

Dear Everyone,

How are you? Just thinking about you and wanted to mention something that is pretty popular in health talk and among a particular religious group. I am off to bed soon so this will have to be very short. If you wish to continue the conversation, I am always open to chat.

We know that for many thousands of years people have eaten fat and benefited from it. It is essential in the diet and to life, given we are fatty people on the inside. Without going into what studies show let's just get right to it. If you wish to discuss studies, we can do that.

1. **Many people put away fat during a cleanse. For a long time I wondered why this was so since I have my share of fat in my diet and know it to be essential.**

This is primarily done to break down fat soluble toxins. You would want the body to concentrate on stored fat, fat that wraps up nasty guys when the body doesn't have enough nutrition to get rid of it. It will also digest undigested fats. Often times, the body is backed up and overworked that it cannot catch up from day to day. Have you ever got behind in your homework and had to make it up? Otherwise concentration would be focused on incoming fat.

1. **Many people put away fats when they have brain issues such as multiple sclerosis, Alzheimer's... and find that there is a great deal of relief. Is this true? Does it work to improve the situation if fat (oil) is avoided?**

Yes, it works. Symptoms disappear. Well that is great isn't it? Yes, we want to see symptoms disappear. However, can oil be a source of parasites that are commonly seen in brain disease? Yes, particular oils have particular parasites and accumulate at particular sites in the body. However, there seems to be a common parasite or parasite egg that is found in many of these oils.

If you want brain power, you must consume fat. It is fast energy. Be sure it is a healthy fat though, but what is healthy is the question one must ask.

So studies that say fat is bad for particular diseases actually needs a little brain power to figure the problem out. It is not the oil that is causing the problem!!!!!!! It is the quality of the oil causing the problems and there seems to be no mercy for all are subject to parasitism. Years ago, no problem. Why now? (we can talk about that another time). While fat is being sent to jail, the parasite gets to go free. Somehow, we

are protective of these little wormy guys, not willing that any should be locked up. Well, I am willing to lock them up and expose their deceitful ways!

1. **Some people have an abhorrence to fat simply because they read or have been told fat is bad. They are afraid to consume too much of it. What is too much? Well, what the does the body say? Because it doesn't lie. Lungs? Brain? Heart? Liver? ... so on.**

This is true about anything. When we consume too much protein or carbs we can cause all sorts of imbalances. So how much protein is too much? Do you stay away from protein? Carbs? Fat? Is this answer?

Counsel to the church

Particular counsel was given to a particular group of people whom I mainly address here. This counsel was written by a woman who ate plenty of fat. She drank milk, had cream with most meals, eggs, plus seeds and nuts, beans and grains... Where is your fat coming from I ask? Seeds and nuts? But too many of these are injurious, plus heavy in mold, asbestos and so on... So where does your fat come from? Certainly, there are foods that will need to be put away from the diet, but not unnecessarily! and particularly if you know how to extend their lives by cleaning them up a bit longer because some people's lives depend on them!!!! How much repentance is needed even in the medical missionary field!

If a person is diabetic, then there goes their seeds and nuts and even a fair amount of grains. Where do they get their fat? Though they cannot digest fat well, they still need it. Be reasonable: support the organ, practice good eating habits while the organ heals. Does counsel not tell you that if blood organs are injured that other foods are to be relied on for nourishment? Oh, how people are unnecessarily injured!

Counsel's primary concern is found in animal fat. Since animals wrap toxins up in their fat, it is unwise to eat the fat of the animal. In any case, it is not encouraged in the Bible. When reading line upon line in counsel and Bible, you will discover this. Meanwhile, **if** there is a deficiency there will be no cushion (fat) when the body is loaded up with toxins. If the world was downsizing in chemicals, metals and various pollutants, this would not be a concern, but it is increasing.

Pork would be the worst kind of animal to eat because it is loaded with toxins throughout and certainly the fat of the animal is not wise to consume, particularly in a sedentary state or ill health. A working person would have less concern as the liver

seems to be stronger, but it will be a concern to some extent at some point. I speak to those outside of counsel here mostly.

A heavier person will fair MUCH better than a skinny person in trouble times because fat pokes away toxins inside itself. However, skinny people can be fatty too like me. I weigh near 110 lbs.yet I have plenty of fat to put my toxins in. Does a person's appearance tell you how much fat a person has? Well not necessarily. Your diet and toilet evaluations can do better. Oils do not make you fat. Grains are more apt to cause a person to become fat. They can also cause a fatty liver. Got a fatty liver? Get rid of the grains! Want to lose weight? Decrease grains.

1. **How needful is fat in our digestion? Can we live without it? Solutions.**

- If we are on a fat-free or low fat diet then our fat soluble vitamins will find it difficult to be absorbed and be made use of!
- Our gallbladder action is hindered by a lack of fat. GB releases bile which is collected by the liver taken by the blood. Do you like toxins collected by the liver from the blood to leave the body? Yes, of course. If it doesn't leave, toxins are reabsorbed. Not good. Gallbladder needs to help get bile out.
- Our gallbladder and liver is the home to many bad things because the body is continually trying to filter them out! This includes bacteria found inside stones and swimming throughout the region. Now bacteria gets hungry like you can expect. They need food. They like what the liver has given in the form of bile, so they eat up the bile. 1) But then bacteria have toxins in them and float around inside of us. Solution, avoid fat-free diet, do a liver flush frequently, certain enemas stimulate bile production, cleanse bowels because nothing is getting out of the body no matter how well the gallbladder works unless the back door is open. 2) Be sure there is fat with every meal unless fasting or cleansing... because in order for calcium to be absorbed, it must be showered with bile and bile is released with fat. Why is there a calcium problem today? Can our Fat-free diet be killing us, or simple ignorance (kindly stated)? 3) Bile also acts as an enzyme for fat. Want fat digested? Yes, of course.
- Killing parasites in oil would be the first approach second to toning organs. The easiest way is to add two drops of HCl (hydrochloric acid) to a pint of oil, shake very well.

1. **What happens on a fat free diet cellular speaking?**

The body requires fat. If it doesn't get the right kind of fat, it will take what it is given. So if you eat donuts, chips, fries, greasy burgers a lot, the body will take this fat and put it to use. Since the membrane of the cell is 50% fat and 50% protein, you will find

this fat lining the membranes of our cells. This fat hardens, making the cell less permeable, cutting off communication from the outside. This can cause mineral imbalances such as potassium and sodium. Who has high blood pressure (one reason for it)? And also, the cell would die from dehydration because magnesium is needed for water to enter cell. We are hydroelectric beings needing water and dehydration is happening on a large scale we do not perceive.