



THE CITADEL

~ A publication for the faithful who fear God; for those who stand guard in prayer; those at the watch station ~ Nehemiah 7:1-3

Bon Appétit

In 1998 I was diagnosed with Rheumatoid Arthritis. In 2001 I started to experience crippling effects of the auto-immune disease; hence the Lord spoke very clearly to me indicating I needed to change what I ate and how I ate in order to see any real change in my health. I immediately responded with a list of reasons why that was not going to work: 1) too expensive 2) too hard 3) too extreme 4) it was bondage 5) it was fanatical.

As long as I can remember I've always loved food - the look, the smell, and of course the taste. I could not possibly imagine not being able to eat the foods I loved – fast foods and foods latent with sugar. Therefore, I refused to change my eating habits and consequently God gave me up to a reprobate (lack of discipline 1 Corinthians 9:24-27) mind on this issue.

Upon my return from Australia in 2003 I was in excruciating pain and was desperate for relief. I started to see a rheumatologist who prescribed aggressive drug treatments that were supposed to “prevent the progression of the disease and any further damage from occurring.”

Well, because of my refusal to hear God's voice in this very important area of my life, from 2003 to 2008 I underwent progressive drug treatments - cancer-related drug treatments - that included two weekly needle injections, 3 rounds of physical therapy, monthly intravenous infusions, 2 major knee injuries, 2 MRI's, countless x-rays, the flu, strep throat, scarlet fever, and a partridge in a pear tree.

On December 31, 2008 my only prayer for the New Year was, “Lord, please heal me from Rheumatoid Arthritis; I want to be made whole.” I had to want to be healed; it wasn't enough that God provides an escape from sickness, disease, and infirmity. We have to want it.

In March 2009, the rheumatologist and I discovered I had chosen the “wrong” insurance plan for this year as the prescription drug benefit was not going to cover the drug treatments I was undergoing until I met the \$10,000 family deductible. By May, my health care costs were over \$4000 and in June I slipped and fell suffering another knee injury.

1 week after the 4th of July holiday, I was sitting at the computer talking with the Lord about how expensive the RA had become. I said to the Lord that it was just getting too expensive to keep treating this disease and I wasn't getting any better. The Lord responded and said, “No, you're not getting better. The enemy has a plan for you – to kill you through food and medication.” My quest for the truth had begun.

In the book of Genesis, God tells us what is good for food.

“...See, I have given you every plant yielding seed that is on the face of all the land and every tree with seed in its fruit; you shall have them for food...I have given every green plant for food.” Genesis 1:29, 30 Amplified

“And out of the ground the Lord God made to grow every tree that is pleasant to the sight or to be desired--good (suitable, pleasant) for food ...” Genesis 2:9 Amplified

The Lord was showing me something I had never seen before - a trap! Wicked schemes of the enemy to kill, steal, and destroy man through food. The Lord gave a strong warning and the very first commandment:

“And the Lord God commanded the man, saying,
You may freely eat of every tree of the garden;
But of the tree of the knowledge of good and evil
and blessing and calamity you shall not eat, for in the day
that you eat of it you shall surely die.”
Genesis 2:16-17 Amplified (emphasis added)

The Lord God is a loving Father who protects His children and warns them of danger. He was not only warning of a spiritual death, but a physical one as well. The problem with the “food” on the tree of the knowledge of good and evil was that it was poisonous! It was toxic! It was genetically modified / genetically engineered.

After the enemy was thrown out of heaven, he roamed the earth enraged even as he slithered his way into the Garden of Eden:

“When the Dragon saw he'd been thrown to earth, he went after the Woman who had given birth to the Man-Child. Helpless with rage, the Dragon raged at the Woman, then went off to make war with the rest of her children, the children who keep God's commands and hold firm to the witness of Jesus.” Revelation 12:13, 17 The Message

“NOW THE serpent was more subtle and crafty than any living creature of the field which the Lord God had made. And he [Satan] said to the woman, Can it really be that God has said, You shall not eat from every tree of the garden? And the woman said to the serpent, We may eat the fruit from the trees of the garden, Except the fruit from the tree which is in the middle of the garden. God has said, You shall not eat of it, neither shall you touch it, lest you die. But the serpent said to the woman, You shall not surely die, For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing the difference between good and evil and blessing and calamity. And when the woman saw that the tree was good (suitable, pleasant) for food and that it was delightful to look at, and a tree to be desired in order to make one wise, she took of its fruit and ate; and she gave some also to her husband, and he ate.” Genesis 3:1-6 Amplified

The enemy said bon appétit and when Adam and Eve ate from the tree of the knowledge of good and evil, they were eating a toxic, poisonous, “GMO” piece of fruit designed to kill their physical bodies with sickness, disease, and infirmity.

According to the World Health Organization, Genetically Modified Organisms (GMO's) are "*organisms in which the genetic material (DNA) has been altered in such a way that does not occur naturally.*"¹ It's the enemy's counterfeit!

There are extreme dangers with GMO foods! *“Several animal studies indicate serious health risks associated with GM food consumption including infertility, immune dysregulation, accelerated aging, dysregulation of genes associated with cholesterol synthesis, insulin regulation, cell signaling, protein formation, and changes in the liver, kidney, spleen and gastrointestinal system. Specificity of the association of GM foods and specific disease processes is also supported. Multiple animal studies show significant immune dysregulation, including up regulation of cytokines associated with asthma, allergy, and inflammation.”*²

Rheumatoid Arthritis is an auto-immune disease of the immune system causing inflammation (arthritis) and other serious health conditions! *“GMO foods pose a serious health risk in the areas of toxicology, allergy and immune function, reproductive health, and metabolic, physiologic and genetic health.”*² GMO's are toxic! It's poison!

It is the enemy's counterfeit food genetically engineered (as was the tree of the knowledge of good and evil) designed to kill man, steal man's health and money (medications cost), and destroy man's life. The enemy has been tempting man with food since his expulsion from heaven. He did it with Adam and Eve in the garden and with Jesus in the wilderness; we're no different.

And he [Satan] said to the woman, Can it really be that God has said,
You shall not eat from every tree of the garden? Genesis 3:1

Then Jesus was led up by the Spirit into the wilderness to be
tempted by the devil. And when He had fasted forty days and forty nights,
afterward He was hungry. Now when the tempter came to Him,
he said, “If You are the Son of God, command that
these stones become bread.” Matthew 4:1-3

Food is given by God and is important to God. He fearfully and wonderfully made us and knows exactly what the body needs for nourishment to live, move, and have it's being, in God, on earth for the 120 years we are supposed to be here. The food God provides is not GMO and it is not processed!

“He causes the grass to grow for the cattle,
And vegetation for the service of man,
That he may bring forth food from the earth,” Psalm 104:14

“These all wait for You, That You may
give *them* their food...” Psalm 104:27

“The eyes of all look expectantly to You, And You
give them their food...” Psalm 145:15

“Then Jesus said to them, “**Children, have you any food?**”
They answered Him, “No.” And He said to them,
“**Cast the net on the right side of the boat,
and you will find some.**” John 21:5-6 NKJV

God designed us to rely on Him completely for food. It is figurative of God's covenant with us:

1. Israel affirmed its covenant with God with a meal on the mountain with God in Exodus 24
2. Jesus instituted the Lord's Supper in Matthew 26:26-28 and specifically said:

Now as they were eating, Jesus took bread and, praising God,
gave thanks and asked Him to bless it to their use, and when He had broken it,
He gave it to the disciples and said, **Take, eat; this is My body.**
And He took a cup, and when He had given thanks, He gave it to them,
saying, **Drink of it, all of you; For this is My blood of the new covenant,**

which [ratifies the agreement and] is being poured out for many
for the forgiveness of sins.” Matthew 26:26-28 Amplified (emphasis added)

3. The marriage supper as described in Revelation 19 is a time of joyous feasting for the church – those in covenant with God.

We’ve been conditioned (as the children of Israel were in Egypt) to have poor eating habits. When they were delivered out of Egypt and led into the wilderness, it was there that their complaints of food began – specifically just 2 ½ months later (Exodus 16 & 17).

1. First they complained of starvation; God provided manna from heaven – twice as much as their daily need.
2. Then they complained of thirst; God provided water from the rock.
3. The straw of complaints that broke the camel’s back was in Numbers 11:1-15, 31-35 when the children of Israel complained about the manna God provided as food in the wilderness (because they wanted meat) and they yielded to intense craving. The complaining displeased the Lord, His anger was aroused, and the Lord struck the people with a very great plague.

To him who knows to do good and does not do it, to him it is sin (James 4:17). Rejecting God’s provision for food comes with a hefty price tag – a price I was no longer willing to pay. On July 10, 2009 I radically changed my eating habits, among other things. I had to be delivered from the eating habits of “Egypt;” poor eating habits that caused disease in my body.

I thank and praise God that today I am medication free! Hallelujah! The rheumatologist said I’m doing the same as if I were on the medications, which means I no longer have to take the medications. I no longer have to have knee replacement surgery, etc, etc, etc. I now rely on the wisdom God has given me in His Word, the deliverance and discipline worked in me through fasting and prayer, and the willingness to regain control of my health through intense study on the subject of health. I now [Know the Cause](#) with the help of [The Maker’s Diet](#). Healing is the children’s bread!

My prayer and desire is to see the Body of Christ made whole; that the temple of the Holy Spirit (our physical bodies) will be without spot or wrinkle (without sickness, disease, and infirmity) at Christ’s return. If you are willing and obedient, you shall eat the good of the land (Isaiah 1:19). I am eating the good of the land today. You can too!

Notes

1 World Health Organization. (Internet). (2002). Foods derived from modern technology: 20 questions on genetically modified foods. Available from: <http://www.who.int/foodsafety/publications/biotech/20questions/en/index.html>

2 <http://www.aeonline.org/gmopost.html>