

PLANT BASED DIET IN THE BIBLE



God made human body to be holy in terms of physically and spiritually. He created humans in such a way to eat plant diet instead of meat. Not only to humans, but also for the animals on the land and fowls in the air. In the beginning God created heaven and earth and everything in perfect.

Genesis 1:30

“And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.”

31 And God saw everything that he had made, and, behold, it was very good.

. Vegetables and fruits prevent many types cancers. These vegetables and fruits should regularly use as the food. Not only it prevents the cancers, but they have other benefits as well. Here are some examples of vegetables and fruits which prevents cancers. They are rich in antioxidants, lycopene, beta-carotene etc. Bible has answers for every disease including the cancers as well.



ONIONS



GARLIC



GINGER



CUCUMBERS



LEEKS



MELONS

Colossians 1:16

“For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him:”

God has given every herb and plant bearing seeds as food for all the human beings. Plant foods such as the fruits, vegetables, nuts, legumes etc. Plant based food can provide good nutrients, variety of minerals, vitamins and can also boost our immunity.

Genesis 1:29

“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 the which is the fruit of a tree yielding seed; to you it shall be for meat.”

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Cucumbers



Cucumbers are low in calories but high in important vitamins and minerals such as Vitamin C, Vitamin K, Magnesium, Potassium, Manganese and many more. Cucumbers are composed of antioxidants that may reduce the risk of cancer and heart diseases. It dissolves the blood clots present in the human body and acts as blood thinners. Other benefits of cucumbers are as follow It promotes Hydration.

It may aid in Weight Loss.

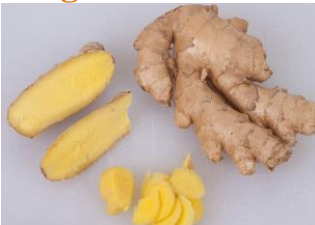
It may lower the Blood Sugar levels.

Cucumbers occurs in the Bible 2 times

Isaiah 1:8

“And the daughter of Zion is left as a cottage in a vineyard, as a lodge in a garden of cucumbers, as a besieged city.”

Ginger



Ginger has many beneficial antioxidant properties but does not provide many vitamins, minerals or calories. Many countries use ginger as natural medicine. It

has the bioactive compound called gingerol, which has many medicinal properties. Ginger is useful in treating the diabetics and known to have anti-diabetic properties. It can be used as natural remedy for nausea, morning sickness and also to treat cancer in some cases. Extracts of ginger is also alterative treatment for the many cancers like ovarian, pancreas etc.

Garlic

Garlic is called as wonder drug because it has many healing properties. The compound allicin present in garlic acts as natural chemotherapy. It has flavonoids, antioxidants, enzymes and also vitamins such as B1- thiamine, B2-riboflavin, B6 and vitamin-C. Other micronutrients like potassium, copper, calcium etc. Garlic has many anticarcinogenic properties which inhibits the growth of tumors. It is also used to treat many cancers like prostate, oral and breast cancers.



Numbers 11:5

“We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic:”

Flax seeds

Flax seeds contain fiber, protein and omega - 3 fatty acids and rich source in vitamins and minerals such as Monounsaturated fat, Polyunsaturated fat, Omega-3 fatty acids, Vitamin B1, Vitamin B6, Folate, Calcium, Iron, Magnesium etc. flax seeds are rich

source of lignans which exhibits the anti-cancer properties. Flax' occurs in the Bible 12 times in 12 translations.



And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food. 'Genesis 2:9

Vegetables and fruits aids to prevent cancers, some of them are as follows carrot, tomato, kiwi etc.

VEGETABLES AND FRUITS THAT PREVENTS

Vegetables and fruits are rich source of vitamins, fibre, antioxidants and Phytochemicals which prevents from the cancers. By eating the good amount of vegetables and fruits helps in maintaining healthy body weight.

Anti-Cancer Vegetables and Fruits

Garlic, Leeks, Yellow, Green Onions, Broccoli, Brussels Sprouts, Cauliflower, Guava, Tomato etc.

During Noah's time God destroyed all living things by the flood, except the Noah's family and animals which were in the ark. After the flood there were no trees, plants or any kind of food for them. Naturally plants take time to grow and to harvest, so God allowed the Noah's family to eat meat and their by-products for temporarily. God said, **"Every moving thing that liveth shall be meat for**

you; even as the green herb have, I given you all things." Gen. 9:3.

Now a days many cricket players, football players, athletes and celebrities have changed their diet from meat to plant-based diet to live better and healthy life and are very successful in their professional life. All the human beings are created in the Image of God, only when sin entered this world everything is lost. But our gracious God loved us so much he died for us to restore back to the Gods original plan.

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Our foremost purpose of life is to glorify the God, Bible tells clearly that we are created in his own image and need to be holy. In **1-Corinthians 10:31** says **"Whether therefore ye eat, or drink, or whatsoever ye**

do, do all to the glory of God.” Our Body is God’s Temple and for Us to Care and keep it holy. **“What? know ye not that your body is the temple of the Holy Ghost *which is in you, which ye have of God, and ye are not your own?*”** Jesus owned us through precious blood when we were in sinful world. Its our primary duty to protect our physical and spiritual health. As children of almighty we need to remind ourselves that we are to be witnesses for other people. People look for us to be models of the Christian faith.

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