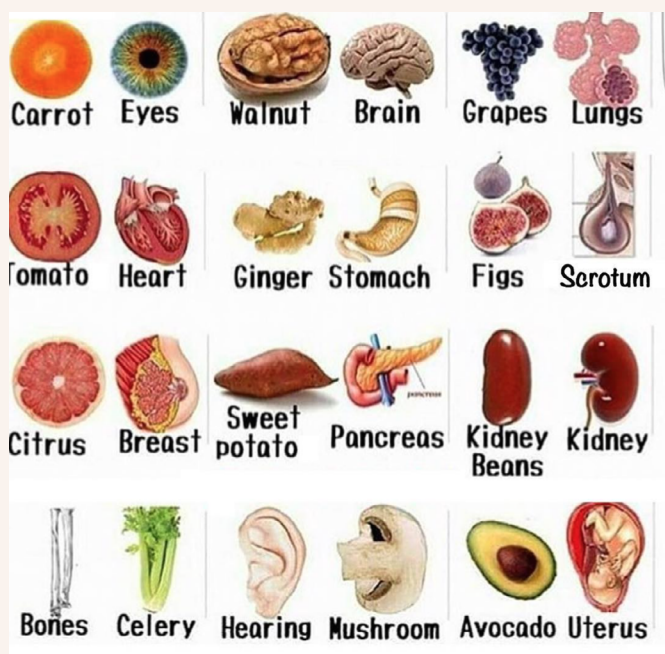


NATURE'S INTELLIGENCE

GOD'S FOOD FOR THE BODY

Sister White has written that “grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition.” She goes on to say that “when properly prepared, they constitute the diet that best promotes both physical and mental strength.” {TEd 123}

Consider the illustration below, and notice how wonderfully nature's fruits and vegetables have been designed. God is the greatest educator, and none need study to become dieticians in order to know which foods they should eat. The fruit or vegetable itself declares which area of the body is to be benefited by its properties.



While all fruits and vegetables have healing effects, “it is not well to eat fruit and vegetables at the same meal.” This is due to the fact that “if the digestion is feeble, the use of both will often cause distress and inability to put forth mental effort.” Therefore, “it is better to have the fruit at one meal and the vegetables at another.” {MH 299.7}

We're also warned of eating too great a variety of foods, for this can result in poor digestion and a sour stomach. Indeed, “the digestive organs have an important part to act in our life happiness.” Interestingly enough, “people who have a sour stomach are very often of a sour disposition.”