

# 17 Bible Foods That Heal

*From*

*Joe & Denise Coon*

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## Apples – Song of Solomon

No biblical food is more famous and none has gotten a worse rap than the apple – despite the fact that Adam and Eve probably didn't even see an apple, much less munch on one.

The Bible never says exactly what fruit the serpent used to tempt Eve in the Garden of Eden. Tradition holds that it was an apple, but many scholars who have studied the botany of the Bible think it was more likely an apricot – maybe even a citron, an orange or a quince, a central Asian fruit that resembles a hard-fleshed yellow apple.

But else where in the Bible, the apple gets high marks for its healthful, healing powers that modern science has since confirmed.

The Ancient Greeks who lived during Bible times believed the apple healed all ailments. An Arabic author from the same era wrote: "Its scent cheers my soul, renews my strength and restores my breath."

An article in *American Medicine* magazine has praised the apple as "... therapeutically effective in al conditions of acidosis, gout, rheumatism, jaundice, all liver and gallbladder troubles, nervous and skin diseases caused by sluggish liver, hyperacidity and states of autointoxication."

Modern researchers at Michigan State University call the apple "... the all-around health food." Here are some of the potent healing powers of apples:

- They lower both bad cholesterol and high blood pressure
- The juices in apples are highly effective virus fighters
- They help stabilize blood sugar, an important factor in controlling diabetes.
- They suppress the appetite without robbing the body of necessary nutrients, so they're great for dieters.
- Depending on the need, they prevent constipation or help treat diarrhea.

Nutritionists suggest that eating two or three apples a day can boost the body's protection against heart disease, thanks to the fruit's amazing ability to reduce blood pressure and lower dangerously high cholesterol levels. In fact, they say, the higher the cholesterol, the greater the benefits will be if you increase your consumption of apples. Apples also contain chemicals that scientists believed are vital in stopping cancer, and they also prevent tooth decay.

The apple's ability to keep our hearts healthy and pumping has been confirmed by U.S., French and Italian researchers, among others. An animal study at the Institute of Physiology in France came to the startling conclusion that a diet heavy in apples actually lowered heart-damaging cholesterol levels anywhere from 28 to 52 points.

One reason for this may be the pectin in the apple – that soluble fiber that is usually squeezed out to make jelly. The French researchers discovered that the pectin, acting with vitamin C and other natural chemicals in the apple, also forms a fortress-like shield around the heart that prevents cardiovascular disease.

In another h, when a group of 30 middle-aged men added three apples per day to their diets – without changing anything else -80% of them showed a significant reduction in cholesterol levels from 10 – 20 percent.

Even more surprising was the fact that the apple boosted the HDL, or “good” cholesterol in the blood, while reducing the LDL, or “bad” cholesterol, that’s responsible for clogging up the arteries, a condition that can lead to fatal heart attacks or disabling strokes. However, for some mysterious reason, an apple-rich diet lowers cholesterol more efficiently in women than men.

Apples are an excellent food source for diabetics and others who need to control blood sugar levels. They rank high among foods that best control blood sugar. Even though the apple is a rich source of natural sugar, it does not cause a rapid or dangerous rise in blood sugar. Also, it prevents the body from pumping out too much insulin which, in turn, helps bring down blood cholesterol and blood pressure.

Some people just have to smell an apple to get the benefit. Scientists at the prestigious Yale University’s Psychophysiology Center discovered that the scent of spiced apples produces a calming effect which helps to lower blood pressure. Researchers have noted that apple eaters also suffered far fewer stress-related illnesses.

Whole apples (as opposed to just the juice) are great for dieters. The rise in blood glucose levels that occurs when you eat an apple makes you feel fuller.

In addition, the apple juice helps keep you healthy and it helps during the healing process – especially if your are suffering from colds or viruses. People who eat apples regularly have far fewer colds and upper respiratory problems. In a Michigan State study of 1,300 students, those who regularly ate apples over a three-year period made one-third fewer visits to the campus health center than non-apple eaters.

There are also indications that apples may fight certain types of cancer. The reason appears to be that apples are loaded with natural acids that have successfully blocked cancer formation in laboratory studies.

Remember that to get the best health benefit, you have to eat the whole thing, skin and all. The skin contains the high level of pectin fiber, which seems to be the basis for the fruit’s amazing powers.

The apple may also be the only healing food capable of taking care of two opposite

complaints at the same time – constipation and diarrhea. First, apples or applesauce have been used for centuries to help people get back on a regular diet after suffering bouts of diarrhea. The pectin in the apple fiber apparently is the healing factor, which explains why it is included in Kaopectate, an over-the-counter diarrhea remedy.

Also, that same fiber is what dietitians have been telling us for decades is absolutely necessary to keep us regular and to prevent constipation.

Finally, apples are not only a superb healing food, but, as nature's original toothbrushes, they may even prevent cavities. The people of Bible times probably learned that through trial and error, but modern day researchers have confirmed that fact in the laboratory. Scientists in Norway found that children who ate apples had cleaner teeth than those who did not, and they also had significantly less risk of tooth decay.

The Bible's wise King Solomon knew what he was talking about when he said, "Comfort me with apples, for I am sick..."

## Barley – *Deuteronomy 8:8*

The Bible is filled with reference to barley, which is among the earliest known and most nourishing grains ever to be cultivated. In fact, some scholars say The Feast of Unleavened Bread was an ancient barley harvest festival that became the celebration of the Passover.

Bible history experts say that barley was not as valuable as wheat. But it was the staple food of the masses and as such was a prominent feature of the early Israelites. Nevertheless, the fact that barley is mentioned so often shows that the people of the period consumed great quantities of this grain, which played a vital role in their health and healing – whether they knew it or not.

For thousands of years, barley has enjoyed a fine reputation as a food that improves potency, vigor and strength. Roman gladiators were sometimes called hordearii, meaning “barley eaters,” because the grain was added to their diet to give them bursts of strength before their contests. Today, we know from studies that barley is one of three balanced starches – along with rice and potatoes – that are rich in complex carbohydrates that fuel the body with a steady stream of energy.

Even today, barley is still an important food throughout the Middle East – which may account for the generally low rate of heart disease in that part of the world. In some places, barley is recommended as “medicine for the heart.” That’s because, say nutritionists, it is full of beta glucans – a type of fiber that can lower the risk of heart disease by reducing levels of artery-clogging LDF.

A diet that includes lots of barley, three times a day, has lowered blood cholesterol by about 15% in a number of medical studies.

That same high fiber content keeps us regular, relieves constipation and wards off a wide variety of digestive problems. It also may help block cancer.

As anyone who has done any Bible study at all knows, bread – always made from barley or other whole grain flours – was regarded as so vital to good health and a long life that it was called “the staff of life.”

Barley is effective at shutting down the liver’s production of the bad LDL cholesterol that does so much damage to our arteries – the kind that can cause strokes and heart attacks. In one interesting study on animals, researchers from the United States Department of Agriculture discovered that the production of LDL was reduced by a remarkable 18% when large amounts of barley were added to their diet.

In a follow-up study, scientists at Montana State University discovered that a high barley diet had the same effect on people. In that study, a group of men ate many foods containing

barley, including cereal, bread, cakes and muffins made from barley flour. After six weeks of three servings a day, the men's cholesterol levels dropped an average of 15%. Those whose cholesterol levels were the highest at the start showed the most significant improvement.

## Cheese

Since milk in biblical times didn't stay fresh very long, the people who lived then turned much of it into cheese or other by-products. Consequently, the people of the Bible were expert cheese makers. A gallon of fresh milk produced about a half pound of cheese that could then be utilized in many different ways while still retaining the numerous health benefits of milk.

















































