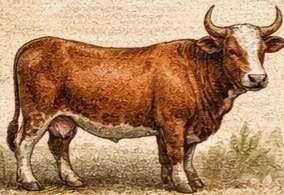


Clean and Unclean Animals

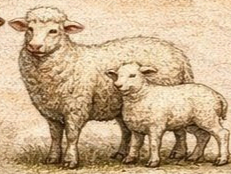
According to The Book of Leviticus

Clean Animals

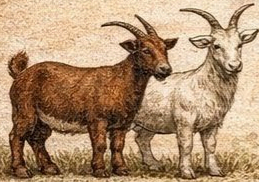
Permitted for Eating



Cattle



Sheep



Goat



Deer



Certain Birds
(Dove)



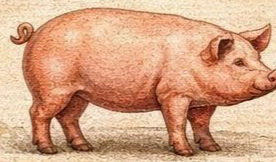
Fish with Fins
& Scales

Clean

Unclean

Unclean Animals

Forbidden



Pig



Camel



Rock Badger (Hyrax)



Rock Badger (Hyrax)



Birds of Prey
(Eagle, Vulture, Owl)



Reptiles & Amphibians

(Snake, Lizard,

Frog, Turtle)



Fish without Fins or Scales
(Catfish)



Most Insects (Fly, Mosquito,
Beetle)

Transition Diet

Levitical Food Laws

Clean and Unclean Animals

The Levitical food laws, outlined in the so-called Old Testament, served multiple purposes within the Israelite community. Firstly, they were designed to promote cleanliness and hygiene, as many of the prohibited foods were more likely to cause illness or spoilage. Secondly, these dietary restrictions were intended to set the Israelites apart from other cultures, emphasizing their unique identity as a chosen people. Additionally, adhering to these laws fostered discipline and obedience to God's commandments, reinforcing the importance of spiritual purity and moral conduct. Overall, the Levitical food laws served as a means of maintaining physical health, cultural distinctiveness, and spiritual integrity within the community. See **The Book of Leviticus Chapter 11**

- ****Clean Animals:****

- * Cattle (cow, ox)

- * Sheep

- * Goat

- * Deer

- * Birds that hop (sparrows, spotted towhees, dark-eyed juncos, wood-warblers, chickadees, doves)

- * Fish with fins and scales

- ****Unclean Animals:****

- * Pig

- * Camel

- * Rabbit

- * Rock badger (hyrax)

- * Birds of prey (eagle, vulture, owl)

- * Fish without fins and scales

- * All reptiles, amphibians, and most insects (except locusts)

Salt Covenant

Season Every Meat Offering With Salt

In the Bible, salt is symbolically significant and has various interpretations, including metaphorical and cultural meanings. In the context of meat, salt is mentioned in **Leviticus 2:13** as an essential seasoning for sacrifices: **“And every oblation of thy meat offering shalt thou season with salt; neither shalt thou suffer the salt of the covenant of thy God to be lacking from thy meat offering: with all thine offerings thou shalt offer salt.”**

This verse implies that salt was used in sacrifices as a symbol of purity, preservation, and covenant. It signifies the importance of preserving the covenant with God, ensuring offerings are seasoned with salt to symbolize purity and fidelity.

While the Bible doesn't explicitly mention the scientific benefits of salt on meat, its use in ancient sacrificial rituals suggests its significance in enhancing flavor, preserving meat, and symbolizing purity and covenant.

The Feast of Unleavened Bread

Clean and Unclean Bread

Yeast, particularly species such as candida, can cause parasitic infections by overgrowth in certain areas of the body, typically in warm, moist environments like the mouth, gut, vagina, and skin folds. When conditions favor yeast growth, such as weakened lymphatic system,

hormonal changes, or antibiotic use, yeast multiply rapidly and disrupt the natural balance of microorganisms in these areas. This overgrowth leads to various infections, including oral thrush, vaginal yeast infections, and skin yeast infections. In these cases, yeast behaves parasitically, feeding on host tissues and causing irritation, inflammation, and discomfort. Consuming food contaminated with harmful yeast species or molds can lead to foodborne illnesses or allergic reactions. See **The Book of Exodus 12:15-36**

Permanent Diet

The Original Diet of Man

Fruit That Bare Seeds are Called: Meat

Leafy Greens are Called: Herbs

Transitioning to a plant-based diet have significant health, ethical benefits. Plant-based diets are rich in nutrients, fiber, and antioxidants, reducing the risk of chronic diseases like heart disease, diabetes, and certain cancers. Overall, transitioning to a plant-based diet offers a holistic approach to improving personal health.

Genesis 1:29

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Ezekiel 47:12

And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed. It shall bring forth new fruit according to his months, because their waters issued out of the sanctuary; and the fruit thereof shall be for meat and the leaf thereof for medicine.

Additional Reference

Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health

By Arnold Ehret <https://amzn.to/3Z5QgHD>

