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# PRINCIPLES OF EATING

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∞ Proper Health Requires Proper Digestion ∞



**NATURAL HEALING**  
THROUGH THE LAWS OF HEALTH

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*"Knowing that if you have the faith of a mustard seed, your faith can move mountains"*

**I**n order to have good health we must eat foods that will build up the body by supplying all the necessary nutrients that it needs. Properly digested food is also important in determining how well we benefit from the food placed on our table.

Let us look at a few principles of eating to avoid fermentation of the meals in our stomach which not only prevents adequate intake of nutrients but also plays a huge role in indigestion, acid reflux, gastritis, belching, bad breath, headaches, heartburn and other gastrointestinal disorders.

### **Eating too fast**

Food should be eaten slowly, and should be thoroughly masticated so the saliva may be mixed with it to help with digestion.

In order to secure healthy digestion, food should be eaten slowly. ...If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. ...Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids. *Counsels on Diet and Foods (CD)* (CD p.107)

### **Eating on the Go**

Always eating in a hurry? Slow down when you eat if you're concerned about heartburn symptoms. At mealtime cast off all care and troubled thought; do not feel hurried, but eat slowly and with cheerfulness.

### **Overeating - this applies even to good food**

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia (*indigestion*). (CD p.139)

Overeating also causes the digestive organs to be weakened and diseased as well as headache, colic, excessive blood to the brain, depression and feeling of hunger.

### **Eating meals too close together**

For most people, spacing the meals 5 to 6 hours between meals is needed.

After the regular meal is eaten, the stomach should be allowed to rest for at least five hours. In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work.

Thus the system is overtaxed.

Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. (CD p.179)

### **Eating between meals - weakens the stomach**

Eating between meals slows the emptying of the stomach and increases hydrochloric acid. Drink only water between meals, no healthy fruit or snack.

Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. (CD p.179)

### **Eating a large evening meal or late at night**

Avoid late night snacks.

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. (CD p.175)

### **Eating vegetables and fruits at the same meal**

Genesis 1:11 defines a fruit as: "... fruit after his kind, whose seed is in itself...". Vegetables do not have seeds within themselves, but fruits do.

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect. (CD p. 112)

### **Eating unripe or spoiled fruit**

Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay.

More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of. (CD p. 309)

### **Eating fruits and vegetables at the end of a meal**

Eat raw fruits and vegetables at the very beginning of a meal, not the end of the meal as a desert as some usually do. Eating raw food before the cooked food provides digestive enzymes, which is only present in live foods and aids in digestion of protein, carbohydrate and fats. It also prevents the formation of inflammation in the intestines, which leads to inflammation in other areas of the body.

If watermelon is eaten at the start of a meal, because of its high water content, it is best to wait for at least 15 minutes before eating the rest of your meal.

### **Eating bread which was not well baked**

If the inside of your bread can be squeezed into a dough, do not eat it. New raised bread is difficult to digest and is more healthful if eaten two or three days old.

### **Use of baking soda or baking powder**

Baking soda or baking powder in bread, pastries, cakes, deserts or other items are harmful, unnecessary, causes inflammation of the stomach and often poisons the entire system. (CD p. 342)

### **Water**

Water that is too alkaline can affect the digestive system as it keeps the PH level in the stomach too high and foods that require an acidic stomach (proteins) remain in the stomach too long thus causing fermentation and lead to nutritional deficiencies such as vitamin B<sub>12</sub> and anemia or weakening the kidneys.

Drink 2 to 4 8oz-cups of warm water upon awaking early on mornings. One of the cups can have lemon juice in it and always use a straw when drinking lemon to protect the enamel of your teeth. Drink this warm water as a bolus to flush your blood and tissues.

During the day, drink mouthfuls of water at a time to allow your cells to absorb the water and keep you hydrated.

Drink water 15 to 30 minutes before meals and 2 hours after you have finished eating.

## **Eating milk and sugar together, as in ice-cream, shakes etc.**

Sugar ferments quickly, yet is enfolded in the milk, which digests slowly.

Some individuals use milk to ease a burning stomach, as it causes the secretion of stomach acid. However galactase a form of sugar in dairy milk is often difficult to digest as well as it can cause the milk to ferment in the stomach and in time it can result in acid reflux among other health issues.

Milk and sugar.. clog the system, irritate the digestive organs and affect the brain. ... sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. (CD p. 113)

## **Sugar**

Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. (CD p. 327)

Concentrated sugars, even good sweeteners like honey, cane juice and molasses should be used sparingly.

Sugar is also linked to cancer of the colon, rectal, breast, ovaries, uterus, prostate, kidney and nerves.

## **Allergies/Gluten Sensitivity**

Some individuals can be allergic to foods high in gluten (wheat, rye, barley, spelt, kamut). This can cause malnutrition, which results in a weakened esophagus, and reduced muscle tone throughout the digestive tract.

## **Leaky Gut**

Individuals with abnormal gut flora most times have low stomach acid production. A comprehensive treatment of sealing the gut will work wonders in reversing indigestion.

## **Adrenal Gland Fatigue**

Adrenal insufficiency may also affect the digestive function, and is a major cause of GERD or IBS.

### **Undercooked coarse vegetables**

Increasing fiber in our meal is great, however, coarse vegetables when eaten raw are difficult to digest, and therefore, they should be cooked until tender. Examples are: carrots, beet root, broccoli, cabbage, Brussels sprouts, cauliflower, kale, watercress, endive or spinach.

### **Eating too much liquid food**

Too many soups are unhealthful. Frequent liquid meals weaken the stomach and place a great burden upon the kidneys. In addition, soups should rather be a stew or pureed to avoid eating and drinking at the same meal.

### **Drinking with meals**

Drinking and eating dilutes the much needed stomach juices.

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food. (CD p. 106)

Digestive enzymes reach their peak performance in body temperatures, therefore adding cold within a meal prevent them from working for you until the stomach is warmed up. This delays digestion time.

Eating and drinking produces as much as 32oz of alcohol in the gut, giving that lethargic feeling and beclouds the brain.

### **Hot or cold food**

While it is advisable to take something warm into the stomach on mornings, hot drinks should be used for medicinal purposes and not in the diet.

The stomach is greatly injured by a large quantity of hot food and hot drink. Thus the throat and digestive organs, and through them the other organs of the body, are enfeebled. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. (CD p. 106)

However, for those who choose to have two meals a day, a cold drink can be used to

stop the desire for a third meal - “If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.” (CD p. 177)

### **Eating too great a variety at a meal**

Keep meal combinations simple, to at least two or three kinds at one meal.

Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change. There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation. (CD p. 110)

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia (indigestion).

Serious injury is thus done to the delicate digestive organs. In vain the stomach protests, and appeals to the brain to reason from cause to effect. The excessive amount of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health. (CD p.111)

### **Use of Vinegar**

Mustards, mayonnaise, vegennaise, nayonnaise, vinegar, apple cider vinegar, ketchup, Worcestershire sauce, barbecue sauces, vinaigrette dressings. All these contain vinegar which is a fermented stage of alcohol.

“Vinegar ferments in the stomach and the food does not digest but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear”. (CD p. 345)

**Alcohol** increases the risk of breast cancer, liver and brain impairment.

### **Eating fried foods**

Foods should be prepared in a simple manner free from grease. Avoid fried food, hydrogenated fat. “Grease cooked in the food renders it difficult of digestion”. (CD p. 354)



### **Use of spicy mixtures**

Hot pepper, chili, black, and white peppers have been shown to cause hemorrhaging of the stomach.

Spices irritate the tender coating of the stomach and finally destroy the natural sensitiveness of this delicate membrane. Irritating spices are ginger, cloves, cinnamon, nutmeg, caraway, all spice, vinegar, and anything made with vinegar.

### **Use of Nuts**

Nuts are a great source of iron, magnesium, phosphorous, potassium, protein and fats. Not all people can tolerate nuts and if recipes were combined with nuts, they would find that it better harmonizes with them.

Peanuts need to be combined with grains to make them nourishing and digestible. In any event, do not use too large a portion of nuts.

### **Food triggers of Indigestion**

Some foods are known to contribute to heartburn by bringing additional acid into the stomach or by relaxing the lower esophageal sphincter. Stay away from food that may give you problems. Your symptoms may improve if you avoid tomatoes, onions, garlic, chocolate, peppermint, fatty foods, leeks, cabbage, radishes and citrus fruits, including oranges and grapefruit.

### **Drink triggers of Indigestion**

Beverages that cause heartburn, acid reflux or indigestion include animal milk, coffee, tea, sodas and alcohol.

### **Chewing gum increases stomach acid**

This causes too much air to get into the stomach and keeps stomach acids flowing, thus causing bloating, indigestion and increasing stomach acid.

### **Tea and Caffeine**

Tea, coffee, cocoa contain tannin and other substances that is poisonous to the body. They are nerve irritants, causes indigestion, heart palpitations, impairment to cellular structure and cyst formation.

### **Avoid tight belts and tight-fitting clothes**

This prevents free action of the organs and superficial breathing is a result. Therefore, the insufficient supply of oxygen is received and the waste and poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Those who do not wear belts and girdles have less indigestion.

### **Maintain a healthy weight**

Extra pounds put pressure on your abdomen, pushing up your stomach and causing acid to back up into your esophagus. If your weight is healthy, work to preserve it. If you are overweight or obese, work to slowly lose weight — no more than 1 or 2 pounds a week.

### **Heartburn during Pregnancy**

More than half of all pregnant women report symptoms of severe indigestion and heartburn, especially during their second and third trimesters. Changing hormone levels and increased abdominal pressures during pregnancy increase the risk of acid reflux and heartburn.

Mild symptoms should be treated with lifestyle changes, including eating at set times, avoiding fried and spicy foods, and not lying down after a meal.

### **Avoid vigorous exercise immediately after a meal**

Neither study nor violent exercise should be engaged in immediately after a full meal... this hinders the digestive process; for the vitality of the system, which is needed to carry on the work of digestion, is called away to other parts. (CD p. 103)

However, to aid indigestion, take ... a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. (CD p. 104)

The casual 15 to 30 minutes' walk after a meal massages the stomach and enhances digestive enzymes for better digestion of food.