

Monterey Bay Academy

The Value of Eating Your Fruits & Vegetables:

The pristine life of fruits and vegetables

Moi

Religion IV

d. gregory

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The pristine life of fruits and vegetables: The food we *should* eat.

Since the dawn of time fruits and vegetables have had a place at the table of mankind's dietary needs¹. The debate about their efficacy has raged with differing opinions. Some have hated them², and some have recommended ONLY eating them³.

Religious lifestyles have had plenty to say about what we eat. It has been noted the Jesus said "it doesn't matter what you put into your mouth, rather it is what comes out that makes a person unclean."⁴ While this may be true, it is worthwhile to remember that we are the temple of the Holy Spirit⁵ and should treat what we eat with care.

It should be noted, in fact, that from a Biblical tradition, mankind was not to eat vegetables. Fruit and grains were the original diet⁶.

Medical science is just now catching up to what the Bible has preached for years: simplicity in food leads to longevity in life⁷. In an interview with Dr. John Smitty, I learned that garlic was great food medicine for the heart⁸. And Dr. Li provides insight into how the micronutrients in food can fight cancer⁹. Authors Bronson and Merryman give an insight into how unhealthy eating (coupled with a lack of sleep) can lead to other dietary related

¹ Archaeological digs have produced evidence that fruit, grains, and honey were regarded as food for the gods. See Digging Digest, June, 2018. pg 165.

² George W. Bush was recorded saying "I'm president, I hate broccoli, and I don't have to eat it anymore." As quoted in USPresNews magazine.

³ Vegan lifestyles recommend only eating fruits and vegetables as a way of living with "consciousness to the planet." Quote in Bananamax, pg 43.

⁴ Matthew 15:11, NIV. All citations from Holy Scriptures are from the NIV.

⁵ I Corinthians 6:19

⁶ Genesis 1

⁷ Macleans magazine, pg 63.

⁸ Personal interview, 2014.

⁹ William Li TEDTalk 2010

diseases like hypertension, overweight, and diabetes¹⁰. Even more can be learned from choosing the right food sources.

All of this fancy research comes down to the fact that the food most beneficial to us is that as the Creator intended it: natural and unprocessed fruit and veges!

What does all this look like? I'm glad you asked. When you compare the two pie charts¹¹ you can see clearly where we are and where we should be!

Bon Appetite!

¹⁰ "NurtureShock: New Thinking about Children", pg 444

¹¹ See Appendix B

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APPENDICES

APPENDIX A

Interview with Dr. John Smitty.

Me: What should someone eat?

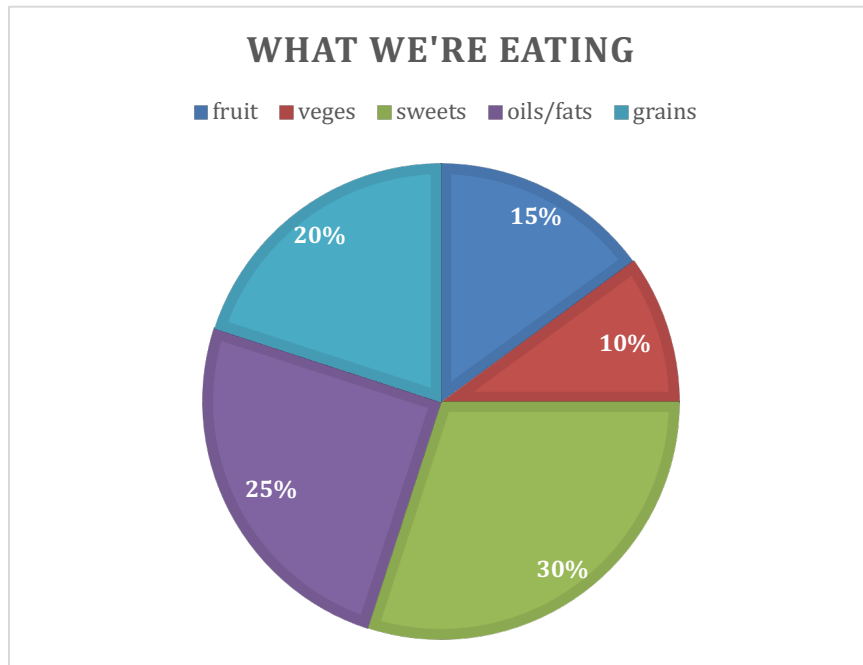
JS: Lots of garlic? Great for the heart! Good for vampires too!

Me: Ok thanks for your time.

JS: No problem. Glad to.

APPENDIX B

What we are eating:



What we should eat:

