



Misconceptions & Misunderstandings **First in the “Health According to the Scriptures” Series**

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Hello, and thank you for listening to my presentation. I want to talk about health, but there is so much misconception and misunderstanding about health according to the Scriptures. I am known as the Health Watchman because the Scriptures tell us to warn the people when there is danger coming and as a Christian, I want to warn you that there's danger coming ahead and it is from the industries, the factories, farming, and all the other industries that are producing food out there today.... or so called food. But that food doesn't match up to what the Scriptures call food. And it is directly affecting our health.

As Christians, we are called to be set apart. Set apart from whom? Set apart from the non-believers of the world. But in my research from traveling all over the world, I see just as many Christians suffering from diseases and sickness as non-believers. As a matter of fact, I see non-believers eating healthier and suffering from less sickness as Believers. Now, when we are called to be set apart, it is not supposed to be that way! It is to be where we are not supposed to suffer from the same diseases as the non-believers.

In Exodus 15:26, it says, *if we diligently follow all the statutes and commands of our Creator we will not be stricken with the same diseases as the Egyptians*. Now this has nothing against Egyptians; this is about the disobedient people. We have been given guidelines and instructions found all throughout the Bible and the foundation of that is the first five books of the Bible, starting right in Genesis, of how we are to take care of ourselves. I do believe that if we follow that, we will get the blessing of great health that many of us are missing because we are simply ignoring these instructions.

Now there is a Scripture in the Bible in Hosea 4:6 which says, *my people are destroyed for lack of knowledge*. Yes, in part it is a lack of knowledge. However, we are smart people. We have worldly knowledge and we have a lot of knowledge about things we're passionate about that we take time to study. But, we do not have knowledge about the things that we need to know about and this is why it says my people are destroyed. We have been given foundational health guidelines in the Scriptures. This is why I call the Bible the greatest health book ever written. Not only do non-believers not know the Scriptures and misquote them, but Believers often misquote the Scriptures when it comes to the topic of health.

The reason they do is, we'll get into some of them, but we just have a natural tendency to please our fleshly desires. One of the key messages found in Scriptures says to separate ourselves from our fleshly desires and to be more in spirit with Messiah the way He wanted us to be. He set the example. Now, He didn't give out specific health guidelines, instructions in terms of writing the Gospels...like a health book. But, He said to go back to the foundation, which is known as the Torah, which is the first five books of

the Bible; which every Christian should be well versed in, because it is the foundation of all the Scriptures. This is why our Messiah is known as the Living Torah; the living guidelines and instructions.

We are going to get into some of the different misconceptions or misunderstandings that Christians are taught and believe about diet and health. The reason why I have a passion to teach this message is that I travel all over the world speaking in churches and assemblies, and I see more prayer for healing of sickness and disease than any other topic; and I am thinking, "If these people have the greatest health book in their hands or in their laps, why are they suffering from disease? Instead of praying for healing of disease they should be praising for their great health!" But that is just not the case.

The enemy knows the way to get to us and there is no bigger way that the enemy can get to us than we're suffering from disease, we're not getting better; we think He is not answering our prayers and we continue to get sick. If you keep doing the same thing and expecting a different result, that is the definition of "insanity". We're called to pray, but we're also called to take action and do when He tells what to do. And He has told us what to do in His Word and we're going to get into that.

We have to understand that we are responsible for our own sickness. And, we can be responsible for our own healing. It is time that we started acting the way Believers should act, and that is by following the Word. We shouldn't have the same worry, sickness and fears of the world today, but we do. We are being deceived. The enemy has deceived us.

Let me give you an example: I knew a lady once who was suffering from disease, I believe it was cancer. She was in the hospital bed. She couldn't get up from the hospital bed. She was very sick. And she was attending a small basement church where I used to live in New York. Well, I'd say the whole church, maybe 20 people fit into this hospital room. And they were all praying for her that she would get healed and so on. And while they were praying, the nurse comes in and gives this lady pork! And everyone in the room thanked her...*oh, thank you very much, you know, you are taking care of her.* The Bible says we shouldn't be eating pork! Even science will back it that up and say it is the worst meat we can put in our bodies.

Well, after everyone being deceived and thanking the nurse, I said to the nurse, *what are you doing? This lady is sick, why would you give her such a dangerous food?* And the nurse said something that many people often say, even Believers say, which is very dangerous, they say, *well, it is in (11) moderation so it is okay.* Let me tell you something. If you drink poison in moderation it is still poison. If you eat something that our Creator calls unclean, or unauthorized, or an abomination in moderation, that doesn't make it good for us. That is an excuse that we have to get away from.

But these are the problems and these are the ways that we are being deceived by the enemy, and we must get away from this. There's a Scripture...as we talk about the Scriptures that many people are deceived from that is used very often, and it is the Scripture of Colossians 2:16, *so don't let anyone condemn you for what you eat, drink or for not celebrating certain holy days or new moon ceremonies or Sabbaths.* Now, many Christians often believe this is Paul saying we no longer have to follow the guidelines and instructions that were given to us in what they call the Old Testament. Because there is a New Testament and there is a New Covenant and now we are free to do all the things because Messiah... you know, everything was nailed to the cross and we no longer have to do these things. This is the biggest misunderstanding and is so far from the truth!

This wasn't Paul speaking to the non-believers or even that everything was okay, you can do everything that you want. He was speaking to the Believers saying, "Don't let anyone judge you for keeping the appointed instructions that our Creator told us about food, about drink, and about the appointed times and everything else." And let me tell you this about your health: Health is more than just diet alone. Health is

more than just food alone. If you eat the wrong food you'll going to suffer physically from a physical disease, because there is a direct connection between what we put in our bodies and our physical diseases. But if you continue to live against the guidelines and instructions of our Creator you are going to suffer from spiritual and emotional disease. So you have to look at it from every area.

So here is the Scripture in Colossians 2:16 that I read that's often used by Christians to say we no longer need to follow the old guidelines in the Scripture; there are new guidelines. You must understand...this is so imperative... that...in Matthew 5:17 *when it says I came to fulfill the law or fulfill the Torah*, Messiah was not saying you no longer have to do that. He was setting an example of how to do that. He was saying it is so important.

In Jeremiah when He said I give you a new covenant, He wasn't saying this is to replace or do away with the original covenant. He was saying that the original covenant was so important we need to take it off paper and put it on our hearts. The same guidelines and instructions have to come and be in our hearts so we understand them without having to look them up; so they become part of us.

Let me give you another example. I was once watching a documentary about the first war in Iraq. They interviewed some Muslims and they said, "The Americans have no idea about our faith. We cannot separate our emotions from our faith because our faith is part of our DNA. We can't separate the two." However, many Christians choose and pick topics that they are passionate about. And the topics they are not passionate about, they separate themselves from those topics. And the most common one today is diet.

For example, a faithful person, a faithful Christian or these Muslims that were talking on this documentary...even if they don't like doing something, they have the belief and understanding well even though we don't like it, we have to follow it because it's part of it. But, within Christianity today, within the church today, what I am seeing is people doing what they please. And if it doesn't please them, they're making excuses or being misguided not do these things. And food is a great example.

So, we're going to talk about these things. But, to understand what the Messiah was talking about...not only about health and all issues, our spiritual, emotional and physical health...you must understand the foundation of the Bible, which is the first five books of the Bible. The Bible starts in Genesis. It is called *Bereshit*, which means 'beginning' in Hebrew. In Deuteronomy 12:32...Deuteronomy is one of those first five books...and by the way, when the Messiah was here, He was teaching out of the Torah. There was no New Testament at that time, and when Timothy says every word of Scripture is profitable for us, you know there was no New Testament. He was talking about every word written in the Torah.

So, we look in Deuteronomy 12:32, which says, *See that you do all I command you to do. Do not add or take away from it.* It says see that you do all that I command you to do. Now, He has given us these guidelines and instructions to bless us, to help us. These are the things about health that the New Agers have taken and they are doing, and I would say from a health and diet standpoint, New Agers are following the Scriptures closer than most Believers. Just for an example in the Scriptures it says not be a glutton. It says to not only not overeat, but not to eat with people who overeat.

Well, I can tell you, obesity is highly caused by overeating, and you take *your* word for it. The next time you are sitting in church, look around you. Are people overweight? Yes, there might be that one person in many that might have a thyroid issue and they might not have control of their weight. But, 99% of the people who are overweight are responsible for it. And the reason is they are usually overeating. Not only looking at the people next to you, but look at the pastor giving the message. Or look at the rabbis in the synagogues today. They're overweight. They are not listening to what the Scriptures say.

In Proverbs it says, “Do not dine with drunkards or feast with gluttons.” So not only does it say to not overeat, it tells you not to eat with people that overeat! Guess what you will end up doing when you hang out with people that are doing something? So when you hang out with people that are not following the guidelines and instructions, in all areas, regardless if it pleases their flesh or not, guess what you end up doing? So we need to look at these things.

A lot of people know these things but there is a deception taking place. It is known but it still not given. For example, there are many holidays that are followed today which I call Hallmark holidays that the church teaches to follow that has nothing to do with the Bible. But, many people follow them and the church teaches them; and many people just do what the church says. So, these are just excuses that are being used. Then people say, “Well everyone else does it so I guess it is okay.”

I want to give you a Scripture and I want you to write this down or look it up. This one is very important you understand it; it is I Timothy 4:1, 3. There are many different translations out there, but the translation I am reading from says, *And the Spirit expressly says that in the last times some of the faithful will turn their minds to following deceitful spirits and teachings of demons, of liars, who have seared their own consciences in hypocrisy; by forbidding to marry, keeping away from food which our wonderful Creator created for the faithful, for those who know the truth to receive with thanksgiving.* Now this was a prophecy of the future of what was going to happen.

Let’s break that down and look at deceitful spirits and teachings of demons. Well, we know the enemy, Satan or the Devil, these are the deceitful spirits, the teachings of demons. Then it says the teaching of liars; people who know the truth but teach different. In James 4:17, it says, *To know good and not to do it, to him it is sin.* Now some of the things I am telling you here you might understand, you might have heard before, some not. But, after you hear me, now you can no longer use the excuse I didn’t know that. And as it says, *To know good and not to do it, to him it is sin.* So even though you might not be held accountable for something before you didn’t know it, you can still suffer the consequences from things you are doing that don’t go along with the Word. But, now you do know it and so you going to be held accountable on every single level.

So they are teaching things that they really don’t know. Now, the church knows the truth about many of these things about diet, and so on but they are not teaching them. How do I know they know the truth? Because it is right there in the Scriptures. If somebody doesn’t understand about diet or health it means one of two things: either they are not reading their Bible or they are being misled and deceived. As a matter of fact, I would go so far as to say besides Messiah being who He claimed to be, or Y’shua the Messiah,

(And for those of you who don’t know, Y’shua is the Hebrew name of our Messiah and as a Jewish Believer I like to refer to Him as the name that He was given and called. Many of you referred to Him as Jesus. That is a common reference that is used for Messiah. Messiah is our Savior which a lot of people call Christ. So, when I say Y’shua the Messiah, I am talking about Jesus Christ.

I also like to use the name of our Creator and His name is Yahweh. Now, if you want to give Him a title and say, God or Lord. That’s fine as well. But, when I say Yahweh, we are talking about the same Creator.)

So besides Messiah being who He claimed to be, there is not any topic in the Scriptures that is more common and more spoken about and more easy to understand than the diet we should be eating, than the

food we should be putting in our body. It couldn't be more clear. And I will do other teachings on this TV station about the foods we should be eating; how we should be eating them.

But, the fact is that the Bible makes it clear. But the fact that people seem to be confused by it just means the church is doing the confusing. And when I say the church, I mean the pastor teaching the message or the popular church today. I have been to some churches where they have gotten it right and they are eating healthy. But, you look at the confusion that comes in there and how the enemy confuses people...let me give you another example.

The Seventh Day Adventist Church today one of the things that they are known for is their health message. Ellen White was a Seventh Day Adventist who spoke about health to us and wrote excellent books on health. Regardless of whether you believe in what Seventh Day Adventists believe or not, you have to understand that some of the greatest Biblical health books ever written were by Ellen White. She teaches a message about health and a message that I believe very strongly in and the Bible talks about is eating the foods as natural and as fresh as possible.

Now if you ask any Christian out there, of all the different Christian sects out there which one teaches the health message, They will say the Seventh Day Adventists preaches about health or talks about diet more than any others. However, when I go to a Seventh Day Adventist Church today they are not eating healthy food! Just because they are not eating meat, they are not eating healthy food. They are eating fake meat, wheat gluten and they are not eating fruits and vegetables; they are not eating fresh vegetables. This is how we have been misled and we're getting away from these things we should be doing.

If you really want to know what the Bible says about health and diet, it is very simple. In Genesis 1:29, it says to eat fruits and vegetables. That should be our food. And then later in the Scriptures in Leviticus 11 and Deuteronomy 14 it says we can now eat meat, but these are the clean meats to eat and these are the meats that are an abomination that we should avoid. That is it. It is that simple. But the church today teaches that we no longer have to follow these guidelines and instructions and we can eat whatever we want. This is the hypocrisy that we are talking about in I Timothy 4:1,3. It said in the end times this is what would be taught: hypocrisy. The church knows the truth, they are not teaching it. Some of them are teaching it, but they are not doing it! This is why I call it the "Gospel of the Oxymorons" or "The Book of Hypocrites". This is the problem that a lot of people are having today, and they are getting sick as a result. So, we must do something about this.

This is what we need to think about. Just as a foundation look at the Ten Commandments. Does your church teach we are no longer held under the law or does your church teach this is what Messiah taught and this is what we should strive to follow? I am not saying we will all reach perfection, but where is the heart? Are we striving to reach this? The same thing goes with the diet. Is your church teaching you that we're excused from the guidelines and instructions that were taught? Or are they saying these are what we need to strive for and this is what we need to learn.

I know other pastors that won't even talk about food because they don't want to upset the people. They don't want to lose the people because then they lose their money. Now it might seem like I am being harsh; it might seem like I am angry, but I am just telling you the truth of what is happening out there. There are some common tricks that are being used to confuse us. And we can say it is the enemy confusing us or the church deceiving us, whatever we want to say, but one of the common tricks is the Old versus the New...the Old Testament versus the New Testament. You need to understand, it is not two books, it is one book! It is a continuation!

One of the reasons Messiah came was to make it simpler, so that we understood these guidelines and instructions; not to do away with the guidelines and instructions. But to say look I want to be a Living

Torah, the living guideline and instructions so we can see how its done and it should be done and I'm going to help you do it. It is not two books; it is one book. If you truly want to get the health message found in the Bible, get your Bible open right now and rip the page out that separates the old covenant from the renewed covenant or the original from the renewed. It is not two books, it is one book.

So the next thing we have to understand is that it is not a testament as we refer to the Old Testament and the New Testament. It is a Covenant. If you are Christian out there who sincerely wants to know the importance of the message of Messiah and the message of all Scripture, do a Bible study on the word "covenant." When you do that and you understand the importance of keeping your word and when you become a Believer and accept Y'shua as your Messiah, you are saying *I am going to do my best every day to learn, study and have action to follow to keep the guidelines and instructions in Scripture.*

Another common way Believers are often misled about what we should be doing or shouldn't be doing when it comes to health, is the word "Torah." Now, you have heard me refer to the Torah several times already. Some people think that is for Jewish people or that is a Jewish thing. No. Other people think the word Torah means the word "Law" and they say, "Well, we're not under the law." Well, in fact, the word Torah means "guidelines and instructions". So when you saying you accept and believe in Y'shua or in Jesus, you are saying I am going to believe in the guidelines and instructions, which is the Torah.

Another common way I see people being deceived away from the message of health from the Scriptures, is the writings of the Apostle Paul. Some people will actually go so far as to say he is actually contradicting the Torah. He is going against what the Torah actually says. No. Paul was a Torah scholar and knew Torah by heart. He knew every single word of it. He actually taught people the Torah. He wasn't teaching against it. The only people who are going to believe that he was teaching against it are people who do not understand it. If you understand it and you see his message you will see he wasn't teaching a confusing message. He was teaching the same message that Messiah taught that we must keep the guidelines and instructions and diet is no different. The diet guidelines and instructions in the Scriptures have never changed.

The fact is, everybody, **food has nothing to do with our salvation.** We're saved only through the blood of Messiah. But if you want to be blessed with great health and you want to avoid getting the diseases of the world today, you must pay attention to the guidelines and instructions that our Creator has given us when it comes to food and the foods we should be putting in our body.

In Romans 14:17 says, *for the kingdom of Yahweh is not eating and drinking; but righteousness, shalom and the joy of the Holy Spirit.* He wants our hearts to be in the right place. However, if our hearts are in the right place we should have every desire to follow the guidelines and instructions that He set out for us and not go against them!

Proverbs 14:12 puts the reality where it really is, *there is a path before each person that seems right but ends in death.* So whatever you're doing out there it might seem right, but if you're suffering from disease on a regular basis; if you're experiencing the same disease of the world today, something is not going along with our Creator's plan. Because, in His plan, He did not want us to suffer with these diseases that non-believers suffering. In His plan He wants us to receive the blessing of great health. If you eat unhealthy food it is going to affect your health. If you eat unclean food, it is going to affect your health and your blessings. Your obedience will reveal your heart.

Now for those of you out there who say that the dietary law was for the Jewish people only and it is not for us Christians, look at what it says in Acts 15:20 it says, *but to instruct them to abstain from the pollutants of the idols, from immorality and from the meat of strangled animals and from the blood.* The meat of strangled animals and the blood is directly found in the Torah; that same Torah that many people

or many Christians believe is only for the Jewish people. But, this is Paul saying it in the New Testament, in the renewed covenant. It says it is for all people, all Believers that proclaim Y'shua as Messiah.

Another thing it says is that for food to be clean it must have two things: 1) it must be sanctified by Yahweh and 2) by prayer. So for those people out there that say, *Oh, I can just pray over food and make it clean*, it is not only that but it must be sanctified. It says here in I Timothy 4:4,5, *Because everything created by Yahweh is good and nothing is to be rejected after being taken with thanksgiving; for it is sanctified to the Word of Yahweh and prayer*. This is another Scripture that often misunderstood, mistranslated, or misused. Yes, we give prayer over things, but no matter how many times you pray over a Twinkie, it will never make it healthy. We have to understand that clean food, good food is the only food, which should be prayed over! We shouldn't be praying over unhealthy food. Because it is not really food fit for our consumption and it is not food for our body. It is an abomination to our Creator to eat unclean food. But, even worse, it is an abomination to be praying over unclean food! It is not food. It is not meant for us.

Everything He created is good for a reason. But not everything He created is food. We have to stop using these Scriptures and turning them around. We need to set apart ourselves and we need to set apart everything we're doing; and understand what the word set apart means. It means to be holy; it means to be set apart to be pure and to purify. It is not about good or bad. It is about set apart holy versus the unholy. And the things that He called an abomination are unholy and unclean and they shouldn't be in our bodies.

We have to understand these things and we have to actually take action and do these things. Now, I have a couple of more minutes and I want to finish up with a couple more things, but I will come back and do more teachings. and teach about these things in more detail. But, we have to look at the hypocrisy and we have to look at the different traditions that are being taught today.

Isaiah 65:4,5 we look at what is being taught and Y'shua speaking against the traditions of man. In Isaiah 65:4,5 we see this happening and it says, *they eat the flesh of pigs and they make stew with other forbidden foods; yet they say to each other don't come too close or you will defile me*. Now this is the problem that Y'shua had with the rabbis, sages and Pharisees at the time. He wasn't doing away with the guidelines and instructions; He was telling them look they were adding to it or taking away from it. But, we saw right in the Scriptures that it says do not add or take away. We are to keep, you know, but this Scripture right here in Isaiah and this prophecy of 65:4,5 says, *they eat the flesh of pigs and make stew with other forbidden foods; yet they say don't come too close or you will defile me*.

The reason why this is known as hypocrisy is because we're not supposed to be eating pigs and other forbidden foods. This Scripture would mean nothing if we believed that we can eat anything and everything was clean again. And more proof that eating unclean food and hypocrisy is an abomination to Yahweh in Isaiah 66:17, it says: *Those who consecrate and purify themselves in the sacred garden with this idol in the center, feasting on pork and rats and other detestable meats will come to a terrible end says our Creator*. They are not following His guidelines and instructions. And it says here what unclean is and it doesn't say it will be done away with in the future. It says they will come to a terrible end because they continue to ignore the guidelines and instructions. We have to uncover the real meanings of why these things happening and the real truths to why these things happening.

There are three reasons why these things are happening. I will give you these three reasons and then we will close out this time. In the next episode we will get more into detail of what these three reasons are and what we can do about them. The first one is the traditions we have around food. Do we ever stop to ask ourselves where these traditions come from? And why we follow these traditions without even questioning them? And then even more important, do these traditions glorify our Creator or are they an abomination to Him? It is so important to understand history if you want to be healthy and you want to be

blessed. And to just do things because everyone else is doing them, is getting us in trouble. I want to challenge everyone of you that is listening right now to do some research, do some history about the foods we eat, why we eat them or how and when we eat them. Do some history about everything the Bible says Messiah told us to do. Look in the original covenant and the Torah where it says you need to eat these foods throughout all your generations. Then look in history and find out where this stopped, why did it stop. Then look at the rates of disease and how they went from very little to very high.

You won't need to go very far...look at when Moses took the children of Israel out of Egypt and they were crossing the desert. You started to see the people start to suffer and then die. Why? It was because they were ignoring and even worse, they were bickering and going against the guidelines and instructions that our Creator set forth.

Now another part of this is...I said there's three...another part is called metaphors; the metaphors that are used around food today. There are a lot of people who will reference food and they will use food...and they will say the Bible says this about food or that about food. Many times in the Scriptures when it is talking about food, it has nothing to do with food or nothing to do with nutrition. It is given as a metaphor because so many people can relate so closely to food. For example in Peter's vision when Peter said I never ate an unclean animal and he was told to eat an unclean animal. Many people think that now we can eat unclean animals. No, that had nothing to do with food. Food was used as a metaphor for a higher example of not keeping together the clean and the unclean, of separating and dividing and what is set apart is truly to mean. But people don't get that today.

We're going to look more into that verse; we're going to look in more of this sheet with the animals and Peter and metaphors in another episode. But, we have to understand that a lot of people are confused today because they think every time the Scriptures mention food they are talking about nutrition. And that's just not true.

And then finally we are going to look at idioms, the different idioms that we use. Now, you know I have tried to study Hebrew in the past and I'm not the best person out there at learning languages. It is not that easy for me. But as hard as hard as I do at Hebrew word, Biblical Hebrew is a completely different language. So, many people that even know Hebrew they don't understand Biblical Hebrew. Many people today that know English don't understand English from the old day. You see, there are different types of languages; and languages have changed, translations have been changed.

But, we can look at idioms today and we can just look at the U.S. today there are certain idioms that in other countries they have no idea what we are talking about. Just like in other countries, people from the U.S. have no idea what they are talking about. Well, during scriptural time there were writings in the Bible that we don't have any idea what they are talking about until we understand idioms. We will get into some of these different idioms, what they meant, how they were used and so on. There are many idioms that are used about food back then and today as well that we just don't understand.

I will give you one example right now: The land of milk and honey. Now does that mean there was a physical land of milk and honey? Now, if you tell a little kid today or someone today that there is a land of milk and honey, we couldn't comprehend what that would be. Are you walking on honey or are you swimming in milk? No. It is not a land of milk and honey. It meant something completely different: the land of the promise and the prosperous. It was there available, waiting for us. but, because of the idiom we wouldn't understand that.

There are many examples throughout Scripture like this that confuse people. As a Health Watchman, as it says in Ezekiel 33, I cannot be quiet and I have to reveal these things to people. Whether you like this message or not, whether you want to hear it or not, it is time we let go of the things that we shouldn't be

doing, the foods we shouldn't be eating and just disgracing our Creator by living in abomination and making excuses to say it is okay.

I thank you so much for tuning in. If there is something I said that made you feel uncomfortable, you probably needed to hear it. In fact you definitely needed to hear it. Don't take my word for anything I said. I have given you Scriptures. I have asked you to look at the history of these things. So, go and look it up for yourself.

I have a lot more teachings. I thank you for taking the time out to listen to me. This wonderful station has great teachers here. So, thank you very much and be blessed, and obedient.

Shalom Shalom.



Paul Nison is a Raw Food Health Author and International Lecturer, who's known as "The Health Watchman".

At age 20, Paul was diagnosed with inflammatory bowel disease (also known as Crohn's disease and ulcerative colitis), a deadly affliction. His search for a cure began with medical doctors, but they didn't have the answers he needed. After trying almost every so-called cure to overcome his pain and suffering, Paul finally discovered the benefits of eating more simply. This revelation caused Paul to continue to search for an answer, and he was led to read the Bible. When he saw that it clearly said we should not be controlled by the people of the world, but rather to follow the commands of the Almighty, everything made perfect sense.

Paul's life is now dedicated to studying and living according to the Scriptures and to developing his relationship with The Most High. It is Paul's prayer to help as many people as possible to see the amazing health message of the Scriptures, and to help them get to know and understand their Creator. According to Paul, the Scriptures comprise the greatest book on health ever written.

Paul has written many books, himself, including *The Raw Life*, *Health According to the Scriptures*, and *The Daylight Diet*; and has been featured on The Food Network, in several magazines and newspapers around the world, and is a regular guest on God's Learning Channel. He travels the world giving lectures on raw food nutrition and preparation, of course always with a Biblical worldview, to show people how easy and fun the raw life can be.

If Paul shakes up your world a little bit by pointing out that you've been eating in a non-Biblical way, or by showing you that you've been interpreting certain Scriptures completely backwards, please try to count it all joy, instead of getting offended. Just like all of our BHtv experts, Paul is not here to judge you, but to help you get out of Babylon. Please receive his words in that Spirit.

If you would like to contact Paul, please do so through his website: www.HealthWatchman.com