

Dear everyone,

You might recall the email I sent out on fats. I gave everyone a hard time about not eating fat. This email I would like to further discuss the subject. Again, it has to be short for the sake of time. And many thanks for those brave enough to respond to the last email :)

Moreover, I will talk briefly on distilled water, shaving, breast issues and thinking.

Fat (healthy ones)...

As one gentleman commented, there is a need for more research on the matter. I have to agree, though there is quite a bit already, moreover it is difficult to find studies that are honest.

Fat, as you know, is needed for life. If we don't have it, we die. Our cells thought enough of it to possess a fatty bi-layer half way around itself....and there are over a trillion cells in the body. Who are you going to believe?

There are many reasons why we should not eat fat. Here are two that I think are good:

1. Our bodies are not what they used to be. If oil has parasites and the stomach burns up parasites, then we have nothing to worry about. However, if we don't have a strong stomach, then we let parasites pass through into the gut. This is the main reason you would abstain from fats if nothing was done about the parasite content in the oil.
2. Some parasites actually feed on particular oils. These parasites rely upon this as a source of life. As they feed, they increase. The more they increase, the more fat they take from us. You would need to know which oils to avoid to tarve which parasites. So you would abstain from oil (at least the oil they love) for some time.

Think this not strange. You eat certain foods to feed certain organs or to gain some specific benefits from it, right? Well, medicine targets certain bacteria and organs. Why do you still remain in unbelief that parasites like certain foods and certain organs?

The foods we have the most problems with (well food parasites like most--generally speaking) are:

1. potato

2. lemons
3. food oils
4. oats

You see, the body is not supposed to have all these parasites. It is built like a mansion and fit for war. If the walls are broken down inside the mansion and there is no army, how do we dare blame food? However much food has its problems it has always had parasites and bacteria. To blame food could give you wrong direction to correct the problem and injure others who hear of your conclusion

Thinking...

I was talking to a man just a little while ago. He told me about a man having a lot of problems with his health. He decided it was because he was drinking distilled water because when he stopped, he got well. Since distilled water is one of the best waters to consume (in spite of some studies) I had to ask a few question. Here are my questions:

1. Did the man make his own distilled water using his own tap? I asked this because there may be certain solvents, metals in tap water that would not be taken out in the distillation process. Different solvents have different boiling points.
2. Did the man buy his water from the store? I asked this question because distilled water around the nation sold in stores has traces of benzene (destroying the immune system-- indeed would make the person sick) and formaldehyde which benzene eventually breaks down into.

So, unless I knew the answers to these questions, I could not accept that distilled water in general makes people sick. It is the water that God put into our food, consider the strawberry. But if the person tells others his experience about distilled water then distilled water goes to jail and the person is free to roam planet earth.

This same man, in the same day, said to me, it has been shown that woman who do not shave do not get breast cancer. His conclusion was that it was God who put the hair there for this good reason. Immediately, red flags went up. You must know that I have no problem giving God credit for anything, but we have an obligation to speak the truth. So I said to him:

1. When woman shave (or men), there is left on the skin microscopic cuts from the razor. So this means that the skin is left vulnerable, open to staph which is on the skin. Now, I happen to know that staph enlarges breast lumps, as if the

skin says, common over and grow here, and is responsible for the heat and swelling in the breast. This definitely would increase a woman's risk for having breast issues.

2. When a woman uses body products for shaving under the arm, the chemicals in the product is taken up more readily by the tiny cuts made to the skin from the razor. Many products have immune lowering chemicals to them! To name a few: benzene, bleach, aluminum, dyes... so the list goes on. So as these are absorbed they lodge themselves inside lumps which would cause even greater issues.

So, I said these things to the man and he had no answers. It was not that I did not believe hair under the arm had a place in good health and hygiene, because I did, but there are many things to think about before we draw our conclusions. I said to the man, Studies would need more consideration.

Breast cancer and fat

Here is where you would leave off oil. It will feed parasites. I speak mostly of soy oil!!!! Don't go near soy ever!!!! Since many oils are mixed with soy this is the primary reason for leaving the oils alone. Soy is a legend in its own mind (imaginary).

What oils are best?

This is a difficult question to answer. Unless I am helping a person will I offer this advice. Most people have a hard time with my answers. I have learned to speak and offer less. However I will say, coconut oil tends to be harmless to many, but it could be all wrong for a certain individual. I would name a few others but you might send me to jail, so you would have to ask specifically.

Conclusion

So when we think, we must think aright. It is difficult to think aright when we think wrong. So how does one begin to think a right? As human beings we have a tendency to draw conclusion on what makes sense to us leaving out a whole lot of valid info. If you have not notice, people look for things that affirm their existing belief system. My personal belief is, this is one of the most dangerous kinds of thinking on the planet.