

   **Garden of Eden Eating**   

Divinely Designed To Be Disease Free

**Are you ever too young or old,
to learn something new??**

CCS Church Challenge, Health Platform Workshop Series ~ Module 1

Please carefully consider the Common Sense of what is presented here 

ChurchofCommonSense.Life/ChurchChallenge

Created by: Pastor Steve 'GodMed' ~ Messenger of Common Sense

Common Sense Self-Care Concepts

Fuel the Body by Divine/Scientifically Proven Design

Eliminate 95% of All Disease and Illness by what we Eat, Think and Do

God's Organic Medicines for Optimal Health, Happiness & Longevity...

Hosea 4: 6 (KJV) My People Perish from a Lack of Knowledge.

“Let Food be thy Medicine and Medicine be thy Food” Hippocrates

"The doctor of the future will give No Medicine, but will interest his patients in the Care of the Human Frame, in Diet and in the Cause and Prevention of Disease.” Thomas Edison

“Nothing will Benefit Human Health and Increase the Chances for Survival of Life on Earth as much as the Evolution to a Vegetarian Diet.” Albert Einstein

My Personal Experience Changing my Diet, Medicines and Thinking

Having been diagnosed with Bi-polar, PTSD, Anxiety and Panic issues, plus a T-12 40% compression fracture and vertebrae misaligned suffering decades of chronic pain, I was on \$2000 a month in chemical meds. I had been on all the meds, pain clinics, etc. but nothing seemed to help. Since late high-school I had smoked Cannabis and in 2010 at 56 I started eating Cannabis also, that's when real healing began. My doctor subsequently dropped me in fear of my health she stated, yet she was versed in Chinese plant medicines; best thing that ever happened to me. At that point I created GodMed Whole-Plant Cannabis capsules. In 2011 over a 2-3 month period of consuming 2-3 grams daily my chronic back pain miraculously turned into irrelevant or nonexistence pain, my brain worked remarkably better and I felt 1/2 my age. Come to find out I was simply modulating my CECD [Clinical EndoCannabinoid Deficient] God Given EndoCannabinoid system, (arguably the most important system in vertebrate bodies); covered in detail in module 3. Over the coming years the healthier I became the healthier I wanted to become. I started eating less overall but eventually less flesh and dairy products too. During that same period of time I started buying Organic instead of consuming the 14#'s of 150,000+ various chemicals, hormones etc. annually found in the average S.A.D, Standard American Diet. My resting heart rate went from the 60's consuming flesh etc. down to +-50 beats, that alone promotes longevity!!! I'm an input freak and through extensive research I discovered how we are actually designed to fuel our bodies, come to find out we're not designed to consume flesh, animal products, chemicals, etc. We are indeed Divinely Designed to eat as if we were in The Garden of Eden. Technically, consuming less than 75% Raw Fruits, Veggies, etc. impacts our Immune Systems...

Respect and Treat yourselves as a Temple of God, Which You Are 🙏 covered in module 4

Do You Believe God Designed/Created our Bodies?

**Do You Wish to Serve God, Others and All Life with
(Matt. 22:37) All Your Heart, Mind, Soul; And Body?**

**Quite Literally: What We Eat, Think and Do Is Critical
to Our Health, Happiness, Mobility and Longevity...**

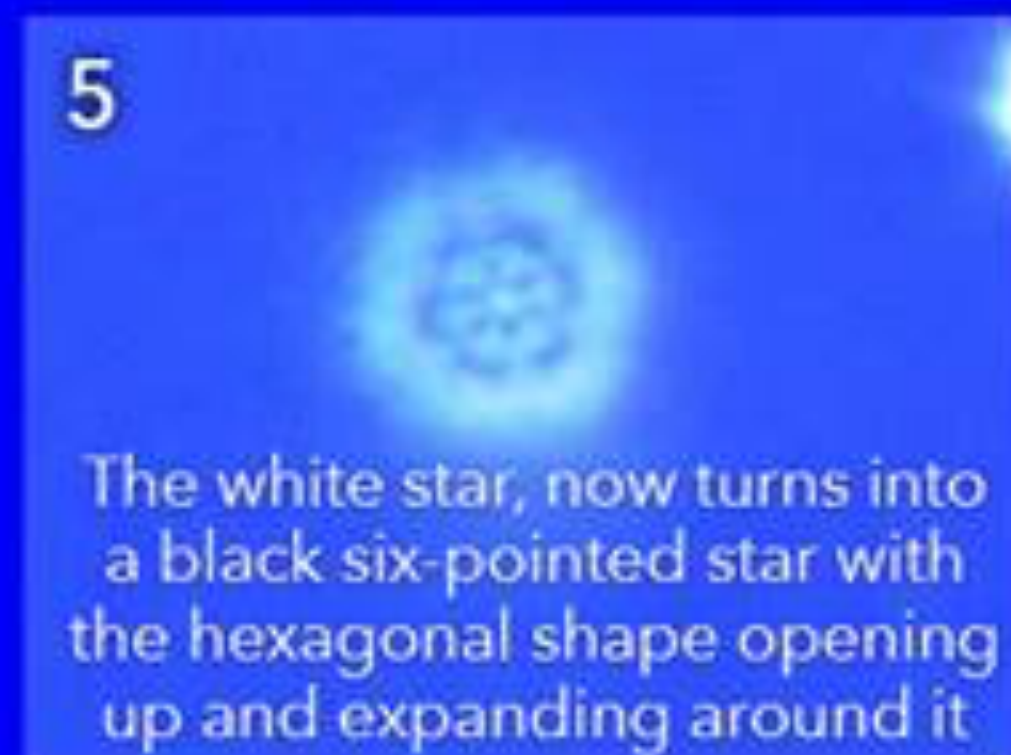
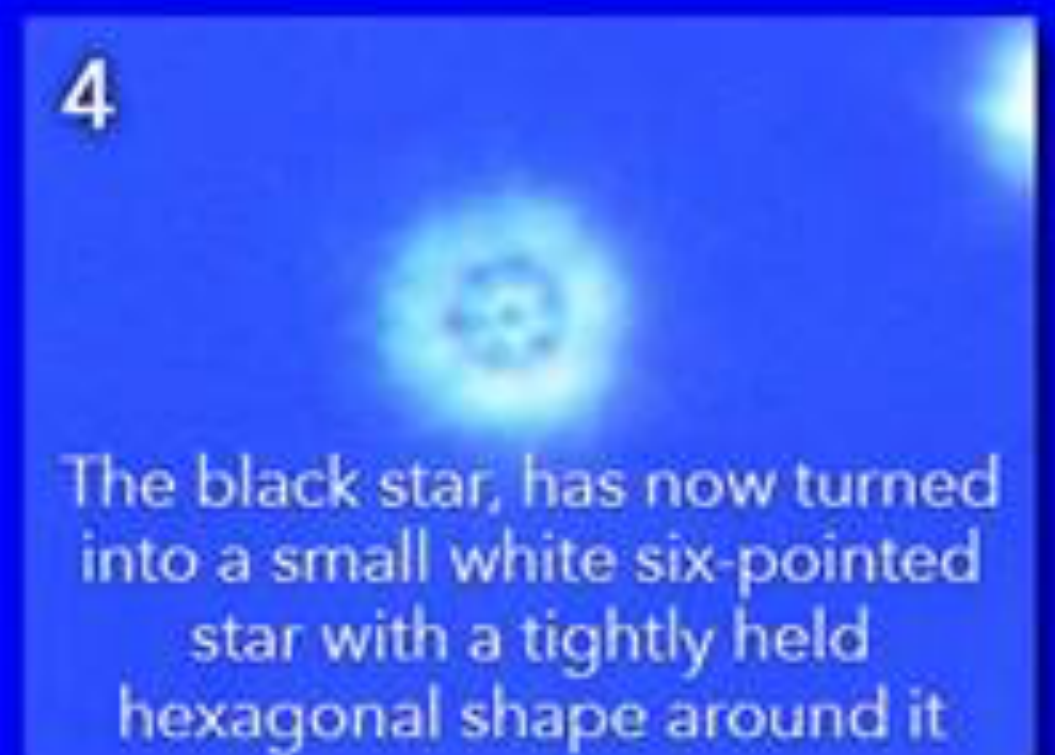
**Seek Truths How to Naturally Eliminate 95+% of
All Illness and Disease as God Intended 🙏**

**BIOPHOTONS HOLD THE KEYS TO THE
QUALITY OF LIFE OF ALL LIVING BEINGS**



Biophotons = Biological Light

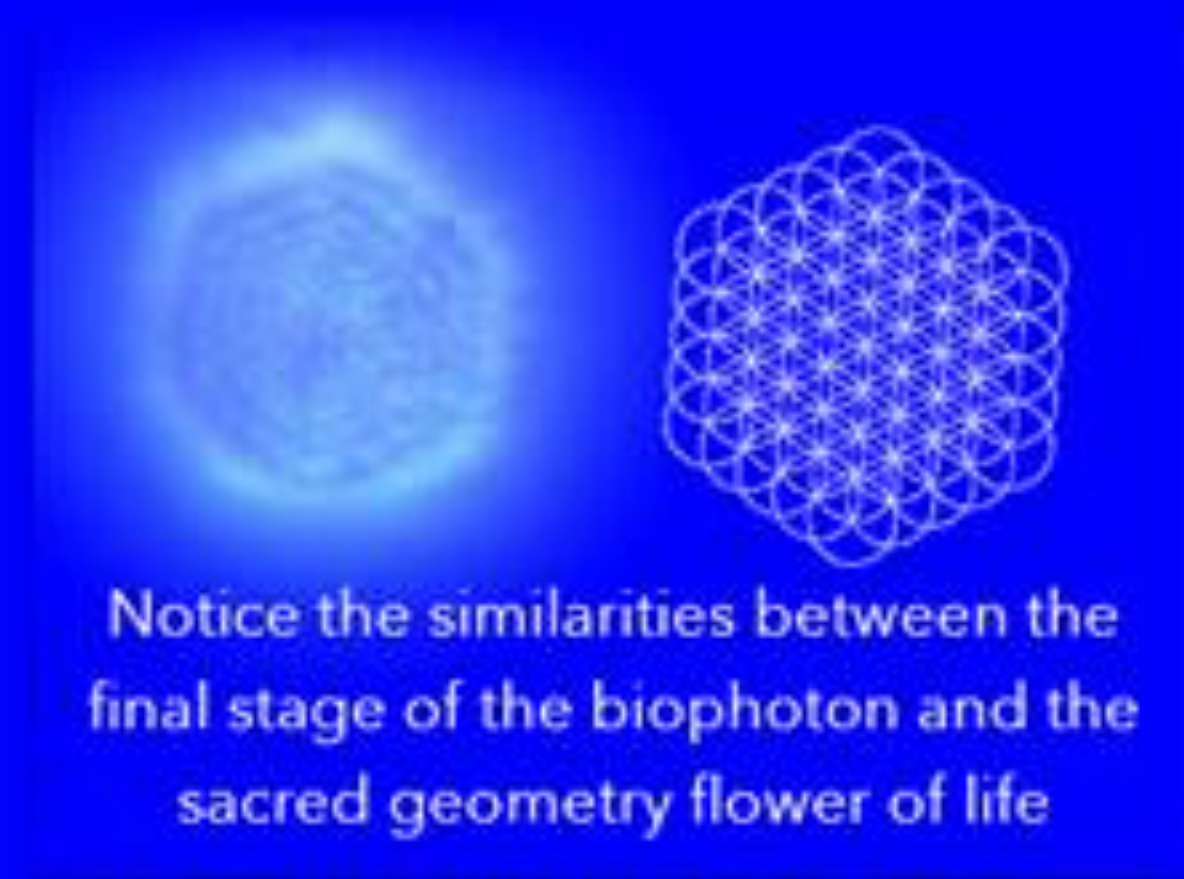
(Bio = Coming from a biological being Photon = Light Particles)

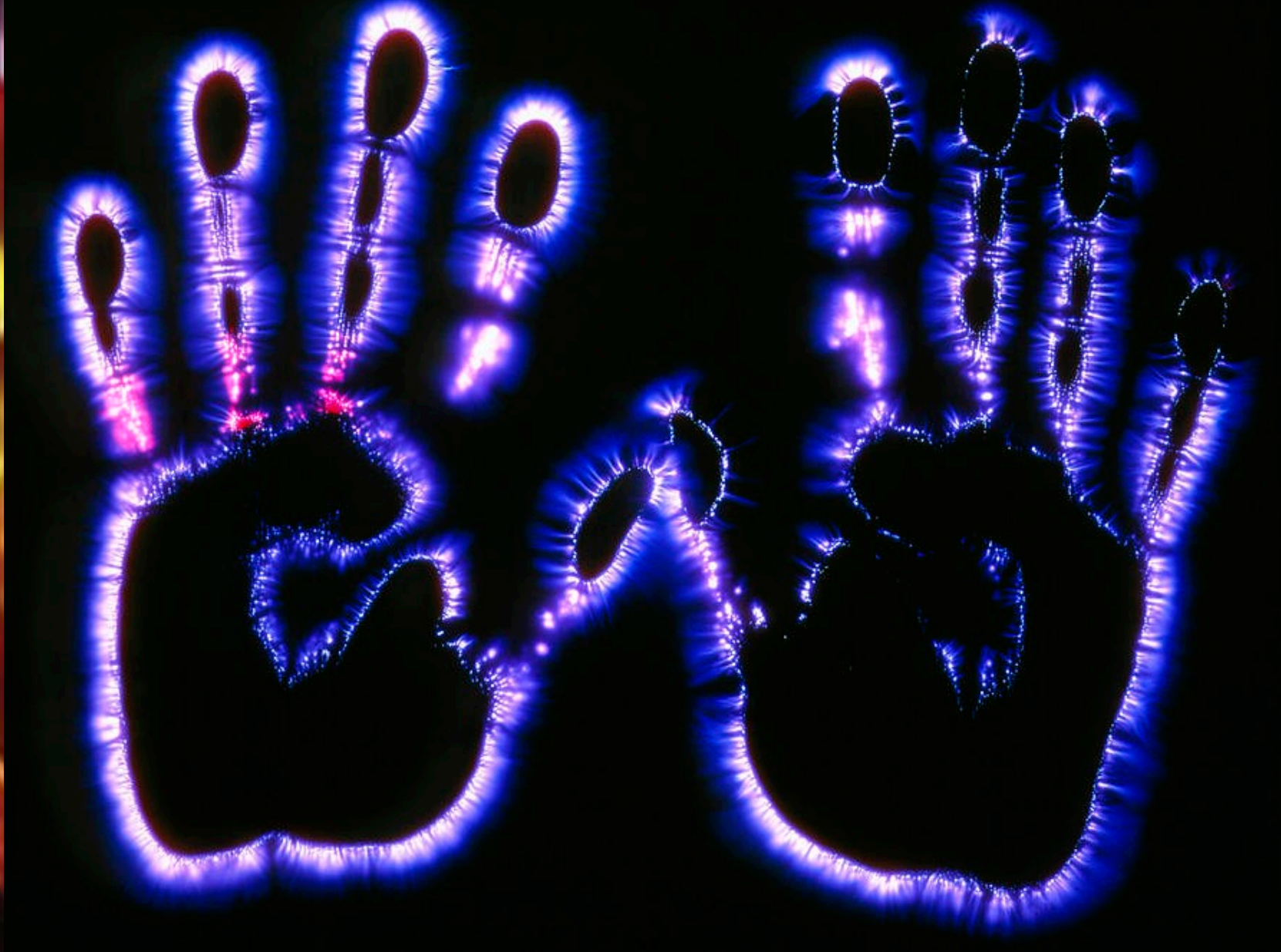


Every living thing emits a constant current of biophotons.

If you look closely in these particles of light you will see various shapes of sacred geometry. We literally continuously emit tiny particles of light and sacred geometry.

The best thing is, we can control and direct these photons where to go and what to do with just pure thought and intention.





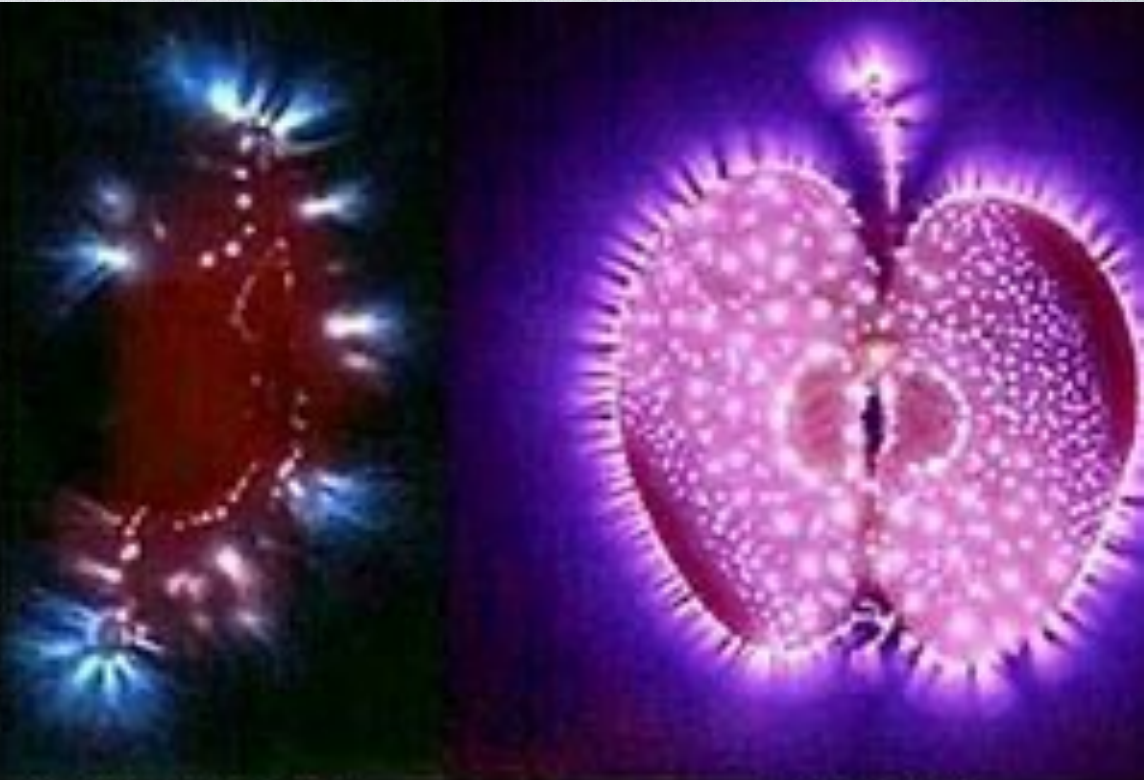
Cooked Tomato



Raw Tomato

Kirlian

Photography proves that you are energy manifested in the physical form and allows the bare eye to see the energy which inhabit and surround our physical body. This knowledge can be used to heal any dis-ease, pain and imbalance in the body.



SLICE OF MEAT

AN APPLE



SPROUT



CACAO



Organic mushroom



Conventional mushroom

~ALL LIVING THINGS HAVE A DISTINCTIVE ENERGY FIELD AROUND THEM~



Organic Broc.



Conventional Broc.



Cooked baby carrot



Raw baby carrot



Organic tomato



Conventional tomato

This photographic technique utilizes 50,000 volts in a broad range of frequencies to resonate with the test objects capturing their patterns for analysis whether living or non living.



Cooked Broccoli



Raw Broccoli

Notice how Meats, Cooked Foods and non-Organic, Have Comparatively Very Little of God's Biophotonic/Life-Force Energy; Which Is Critical to All Life...

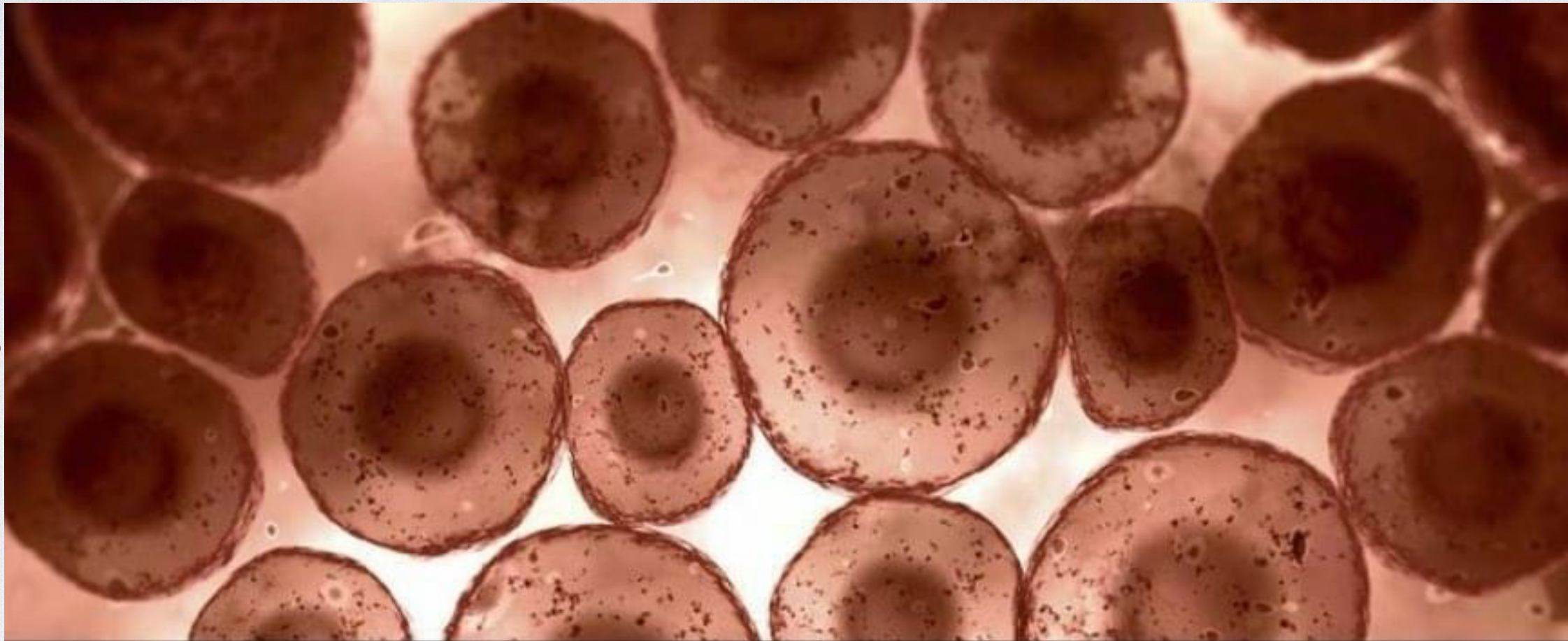
Do you realize each living cell (70+/- Trillion cells) emits and absorbs upwards of 100,000 photons per second? Our Light-Bodies are sending information down 26,000 miles of neural pathways giving us near instant thought and movement?

Biophoton's, or ultra-weak photon emissions of biological systems, are electromagnetic waves in the optical range of the spectrum ~ in other words:

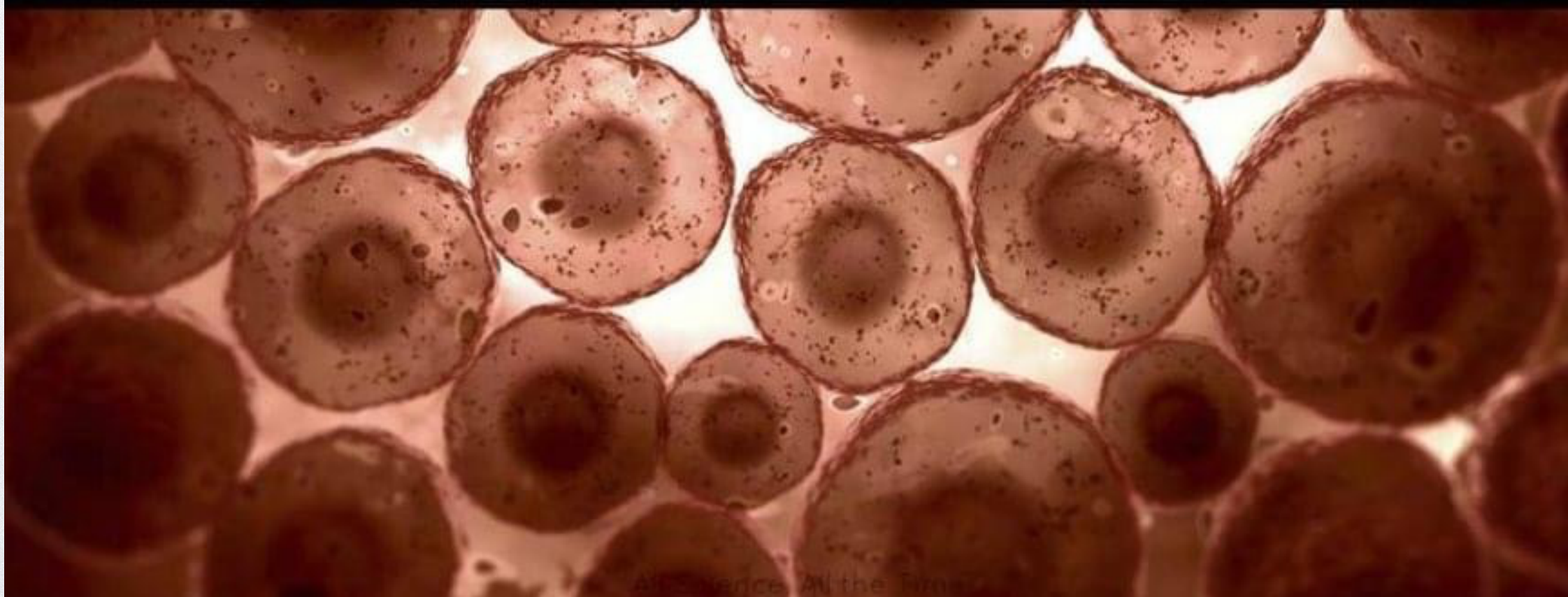
‘Light’

<http://americanbiophotonassociation.com/biophoton-light/>

The most detailed model of a human cell to date, obtained using x-ray, nuclear magnetic resonance and cryoelectron microscopy datasets. The world is inside us



By the time you finish reading this sentence, 50 million of your cells will have died and been replaced by others.



What the heck is a Torus field?

Research has shown that we are more than our physical bodies, we also have bio energetic drivers. To be healthy, we must attend to both aspects – the Physical and the Energetic. We have a body field, a dynamic structure of information that serves as a master control system for the physical body – the Torus Field.

The torus allows a vortex of energy to form which bends back along itself and re-enters itself. It ‘inside-outs’, continuously flowing back into itself. Thus the energy of a torus is continually refreshing itself, continually influencing itself.

When the Torus is in balance and the energy is flowing we are in a perfect state to clear ourselves of anything that is ‘not self’ anything that prevents us being our Healthy, Authentic Selves. In humans the energy flow in through the head and feet is bidirectional.

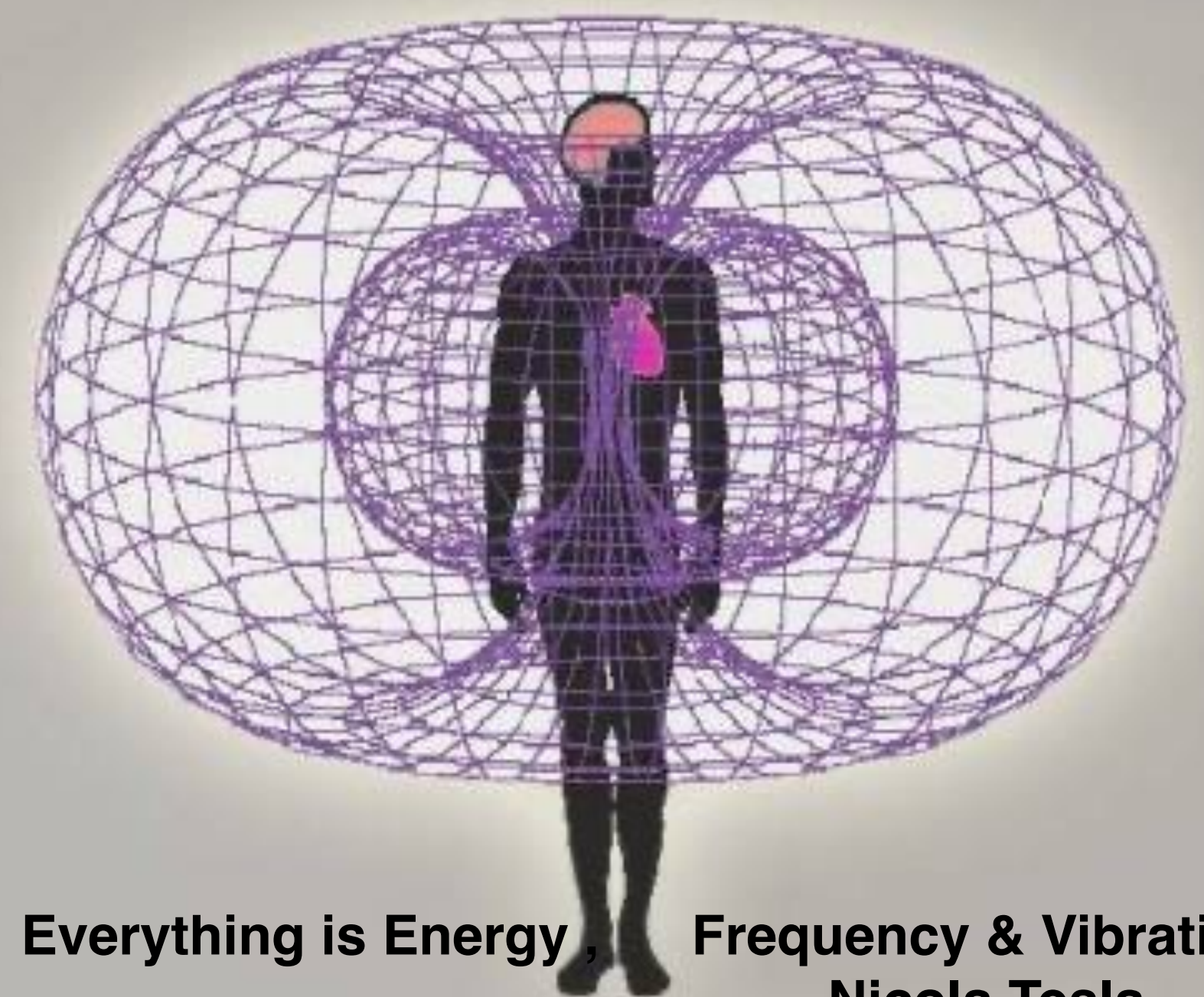
We are influenced by the energy and information fields internal and external to us, and our own energy and information extends beyond the limits of our bodies to interact with other people and to influence the material world.

<http://www.askdrstacy.com/2015/10/11/what-the-heck-is-a-torus-field/>

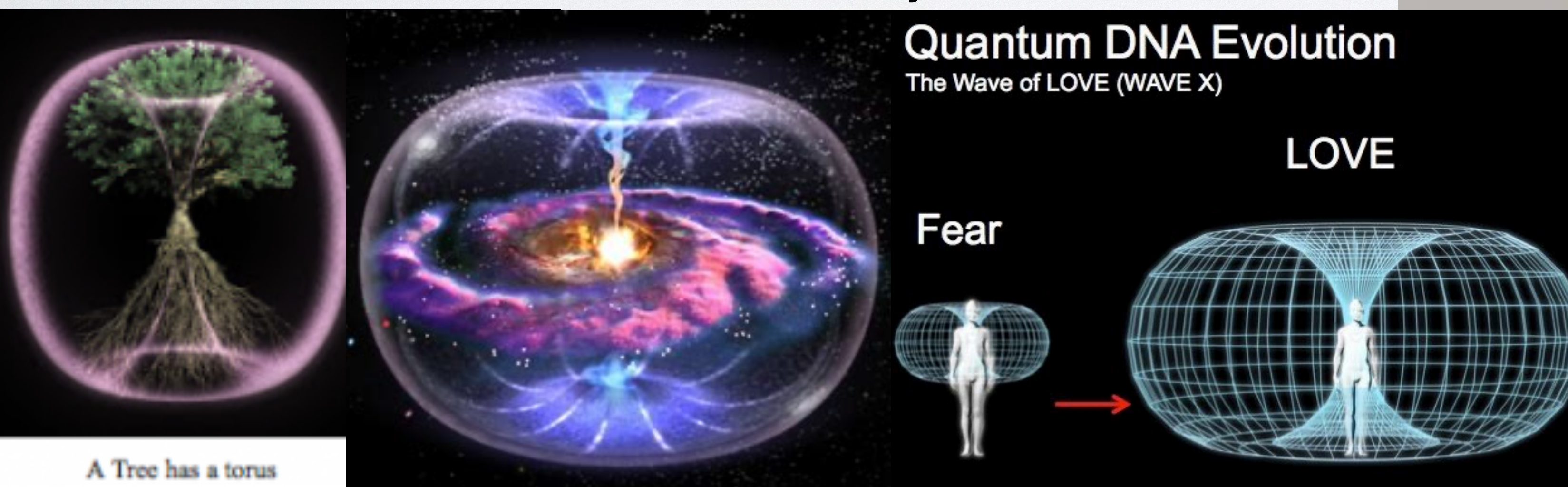
Thrive 2012 must watch/share documentary!!! ~ Thrive-II 2020

Literally Electromagnetic Transmitter/Receivers,
In-Tune with Source God,,, if we so choose...

The electromagnetic field of the heart



Everything is Energy , Frequency & Vibration
Nicola Tesla



Quantum DNA Evolution
The Wave of LOVE (WAVE X)

LOVE

Fear

A Tree has a torus

**How do We know God Designed Mankind? Genesis 1:27
God Created man in His own image, in the Image of God
He Created them; Male and Female He Created them.**

**Where did this event take place? Genesis 2:8 The Lord God
planted a garden toward the east, in Eden; and there He placed the
man whom He had formed. {Compare our current lifespan to all other
vertebrate animals and Humans should live an average of 120 years!!}**

**As in the Garden of Eden, How many Eat an Organic Plant-Based
Mostly Raw Diet Full of Needed Nutrition and Photonic Life-Force?**

**{ Mostly Raw ~ When we consume less than 75% Raw (over 116F Kills
Enzymes etc.) Organic Plants Impacts Our Immune Systems. }**

ORGANIC & LOCAL

BLES

ORGANIC VEGETABLES

ORGANIC VEGETABLES

ORGANIC VEGETABLES

LES

ORGANIC VEGETABLES

TENDED. MORE ORGANIC AND NON-GMO PRODUCE THAN ANYONE ELSE.

HIGHEST QUALITY SPECIFICATIONS IN THE INDUSTRY.

SUSTAINABLE FARMING HELPS

NATURE INTENDED.

MORE ORGANIC AND NON-GMO

Good nutrition will
prevent 95 per cent
of all disease.



God's Organic
Foods/Medicines

Divine Diet ~ Scientifically Proven, Humans are Organic Mostly Raw Vegans 🙏

Do you realize: If you are not eating Organic you are consuming approximately 14 pounds of chemicals annually; 1/10 of an ounce daily of just herbicides and pesticides, nearly 2/3 of an ounce of chemicals daily in the typical non-Organic S.A.D. Standard American Diet; [plus injected Hormones etc. within animal products]. 1 ounce daily (times 365 days = 20+ pound's of chemicals consumed each year) when you add in makeups, pharmaceuticals, and other environmental pollutants.

(Fact Library link also at the Church Challenge tab) [14 pounds of Chemicals plus Hormones etc. from meats and animal discharge products](#) **FOOD & FARMING “The average American eats 14 pounds of chemicals each year, 2+ pounds of these are pesticides and herbicides.” Cancer causing Glyphosate Herbicide is on 85% of the average S.A.D. Standard American Diet. What are anti-health results on our bodies??**

The typical bag of potato chips bought at the supermarket has been subjected to more than 50 chemicals from seed to shelf and can contain up to 75 times the “safe” levels of cancer-causing acrylamide established by the state of California.”

What effects do you think an ounce a day or any amount of external chemicals, hormones, vaccines, pharmaceutical etc. has on our bodies on a daily basis?

Genesis 1:29 The God said, “Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be Food For You.”

What effects from eating meats/flesh, consuming animal milks, cheeses, eggs, highly processed foods, etc. has on the health of our bodies? What IF,, We fueled the Temples of our Eternal-Selves a Divinely Designed, Scientifically Proven, Organic, Plant-Based, Mostly Raw, Garden of Eden Type Diet and LifeStyle???

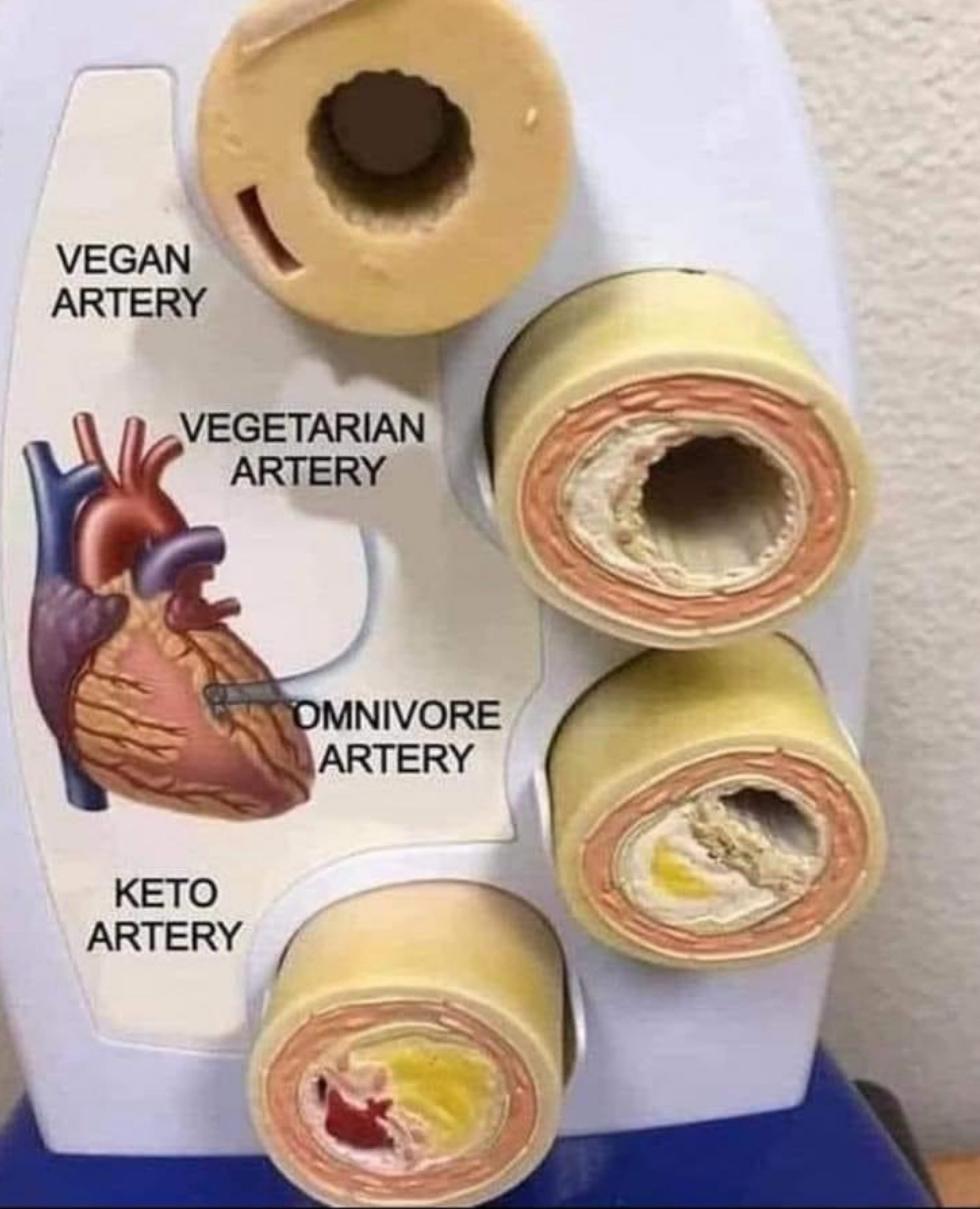
Instead of misguidedly slaughtering 80+ Billion suffering animals and 1.2+ Trillion fish per year. Just think of the vast agricultural, energy and other resources needlessly wasted on the production of flesh for mankind’s consumption.

Coupled with the drastic adverse effects to our Planet; Adopting an Organic Vegan Lifestyle alone would change our world dramatically for the Betterment of All Life, and address human effects on climate change like nothing else can!!!

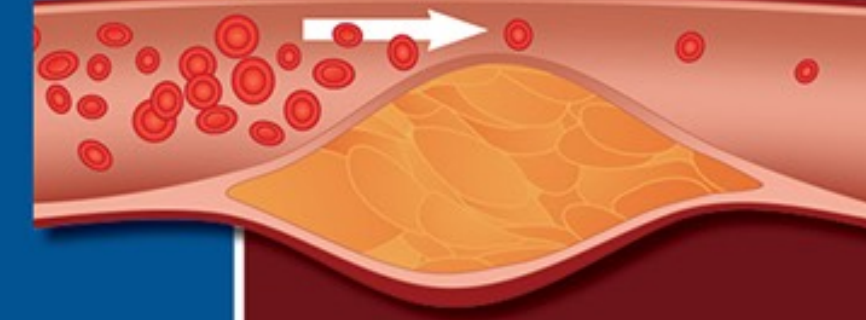
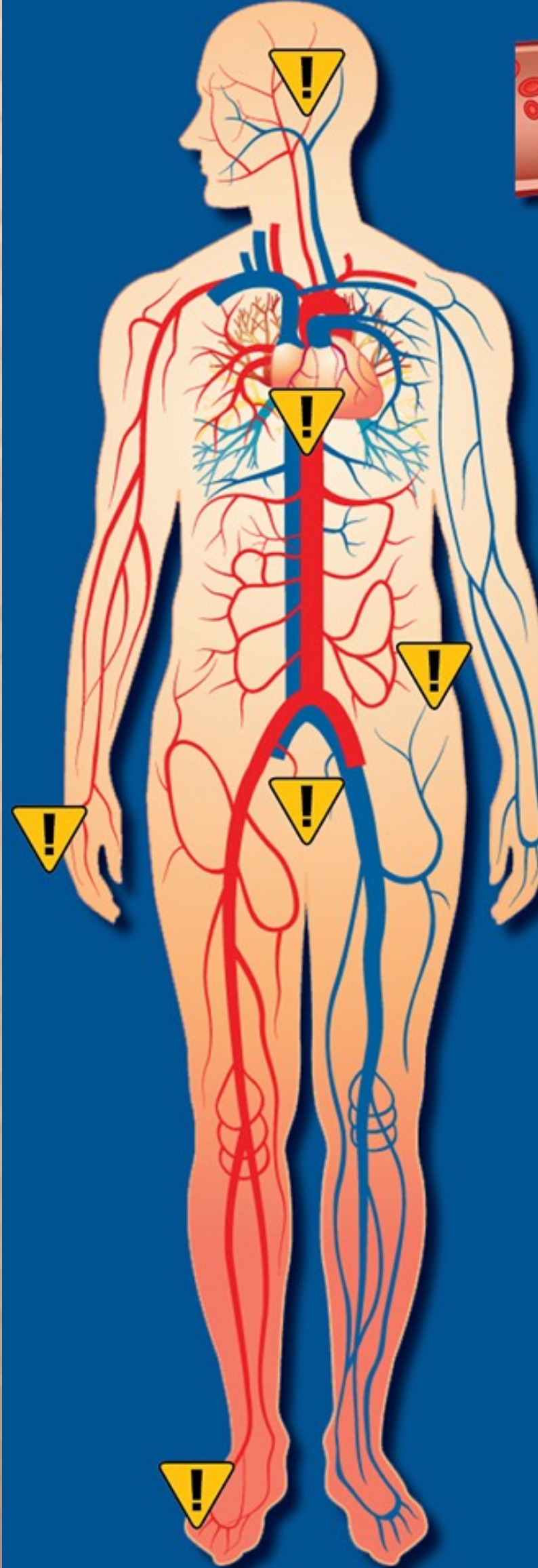
When you look at the comparison between herbivores and humans, we compare much more closely to herbivores than meat eating animals. Humans are clearly not designed to ingest or digest meat.

- **Meat-eaters:** have sharp front teeth for tearing, with no flat molar teeth for grinding
 - **Herbivores:** no sharp front teeth, but flat rear molars for grinding
 - **Humans:** no sharp front teeth, but flat rear molars for grinding
-
- **Meat-eaters:** have intestinal tract that is only 3 times their body length so that rapidly decaying meat can pass through quickly
 - **Herbivores:** have intestinal tract 10-12 times their body length.
 - **Humans:** have intestinal tract 10-12 times their body length.
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- **Meat-eaters:** have strong hydrochloric acid in stomach to digest meat
 - **Herbivores:** have stomach acid that is 20 times weaker than that of a meat-eater
 - **Humans:** have stomach acid that is 20 times weaker than that of a meat-eater

Clearly if humans were meant to eat meat we wouldn't have so many crucial ingestive/digestive similarities with animals that are herbivores.



The Warning! Signs of Clogged Arteries



When cholesterol particles build up in the arteries, they form plaques that narrow the path for blood flow. Narrowed arteries strike all areas of the body and can lead to pain and discomfort and ultimately result in heart attack.

▼ **Stroke:**

Plaque that accumulates in the carotid arteries, which carry blood to the brain, can result in stroke.

▼ **Fatigue and Dizziness:**

Reduced oxygen from poor blood flow can result in dizziness and extreme fatigue, especially in women.

▼ **Shortness of Breath:**

Reduced blood flow can lead to shortness of breath.

▼ **Chest Pain:**

Chest pain, or angina, results from reduced blood flow to the heart. Angina can be felt as pressure, numbness, tightness, squeezing, or burning.

▼ **Lower Back Pain:**

When blood flow to the lower back is reduced, the disks between the vertebrae become fragile, which can result in painful pinched nerves.

▼ **Erectile Dysfunction:**

Narrowed arteries to the genitals can cause sexual dysfunction.

▼ **Painful, Numb, or Cold Hands and Feet:**

Plaque in the arteries leading to the arms and legs can result in painful, numb, and cold extremities.

pH CHART

Alkaline pH	10	High Alkaline Ionized Water		
		Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds	Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus	Artichokes Raw Cellyery Potato Skins Collards Lemons & Limes
	9.0	Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes	Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons	Borage Oil Raw Peas Alfalfa Sprouts Pears Figs & Dates Kiwi
Neutral pH	8.0	Apples Tomatoes Turnip Bell Peppers Pineapple Wild Rice Cantaloupe Oranges	Almonds Fresh Corn Olives Radish Cherries Strawberries Honeydew Grapefruit	Avocados Mushrooms Soybeans Rhubarb Millet Apricots Peaches Bananas
	7.0	Most Tap Water		Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive
		Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365		
Acidic pH	6.0	Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters	Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish	Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna
	5.0	Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran	Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb	Beer White Rice Navy Beans Black Beans Cooked Corn Molasses
	4.0	Reverse Osmosis Water Coffee Pistachios Cranberries Wheat Popcorn	Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts	Most Bottled Water & Sports Drinks Blackberries Sweetened Fruit Juices Tomato Sauce
	3.0	Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet'N Low NutraSweet	Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food	Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods
	2.3	Colas! (Off the Chart)		

Cell pH	Salivary pH	Cell pH	Cell Voltage	Symptoms
8.84	8.04	Viruses	-105	Symptoms of Healing
8.75	7.95	Bacteria	-100	
8.66	7.86	Fungus	-95	
8.58	7.78	Cancer Cells Die at 7.8-8.8	-90	
8.49	7.69		-85	
8.40	7.60		-80	
8.31	7.51		-75	
8.23	7.43		-70	Dull Headache
8.14	7.34		-65	
8.05	7.25		-60	
7.96	7.16		-55	
7.88	7.08	Normal Healing	-50	
7.79	6.99		-45	
7.70	6.90		-40	
7.61	6.81		-35	Operating Voltage
7.53	6.73		-30	
7.44	6.64		-25	
7.35	6.55		-20	
7.26	6.46		-15	
7.10	6.30		-10	
7.09	6.29		-5	
7.00	6.20	Electron Donor	0	Change Polarity
6.91	6.11	Electron Stealer	5	Pain
6.83	6.03		10	Decreased Oxygen
6.74	5.94		15	Viral Infections
6.65	5.85		20	Bacterial Infections
6.56	5.76		25	Fungal Infections
6.48	5.68		30	Damage DNA = Cancer



1. Our Bodies are Truly the Smartest Doctors on the Planet if only We Fuel them Properly. Our Bodies are God Given Self-Healing Organisms; Quite Literally Divinely/Scientifically Designed to be Disease Free...

2. Homework: Watch videos 1-8 and view information on Church Main page discussing in-depth, lifestyles for Optimal Health. Watch video link, button at the bottom of 2nd video: Are We Meant to Eat Meat. Biblical Health tab has more great information and videos on how to Heal ThySelf, while emphasizing specific Biblical verses. Take notes for pre-Module 2 Q&A of Module 1.