

Eat Right

Live Right

and

Die... Never!

Eat Right Live Right and Die... Never

Dr. Edward G. Rice

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Chapter 1 Obese and Unhealthy

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. (1Cor 6:19-20)¹

It was easy to swell thirty pounds into obesity. That put me sixty pounds over my optimal USAF weight. Sixty pounds of weight gain in twenty-five years of active retirement is unhealthy. How and why I lost thirty of it in three short months is addressed in these short articles.

I never gave Jenny Craig a dime of my money. (Or Nutirsystem, Noom, Medifast, South-Beach, Diettogo, or BistroMD et.al) I did not loose weight with a diet supplement, any natural supplement, any unnatural supplement, or “natural” pill (all pills are by nature unnatural.) I lost my thirty pounds with knowledge. So could you. If you don't need to loose thirty pounds, you still need this knowledge; it addresses many other health concerns.

The thing about knowledge is it does not really affect things until you understand it, and then it does not really change things until you believe it. In a series of articles I want to affect your understanding and beliefs, but the basic knowledge for this series is threefold. First, simply stated, we are what we eat. This will help our focus on what we eat but is certainly an over simplification; we are actually much more complicated chemical, emotional, and spiritual beings than such a simple statement. God designed and created us humans with a very complex chemistry which operates dependent on what we eat, or don't eat. We are not machines that respond to calories in

1 The Holy Bible

and calories out. For our bodies to operate as designed it needs the right input; the input we are designed for. Remember what your grandma (in most cases now great-great-grandma) said, “Eat your vegetables.” We were not designed to input pharmaceuticals, toxins, dyes, preservatives, diet sodas, diet supplements, diet anything!, or pills. These were all designed to trick our minds and bodies into some form of easy or instant gratifications. Knowing this is basic, understanding it is challenging, and believing it is life changing.

Second, doctors pharmacologists, governments and other marketers will lie to you. They are not all necessarily doing this maliciously, it is more often in ignorance, sometimes to the point of incompetence, and at times they are just skilled marketers. Despite what CNN says everyday about our dully elected President of the United States of America, there are no bold faced liars. Good lies are laved with little pieces of truth and contain only enough misinformation to bend your thinking away from reality.

A man left home jogging, ran a little way and turned left, ran a little way and turned left, ran a little way and turned left, and when he was headed back to home he saw two masked men waiting for him.

So what is that about?

That was no lie, but it was misleading. Some say it was even brainwashing. It was truth presented in such a way that most ended up visualizing some twisted reality. The man was not a Yankee fan, he was a real Yankee, and I left off the fact that he threw down his bat before he started jogging around the bases.

Leaving out facts is an art-form in marketing. They are not boldfaced liars, but they mislead, and are in league with, or are themselves, liars.

Thirdly, when you have not followed designed input, and you have been lied to about it besides, corrective actions that repair the damage need to be systematically undertaken. All healing take stime and treatment.

I have not likely told you anything new so far. You knew you've been eating wrong, been lied to, and need to change. These articles expect to get you to better understand that, and believe it enough to cause change in behaviour.

So how did I loose thirty pounds in ninety days? I took the knowledge just presented and pursued it to the point where I understood that my digestive system was broken and needed some rest in order to heal, that's how God designed it. You are designed to completely fast eight to twelve hours a day, normally during hours of darkness wherein you end the fast with a careful break-fast. (That's why your morning meal is called that.) I had so much long term harm done to my digestive tract that a more extreme resting period brought about a more complete healing. By fasting on Monday, Tuesday and Wednesday of each week ffor April, May, and June of 2020, and still practicing the 12 hour per day regular fast, I came off the obese status in ninety days.

Many will stop reading here and miss the point of my pen. A misused and abused digestive system allows harmful and tricky chemistry to seep into our bodies. These invaders mess with our immune system, our appetite suppression button, our “store-more-fat” communicators, and every day metabolic communicators that influences all our health and well being.

Ninety percent of your bodies communications use chemistry not nerves. Heart rate, blood pressure, hungry, sleepy, excited, bored, happy, sad, scared, calm,... all communicated by chemistry signals not by nerves. (Your doctor or pharmaceutical company jumps in here to mess with your chemistry via a little pill taken everyday, but they have little clue of the side effects of changing your particular, and distinctive, body chemistry. They “practice medicine.”)

Like a grubby little sliver of wood invades skin tissue and is met with an arsenal of alarms and defensive measures, these invaders, that make it through your digestive wall, are met with our bodies arsenal of defenses. Inflammation, swelling, pain, fever, and white

blood cell changes fight off that tiny sliver of wood that invaded your skin.

Our bodies are designed with these defenses, but when we leak foreign material through a misused and abused digestive track your fight becomes a 24-7 war and your defenses fail, or worse get invaded to the point where your autoimmune system becomes your own worst enemy.

Indeed I stumbled onto these facts while pursuing relief from an autoimmune disease called arthritis and reading articles that said “just stop eating tomatoes.” Eating tomatoes was not the problem. The broken digestive system was.

A knowledge of what your digestive tract must do to break down food and make it harmless and beneficial to a healthy body is essential for our venture here. Different foods require different processes. Anyone who has eaten a jalapeno pepper can figure out that your body calls for all the mucus it can get to coat that puppy on the way down. It often breaks up and clears your sinus' looking for an ample mucus supply. Many foods, like hot peppers, have defensive mechanisms to keep critters from eating them. It works on squirrels, and rabbits, but humans are a contrary sort. Some of the things we eat put forth a real challenge to our digestive systems. Some of it was not meant for regular consumption.

This will be an exciting adventure for me because I have accumulated many nuggets of wisdom and I need to organize them and write them down. It should be exciting for you because you will be exposed to things you always, sort of, knew, but never searched out enough to understand, or tested enough to believe. You and I are rightfully curious how this all worked out in the long run. You, because anyone can loose thirty pounds, that does not give them cause to write a book. I because I began writing the day the thirty were gone, and I too am curious if such a simple technique will keep that belly fat dissolving. Let's pursue this.

Before delving into what's often considered a purely physical

challenge before us let me introduce that we are spiritual beings and that every struggle we are involved in in this life has a spiritual side. We are not just “evolved” animals, we are created with a special ability to rationalize about, “How did I get here?”, “Why am I here?”, “Where am I going when I die?” We are more than brute animals, we have a self consciousness. We have an ability for abstract rational thoughts. I raised Burt and Ernie, a couple of the smartest beagles on earth, but I never enrolled them in my Algebra classes. Despite what they taught you in public school, humans are made in the image and likeness of God their creator. We consist of body, soul, and spirit, unlike any other creature that the LORD God made.

Pay careful attention to this spiritual dimension where your grander battles lie. I hope you can read this book, lose weight, gain a healthy heart, eliminate inflammation, revitalize your immune system, and add years to your life, but you will eventually lose the physical battle and die. The “What then?” question will be answered on the spiritual plane.

Two thoughts to digest in this introduction.

Wherefore, as by one man (Adam) sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned: ... Therefore as by the offence of one (Adam) judgment came upon all men to condemnation; even so by the righteousness of one (Jesus Christ) the free gift came upon all men unto justification of life. For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous. (Romans 5:12,18-19)

We are in this physical plight where all must die because of the sin of Adam. The only solution that can get us out of that condemnation is on a spiritual plane, and it was the Lord Jesus

Christ that said:

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God. (John 3:16-18)

Jesus further clarified:

Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life. (John 5:24)

If one is to be free of this condemnation, wherein all are condemned to die, they must be “saved” by the “Saviour” our Lord Jesus Christ, the only begotten Son of God. It is really that simple. I hope it is that clear and that you would explore what we call the “Romans Road to Heaven” by getting a King James Bible² and reading through these seven verses Romans 3:10,23, 5:8, 12,18, 6:23, 8:1 and then doing what is prescribed in Romans 10:9-10.

God bless you in your efforts to live healthy, but know that God alone, through his only begotten Son, our Lord Jesus Christ, can bless you with eternal life. My hope and my prayer for you is that you have secured eternal life.

2 You could use a modernist ecumenical copyright bible to explore these verses, but there is no more accurate and exact English Bible translation of the Word of God than the Authorized King James Bible.

And Die... Never

My Musings About Health and Weight Loss.

by an obese retired military officer

May 2020

During the nova corona virus shutdown and quarantine, from March 22 through May 2nd 2020, I lost 15 lbs. I need to loose 15 more to get off the USAF obesity – fat-boy status. (Now it's called Preventing Obesity in the Military Community (POMC)) A 5'10" male should, they say, ideally weigh 190 lbs, and if one goes 30 lbs over that they are classed as obese and put on the military fat-boy program. Since I retired in 1995 I gained all of that 30 lbs over 10 years and then an additional 30lbs up through 2019. So, how did I loose 15 lbs in one month of nova corona panic? Glad you asked. I have several abnormal things in my life that keep me healthy but don't, per se, cut down my weight. Let's deal with them first.

- I take one teaspoon of knox gelatin daily, washed down with a mouth full of water, and two aspirin. (This is a surefire cure to almost all rheumatoid arthritis flair ups, including my ankylosing spondylitis. Bev's knuckles swelled horribly this year with arthritis, two weeks of knox daily completely eliminated the arthritis flair up. People don't believe me enough to swallow this cure, "I don't like it!" they say, "I'll take this pill that destroys my kidneys instead!", but the majority of those who have actually taken the knox found complete relief of RA.)
- I eat a serving of boiled vegetables every day, religiously. One carrot, one garlic clove, cauliflower, broccoli, and a mushroom. Plus anything else Beverly tosses in there, like asparagus in the spring time. Boiled! Religiously! (It has long been known that carrots help your eyes, "You never saw a rabbit wearing glasses did you?", but they strengthen your whole immune system and prevent cancer. As per-usual pharmaceutical companies extracted beta-carotene, the red-orange pigment found in plants and fruits, especially carrots

and colorful vegetables, and put it in a pill for marketing. It is not the beta-carotene, it is the vegetables that your grandmother told you to eat! Mom says, “Shut up and eat your carrots.”) (A friend had Graves disease and stage 4 cancer when she threw up her hands to what NY doctors were killing her with, and went to Mexico for their most effective cancer treatment, she came back eating cauliflower with every meal and a regiment of other vegetables. Don't go to Mexico to learn what your grandmother told you, “Shut up and eat your cauliflower.”) (It has long been known that garlic kills bacteria and fends off blood disorders; it even scares off Count Dracula for goodness sake; it also burns mosquito beaks so badly that they avoid you; it fends off bacterial infections, and keeps people from sitting close to you on the bus. I know you don't like it, mix it with your cauliflower and do what your grandmother said. Also the next time you have a stomach bug, sore throat, or ongoing exhaustion, eat a whole clove of raw garlic. Just chew it down like a man! Two days later eat some yogurt, because the garlic killed off every bacteria in your gut, and it needs some bacteria to work right.)

- I drink boiled swiss chard greens frozen and blended into a fruit juice smoothie daily. Cooked spinach works too. As of March of 2020 I include a teaspoon of vinegar and quarter teaspoon of turmeric powder in my smoothie. (When the swiss chard is fresh I boil it, drink the tea, and eat the chard with a teaspoon of vinegar.) Boiled leafy greens purify blood and keep the arteries clean. People say, “I don't like swiss-chard!” Actually, I don't either, but last year, after my VA cardiologist said, “Wow, absolutely no blockage!” I take it religiously. Vinegar burns fat, don't buy the stupid gummies, just take the vinegar like a man! Turmeric is an excellent anti-inflammatory. The next time you or someone in your family says, “But I don't like it!” do what grandmother used to do, cuff them up side the

head, and repeat grandma's line. (I started eating boiled leafy greens over 10 years ago when my father in law's doctor said, "Stop eating leafy greens they will interfere with your blood thinner pills." If a NY doctor says no, take this pill instead, I'd throw out the pill and eat the leafy greens or grapefruit... or et.al. any day of the week.)

- An apple a day keeps the statins³ away (from a 1990 statistical study I found while teaching statistics at Elmira College in 2017). The whole apple, core and seeds and all, every day of the week, more religiously than you would take a pill everyday; the core gives roughage, the seeds arsenic.
- I eat three olives a day.
- I eat no artificial sweeteners, none! You cannot fool your body chemistry for your mind's pleasure and get away with it. That goes for all artificials, preservatives, color enhancers, flavor enhancers, smoking weeds, pain killers, and addictive drugs. I know your obese, cigarette sucking, pot addict, valium popping doctor says it is okay, what do you expect he would say? Use chemicals to fool your brain, you destroy your body! Really? Obviously, really!
- I try to fast twelve hours everyday. Midnight till noon works great. Brake-fast with breakfast. That is why it is called that. If you must breakfast earlier do it with fruits only. (I think the coffee bean is a fruit.) A digestive track must have a rest daily, to recover from all the toxins we put through them.
- I drink two to four cups of coffee per day (even during a fast, with no sugar, none!) For most people, (normal people) coffee, with its healthy dose of caffeine, opens arteries and increases

3 "Statins" is a class of drugs that lowers the level of cholesterol in the blood by reducing the production of cholesterol by the liver. Side effects include muscle pain, liver damage, type 2 diabetes, and memory loss or confusion. The side effects of an apple a day are... increased digestive health. Choose, and choose wisely.

blood flow to the brain. Quit it, and you will have headaches until your body finds a suitable substitute. Overuse it and you will have heart and artery damage. Decaffeinate it with exotic chemicals and broken down coffee chemistry, and you will destroy other body chemistries by drinking such nasty chemical laced stuff.)

- At least three times a week I get a good dose of adrenaline. After an aggressively hot shower switch the temperature to ice cold for 30 seconds. You will actually feel the fight-or-flight adrenaline rush through your body. Your skin's sweating pours will slam shut with such force that your eyes will bug out. You will so enjoy that dry towel, and your dry towel will absorb no sweat from those sealed up skin pores. Try it, it will grow on you. When its not winter in NY, (both days) I go jump in Waneta lake for the same effect. When you do that in May you get even higher levels of adrenaline and pores that are even closer.

So, all of that keeps my heart pumping, and my arthritis, bursitis, and tendinitis at bay, but none of that lost any weight, even when I pushed away from the table sooner. So what did?

When we were banned from meeting at GoodSamaritanBaptistChurch.com where I pastor, I renewed my prayer life, and began fasting three days a week; a complete fast, nothing but water for Monday, Tuesday, and Wednesday (Only my knox and aspirin regiment continued faithfully). After loosing 10 lbs in two weeks, my focus, when I walked right past the refrigerator, was still on prayer, but I was also conscious of how good I felt, and how much my fat gut had tightened up. Today, Tuesday, day 23 of fasting, day two for this week, I am as much conscious of the latter as the former. I still pray whenever my stomach growls, but I smile when I touch my toes or step on the bathroom scale.

I am purposed to keep this up until the present threat against our first amendment right subsides and I get off the military obese – fat-boy status, just before my 68th birthday in June.

As a pastor I still have much to fast-and-pray about. Fasting is not for everyone, just for Christians males who would be obedient disciples. I have found it beneficial to my spiritual life, and now my physical life. I have 15 pounds to go, but a new determination to get off the obese list.

I tried to inject a little dry humor in this dialog because that is the only benefit some will take from it. If it makes you smile it is good. If it makes you change your life it is better. If it makes you shed an obesity label, relieve arthritis ridden joints, clear out some arteries or fend off auto immune disease it is great. Eat your vegetables, and avoid your doctor and his bottles of pills. But more urgently pay close attention to the KJV Bible verses John 3:16-19, 36 and 5:24. You are only a heaven bound, hell avoiding, born-again, redeemed, converted to Christ, Christian when he makes you one at the end of the Bible's Romans Road found in Romans 3:10, 23, 5:8, 12, 18, 6:23, 8:1, 10:9-10, and 13. It is well worth your looking them all up. Get out a KJV Bible and follow that less traveled road.

Sincerely Yours

Edward Rice

This short book is published at www.GSBaptistChurch.com/life_is_daily2.pdf

Appendix Other's Methods

Archie “6/20/2020 no special diet , i eat lean meats and vegetables. i try to stay away from pasta and i dont drink soda. i play golf alot too”

About the Author

Pastor Ed Rice is a retired USAF Systems Engineer surrendered to be a Baptist Preacher of the Gospel of Jesus Christ. Saved in 1960 at the age of eight he grew up tutored in the Scriptures through Tuscorora Baptist Church in Addison NY, where he married his high-school sweetheart Beverly Cook Rice. Drafted into the military off of the dairy farm in 1972, Ed and Bev Rice raised 3 boys while serving as a Missile Technician in the USAF. After completing a USAF AECP bootstrap program he graduated from Ohio State University with a degree in electrical engineering and was commissioned in the USAF where he served until 1995 as a systems engineer and weapons integration specialist at Wright Patterson Air Force Base, Ohio, and Rome Laboratories, Rome NY. He finished his Masters degree in Electrical Engineering through The Air Force Institute of Technology in 1990.

After being commissioned as a USAF officer in 1982 he pursued his systems engineering work in several classified research and development programs. While moving around the USA in his twenty three year military career he was a youth pastor and associate pastor in Independent Baptist Churches near his station. In 1995 he became Captain Rice, USAF retired, and surrendered to be a Baptist Pastor.

In 1998 he took the senior pastorate at Good Samaritan Baptist Church, in Dresden, New York where he pursued his theological studies at Louisiana Baptist Theological Seminary. At LBU Pastor Rice received his second masters degree in 2013, and his PhD in Theology in 2017. His son Michael is US Army retired living near Fort Hood Texas, Shane is an Independent Baptist Missionary pastoring Chiesa Biblica Battista, Mazara Del Vallo, Italy, and Matthew is serving our Lord Jesus Christ near Hamilton NY. Capt Rice has spent seven years teaching math and science with the ABeka Christian High School Curriculum, and seven years teaching

college mathematics, a love of his life, at community colleges near his church.

Dr. Rice's staunch belief in the preserved accuracy of the inspired Scriptures and his extensive background in systems engineering make him uniquely qualified to assemble "A Systematic Theology for the 21st Century."

Personal Testimony of Pastor Edward Rice.

I was saved in 1960 at the age of eight. My father and mother were saved and founding members of Fellowship Baptist Church in Gang Mills New York. In 1958 my dad, Levi O. Rice, an agnostic, was invited by Cecil Palm to be a founding member of that church; both of my parents were born-again-saved two weeks later. My mother, Doris was converted from Roman Catholicism, and became a Christian. She stopped her Roman penance and practiced Bible repentance, stopped praying to Mary and called upon the Lord Jesus Christ to save her. She was thus converted from Roman Catholicism to the Lord Jesus Christ. Everyone needs converted from something. Mom and Dad were now born again, and two years later I was saved in revival services with Evangelist Dale and Opel Linbaugh. Opel cut the flannel graph burden of sin off little Christian's back in her Pilgrim's Progress presentation, and I was born-again-saved before it hit the basement floor. In 1995 I retired from the USAF as a systems engineer and became an ordained Baptist Preacher of the Gospel of the Lord Jesus Christ. "Verily I say unto you, Except ye be converted and become as little children, ye shall not enter into the kingdom of heaven" (Matt 18:3). Being converted is quite like a new birth, Jesus said so. If you have not been converted you should trust Christ today, and you must tell him that that is your intent. (see Romans 10:9-13).