

Guilt and the Immune System

In the New Covenant He and we remember our sin no more. If you confess your sin without truly giving it up then the Holy Spirit hasn't done the work in you to hate it and cut it off. Repentance hasn't been reached. Confession reaches the root and motive so guilt is dealt with. This is so we can go on to more natural reasons for the weakening of the immune system causing sickness and diseases.

At the beginning of any new age or movement there are things that happen to warn us, as with Ananias and Saphira lying to the Holy Spirit. They went to the first death, to be resurrected to judgment and go to the second death for believers. Heb 10:26 brings clarity (Lev 10:2; Acts 5:1-11). In both cases a new era was beginning so this had to be established, it was an example of what would happen if they did that after they had come to the knowledge of the truth. We may see certain things that we need to take heed to or we will fall by the wayside. Heb 6:4-6 — an actual believer with the Holy Spirit, sealed with the Holy Spirit. The subsequent acts by others that did not result in death don't mean they didn't die spiritually. We must come to the knowledge of the truth on these matters, especially people who have been here a long time. For example, looking back and you aren't fit for the kingdom. This puts you out of the race. You know what your secret perversion is (Heb 10:26).

How cautiously should we bring in the ark? We can't be presumptuous. Many things affect the immune system making a person vulnerable to disease. Guilt must be removed. Guilt is removed by confession and forgiveness.

The immune system is one of the greatest things in our bodies. We need to obey the Word, even if we know nothing about the immune system. We need to obey because we love Him and not just obey after scientific proof. It is up to us to take care of the body we have been given. He can't give us a healthy body regardless of what we do or think. We must take care of our body without becoming neurotic or body-conscious.

Immunity means resistance to or protection from. We have a built in immune system that does just that. It causes us to resist certain diseases or virus. Fundamental, basic eating habits affect our health. Our aim is to create positive and good eating habits (like more raw vegetables). It will require our behavior to change to eat the way our Father wants us to. We must modify our behavior. This is restoration. Besides good, wholesome food, cooked properly, the food must be eaten properly. It must be chewed. There must be time to eat, slowly in a peaceful atmosphere. Our way of life should let us do this. We must watch over the flock to eat slowly, helping them. We must judge clamor rightly. Food must be eaten with joyful and peaceful conversations with people with good consciences. Then we will be healthy. You are not to eat with any brother who is not in the light. We as shepherds must make sure people are in the light. If there is dissension there will be indigestion. Digestion to benefit the body must be in peace. Without strong, healthy bodies our Father's purpose cannot be done on the earth. And these diseases that came upon our ancestors won't come upon us. We must be educated on the immune system. Some things strengthen the immune system, and others weaken it. Malnutrition weakens the immune system so we do not encourage fad diets.

People are to eat just like we taught, this is recommended except where we are advised to go on. When these overweight people lose weight by fad diets then they are to maintain this the rest of their lives. Starving the body of vitamins (while on fad diets for example) weakens the immune system, while eating regular food with smaller portions makes you lose weight normally. These fad diets cause trouble and great expense. We aren't going to have this fad business in Israel. When there is no authority, everyone does what is right in his own eyes. When we starve our bodies of essential vitamins and minerals they need, then we hurt our immune system. This will cause us to get viruses and diseases. The proper amount of calories and protein must be taken in every day to guard the immune system, keeping us strong and healthy. We must work these things out at cook's meetings with the deacons and elders.

The medical facts about the immune system:

It takes vitamins and minerals to strengthen the immune system.

- | | |
|------------------------|--------------|
| 1) don't take vitamins | 2) eat food |
| 3) vitamin A | 4) vitamin B |
| 5) vitamin C | 6) vitamin E |
| 7) zinc | 8) selenium |
| 9) protein | |

Multivitamins and minerals should be taken daily only if you aren't getting any food every day. Food is better than the vitamin. If you are over cooking vegetables and not eating a lot of raw vegetables, salad, fruit, seeds and oil then you will need a supplement. No mega-doses are good for anybody. It is bad for your liver. Mega-doses are out. Your body needs only small doses of vitamins. A balanced diet is all that is required. The cooks meetings were especially designed for planning so no household lacks good things. We must educate our cooks in the cooks meeting. We won't enter the kingdom without getting this into the body.

These basics strengthen the immune system:

- Protein: meat, fish, poultry, eggs, milk products,
whole grains, brown rice, soy bean products.
- Vitamin B: B1, B2, B6, B12, B13
- Vitamin B1: whole grains, blackstrap, brown rice, egg yolks,
nuts, meat/fish/poultry, legume (beans, tofu, lentils)
- Vitamin B2: whole grains, blackstrap, nuts, brown rice, legumes
- Vitamin B6: meat, whole grains, wheat germ, green leafy vegetables
- Vitamin B12: fish, eggs, cheese, milk, goats milk
- Vitamin B13: root vegetables, liquid whey
- Vitamin C: all citrus fruits, rose hips, acerola cherry,
sprouted alfalfa seeds, cantaloupe, strawberries,
broccoli, tomatoes, green peppers
- Zinc: pumpkin seeds, sunflower seeds, soybeans
- Selenium: mackerel, tuna, herring, broccoli, wheat germ,

bran, whole grains

The body has four channels of elimination: 1) bowels, 2) bladder, 3) lungs, 4) skin.

If you aren't eliminating in your bowels properly then you are about to die. You must drink enough water every day and exercise, twisting your trunk plus doing 100 scissors on your back to help your bowels and keep your stomach away.

The importance of these can't be overlooked. Exercise and walking help the elimination through the lungs and skin. Proper food, water and exercise is necessary for proper elimination. We must walk, use the jump rope, and try the rebounder as we get older. The fact of the nonexistence of alcohol, cigarettes, coffee, and drugs from our daily life, and the addition of exercise of our physical bodies regularly, coupled with good, wholesome food, plenty of water, rest, brief relaxation -- these together will be keeping our elimination channels open, clean, regulated and purified. All these things maintain a strong immune system and keep us physically and mentally fit. If we are spiritually fit, we will see that we do these things.

Every day we need: 1) food, 2) exercise, 3) rest, 4) no fear of guilt, 5) sexual practices according to law.

1) food: See notes above.

2) exercise: The best is brisk walking. Besides strengthening the immune system, brisk walking controls blood circulation, prevents heart diseases, keeps calcium levels high, keeps weight level down, improves looks, is a natural tranquilizer, reduces anxiety and depression, and increases general fitness.

3) rest: Breaking the fourth commandment is not only a spiritual death but a physical death as well. This law was so important that if you violated it you were stoned to death. Rest is important. Anyone will rest on the Sabbath if they benefit physically. People will do it out of concern for their own bodies and not out of love for Him. Proper rest and sleep is essential for a strong immune system. We need to rest six to eight hours normally at night. More than just resting occurs when you sleep. Sleeping is time for recharging and renewing our bodies, brains and minds. At sleep level our subconscious mind goes to work carefully filing away our daily

deeds, thoughts and feelings in our memory bank for learning and for the Day of Judgment. This is why in Ephesians 4:24-26 anger is not filed away at night. There is no rest for the wicked; their immune system is deteriorating. Guilt and fear damages the immune system so we must keep clean and not file this away.