

Spices And Their Harmful Effects

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and BE IN GOOD HEALTH, even as thy soul prospereth.”

Isaiah 55:2 – “...Eat ye that which is good...”

SOP:

“Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life. God holds you responsible to obey the light He has given you on health reform...” {CD 102.1}

“Our food should be plain and free from all objectionable elements...” {LLM 545.3}

“Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite. By total abstinence he will overcome his desire for health destroying indulgences.” {CD 457.1} (9T 113)

“... The idea should never be given that it is of but little consequence what we eat.” {CD 198.4}

MEDICAL SCIENCE:

QUESTION: WHAT IS A SPICE?

ANSWER: In many cases, a spice is a dried seed, and many times commonly mistaken as a fruit, root, bark, or vegetative substance used in nutritionally insignificant quantities as a food additive for flavor, color, or as a preservative...It may be used to flavor a dish or to hide other flavors.

Rodale’s Ultimate Encyclopedia of Organic Gardening (Rodale Books, 2009) gives readers the following rules of thumb for telling spices and herbs apart:

- Herbs more frequently grow in temperate regions, while spices come from the tropics.
- Herbs are green and often have more subtle tastes; spices tend to be shades of brown, black or red, with dramatic pungent flavor.”

Although they may produce a spicy taste, ROOTS ARE NOT SPICES. Turmeric and ginger are ROOTS. GARLIC IS NOT A SPICE, as many mistakenly call it, IT IS AN HERB. Spices are mostly from seeds which will be listed later. It is the seeds of your hot peppers that give off the hot spicy flavor.

SPICES CAUSE THE FOLLOWING PROBLEMS:

- Arouse animal propensities (CD 236, 341)
- **Blood is fevered** (CH 114, CD 236)
- Blood made impure by (MH 325)
- Blood making organs cannot convert into good blood (CD 220, 345)
- Children’s appetite depraved from using (CD 239, CG 381)
- Corrupts blood (Te 57)
- **Destroys health** (2T 367)
- Natural sensitiveness of stomach’s tender coating (CH 114, CD 236, 341)

- Effects the Liver (2T 67)-excites the nervous system unduly (4T 141)
- Feverish state of system cause by use (CD 340)
- Condition of stomach irritated by fiery spice (CD 235-236)
- **Irritates stomach** (CD 340)
- Paves the way for smoking by children (CD 236; Te 182)
- Blood-making organs cannot convert into good blood (CH 114)
- **Corrupts the blood** (Te 57)
- Deranges the stomach (CH 114, CD 236, 354)
- Encourages appetite for intoxicating liquor
- Enfeebles intellect (CH 114, CD 368-369)
- **Excites the nerves** (CH 114, CD 236, 354)
- Inflames stomach (CD 340)
- Impatience induced by (CD Te 57)
- Lack of self-control induced by (CD Te 57)
- Leaves stomach weak (MM 229)
- Weakens moral and intellectual powers (CH 114)
- **PREGNANT WOMEN ESPECIALLY SHOULD NOT USE** (2T 382)
- **FRUIT DISHES** (like pumpkin pie and any cobbler) **SHOULD BE MADE FREE FROM** (2T 486)

“You have perhaps seen a picture of the stomach of one who is addicted to strong drink. A similar condition is produced under the irritating influence of fiery spices...” {CD 340.3}

IT IS AN ERRONEOUS IDEA THAT SPICES AID IN DIGESTION

“Condiments and spices used in the preparation of food for the table aid in digestion in the same way that tea, coffee, and liquor are supposed to help the laboring man perform his tasks. After the immediate effects are gone, they drop as correspondingly below par as they were elevated above par by these stimulating substances. The system is weakened. The blood is contaminated, and inflammation is the sure result.” {CD 339.4}

IRRITATING SPICES:

Allspice

Black Pepper

Cayenne Pepper (only use for medicinal purposes)

Chili Peppers

Cinnamon

Cloves

Mace

Mustard/Mustard Seeds

Nutmeg

White Pepper

“Healthful Food, Simply Prepared.--Every mother should carefully guard her table, and allow nothing to come upon it which will have the slightest tendency to lay the foundation of intemperate habits. Food should be prepared in as simple a manner as possible, free from condiments and spices, and even from an undue amount of salt.” {Te 157.3}

“There are those among **Seventh-day Adventists** who will not heed the light given them in regard to this matter. They make _____ a part of their diet. Disease comes upon them. Sick and suffering as a result of their own wrong course, they ask for the prayers of the servants of God. But how can the Lord work in their behalf when they are not willing to do His will, when they refuse to heed His instruction in regard to health reform?” {CD 400.4}

For thirty years the light on **HEALTH REFORM** has been coming to the people of God, but many have made it a subject of jest. THEY HAVE **CONTINUED TO USE** tea, coffee, **SPICES**, and flesh meat. Their bodies are full of disease. How can we, I ask, present such ones to the Lord for healing?” (CD 400.4-.5)

SPICE SUBSTITUTIONS:

ALLSPICE – Use allspice substitute.

BLACK PEPPER – (Dry seeds from a papaya then put into a grinder and grind like you would black pepper)

CAYENNE PEPPER – Use paprika.

CINNAMON – Use cinnamon substitute.

CLOVES – Use coriander instead.

MUSTARD – Use mustard substitute.

NUTMEG – Use cardamom.

TO LEARN MORE ABOUT SPICES, GO TO THE FOLLOWING LINK:

<http://www.fooducate.com/app#!page=post&id=57A33F16-295A-4054-46D6-BC43E23F783F>

<http://www.motherearthliving.com/Natural-Health/what-is-the-difference-between-an-herb-and-a-spice>

SOP ABBREVIATIONS:

CD = Counsels on Diets and Foods

LLM = Loma Linda Messages

9T = Testimonies for the Church, volume 9

CH = Counsels on Health-destroying

MH = Ministry of Healing

CG = Child Guidance

Te = Temperance

2T = Testimonies for the Church, volume 2

4T = Testimonies for the Church, volume 4

MM = Medical Ministry

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/spices-and-their-harmful-effects.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/spices-and-their-harmful-effects.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/01/spices-and-their-harmful-effects.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/spices-and-their-harmful-effects.html>