

July 10, 1991

## **Cook's Meeting and Food**

In each household, in coordination with the Cook's Meeting in each community which is under the direction of the elders, we need to establish a diet conducive to good health and long life. Our kitchens need to be so ordered that, following a weekly and monthly menu, we get every nutrient that we need. Also, that we would not be cooking things we shouldn't and not eating raw things we are getting no benefit from. B-17 and enzymes prevent cancer.

We could be guilty of 2nd or 3rd degree murder if we cook vegetables that shouldn't be. Beets don't have to be cooked, but just cut up small. Millet does need to be cooked however. We should eat the whole apple to get the B-17 from the seeds. Chew them up well. It is impossible to get cancer with B-17. We must CHEW OUR FOOD PROPERLY.

Our Cook's Meetings are going to be what they are supposed to be — planning our specific menus. We will hold an apostolic meeting with apostolic cooks helping in each clan to formulate a diet for the prevention of cancer. This is like preventing sin by confessing our inclinations before acting them out.

Every community should own and operate a Common Sense Wholesome Food Store. We need a place to get grains and vegetables. Every household must have available good and nutritious food. We should rarely shop at shopping centers. Organic beets, other vegetables, are 95% better than commercially grown. We want to eat ORGANIC to stop putting poisons into our system. The evidence is overwhelming, organic is better.

We need more farms and gardens everywhere. We are going to be agrarian. We need to put as much money into this as we do into our industries. We work to get enough money to go to the store to buy things that kill us. We need to get real food to save us from these diseases.

Kharash: We also need to learn to put up food properly, how to preserve it.