

Privilege 3

Eatable, healthy food!

Part of a daily routine is eating. How healthy we are, how long we live.
Has a lot to do with our eating habit.

Feed 5 times a day:

'Breakfast, include Water, Herbs, Spices, Honey, Coffee,...

Early Day snack, include Water, Fruit, Herbs, Tea,...

Lunch, include Water, salad, egg, Coffee,...

Late Day snack, include Water, Nuts, Berries, Spices, Cocoa,...

Dinner'. include Water, Dinner theme, Tea or coffee.. Vegetables.

7 Foods that should be eaten daily: Fungi (mushroom), Grains (rye, barley, lentil, maize, oats, millet, quinoa, rice, sorghum, wheat), Hot chillies, Onions (brown, green, red, spring, chives, garlic, leek), Parsley, Sweet-Capsicum, Vegetables (asparagus, beans, broccoli, cauliflower, carrots, peas, sprouts..)



Every week day needs to have a Dinner theme: Day 1: Vegetables;
Day 2: Poultry; Day 3: Mammal; Midweek: Reptile; Day 5: Seafood;
Weekend: Nuts and Seeds; Fun Day: Insects.

Diet No No's: Artificial sweeteners, Manufactured food, Genetic modified food, added Fructose.

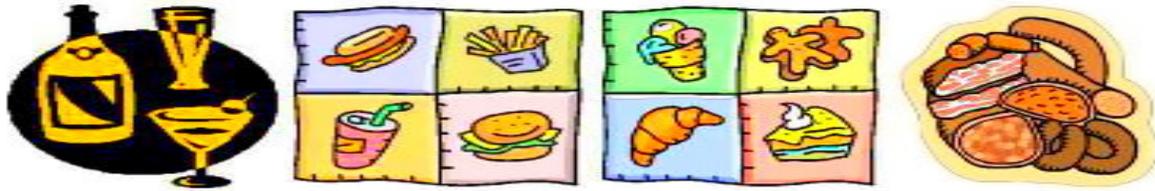


Fructose the main cause of diabetes obesity (Blubber people). Fructose is bad whether it comes in sugar or fruit. Adding Fructose during processing of drink or food is a health hazard, it ends. Processing, distributing, selling of this type of drink or food is criminal, **MS R6**

Exception: Unprocessed, berries, fruit, honey, vegetables.

Say No to: Anything that contains: Fructose, glucose, sugar; breakfast

cereal, biscuit, cake, chocolate, fruit juice, ice cream, jam, ketchup, lollie, lemonade (Cola, Energy..) marmalade, muesli bar, sauce, wine...



Manufactured food is too salty has too many preservatives, often is too greasy and has sugar added making it unfit for consumption by humans, pets and livestock. **Manufactured food is a cause of high blood pressure, clogging of arteries and obesity (Blubber People).** Processing, distributing, selling of manufactured food are criminal, **MS R6**

Say No to: **Dairy-milk, Dairy-cheese, Fast-food, ham, hamburgers, salami,...**

Manufactured: **Bread, Meat; Pizza, Sausages,**

Processed: **Fruit, Soups, Vegetables...**



Banquet, Feast, Smorgasbord, long meals type of eating are out. Over eating is out. Consuming Alcohol while eating is out. Desert's are out. Eating small portion's is in. Drinking water with meal's is in.

Gm crop (monster seed) > **Gm food** (unhealthy food)

Genetic modified (**engineered**) crop are based on seed altered by humans of **1 God's** original design. For the purpose of greed, profiteering and insulting **1 God**. **1 God** doesn't want human genetic reengineering. Evolution is to evolve, mutate,...

Background: During the US invasion of South East Asia. The US Military ordered the develop, usage of Herbicides (**Agent Orange**), a weapon of, Mass Destruction of Vegetation, Ecosystem. **Foliage removal made it easier from the air to gun down fleeing children, women and livestock** (increase kill rate). The poisoned ecosystem led to mutations. Result birth defects, sick people, sick animals..



Herbicides are dangerous, polluting soil, waterways. Producers, distributors of Herbicides are prosecuted, **MS R7**. Government that allow this pollution is replaced, **MS R7**. Food polluted (herbicides) is unfit for

consumption (animal, human). It is destroyed!

Herbicide manufacturers (greedy predatory parasitic profiteers) expanded from plant killers into seed poisoners. A normal seed is modified using techniques learned creating 'Herbicides'. These modifications create unnatural mutations 'Monster Seeds'. Modifications make seeds impotent to re sowing of crop, forcing to always buy seeds each season (evil immoral greed). Bees reject Gm plants!

Evolution notices modified Seed. It responds by modifying everything that a seed comes in contact with, ecosystem, food chain. Crop from Gm seed end up going straight (bread) to human food consumption or via animal feed (fish, meat, poultry). Creatures (sea creatures, birds, mammals) fed Gm Crops direct (chicken, pig..) or indirect (Rodent eats seed, Rodent eaten by predator, predator killed by hunter becomes gourmet dinner..). **Don't eat Gm dinner!**

GM Food is what people actually consume. It all starts as genetic modified (engineered) seed (GM Crop). GM Crop because of the flow on effect alters a whole food chain. Creating mutations that create new diseases life threatening global plagues in all members of a food chain! Including humans! People will become more sick, die younger, more deformities, more sick babies, more miscarriages... Will change human DNA.

GM Food Survival Threat: Alfalfa, baby food, bacon, bread, corn, breakfast cereal, canola, eggs, ham, margarine, meat, potato, papaya, peas, poultry, rice, sausages, soybean, tomatoes, wheat, zucchini,...

Demand from the community unadulterated food. **No:** Alcohol, genetic modification, Herbicides, Insecticides, Manufactured food, **no added:** Salt, Sweeteners (artificial or natural),...

Celebrate: Nourishment Day 7.3.7 Good health Day 12.1.7 (NAtm)

AS it is Written It Shall Be

