

Back to Basics

Nature's Healing Foods

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Preparation

Set up a table with a display of natural or organic food items, such as honey, different vinegars, fresh garlic, recipe hand outs with any of these items included.

Introduction

We live in a world today that God created perfectly. We read in the Genesis account that everything He made “was good”. Unfortunately today because of the fall of man and human nature we have ruined many of the things that He has given to us for our benefit.

One can just visualize the incredible garden that our first parents, Adam and Eve, were placed in with a vast array of wonderful tantalizing fruits for their pleasure and consumption. The Lord made this garden for them, that was “pleasing to the eye”. (Genesis 2:8-9)

We know that because Adam and Eve disobeyed God and ate from the Tree of the Knowledge

of Good and Evil, (Genesis 2:17) that this was the beginning of a fallen nation, and men, women, and all creation to follow would reap the consequences of their actions.

Because what was created has been tainted, this overflows into our food chain, however all is not lost. Most foods today have preservatives and chemicals in them that really are not at all good for us, but there are also many farmers with a good conscience who realize that we need to take care of our bodies and rid their crops of any harmful chemicals.

There are many wonderful, healthy foods that we can consume daily. If we were to go back to the basics, in biblical days people lived off of the earth, with natural foods, such as honey and vinegars, bringing both nutritional value as well as medicinal healing. (See

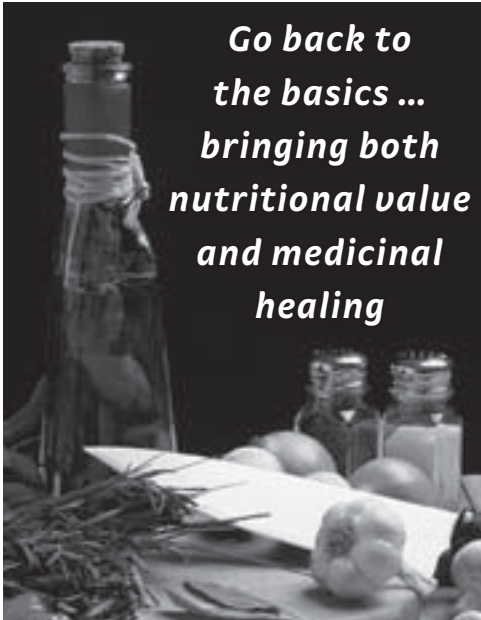
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Scripture references)

Genesis: 43-11, Proverbs 24:13, Ruth 2:14

Honey, one of nature's sweetest foods, has many uses, it is:

- great in tea as a natural substitute for sugar.
- a wound healer.
- a germ killer (germs can not survive in honey).
- used in many recipes.



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There are so many recipes that can be made with these bountiful items: garlic, honey and vinegar, in particular, have so much in common. They are all inexpensive, healthy, and easy to store, and have a good shelf life.

Recipe

Roasted fresh garlic is wonderful to put in sauces and dips. Here is how to prepare it:

Ingredients

- 1 head of garlic
- 1 tsp extra virgin olive oil

- Preheat oven to 425F.
- Remove outer paper of garlic and slice

off the top of head so cloves are exposed. Place in a small baking dish, drizzle olive oil over cloves.

- Fold a piece of aluminum foil over garlic, or cover dish with foil.
- Roast about 45 minutes, until garlic is soft and lightly browned.
- To serve, separate the heads. Mix into your favorite dip, or sauce, or whatever.

Note: This is good in homemade salsa.

To store leftover garlic buds squeeze the pulp into a small container and cover with olive oil. Can be stored for about a month.

Program Note: You could bring in a guest speaker from an organic food store to talk about food options and their benefits.

You could also provide recipes with these food items, have a cooking demonstration and give the ladies small taste samples.

If you bring some extra aprons and oven mitts you can have a couple of the ladies assist in the demonstration.

If you wish to make a worship program out of this health/education program you can just add appropriate scriptures, songs, readings, music etc.

This program really is just suggesting ideas and can be readily adjusted.

Remember

Examine your diet (for exposure to unnecessary toxins), your attitude and exercise! God's Word tells us that our bodies are the temple of the Lord (1 Corinthians 3:16-17)

It is our spiritual responsibility to take care of our body, spiritually, physically and emotionally for our mental and healthy well-being.