

# Virtual Christian Magazine

Hope And Encouragement  
For The Real World

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## The Middle East: Worlds in Collision

By Scott Ashley

*Why does the Middle East so often dominate our headlines?*



**W**HY DOES THE MIDDLE EAST so often dominate our headlines? One obvious answer is oil, the lifeblood of modern economies. Without oil to run factories, heat homes, fuel transportation and provide energy and raw materials for thousands of uses, the economies of many nations would grind to a halt. The crucial importance of oil alone ensures that the Middle East will remain in the headlines for years.

But there's more that keeps the Middle East in the news. It is the birthplace of the world's three great monotheistic religions--Judaism, Christianity and Islam. Too often it has not been just their *birthplace*, but their *battlefield* as their adherents warred against each other for control territory they considered holy.

### Flash point in history

Nowhere are these conflicts more obvious than in Israel, and specifically in Jerusalem. It's hard to imagine how so much history, religion and culture can collide and literally stand in heaps. Nowhere is this more evident than at the Temple Mount, flash point for many a conflict over the years.

The site first came to the attention of Israel's King David, who bought a threshing floor and built an altar there, intending it to be the site of the future temple (1 Chronicles 21-22).

*Too often it has not been just their birthplace, but their battlefield as their adherents warred against each other for control territory they considered holy.*

The Temple Mount is called such because it is the location of the temples built by David's son Solomon (destroyed by the Babylonians ca. 587 B.C.) and the temple built by Ezra and enlarged by Herod the Great (and ultimately razed by the Roman emperor Titus in A.D. 70).

Here Jesus of Nazareth worshiped, taught and confronted the moneychangers, scribes,

Pharisees and religious authorities. After His death, Christianity was born in its shadow. His followers continued to worship and teach there for another several decades until Rome crushed a Jewish rebellion in A.D. 70 and removed most of the Jewish population they hadn't killed. A later Jewish rebellion in 132-135 led to a Roman decree that no Jew was to set foot in Jerusalem on pain of death.

## Temple Mount

Centuries later, in 638, Muslim Arabs took the city. In 691 Muslims built the Dome of the Rock on the Temple Mount, enclosing the spot Muslims believe Muhammad ascended to heaven. Today Muslims consider it the third holiest site in Islam, after Mecca where Muhammad was born and Medina where he found refuge and died.



Several centuries later the Crusaders captured Jerusalem, slaughtering Muslim and Jew alike. It was at this time the Dome of the Rock was converted into a church. Jerusalem would change hands between these warring factions three more times before Muslims finally took control of Jerusalem from 1244 to 1917. They would maintain control of the city until the Ottoman Empire fell at the end of World War I. From the end of World War I until 1948 the city was under British administration.

In 1948 the modern state of Israel was born, and in the 1967 war the Israelis captured all of Jerusalem, though leaving the Temple Mount under Islamic authority.



Today one can see Muslims praying at the Dome of the Rock atop the Temple Mount, Jews praying at the Western Wall barely a stone's throw away and Christians praying along the Via Dolorosa and at the Church of the Holy Sepulcher a few hundred yards to the north and west. And all around one sees the rubble of the centuries of conflagration and conflict over this holy place.

## Future of Jerusalem

Who will write the next chapter in the history of this troubled city? Will it be the last? Believe it or not, the final chapters are already written--prophesied centuries ago in the pages of the Bible. And ominously, they mesh remarkably well with today's headlines.

You need to understand what is prophesied to yet happen in the Middle East. To learn more about the future of Jerusalem, order your free copy of [\*The United States and Britain in Bible Prophecy\*](#).

## Only God Knows What He Knows

By Larry J. Walker

*The traditional concept of God is rooted in Greek philosophy and conflicts with the Bible. We can relate to God in human terms because that's how He describes Himself to us in the Bible.*



**A**T THEIR NOVEMBER MEETING in Colorado Springs the Evangelical Theological Society (ETS) passed a resolution which reads, "We believe the Bible clearly teaches that God has complete, accurate, and infallible knowledge of all events past, present, and future, including all future decisions and actions of free moral agents." The resolution passed 253 to 66 with 41 members abstaining.

This reaffirming statement of traditional belief represents an official response to a decade-long ETS discussion of "open theism." Believers in the "openness of God" emphasize God's self-limitation in response to humans, based on the concept of free moral agency. Because God offers man choices between right and wrong, they believe that God chooses not to predetermine or foreknow those choices. Rather, God alters His plans based on human response.

Which approach best reflects the teachings of Scripture?

Not all Christian doctrines come directly from the Bible. The theological foundation of the traditional concept of God is rooted in Greek philosophy, as early Church Fathers of the second century sought to explain Christianity to the pagan world. Since educated pagans looked to philosophers rather than religion for answers, Greek philosophy was a dominant force in the cultural environment. The Greek influence on Judaism and Christianity is known as "hellenization."

*The theological foundation of the traditional concept of God is rooted in Greek philosophy, as early Church Fathers sought to explain Christianity to the pagan world.*

The perfection of the deity was a prevailing concept of the philosophers. God could therefore not change, because any change from perfection would result in imperfection. Neither could He have any human qualities such as emotions. Since God knows everything already, He cannot be surprised or disturbed. In fact nothing can disturb God's peaceful bliss. Since God has no limitations, Plato even taught that God does not love. He believed that a self-sufficient being has no need for love. Since God is omnipresent, He does not move.

Jewish philosopher Philo sought to wed these Greek concepts to Judaism,



attempting to harmonize them with the Scriptures. He claimed that the many biblical passages that speak of God as having human qualities are "anthropomorphisms" that should not be taken literally. According to Philo, God is so above humanity that He has no contact with mankind. Rather, He delegates that duty to lesser beings. God is also nameless, because to name is to define, which constitutes setting limits.

So, according to Greek thought, God cannot change, cannot move, cannot learn, has no emotions and no name. Ah, but He is all-powerful. Yeah, right!

Unfortunately, many of these errant concepts are still present within the traditional concept of God.

The fact that man was made in the image of God suggests many similarities between God and man. How else could we have a relationship with Him? When we pray to God, we relate to Him in human terms because that is how He describes Himself in the Bible.

For more information on this vital topic, request your free copy of [Who Is God?](#) This booklet reveals the simple but profound truths surrounding this vital topic. Order your free copy today.



## Is Your Family Manipulated by Mass Media?

By Howard Davis

*Is your family using media--or being abused by it? These 10 principles can help you regain control and prevent media abuse.*

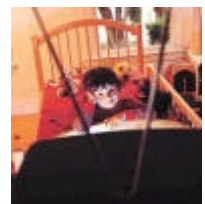


**B**ELIEVE IT OR NOT, your family is probably being abused--by a manipulative seducer you welcome into your home.

Many people unknowingly let media merchants--the creators and marketers of television programs, movies, videos, music and video games--abuse them. They do so when they allow such outsiders to intrude into their family affairs and exploit the negative side of their human nature.

Although the entertainment media can be informative and beneficial, we need to recognize that *evil* media exist, and we must learn how to make use of the good and avoid the bad. We should realize, too, that too much of even a good thing can be bad.

How great is the media's influence on the family? According to a 2001 report of the American Academy of Pediatrics, the average American child living at home spends *42 hours weekly*, the equivalent of a full-time job, immersed in watching TV or videos, listening to music on the radio, tapes or CDs, playing video games or using a computer. Many adults admit that they waste much of their time on passive viewing, letting television and other media monopolize their time.



Excessive television viewing is associated with depression, obesity and poor mental health. While many people think it is a stress reliever, research has shown that, at current usage patterns, it actually *induces* stresses in our lives while discouraging exercise and other forms of positive motivation.

### Regaining control

What about your family? Most people let media abuse continue. They don't understand that stopping media abuse is simply a matter of setting and enforcing firm rules. Establishing principles of media use for your family to live by has been shown to be the best way you can use electronic devices productively rather than letting them use you.

The mass media are purposefully designed to stimulate and control your mind through attention-getting techniques--to the point that some researchers compare its effect to addictive drugs. Because media are so prone to abuse, unless you consciously temper your media use by decisions based on solid biblical values within a consistent and positive lifestyle, you will probably find yourself a victim of media abuse.

*We live in the media age, but that does not mean we are forced to be slaves to it.*

Positive media use is advocated throughout a growing field called *media literacy*, found in many educational systems in many countries. Ironically, in the United States, which because of heavy media use needs it most, media-literacy efforts sadly lag.

Although mass media's negative effects on public education, criminal behavior and deteriorating physical and mental health are increasingly well documented, state and federal lawmakers and administrators consistently fail to fund media-literacy efforts. Why? Largely because the election processes at all levels heavily involve media manipulation by all parties and candidates. Too many elected officials, both conservative and liberal, are themselves largely creations of mass media.



Effective media-literacy efforts involve helping students and parents develop critical thinking skills to counteract a culture and lifestyle that conditions us to passive mindlessness. Psychological and brain-wave studies have shown that TV and other electronic-media use, including many video and computer games, put people in a mild trance--what some call passive mindlessness--after only a few minutes.

Surveys by educators show that firm but fair family rules limit the amount of television viewing--along with rules restricting or banning sexually suggestive and violent content--are important in helping students develop into academic achievers.

### **Ten principles of healthy media use**

The good news is that you can change many of these negatives. Your family can learn to use media as an asset instead of a liability. However, it requires that most of us change long-established habits.

Not surprisingly, the best advice from educators, the American Academy of Pediatrics (representing 55,000 children's doctors) and government-funded research agrees with a common source--the Bible--when it comes to basic principles in properly using mass media. Without quoting scripture or academic citations, the following basic principles are easy to understand and not difficult to follow--once you make a firm commitment and apply them for a month.

Understand, though, that when making these changes you'll need to be sure to talk them over with other family members if they require a change in their lifestyle. Parents should agree



together on what the rules should be and explain them to children as they are instituted.

For a family's new mass-media program to be effective, it needs to involve genuine change. You don't have to throw out the TV, but these principles require real action. There's no better time than now to begin healthy patterns of media use for yourself and your family.

**Principle 1: Focus on doing, not viewing.** Make sure you and your family maintain a variety of activities for a rich life based on action, talking and thinking. Limit passive consumption in every arena in life. Like eating too much of the wrong foods, media consumption is negative when it tilts your life out of balance. Make sure your family is doing far more than passive viewing.



The American Academy of Pediatrics holds that children should not be exposed to more than one to two hours of television, videos and popular music per day. They say young children should view television no more than 30 minutes daily. This requires cutting out 65 to 75 percent of television time in the typical child's life from age 2 to 18. Adults likewise need to make adjustments to make sure they have a life full of meaningful activity.

**Principle 2: Place your television carefully.** Keep the television set where you and your family members have to go to it and be intentional about using it. If you don't want the TV and Internet to dominate your time, then don't place them where they are easy to access. That means keep the TV out of the kitchen or bedrooms if that's where family members spend the majority of their time.

Wise parents place the TV where they can monitor their children's viewing. Even though you may think you may have a war on your hands--65 percent of American schoolchildren have television sets in their bedrooms--patiently explain to your children the reasons that viewing in the bedroom is not a good idea. Virtually all experts agree that TV in children's rooms will lead to more viewing, the tendency to obesity and incomplete homework and increased isolation from the rest of the family.

**Principle 3: Establish and follow family rules.** Make realistic rules and keep them. No media before homework and chores are done, for example, is a common rule. Others may say no more than one hour of TV before dinner, then homework, and then one hour before bed. Some advocate no media at all after 10 or 11 p.m. Whatever the rules, live within them, but don't be unreasonably inflexible or overly arbitrary about following them when circumstances warrant otherwise. Of course, there is always a tendency to decide that some media event is so important we must bend the rules. Don't believe it. With rare exceptions, there's nothing that can't be videotaped and seen later.

*"Whatever a man sows, that he will also reap."* Those who had their television viewing time limited as children generally grew up to be more action-oriented. Interestingly, many of these people who have now become parents themselves want to keep their own children from wasting their youth on passive media consumption. They are among the strongest supporters of consistent rules for media use.

**Principle 4: Plan viewing ahead of time.** Make a schedule of the upcoming week's viewing and stick to it. With the exception of disasters, emergencies and late-breaking stories with intermittent specials, you should be able to learn all TV programming in advance. You

can even plan that any major news stories will be reported on the hour.

Be sure to keep the television off when dining. It is critical for family health and well-being. Don't give up family dining time for television viewing.

**Principle 5: Teach your children media-literacy skills.** Talk about what you and your family members watch and listen to. Point out the impact television and music has on our attitudes, thinking and emotions. Ask your children questions. Their answers will reveal how they perceive the information presented to them while watching television. Doing so will sharpen your own skills in analyzing media.

What do the messages targeted at your family mean? Considering and talking about content will help you realize how your family is being affected by their viewing habits.

**Principle 6: Have fun with what you watch.** Some programs are both fun and healthy. But even when a program isn't, sometimes you can have a good laugh when you see entertaining commercials. Laugh and joke about the clever methods producers of TV commercials and programs use to sell a particular point of view. Be alert and aware!

**Principle 7: Talk about media violence and destructive sexuality.**

Explain the differences between manufactured horror and real-life suffering. Explain that playing with sex outside of marriage always has damaging effects--contrary to the way it is almost always depicted in movies, TV shows and music. Discuss the realistic and unrealistic use of sex as it is presented by the mass media. Talk about the many sensational portrayals of violence with no ill consequences to the heroes and villains in contrast to more realistic programs that honestly show the inevitable consequences.



**Principle 8: Choose quality TV, video and computer media.** Make it a part of your daily routine to view educational programs and videos. Many excellent programs on history, culture, science and classic drama are available which can enrich and inform us, even humor and inspire us.

**Principle 9: Model good viewing habits.** Intentionally decide what you will watch, and make it clear to your spouse, friends and children that you make decisions about viewing based on your values. Of course, your children will not restrict their viewing to good material and keep your family rules if you don't do so yourself.

**Principle 10: Use TV and video to support biblical values.** Make your media-content choices support your biblically-based family values and your personal quest to have the best family life possible. Should negative media intrude into your home and life, analyze and discuss why the content doesn't support the ideals and goals you are striving to maintain.

All 10 principles lead to a better life with a realistic view of the world. We live in the media age, but that does not mean we are forced to be slaves to it. God wants us to be the greatest we can be, which requires that we live a principled life--controlling media input rather than letting it control us. Gaining control requires us to make three simple changes: (1) acquiring knowledge about the problem, (2) committing to a solution

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and (3) consistently following through.

*matter of setting  
and enforcing firm  
rules.*

One of the major themes of the Bible is "whatever a man sows, that he will also reap" (Galatians 6:7). If you sow these principles of success when it comes to using the electronic media in your home, you can reap rich rewards in a balanced, positive life.

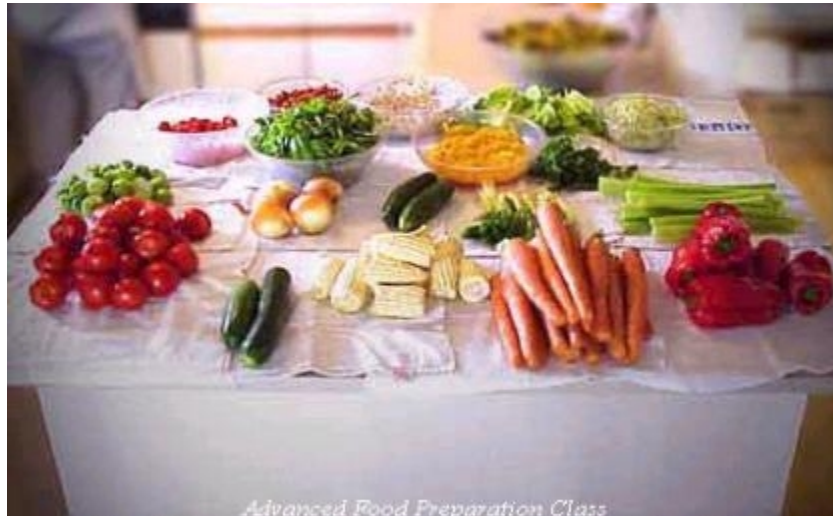
### **Recommended reading**

For further information, you can obtain a summary of sound principles for media use from the American Academy of Pediatrics through your local pediatrician, on the Web at [www.aap.org](http://www.aap.org) or in books such as *Screen Smarts: A Family Guide to Media Literacy*, by Gloria DeGaetano and Kathleen Bander in public libraries and local bookstores.

## Take Responsibility for Your Own Health--Nobody Else Will!

By Tom Damour

*Why do people get sick? Sickness is not a natural state-of-being. Learn how to protect your health by changing the way you think about food.*



**T**HOUSANDS OF SCIENTIFIC STUDIES over the past thirty years have shown that our lack of proper nutrition is perhaps the single most significant factor behind the reason people get sick. Last year over a trillion dollars (\$1,000,000,000,000) was spent on health care in the United States alone. What has this staggering expenditure of funds and resources produced? Let's see what the experts have to say.

### What do experts say?

Dr. Charles Mayo, of the famous Mayo Brothers in Rochester, Minnesota, made the following statement in 1900: "We are all afraid of germs...but what we should be afraid of is lowered resistance which comes from within... Normal resistance to disease is directly dependent upon adequate food. It never comes of pill boxes... Adequate food is the cradle of normal resistance, the playground of normal immunity, the workshop of good health and the laboratory of long life."

Almost a century later Dr. Julian Whitaker wrote: "The greatest medical discovery of our time is the awesome power within the human body to heal and rejuvenate itself! This tremendous discovery is destined to change the way we practice medicine in America. In the future, instead of cutting the body...instead of drugging it...instead of working against its natural systems...doctors will strive to feed and enhance the body's amazing power to self-heal. We're starting to see the shift in awareness already" (Julian Whitaker, in *Wellness Today*, July 1993).

### What Are Experts Saying?

In the early 1980s, the NCI established a diet, nutrition and cancer prevention research program. In this study a growing number of compounds in fruits, vegetables and cereal grains were found to interfere with the process of cancer development in laboratory research.

Epidemiologists have found that populations that consume large amounts of plant-derived foods have lower incidence rates of some types of cancer.

Eating vegetables and fruits is associated with a decreased risk of cancers of the esophagus, oral, cavity, stomach, colon, rectum lung, prostate, larynx and possibly other cancers (National Cancer Institute 2001).

- 1,540 people die from cancer every day, more than one a minute (American Institute of Cancer Research, 1997).
- Of those who suffer from chronic illness, over 41 million have their daily activities limited in some way because of their condition, and better than 12 million are unable to live independently (Institute for Health & Aging).
- Cancer is the chief cause of death by disease in children under age 15 (American Cancer Society, 1999).
- Did you know that diet is probably the greatest single factor in the epidemic of cancer (Physicians Committee for Responsible Medicine, 2000).

### Disease model or wellness model

Since emphasis has been on treating illness rather than prevention, a disease care system has developed rather than a health care system. Dr. George Malkmus states in his book, *God's Way to Ultimate Health*, "We've been looking at health from a Disease Model for many, many years now. The time has come for a paradigm shift to a Wellness Model."

### There is hope

Thankfully, things are beginning to change. The American Institute for Cancer Research conducted *The Diet & Cancer Project*. This project was an outgrowth of the National Academy of Sciences' landmark 1982 report on diet and cancer in which, for the first time, a clear link between diet and cancer was established.

Findings contained in the report--supported by more than 4,500 research studies and reviewed by the World Health Organization, the U.S. National Cancer Institute, the International Agency for Research on Cancer and the Food and Agriculture Organization of the United Nations--concluded that as many as 60 to 70 percent of cancers could be

*Food becomes a type of drug to numb emotional and psychological pain*

*prevented by coupling healthful dietary and lifestyle choices.*

**War on cancer a bust**

Drs. John Bailar and Heather Cornick published an article in the June 1997 *New England Journal of Medicine* in which they said: "The effect of new treatment for cancer on mortality has been largely disappointing." Bailar continued: "I can't say the money spent on new treatments is definitely wasted, but it certainly hasn't paid off. At this point, I can't see whether it will ever pay off. Frankly, I'm not convinced that there are wonderful cancer cures waiting to be discovered. *We have given it our best effort for decades; billions of dollars of support, the best scientific talent available. It hasn't paid off*" ("\$30 Billion 'War on Cancer' a Bust?" *USA Today*, May 29, 1997, emphasis added throughout).

**Obesity--deadly killer**

"Overweight and obesity may soon cause as much preventable disease and death as cigarette smoking," Surgeon General David Satcher said. "People tend to think of overweight and obesity as strictly a personal matter, but there is much that communities can and should do to address these problems." Approximately 300,000 U.S. deaths a year are currently associated with obesity and overweight, compared to more than 400,000 deaths a year associated with cigarette smoking. (U.S. Department of Human Services Press Release, December 2001).

**S.A.D.**

Why are millions suffering from hundreds of chronic conditions? Chances are good that you, or somebody you know, suffers from poor health. What is causing this modern health holocaust? Simply put, it's the result of the Standard American Diet (S.A.D.). While there are other reasons people get sick, the single largest cause of illness is the Standard American Diet.

*What is causing this modern health holocaust? Simply put, it's the result of the Standard American Diet (S.A.D.).*

Without a doubt, the ranks of the "walking wounded" have become a serious problem in the United States in particular and the Western world in general. What is causing this human disaster, and what can be done about it?

9th July, 2001

**NUTRITIONAL GUIDLINES - TEN SUGGESTED STEPS TO CONTROL CANCER**

The American Cancer Society has ten suggested steps to take control of your life and reduce your cancer risk. The first five steps are protective items to add to your lifestyle and the second five steps are risk factors to decrease from your current lifestyle.

**PROTECTIVE FACTORS**



1. **Eat More Cabbage Family Vegetables.** Studies show these cruciferous vegetables (cabbage, broccoli, Brussels sprouts, and cauliflower) appear to protect against colorectal, stomach, and respiratory cancers.
2. **Add More High-Fiber Foods.** Fiber occurs in whole grains, fruits, and vegetables, including peaches, strawberries, potatoes, spinach, tomatoes, wheat and bran cereals, rice, popcorn, and whole grain breads. A high fiber diet may protect against colon cancer.
3. **Choose Foods with Vitamin A.** Dark green and yellow vegetables such as carrots, peaches, apricots, squash, and broccoli are good sources of vitamin A. These foods may help protect you against cancer of the esophagus, larynx, and lung.
4. **Choose Foods with Vitamin C.** Fresh fruits and vegetables, such as grapefruit, cantaloupe, oranges, strawberries, peppers, broccoli, and tomatoes are good sources of vitamin C. These foods may help protect you against cancers of esophagus and stomach.
5. **Maintain Weight Control.** Obesity is linked to cancers of the uterus, gallbladder, breast, and colon. Exercise, such as walking, and reasonable calorie intake help to maintain a reasonable weight.

### **RISK FACTORS**

6. **Trim Fat From Your Diet.** Eat lean meat, fish, skinned poultry, low-fat dairy products, and baked or steamed foods. Limit consumption of pastries and candies. A high-fat diet increases the risk of breast, colon, and prostate cancers.
7. **Subtract Salt-Cured, Smoked, Nitrite-Cured Foods.** ...Cancers of the esophagus and stomach are common in countries where these foods are eaten in large quantities.
8. **Stop Cigarette Smoking.** Smoking is the biggest cancer risk factor of all-the main cause of lung cancer and 30% of all cancers.
9. **Keep Alcohol Consumption Moderate, if You Do Drink.** The risk of liver cancer increases with increased alcohol consumption. Smoking and drinking alcohol greatly increase the risk of cancers of the mouth, throat, larynx, and esophagus.
10. **Respect the Sun's Rays.** Too much sun causes skin cancer and other damage to the skin. Use at least a #15 sunscreen and wear clothing with long sleeves and a hat during the hours of 11am to 3pm.

Taking control of your lifestyle is the key to helping you feel better and reduce your cancer risk. This information is supplied by the American Cancer Society.

## Change eating habits

Most people don't want to change their eating habits until forced to do so. In other words, they are willing to gamble with their health, hoping to beat the odds. Changing the way one eats is not easy. But those who do so will experience a transformation in their lives. This transformation will impact their physical, mental well being as well.

The primary reason people turn from the Standard American Diet is because they feel they have no other option available to them. They have lost their health from one of hundreds of major illnesses and have not been able to find relief from other sources.

## What should be our focus?

In Romans 14:17, we are reminded that the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit. While it is very important to make sure we nourish our bodies, the temple of the Holy Spirit, it is critical that Christians keep their focus on the spiritual. The apostle Paul reminds us that the Kingdom of God is righteousness, which includes moderation, self-control and diligence. It takes character to make right choices. This is true in every area of life, including our eating and exercising habits.

## What should I eat?

Clearly eating the S.A.D. (Standard American Diet) is not conducive to the enjoyment of abundant health. The purpose of this article is stir the reader to change the way he or she thinks about food.

Seven basic rules of health are listed below to arm the reader with information needed to make informed decisions. They are presented in a general nature and are not intended to replace advice from dietitians and other competent medical professionals. These seven rules are not all-inclusive but are meant to provide a framework by which to live.

## Basic rules of health

**Rule #1: Your life is not your own.** Remember, your body is not your own. It is the physical instrument through which God lives in us. In 1 Corinthians 6:20 we read: "For you were bought at a price: therefore *glorify God in your body and in your spirit, which are God's.*" Christians must recapture the sense that their bodies belong to God.

**Rule #2: Eat to live.** As simple and straightforward as this rule is, it is rarely followed. A person's mindset toward food goes a long way in determining his/her future health. Those who live to eat often abuse food by using it as a means to escape daily pressures. Food becomes a type of drug to numb emotional and

psychological pain.

Those who understand proper nutrition don't eat to deal with emotional discomfort. Instead, they eat to maintain good health through proper nutrition. In other words, they eat to live, not live to eat.

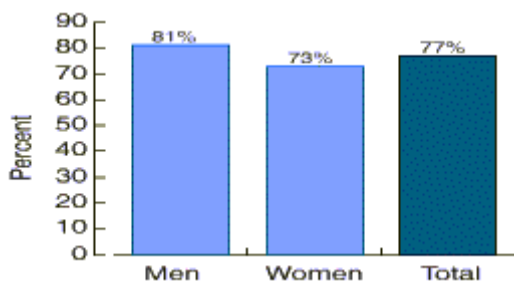


Many dieticians tell us to remember one basic rule: Eat those natural foods that will spoil--and eat them before they do.

**Rule #3: Eat living food.** Raw food has been called "living food." Numerous scientific studies have shown the unmistakable benefits of eating a diet of mainly raw fruits and vegetables. Doing so will help ensure that the vitamin and mineral content is preserved.

Living foods (raw or uncooked foods) are absolutely necessary for the maintenance of good health. A diet of mainly cooked food *is not* going to provide the body with the nutrients it needs to support health.

Many who encourage a largely raw food diet say that an 80/20 ratio is called for. That is to say, 80 percent of one's diet should consist of fresh raw foods, while the remaining 20 percent should be cooked.



**Percentage of Adults Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables a Day By Sex, 1998**

Source: The Life Extension Foundation, "Vegetables Without Vitamins"

Uncooked foods have active enzymes in them. While this information is not new to the scientific world, it is largely unknown to the average layman. The importance of eating raw food is understood when one understands the function of enzymes.

Eating raw foods will also maintain the enzymes needed to properly digest them. It is critical that "living food," be the staple of our diet in order to maintain good health. Many authorities claim that a diet rich in "living foods" actually enables the body to rejuvenate itself from certain common ailments.

**Rule #4: Eat only "clean" meats.** It is clear that God never intended that human beings eat those creatures labeled as "unclean." The reason for this is not explicitly stated in Scripture, but upon closer examination it is quite possible that the primary reason was for health matters. Recent scientific studies support this conclusion.

Modern science is catching up with God's Word. Over 3,200 years ago God declared creatures like shellfish, clams and shrimp were not fit to eat. Now scientists are telling us why.

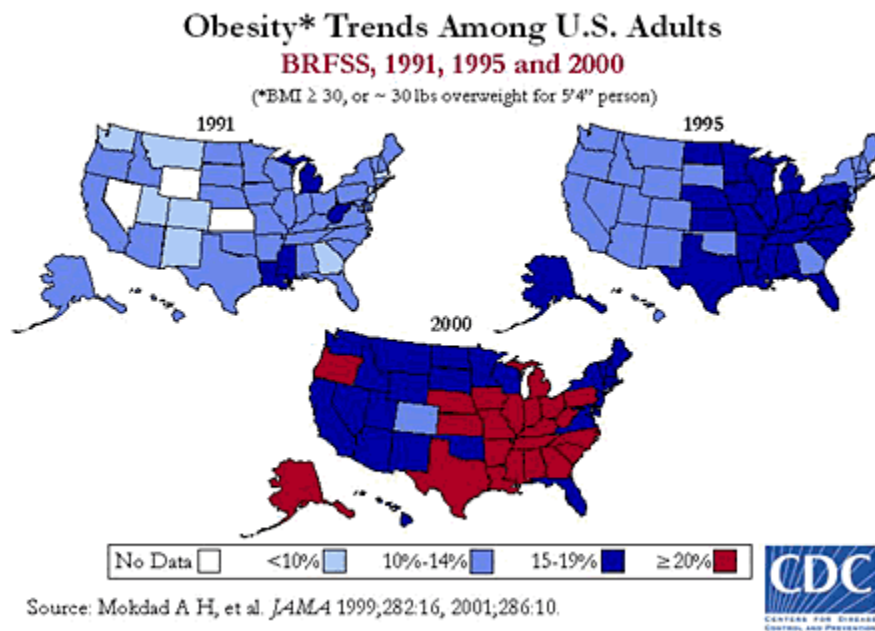
"All crustacean and mollusk shellfish have no scales and are therefore unclean. Mollusks include clams, mussels, oysters, and scallops. Crustaceans include crabs, lobsters, shrimp, prawns, and crayfish.

"Raw shellfish is a major source of food poisoning in our nation and diseases commonly carried by shellfish include salmonella and the Hepatitis A virus... Clams and oysters can

filter between twenty and fifty gallons of seawater a day. The toxins, however, remain in the flesh of the shellfish" (Don Colbert, M.D., *What Would Jesus Eat?*).

**Rule #5: Drink pure water.** Make it a habit to drink water free of as many man-made substances as possible. Remember, strive to eat or drink things in the state God created them. For example, drink water in as pure a state as you possibly can.

**Rule #6: Exercise on a regular basis.** Exercising on a regular basis is vitally important for maintaining health. Walking is a practical form of exercise, which most people can do without spending a lot of money. Others enjoy jogging, tennis, golf, etc. No matter what form of exercise you choose, it is important that you check with your doctor before starting your exercise program. Tell him/her what your exercise goals are, *then make sure you exercise according to those goals.*



It should go without saying, don't smoke. More than 30 years of research has proven beyond a doubt the detrimental effects smoking has on health.

**Rule #7: Make sure you get sufficient sleep.** Tips for getting a better night's sleep:

- Keep regular hours. Go to bed and wake up at the same time every day.
- Go easy on caffeine. Caffeine disturbs sleep patterns. Nicotine and alcohol have similar effects.
- Exercise early. While working out early in the day can help you sleep better, exercising within four to six hours of bedtime may make it harder to sleep.
- Schedule in "worry time." If thinking about the day ahead keeps you from falling asleep, set aside a regular time before you go to bed to write down or think about your "to do" list.

Proper sleep habits are just as important as proper nutrition and exercise. By correcting poor

sleep habits and revising your routine, your sleep patterns should fall into place. If they don't, talk to your doctor. He or she can give you a thorough evaluation to help you determine the cause and treatment.

### **Take charge of your health--nobody else will**

Remember what Paul said in Romans 6:13: "And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God."

It's time to take charge of your own health by educating yourselves about the laws of health. Be careful to avoid extremes. Strive for balance by staying away from extreme dietary doctrines, which claim to be a cure-all. At the same time, avoid those who argue diet is not important for maintaining good health.

Remember, each of us is responsible for taking care of the body God has given us. As you learn more about the basic principles of health, be sure to put them into action. By doing so, you will be choosing life: *"I have set before you life and death, blessing and cursing; therefore choose life, that both you and your seed may live"* (Deuteronomy 30:19).

May God bless you on your journey to better health.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2).

*Virtual Christian Magazine Editorial***Relating the Bible to Life**

By Tom Damour

**I**N THIS MONTH'S ISSUE of *Virtual Christian Magazine*, a series of articles have been compiled which we hope will help you relate the Bible with everyday life. After all, if we don't understand how to relate God's Word to life, how can we benefit from its timeless truths?

The articles cover subjects that, at first glance, might seem unrelated. However, upon closer examination, a theme will emerge which we hope will help you understand how to apply God's Word in both your personal life as well as how to make sense of the turmoil in today's world news.

In our lead article, "[The Middle East: Worlds in Collision](#)," Scott Ashley will take us on a brief historical journey into the turbulent history of Jerusalem in general, and the controversy surrounding the Temple Mount. As the title of this article indicates, religious fervor has long fueled the animosity between the adherents of the world's three major religions. As you read this article, don't lose heart. Jesus Christ has promised to return one day to Jerusalem to usher in a new time of world peace. When this happens, Jerusalem will become the focal point of world news again, but at last it will live up to its name and truly become the City of Peace.

Do you know God? Millions claim to understand who and what God is, yet without their realizing it, much of what they believe is rooted in Greek philosophy. Learn how pagan philosophical beliefs have confused millions as to the very nature of God in the article by Larry Walker entitled "[Only God Knows What He Knows](#)." In this brief article you will learn the dangers of limiting God by human reasoning. Coming to know who and what God is will open new vistas of understanding.

Did you know that others are attempting to manipulate you? Howard Davis addresses this topic in his article entitled "[Is Your Family Manipulated by Mass Media?](#)" You will be surprised how easy it is to allow ourselves to be unduly influenced by the world around us. We can learn how to limit outside influences on our families by understanding how mass media manipulates us from within our own homes. By doing so, we can begin to protect our families from being manipulated by others who do not share our values and beliefs.

Finally, the article "[Take Responsibility for Your Own Health](#)" is designed to remind each of us of the basic rules regarding maintaining vibrant health. As you read this article, remember that someday, when Jesus returns to the earth, the hundreds of millions of people who have survived the carnage of the great tribulation will need to be taught how to eat the way God intended humans to eat all along.

When Jesus Christ returns to the earth, people will not be kept ignorant of the way to a long and vibrant life. No longer will mass media be used to exploit and manipulate people into accepting false and distorted claims about what constitutes a balanced diet.



The fact is this same knowledge is understood by very few today. By applying the principles found in this article, you will begin to enjoy the benefits of eating the way God intended His human creation to sustain itself from the beginning.

As you read each issue of *Virtual Christian Magazine*, keep in mind that the information is designed to teach a way of life which works in our chaotic world today and will also work in the thousand-year reign of Jesus Christ. However, having knowledge is not enough. It's critical that the knowledge gained from this publication be translated into your life. It is our prayer you will be inspired to deepen your relationship with God the Father and His Son Jesus Christ through the articles of *Virtual Christian Magazine*.