

Eden's Health Plan -

Go Natural!

STUDENTS WORKBOOK

Live Long Enough to Fulfill Your Destiny!

by
Mark and Patti Virkler

God's covenant of health:

And he cried unto the LORD; and the LORD showed him a tree, which when he had cast into the waters, the waters were made sweet: there He made for them a statute and an ordinance, and there He proved them, And said, **If** thou wilt;

1. diligently hearken to the voice of the LORD thy God, and
2. wilt do that which is right in His sight, and
3. wilt give ear to His commandments, and
4. keep all His statutes,

I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee (literally, Lord your health).

- Exodus 15:25,26KJV

In this book we will try to learn how to live in this wonderful covenant of health which God has made with His people!

Copyright 1994 Mark and Patti Virkler

All rights reserved. This book is protected under the copyright laws of the United States of America. This book may not be copied or reprinted for commercial gain or profit. The use of short quotations or occasional page copying for personal or group study is permitted and encouraged. Permission will be granted upon request. Unless otherwise identified, Scripture quotations are from the New American Standard Bible.

Communion With *God* Ministries
1431 Bullis Road
Elma, N.Y. 14059
1-716-652-6990

IMPORTANT NOTICE:

The information and procedures contained in this book are not intended as a substitute for consulting your physician. Any attempt to diagnose and treat an illness should come under the direction of a physician who is familiar with nutritional therapy.

Table of Contents

Chapter One	An Unhealed Nation	1
Chapter Two	The Genesis Diet Heals	11
Chapter Three	Understanding How Our Bodies Fight Disease	21
Chapter Four	Recovering Living Land and Living Food	27
Chapter Five	Living Water	35
Chapter Six	Pure Air and Non-toxic Household Chemicals	39
Chapter Seven	Detoxifying the Body Through Proper Bowel Management	43
Chapter Eight	The Healing Value of Vitamins, Enzymes, Antioxidants and Herbs	47
Chapter Nine	The Healing Value of Exercise	55
Chapter Ten	The Healing Value of Faith, Hope and Love	61
Chapter Eleven	The Value of Spirit-Anointed Healing Prayer	69
Chapter Twelve	The Healing Value of Fasting	81
Chapter Thirteen	Tissue Cleansing	89
Chapter Fourteen	How Do I Then Live?	97
Health Oriented Materials Order Form	III
Retail Order Form for Nutritional Supplements	114

Chapter 1

An Unhealed Nation!

Audio/Video Time 30 minutes

Key Theme Americans are in very poor health. The Surgeon General says that 1/2 of those who die every year die because of what they eat. We are a people who need to change our diets and increase our health and vitality.

Discovering motivation and strength to change

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Some initial insights

1. Average physician - ___ hours of training in nutrition
2. Reason dictates that _____
3. Bodies repair themselves if given the right resources.

Detours taken by Western medicine

1. _____
2. Corruption of major medical establishments

3. Over emphasizing _____ of disease over all others

But hasn't Western medicine increased our life span?

After age 45 — actual increase is ___ years in the last century.

Cancer

1. Declared war on cancer in
Spent ___ billion dollars so far in research
Incidence has grown by ___%
___ million diagnosed in 1994 with cancer
___ thousand will die of cancer in 1994.
That is _____ people per day. (USA Today, Oct. 1, 1994)
2. Today ___ in ___ get cancer in U.S.
3. Women: 1900 was ___ in
Women: By 1990 had become ___ in ___
A ___ % increase for women in 90 years
4. Dr. McDougall, **Dr.** Gerson, Dr. Walker all demonstrated that

"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" (Genesis 1: 29).

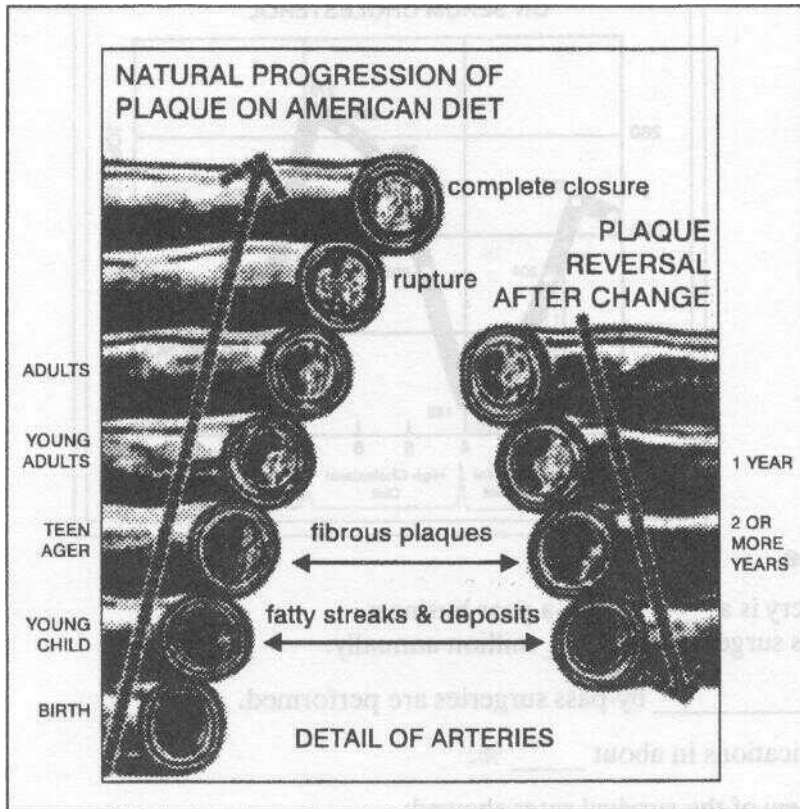
Osteoporosis (hollowing out of one's bones)

1. Affects _____ million in the U.S.
 2. Costs ___ billion annually for diagnosis and care
 5. _____ hip fractures occur annually costing _____
 6. _____ are in postmenopausal women
 7. _____ women die annually as a result of hip fractures
- Only ___ % regain full mobility

s

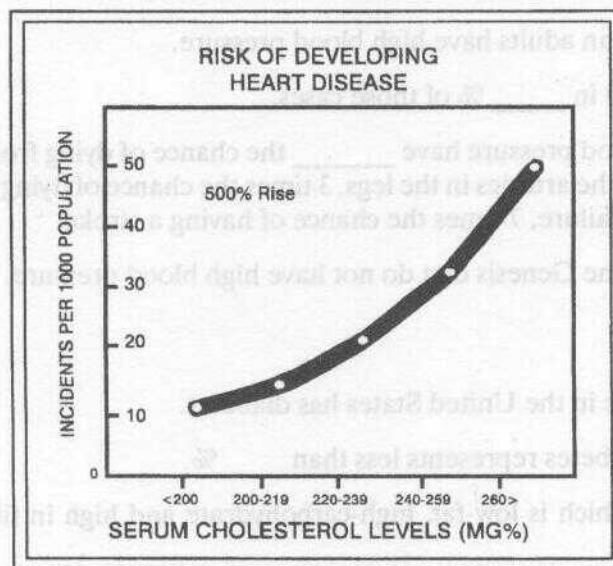
This entire tragedy, with all its accompanying pain and suffering, is preventable by consuming the Genesis diet. We will show how and why in a later chapter.

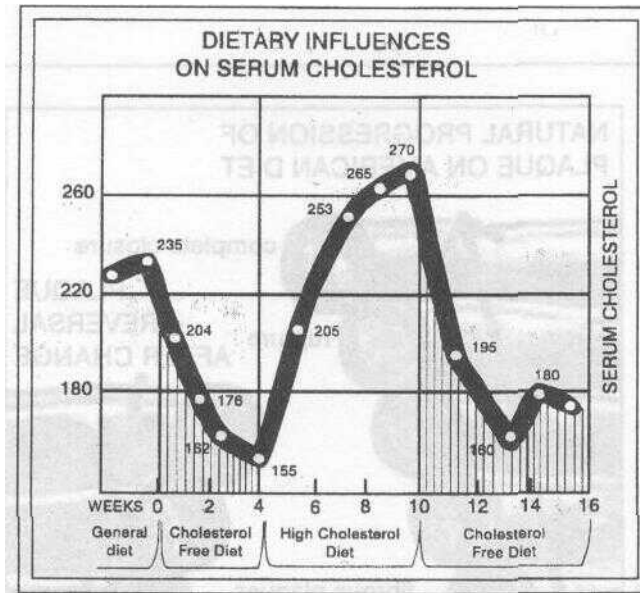
Atherosclerosis



Cholesterol

1. Average cholesterol in America is _____.
2. Average male in America has a ____ chance of dying from heart disease.
3. Cholesterol below ____ points = essentially immune to heart disease.





Heart Disease

1. By-pass surgery is a __ billion-a-year business.
Many by-pass surgeons earn __ million annually.
2. Each year _____ by-pass surgeries are performed.
3. Major complications in about ____ %.
4. A 5-year review of the survival rates showed:
With surgery ____ % still alive;
Without surgery ____ % still alive.
5. With dietary treatment, chest pain decreased ____ % in 24 days.
6. The Genesis diet heals!

Hypertension

1. __ million American adults have high blood pressure.
2. Drugs are prescribed in ____ % of those cases.
3. People with high blood pressure have ____ the chance of dying from anything at all, twice the chance of closure of the arteries in the legs, 3 times the chance of dying from heart attacks, 4 times the chance of heart failure, 7 times the chance of having a stroke.
4. Societies which eat the Genesis diet do not have high blood pressure.

Diabetes

1. __ in ____ people in the United States has diabetes.
2. Childhood-onset diabetes represents less than __ %.
3. The Genesis diet, which is low-fat, high-carbohydrate and high in fiber, is a primary healer of adult-onset diabetes.

Arthritis

1. Defined as _____ in any joint in the body.
2. Osteoarthritis is the most _____ of all types of arthritis.
3. ___ % of persons aged 70 to 79 have osteoarthritis.
4. _____ people in the U.S. are bed or wheelchair invalids.
5. Osteoarthritis and Osteoporosis are rare among people in underdeveloped countries where they are much more likely to be eating the Genesis diet than are Americans.
6. 6 patients on a fat-free diet found complete remission of rheumatoid arthritis in ___ weeks.
7. Symptoms recurred within ___ days when either vegetable oil or animal fats were introduced into diets.
8. Again, the Genesis diet heals and the American diet wounds.

Urinary Disease

1. Vegetarians have ___ the incidence of kidney stones.
2. Kidneys are damaged by _____ protein consumption.
3. World Health Organization determined that a 176 pound adult needs **only** _____ ounces of protein daily.
4. **Body _____ store excess protein.**
5. Average American consumes ___ times what our body can use.

Prostate Problems

A male organ connected with the sex act. Enlargement occurs in the majority of men over age 40 and causes urgent and frequent need to urinate.

Countries	Thailand, Japan, and Taiwan	U.S., New Zealand, Australia
Fat consumption grams/day		
Death rate from prostate cancer per 100,000		

1. _____ new cases of prostate cancer per year in the U.S.
_____ died of prostate cancer last year.
2. From 1984 to 1990, prostate operations had a ___ fold increase.
3. _____ operations at \$12,000 annually in U.S.
_____ men died from prostate operations last year.

_____ have complications requiring hospitalization.

_____ develop impotence after prostate operations.

_____ need to repeat the procedure within 8 years.

_____ symptoms return in about a year.

_____ suffer from incontinence.

4. Sweden's 5-year survival rate is ___% (don't use surgery).

U.S. 5-year survival rate is ___% (with surgery).

5. Saw palmetto increases urine flow rate by ___%.

Proscar increases urine flow rate by ___%.

6. Proscar more expensive drug (\$75 / month) approved by the FDA to treat prostate problems.

7. I think it would be wise to go on the Genesis diet and if necessary take the natural herb saw palmetto and some zinc.

And If You Have to Go to the Hospital...

Make sure to take your own low-fat, high-fiber diet with you.

DISEASES CAUSED BY A "RICH" WESTERN DIET

Systemic Diseases

Allergies
Arthritis
Atherosclerosis
Diabetes (Adult)
Gout
Heart Attacks
Hormone Imbalances
Hypertension
Kidney Failure
Kidney Stones
Multiple Sclerosis
Obesity
Osteoporosis
Strokes

Bowel Disorders

Appendicitis
Colitis
Constipation
Diarrhea
Diverticulosis
Gallstones (cholesterol)
Gastritis
Hemorrhoids
Hiatus Hernia
Indigestion
Malabsorption
Polyps
Ulcers

Cancers

Breast
Colon
Kidney
Pancreas
Prostate
Testicle
Uterus (body)

* Diet is a primary causative factor in all the above diseases and it is *controllable*. (Heredity is also a primary factor, but it is not under our control.) Smoking, alcohol, lack of exercise, and "stress" are secondary factors which are also controllable. A primary factor must be present for a disease to develop; a secondary factor aggravates the disease process after the development has begun.

* *Diet and lifestyle changes are the most effective treatment for chronic forms of the diseases listed in the first two columns, far surpassing in results any drug or surgical therapy according to scientific and medical literature. This should not surprise you; what causes disease promotes disease. If you eliminate the cause, then the body's healing mechanisms can take over, resulting in improvement or recovery. The effect of diet on cancers is yet to be determined.*

Eating Ourselves into Early Graves by Way of Painful, Debilitating Diseases

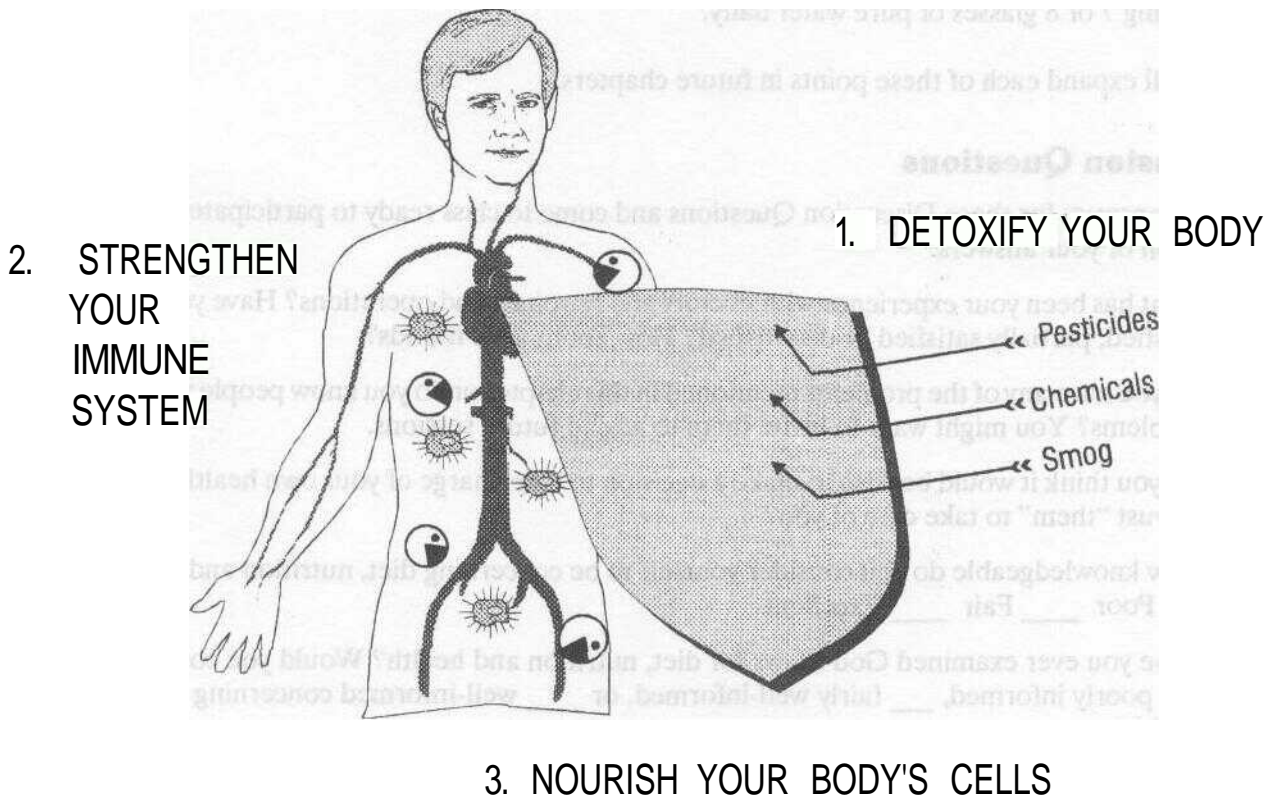
A Surgeon General's report in 1988 stated that over _____million deaths per year in the United States are caused by what we eat

Health Through Prevention

Needed — a new set of principles which are simple, cost-effective, medically proven, and sensible.

A Preview of Where This Seminar Will Take You

Three Keys to Health



We can detoxify the body by

- * Eating the Genesis diet
- * Breathing pure air
- * Drinking pure water
- * Eating vital food
- * Excreting waste from the intestines quickly
- * Using herbs wisely
- * Removing toxic chemicals from surfaces which we touch
- * Taking antioxidants
- * Fasting

We can strengthen the immune system *by*

- * Eating the Genesis diet
- * Praying for healing
- * Exercising
- * Living in a spirit of faith, hope and love
- * Eating vital food
- * Taking vitamins
- * Using herbs wisely
- * Taking aloe.

We can nourish the cells *by*

- * Eating superfoods
- * Drinking 7 or 8 glasses of pure water daily.

We will expand each of these points in future chapters.

Discussion Questions

Prepare answers for these Discussion Questions and come to class ready to participate in a lively discussion of your answers.

1. What has been your experience with doctors and hospitals and operations? Have you been totally satisfied, partially satisfied or dissatisfied? How about your friends?
2. Do you have any of the problems mentioned in this chapter or do you know people who have these problems? You might want to invite them to attend future sessions.
3. Do you think it would be wise to make a decision to take charge of your own health, or is it better to trust "them" to take care of you?
4. How knowledgeable do you consider yourself to be concerning diet, nutrition and health?
 Poor **Fair** **Excellent**
5. **Have** you ever examined God's laws for diet, nutrition and health? Would you consider yourself poorly informed, fairly well-informed, or well-informed concerning God's laws for health?
6. Do you feel American doctors are getting a handle on overcoming degenerative diseases? Why or why not?
7. What would you like to get out of this upcoming study?