NEWSTART + 6 - Nutrition NEWSTART + 6 - Nutrition
Milk, Eggs & Butter

(Psalms 103:4-5; Isaiah 55:2; 1 Peter 2:11; 1 Corinthians 10:31; Matthew 10:38)

Website: Healthy Christian Living - Living by the Blueprint

"…Education should be given on proper diet…" (CD 406.4)

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

"…Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health…" {MH 127.1)

"…Become more intelligent in regard to the laws of life…" {11MR 187.3}

EDUCATE IN REGARD TO THE LAWS OF LIFE:
"…Educate people in regard to the laws of life…" {GCDB, January 30, 1893 par. 2}

"…EDUCATE, EDUCATE, EDUCATE…" {6MR 379.1}

WHY?
"…Educate people in the laws of life so that they may know how to preserve health…" {MM 259.3)

"True religion and the laws of health go hand in hand…" (7T 137.1)

"…In violating the laws of health…you misrepresent your maker…" {KC 20.4}

"…It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them…" (MH 128.1)

"We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way…" (CG 361.2)

"Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted..." {MH 128.1)

BIBLE:
Proverbs 26:2 – "...the curse causeless shall not come."

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health…" (MH 234.1)

Job 29:16 – "...the cause which I knew not I searched out."

***NOTE: Find out which law of health has been violated, remove the violation, offer a prayer of faith and then sit back and see the glory of God.**

SOP:
"When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause..." (MH 235.1)

"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..."** {CD 102.1}

"Our food should be plain and FREE FROM ALL OBJECTIONABLE ELEMENTS but let us be careful that it is always palatable and good." {LLM 545.3}

"We bear positive testimony against…all exciting substances used as articles of food…"
(CD 468.3)

"Abstinence from all hurtful food and drink is the fruit of true religion." (9T 113.1) (CD 457.1)

"The idea SHOULD NEVER BE GIVEN that it is of but little consequence what we eat..." (CD 198.4) (CH 151.1)

"It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws." (CTBH 53.1)

1 Corinthians 10:3 – "Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God."

BIBLE:
Revelation 14:6-7
1 Corinthians 3:16-17
1 Corinthians 6:19-20

"The Lord loves us, and HE DOES NOT WANT US TO DO OURSELVES HARM by following unhealthful recipes."
{CD 297.4}

"…We must be satisfied with pure, simple food…adulterated substances are to be avoided…" (CD 85.1)

"…Dispense entirely with everything hurtful and to use judiciously that which is healthful…" {Te 138.2}

MILK:
"MILK… should not be classed with flesh meat…" {CD 356.1} (1902)

THE HISTORY OF MILK CONSUMPTION AMONG GOD'S PEOPLE:
"…salt, sugar, and **MILK…We know that a free use of these things is positively injurious to health, and, in many cases, we think that if they were not used at all, a much better state of health would be enjoyed.** But at present our burden is not upon these things. The people are so far behind that we see it is all they can bear to have us draw the line upon their injurious indulgences and stimulating narcotics. **We bear positive testimony against tobacco, spirituous liquors, snuff, tea, coffee, flesh meats, butter, spices, rich cakes, mince pies, a large amount of salt, and all exciting substances used as articles of food."** (These last things mentioned should be dealt with first) {3T 21.1} (1871)

"We appreciate your experience as a physician, and yet I say that **MILK and eggs should be included in your diet. These things cannot AT PRESENT (1901) be dispensed with, and the doctrine of dispensing with them should not be taught."** {CD 204.2} ***Written in 1901

"…The time will soon come when there will be no safety in using eggs, MILK, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men…" (CD 460.4) **(1902)**
***Notice she says SOON COME, and it has!

"…As disease in animals increases, the use of MILK and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable." {CD 365.2}

"But I wish to say that when the time comes that it is no longer safe to use MILK, cream, butter, and eggs, God will reveal this..." {CD 353.3} (THAT TIME IS HERE)

"Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk... Tell them that the time will soon come when there will be no safety in using eggs, MILK, cream or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth…" {CD 460.4} (1902)

MILK WAS SUPPOSED TO BE FROM A HEALTHY COW:
"…We think a moderate amount of milk from a healthy cow not objectionable." (CD 357.6)(1870)

COWS TODAY NOT HEALTHY:
"…A cow may be apparently well in the morning and die before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it. The animal creation is diseased…"
(CD 330.3) (1870)

THE DANGERS OF MILK TODAY:
COWS HAVE BEEN TESTED POSITIVE FOR:

- AIDS (50% of random cows tested positive for AIDS)
- Bovine Leukemia (80% of cows tested positive for this)
- Cancer
- Mad Cow's Disease
- Tuberculosis
- Tumors

MILK CONTAINS THE FOLLOWING TODAY:

- Antibiotics
- Blood
- Carbon Monoxide injected into it
- Hormones
- Infection
- Pus
- Viruses legally sprayed on it

HEALTH ISSUES RELATED TO THE CONSUMPTION OF MILK

- Acne
- Allergies
- Anemia
- Asthma
- Calcium Deficiency due to too much protein from the milk
- Diabetes (Type I and II)
- IBS
- Infections
- Heart Disease
- Increases Cholesterol Levels
- Inflammation
- Crohn's Disease
- Kidney Stones
- Mucus build-up
- Sinus problems
- Salmonella Poisoning
- Tuberculosis
- Tumors
- Breast Cancer
- Cancer
- AND MUCH, MUCH MORE
- See www.notmilk.com

GOOD INFORMATION TO KNOW ABOUT MILK:

MILK SHOULD NOT BE MIXED WITH SUGAR:

"Sugar and milk combined are liable to cause FERMENTATION in the stomach, and are thus harmful." {CD 196.4}

IT'S BETTER TO EAT FLESH FOOD THAN THE COMBINATION OF MILK & SUGAR TOGETHER:

"I would recommend that people eat flesh meats sooner than large quantities of milk and sugar. It would not do the injury that milk and sugar do…" {CD 330.3}

EGGS:

THE HISTORY OF EGG CONSUMPTION AMONG US:

"The poor say, when health reform is presented to them, "What shall we eat? We cannot afford to buy the nut foods." As I preach the gospel to the poor, I am instructed to tell them to eat that food which is most nourishing. **I cannot say to them, "You must not eat EGGS or milk or cream.** You must use no butter in the preparation of food." The gospel must be preached to the poor, **and the time has not yet come to prescribe the strictest diet (today -- it has become that time)…"** {CD 353.2} (1901)

"But I wish to say that **when the time comes that it is no longer safe to use MILK, cream, butter, and EGGS, God will reveal this.** No extremes in health reform are to be advocated. **The question of using milk and butter and EGGS will work out its own problem..."** {CD 353.3} **(1901)** God has revealed that in 2016 it is no longer safe to use these items.

"Milk, EGGS, and butter should not be classed with flesh meat. In some cases the use of EGGS is beneficial. The time has not come to say that the use of milk and EGGS should be wholly discarded…" {CD 356.1} (1902) the time has now come

"Use EGGS from hens that are well cared for and suitably fed. EGGS contain properties that are remedial agencies in counteracting certain poisons." {CD 207.4}

- **Albumen is one of those remedial agencies found in egg.**
- **Eggs mixed in grape juice is excellent for those who are anemic and are very weak.**
- **In today's day, you have to be very careful using any eggs**

GRAPE JUICE AND EGGS:

"I have received light that you are injuring your body by a poverty-stricken diet. . . . It is the lack of suitable food that has caused you to suffer so keenly. You have not taken the food essential to nourish your frail physical strength. You must not deny yourself of good, wholesome food...Get EGGS of healthy fowls. Use these eggs cooked or raw. Drop them uncooked into the best unfermented wine you can find. This will supply that which is necessary to your system. . . . Eggs contain properties which are remedial agencies in counteracting poisons." (CD 203-204) (To Dr. D. H. Kress, 1901) {2SM 303.1}

"When you see that you are becoming weak physically, it is essential for you to makes changes, and at once. Put into your diet something you have left out. It is your duty to do this. Get EGGS of healthy fowls. Use these eggs cooked or raw. Drop them uncooked into the best unfermented wine you can find.
[DR. KRESS ACCEPTED THIS COUNSEL. HE FOLLOWED THE RAW-EGG AND GRAPE-JUICE REGIMEN REGULARLY UNTIL HIS DEATH IN 1956 AT THE AGE OF 94.] **This will supply that which is necessary to your system. Do not for a moment suppose that it will not be right to do this. There is one thing that has saved life--an infusion of blood from one person to another; but this would be difficult and perhaps impossible for you to do. I merely suggest it."** {12MR 168.2} **written in 1901**

It's apparent that Dr. Kress was suffering from anemia. Because a blood transfusion was almost impossible to get back in those days, the grape juice + raw egg remedy was recommended. It saved his life. This remedy gives energy and helps with weakness due to anemia. But just remember, that remedy was suggest back in 1901 when it was not time to say eggs were unfit for consumption.

"The diet reform should be progressive. As disease in animals increases, the use of milk and EGGS will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and..." {CD 365.2} (1905)

"Tell them that the time will soon come when there will be no safety in using EGGS, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth." {7T 135.1} ***Written on August 20, 1902

"God will give His people ability and tact to prepare wholesome food without these things..." {7T 135.2} ***Written on August 20, 1902***

A POSITIVE SIGN FOR US IN THESE DAYS THAT EGGS ARE NO LONGER SAFE TO USE:

- The fact that **chickens have the bird flu.**

- The recalling of 500 million eggs in August 2010

http://www.nbcnews.com/id/38741401/ns/health-food_safety/t/recall-expands-more-half-billion-eggs/
http://nutritionfacts.org/topics/eggs/

*****Egg shells have over 8,000 microscopic pores, so it is very easy for Salmonella and other bacteria to penetrate the egg through the shell.**

FROM DR. MICHAEL GREGER MD: DEBUNKING THE EGG INDUSTRY MYTH

- **Egg yolks** alone in non-smokers was **associated with artery clogging** plaque build-up was nearly ⅔ as bad as smoking.
- **Eggs are the #1 source of cholesterol in the diet.**
- Blood cholesterol concentration is clearly increased by adding dietary cholesterol.
- One year in the life of a study subject showed an **increase in cholesterol when eggs were added** to the diet.
  And **cholesterol lowered when eggs were removed** from the same person's diet.
- Do eggs increase our risk of cardiovascular disease or not?
- In compilations of all the best studies going back to 1930. When you put them all together, what do we find?
  Those who eat the most eggs have:
  A 19% increased risk of cardiovascular disease
  A 68% increased risk of diabetes
  And once you get diabetes
  An 85% risk of heart disease
- A single **egg a day** was associated with a **significant increase in heart disease.**
- Just over ½ an **egg a day** could **increase heart disease risk** between 6 and 40%.
  And the **risk of diabetes by 29%**
- Everyone's best bet is to just **LEAVE EGGS ALONE ALTOGETHER.**

THE DRAWBACKS OF EATING EGGS:

- High in saturated fat
- Responsible for almost as much plaque build-up in the arteries as smoking cigarettes
- Increases the risk of developing Type II Diabetes
- The fats in eggs may harm the liver, by causing non-alcoholic fatty liver disease
- High in Toxins
- High incidence of Salmonella poisoning
- High in cholesterol
- They alter your bio-chemical, genetic, and molecular make-up

HEALTH HAZARDS RELATED TO THE CONSUMPTION OF EGGS:

- Arthritis
- Breast cancer
- Diabetes
- Fibroid tumors
- Heart attacks
- Heart Disease
- Impotence
- Infertility

- Inflammation (1 egg can cause inflammation in the body for up to 30 days)
- Menstrual Irregularities
- Migraines
- Plaque Build up
- Uterine cysts

BUTTER:

"…BUTTER…freely partaken of by both old and young. These things do their work in…

- Deranging the **stomach,**
- Exciting the **nerves,** and
- Enfeebling the **intellect,**
- The blood-making **organs** cannot convert such things into good blood…" (CTBH 46.3)

"BUTTER AND MEAT

- **Stimulate.** These have
- **Injured the stomach** and
- **Perverted the taste.**
- The sensitive **nerves of the brain have been benumbed**, and
- The **animal appetite strengthened** at the expense of the moral and intellectual faculties. These higher powers, which should control, have been growing weaker, so that
- **Eternal things have not been discerned.**
- Paralysis has benumbed the spiritual and devotional…" (CD 48.2)

"Because we from principle discard the use of meat, BUTTER, mince pies, spices, lard, and that which irritates the stomach and destroys health, the idea should never be given that it is of but little consequence what we eat." {CD 198.4}

"I wish to say that when the time comes that it is no longer safe to use…BUTTER…God will reveal this. No extremes in health reform are to be advocated. The question of using milk and BUTTER and eggs will work out its own problem. At present we have no burden on this line. Let your moderation be known unto all men." {CD 206.4}

***** BUTTER IS NO LONGER SAFE TODAY*****

"You place upon your tables BUTTER, eggs, and meat, and your children partake of them. They are fed with the very things that will excite their animal passions, and then you come to meeting and ask God to bless and save your children. How high do your prayers go? You have a work to do first. When you have done all for your children which God has left for you to do, then you can with confidence claim the special help that God has promised to give you." (CD 245.3}

"Many do not feel that this [COOKING] is a matter of duty, hence they do not try to prepare food properly. This can be done in a simple, healthful, and easy manner, without the use of lard, BUTTER, or flesh meats. Skill must be united with simplicity. To do this, women must read, and then patiently reduce what they read to practice…Learn how to cook with simplicity, and yet in a manner to secure the most palatable and healthful food." {CD 260.1}

***Remember, we're counseled to read **HOW TO LIVE,** to know how to cook. {1T 680.2}

"We do not think fried potatoes are healthful, for there is more or less grease or butter used in preparing them. Good baked or boiled potatoes served with cream and a sprinkling of salt are the most healthful…" (CD 323.1)

"BUTTER should NOT be placed on the table…" {CD 350.4}
***REMEMBER, this was written over 100 years ago…today it is no longer safe to use!!!

"Great reforms are to be made. Many changes will be required as we strive to advance the cause of reform. Reforms are not to be brought in as innovations, but as natural consequences. Then they will be great blessings." {HFM 50.1}

There is danger that in presenting the principles of health reform, some will be in favor of bringing in changes that would be for the worse instead of for the better. **Health reform must not be urged in a radical manner. As the situation now is, we cannot say that milk and eggs and butter should be entirely discarded…"** {HFM 50.2} (1901)

***REMEMBER:** This was written in 1901, but **Science is proving today that butter is not healthful.**

"Let the diet reform be progressive. Let the people be taught how to prepare food without the use milk or BUTTER. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or BUTTER, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth." {CD 349.1} (written in 1902)

"I eat but two meals a day, and still follow the light given me thirty-five years ago. I use no meat. As for myself, I HAVE SETTLED THE BUTTER QUESTION. I DO NOT USE IT. This question should easily be settled in every place..." {CD 351.1} (1898)

"BUTTER is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether." (CD 349.3)(1905)

"…The advantages sought by the use of BUTTER may be obtained by the eating of properly prepared olives…" (CD 349.4)

"We must remember that there are a great many different minds in the world, and we cannot expect everyone to see exactly as we do in regard to all questions of diet. Minds do not run in exactly the same channel. **I do not eat butter, but there are members of my family who do. It is not placed on my table; but I make no disturbance because some members of my family choose to eat it occasionally. Many of our conscientious brethren have butter on their tables, and I feel under no obligation to force them to do otherwise.** These things should never be allowed to cause disturbance among brethren. **I CANNOT SEE THE NEED OF BUTTER,** where there is abundance of fruit and of sterilized cream." {CD 351.3} (1904)
Remember though, we are to teach them to cook without the use of these things

"…If your husband enjoys dairy BUTTER, let him eat it until he is convinced that this is not best for his health." {CD 352.2} (1901) ***That was written in 1901…now we should be showing people a better way.

THE DANGERS OF BUTTER TODAY:
(Butter is made from cream; cream is the fat of milk taken from cows)

COWS HAVE BEEN TESTED POSITIVE FOR:

- Mad Cow's Disease
- AIDS
- Bovine Leukemia
- Tuberculosis
- Tumors
- Cancer

MILK (which cream comes from and butter is made from cream) **CONTAINS THE FOLLOWING TODAY:**

- Antibiotics
- Blood
- Hormones
- Infection
- Pus

HEALTH ISSUES RELATED TO THE CONSUMPTION OF BUTTER

- Arteriosclerosis
- Heart Disease
- High Blood Pressure
- Increased cholesterol
- And MORE

A LITTLE HISTORY ABOUT BUTTER:

- Butter anciently **was not a common article of food** as at the present day. The Greeks and Romans **used it only for medicinal purposes.** {1919 SNH, BHB 167.8}
- "…11,000,000 cows supply 40,000,000 inhabitants with milk, butter, and cheese, and allow large exports of the latter article. **At least 255,000,000 gallons of milk are sold annually.** The annual butter product of our country now is more than 500,000,000 pounds, and of cheese, 70,000,000.
  There are now about 30,000,000 horned cattle in the United States, equal in average quality to those of any country in the world. {1887 UrS, MANA 35.2}
- "…The cow gives us milk, butter, glue, leather for our shoes and carriage and harness, and hair for plastering. {January 18, 1894 EJW, PTUK 45.6}

BUTTER IS NOT MARGARINE: MARGARINE IS NOT BUTTER:

- **In imposing a fine upon an East Ham tradesman for selling margarine as butter,** and who pleaded that it was an assistant's mistake, the magistrate very pertinently replied that "it is curious that the mistake is always in favour of the tradesman," and that one never hears of butter being sold as margarine. There is a sermon in that. {July 11, 1901 EJW, PTUK 444.9}

- Circulars had been sent us by Mr. Alex. J. Wedderburn, editor of the National Farm and Fireside, advocating the bills now before Congress in favor of pure food and pure lard. We hope they will pass. They ought to pass. **Pure food is necessary to health.** If a man purchases flour, it not plaster of Paris or ground tale. **If he purchases butter, he wants butter, not oleo margarine…"**
  {February 25, 1889 EJW, SITI 128.11}

MARGARINE IS 1 MOLECULE AWAY FROM BEING PLASTIC, AND IS NOT A FOOD AND NOT HEALTHY AT ALL.

FROM THE PIONEERS:

"We bear positive testimony against tobacco, spirituous liquors, sNuff [sic.], tea, coffee, flesh-meats, **BUTTER,** spices, rich cakes, mince pies, a large amount of salt, **and all exciting substances used as articles of food."** —Vol. III, p. 21." {September 1894 ATJ, HOMI 205.14}

"Why are butter and animal oils and fats, objectionable as articles of food?" {1868 JNL, HBH 189.1}

They are too concentrated for human aliment. They are but slightly nutritious, and are filled with impure material, comparing very well with venous blood for impurity. They contain about 80 per cent of carbon, and hence, furnish additional labor to the lungs to expel this from the system. BUTTER, when taken into the system, takes the form of an animal oil. These oils float upon the top of the food, and remain in the stomach till all the other portions of food have been chymified and passed from the stomach. Hence, they are liable to generate rancid acids in the stomach, and even when the food has passed from the stomach, these oils are not digested until bile - in the unnatural way mentioned in the last chapter - passes from the duodenum to the stomach, and turns the oil into a saponaceous substance before it can be acted upon by the gastric juice, and digested. BUTTER…should NEVER be used in a MELTED form, nor upon anything hot enough to melt it." {1868 JNL, HBH 189.2}

"Cases of cholera continue to occur in the South of France. A German says the cholera bacillus will live three days in milk, eight days on cooked meat, and one day on bread-and-BUTTER." {August 3, 1893 EJW, PTUK 286.17}

HEALTH PROBLEMS DUE TO THE CONSUMPTION OF BUTTER:

"And the painful sores which came upon my under lip every few weeks in former years, have absolutely discontinued their visitations. These things i attribute largely to the entire disuse of BUTTER…" {1890 JW, BHY 267.2}

RECIPES:

ALMOND MILK:

1 c. blanched almonds
2 c. water + 2 additional cups of water
6 dates
Pinch real salt

Put blanched almonds + 2 c. water in a blender. Blend on high for 90 seconds in a power blender and 2-3 minutes in a regular blender. Strain blended mixture in a nut milk bag or a cheese cloth. Rinse blender and put strained milk back into blender. Add 2 additional cups of water, 6 dates, pinch of salt, and the vanilla powder. Blend x 30 to 60 seconds. Pour into container and refrigerate.

SCRAMBLED TOFU

1 block x firm tofu (use water packed, and OG or non-GMO)
2-3 T. chicken style seasoning (homemade so it is MSG free)
½ t. garlic powder
½ t. onion powder
1 ½ t. real salt
1 T. dried onion flakes OR ½ large onion diced
⅛ t. turmeric (this is for coloring and is optional

Sautee fresh or dried onion in 2 Tablespoons of water. Add crumbled tofu (have some chunks in it) and all the seasoning and let set on each side until brown. You may add broccoli and or carrots if desired. If so, sauté with onion.

HEALTHY BUTTER

If you want the best tasting thing next to real butter, **you have to try this recipe.** Now I'm going to warn you, it is high in fat, but it's all plant fat. There is **ZERO CHOLESTEROL** in this recipe. However, you still want to use it sparingly. **This stuff tastes just like the real thing, and melts like it too.** It's better than any vegan butters on the market because it doesn't have hidden MSG (hidden under the name of pea protein or soy protein), Canola Oil, food coloring, etc. **There's only 5 ingredients.**

YOU CAN USE IT FOR:

1. Spreading on **corn-on-the-cob**
2. Spreading on **toast**
3. Use in **cookie** recipes
4. It even pops **popcorn**
5. Melting on your steamed **veggies**
6. Sauté **onions and/or garlic**
8. Use in just about any recipe that calls for butter

BUTTER

1 ¼ c. coconut oil (Do not use extra virgin because your butter will taste like coconut and not butter. The LouAna brand is good and you can get it at Wal-Mart, WinCo, or Vitacost)
¾ c. olive oil (mild tasting or your butter will taste like olive oil)
2 T. lecithin oil or 4 T. lecithin granules
1 c. water
1 T. + 1 t. salt
Put the above in a blender, but do not blend as of yet. After you put those 3 ingredients in the blender, in a container, measure 1 c. of water with 1 T. salt. Whisk real well till the salt is completely dissolved (be sure the container you use to put the water in is big enough to add both the water and the salt so that will allow you to mix without the water falling all out). Turn on the blender for about 30 seconds till the first 3 ingredients are creamy, then pour in the salt water while the blender is still running and continue blending for another 30 seconds to 1 minute. Let this sit in your blender for a couple of minutes, then pour into small containers (I use the plastic ones from the Gerber baby food).

*****I have a Vitamix and did my speed on low variable up to around number 7.**
FREEZE. Even after it freezes, you can still take a butte knife and get the butter out like real butter. It's the same exact consistency, same color, etc. It looks just like real butter....ENJOY!!!

WHIPPED CREAM

2 cans of Coconut Milk (I use Tropics Coconut Milk by Gata)
2 T. raw sugar (turn some raw sugar into powder in your blender and then measure 2 Tbsp. for this recipe)

1. Refrigerate the 2 cans of coconut milk overnight
2. Take cans out of fridge and scrape the solidified fat from the sides of the can
3. Drain the milk from the can (you are not going to use this part for the whipped cream) and then scoop the coconut fat from both cans and put into a mixing bowl with the other 2 ingredients.
4. Use egg beater/mixer and whip on medium x about 5 minutes or until it looks like whipped cream texture.

VIDEOS TO LEARN HOW TO MAKE: (watch all 3 videos)
http://www.youtube.com/watch?v=ipCWLomoqHg
http://www.youtube.com/watch?v=2GtlF1_nWTw
http://www.youtube.com/watch?v=ItLT6eUIVb8

SOP ABBREVIATIONS:
11MR = Manuscript Releases, Volume 11
7T = Testimonies for the Church, Volume 7
9T = Testimonies for the Church, Volume 9
CD = Counsels on Diet and Foods
CG = Child Guidance
CH = Counsels on Health
CTBH = Christian Temperance & Bible Hygiene
GCDB = General Conference Daily Bulletin
HFM = The Health Food Ministry
KC = Kress Collection
MH = Ministry of Healing
MM = Medical Ministry

***Questions on next page ***

NEWSTART + 6 (Nutrition)

Milk, Eggs & Butter

(Questions)

1. _____ should be given on proper diet.
2. Become more intelligent in regard to the laws of _____.
3. Let Lord loves us and does not want us to do ourselves _____ by following unhealthful recipes.
4. Milk should not be classed with _____ meat.
5. A _____use of milk is positively injurious to health.
6. Was the use of milk okay to use in 1901? YES or NO
7. Has the time come when there is no safety in using milk? YES or NO
8. As _____ in animals increases, the use of Milk was going to become more and more unsafe.
9. Has God revealed to us the time that it is no longer safe to use Milk? YES or NO
10. Let the diet reform be _____.
11. Let the people be taught how to prepare food without the use of _____.
12. In 1870, milk was okay to use if it came from a _____ cow.
13. Cows today are _____ healthy.
14. List 6 things cows have been tested positive for:
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____
    6. _____
15. List 5 things milk contains today:
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____
16. List 20 health issues related to the consumption of Milk
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____
    6. _____
    7. _____
    8. _____
    9. _____
    10. _____
    11. _____
    12. _____
    13. _____
    14. _____
    15. _____
    16. _____

17. _____
18. _____
19. _____
20. _____

17. Milk should not be mixed with _____.
18. It is more recommended for people to eat _____ meats sooner than large quantities of milk and sugar.
19. Were God's people to preach a message of giving up eggs in 1901? YES or NO
20. Had the time come in 1902 to tell people go give up eggs? YES or NO
21. Were small children to use eggs?
22. Did eggs contain properties that are remedial agencies in counteracting certain properties? YES or NO
23. List something contained in eggs that are a remedial agency: _____
24. Give a natural remedy where eggs are used for Anemia/weakness: _____
25. The eggs used for this remedy should be from _____ fowls.
26. The eggs may be used cooked or _____.
27. The diet _____ is to be progressive.
28. As disease in animals _____, the use of MILK will become more and more unsafe (that time has come).
29. In 1905, Sister White said the time would _____COME when there would be NO SAFETY in using EGGS.
30. It has been 109 years since she wrote that. Is it safe to say that SOON has already come? YES or NO
31. Because _____ in animals is increasing in proportion to the increase of _____ of men.
32. Is it much more wicked today in 2014 than it was in 1905 when she wrote that quote? YES or NO
33. What happened in 2010 regarding eggs right here in the United States? (see the article link)

_____

34. Chickens have the bird ____.
35. Egg shells have over _____ microscopic pores, making it easy for _____ and other bacteria to enter.
36. According to Dr. Michael Greger, egg yolks alone in non-smokers was associated with artery clogging build-up Two-_____ as bad as smoking
37. Eggs are the #1 source of _____ in the diet.
38. Is eating eggs related to increased levels of cholesterol? YES or NO
39. Those who eat the most eggs have a ___% increased risk of cardiovascular disease, a 68% increased risk of _____ and once they get diabetes, a ____% risk of heart disease.
40. A single egg every day was associated with a significant increase in _____ disease.
41. Just over ___ and egg a day could increase heart disease risk between __ and ___%, and the risk of diabetes by ___%.
42. Everyone's best bet is to just leave eggs _____.
43. List 8 drawbacks related to eating eggs:
    1. _____
    2. _____
    3. _____
    4. _____
    5. _____
    6. _____
    7. _____
    8. _____
44. List 13 health problems related to the consumption of eggs:
    1. _____
    2. _____
    3. _____

4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____

45. Butter freely partaken of does 4 things:
    1. _____
    2. _____
    3. _____
    4. _____
46. Butter and meat _____.
47. They _____ the taste.
48. The animal _____ is strengthened at the expense of the moral and intellectual faculties.
49. _____ things have not been discerned because of freely partaking of these things.
50. From principle, we _____ the use of butter.
51. Are the animal passions excited in young children who eat eggs? YES or NO
52. Many do not feel that this _____ is a matter of duty, so they do not try to prepare food _____.
53. This can be done in a simple, healthful, and _____ manner.
54. Should potatoes be cooked in butter? YES or NO
55. Butt should not be placed on the _____.
56. Why Not? _____
57. We were counseled around 113 years ago that many changes would be required towards the cause of reform? YES Or NO
58. Was the reform of giving up butter a "reform of the future" in 1901? YES or NO
59. Is it a reform of the future today? YES or NO
60. Are people today in 20__ to be taught how to cook without the use of butter? YES or NO
61. Did Sister White give up the use of butter before she died in 1915? YES or NO
62. What may we eat instead of butter to receive the same benefits received from eating butter?

_____

63. What should you do if your spouse still eats butter today? _____

_____

64. What is butter made from? _____
65. Where does cream come from? _____
66. Are cows healthy or unhealthy today? _____
67. Can a person get arteriosclerosis from eating butter? YES or NO
68. What is arteriosclerosis? _____

69. Are margarine and butter the same thing? YES or NO
70. Margarine is 1 _____ away from becoming plastic.
71. Did the Pioneers teach against the use of butter in their day? YES or NO
72. Butter is slightly nutritious, but filled with _____ material.
73. Are cases of cholera related to butter use? YES or NO
74. What caused James or Sister White's sore under the lip to go away? _____