroy not the work of God. All things indeed are pure; but it is evil for that man who eats with offence. It is good neither to eat flesh, nor to drink wine, nor any thing whereby your brother stumbles, or is offended, or is made weak. Have you faith? Have it to yourself before God. Happy is he that condemns not himself in that thing which he allows. And he that doubts is damned if he eats, because he eats not of faith: for whatsoever is not of faith is sin” (Rom 14:17-23).

“You prepare a table before me in the presence of mine enemies: you anoint my head with oil; my cup runs over.” (Psa 23:5)... ***“Whether you eat or drink or whatever you do, do all to the glory of God”*** (1Cor 10:31)... ***“And he took bread, and gave thanks, and broke it and gave unto them, saying, “This is my body which is given for you: this do in remembrance of me”. Likewise also he took the cup after supper, saying, “This cup is the new testament in my blood, which is shed for you.”*** (Luk 22:19-20).

A part of God's dietary plan is for us is to also fast while praying and offering thanksgiving. Although there are many passages in the Bible speaking of fasting, it suffices to cite this one as an indication of the importance of fasting and abstinence:

*“And they said unto him, “Why do the disciples of John **fast** often, and make prayers, and likewise the disciples of the Pharisees; but yours **eat and drink**?” And he said unto them, “Can you make the children of the bride chamber fast, while the bridegroom is with them? But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days”* (Luk 5:33-35)... ***“Except by prayer and fasting”*** (Matt 17:21).

God is faithful and gives generously to whoever asks Him believing. He asks us to reciprocate his generosity and benevolence towards our fellowmen and be a mercy and blessing:

“Every man according as he purposes in his heart, (so let him give), not grudgingly or of necessity: for God loves a cheerful giver; and God is able to make all grace abound toward you; that you always having all sufficiency in all things, may abound to every good work. (As it is written, He has dispersed abroad; he has given to the poor: his righteousness remains for ever....Now he that ministers seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness; Being enriched in every thing to all bountifulness, which causes through us thanksgiving to God.” (2Cor 9:7-11)... ***“For so an entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.”*** (2Pet1:11).

*“For in eating every one takes before other his own supper: and one is hungry, and another is drunk. **What?** Have you not houses to **eat** and to **drink** in? Or despise you the church of God, and shame them that have not (to eat & drink)? **What** shall I say **to** you? Shall I praise you in this? I praise you not... Wherefore, my brethren, when you come together to eat, tarry one for another. And if any man hunger, let him eat at home; that you come not together unto condemnation”* (1Cor 11:21-34).

A good number of humanity is suffering and being physically sick and tormented because of famine, wars, nature’s catastrophes, poor health and abuses while many are facing spiritual warfare and adversities. What rich nations throw as garbage every day can feed millions and even billions, humans struggle to supply their needs and dread what tomorrow will bring. Let us go all-out to help the needy and praise God for His mercy and love and providence so that one day we will hear this: *“...Blessed are they which are called unto the marriage **supper** of the Lamb... And he said unto me: “These are the true sayings of God”* (Rev 19:9).

**Let us praise God
for His Infinite
Providence, Mercies & Ingenuity**