

We may need to take food supplements.

Because...

- Our food is degraded and may contain 90% less nutrients than some 100 years ago.
- Our food is loaded with pesticides, insecticides, chemical fertilizers, etc.
- Our food is processed through whitening, smoothening, made less sticky by adding wax, etc.
- Our food is pasteurized, sterilized, irradiated, heated up... to keep the food longer, but also killing the necessary enzymes.
- Our food is supplemented with colorings, preservatives, flavorings, stabilizers, etc.
- Our food is not fresh anymore because the time between harvest and consumption is too long.
- Our food is not pure anymore. A lot of chemicals went into our food through the pollution of air, water and soil.
- Our food consists of a lot of junk food – food that is out of balance and consists of too much sugar and hydrogenated and saturated fats.
- Our food cannot be well digested and absorbed anymore because of:
 - lack of enzymes;
 - our weakened body (stomach, liver, blood, pancreas, gallbladder)... accelerated through bad habits like smoking, excessive alcohol, etc.;
 - eating too much;
 - polluted blood;
 - lack of exercise;
 - stress (this eats up our nutrients and exhausts our glands);
 - bad mental attitude which disturbs our digestion.

Therefore our body accumulates all kinds of filth by which detox becomes an absolute necessity to regain our health. Staying too long with a defiled body will bring us ever closer to a breeding sickness while we often do not consider the arising symptoms. So the first step may be to detoxify our body, then supplementing it with the right kind of food and supplements. More on detox can be found at:

In Secrets of Life - Chapter 28 - The Dark Side of Nature:

“You blame Me for the fact that even your body is already during your lifetime an abode of a mass of infusorian. This is primarily your own fault, as most of your foodstuffs consist of such substances in which, through the natural body warmth, the eggs of such animalcules¹ are hatched in your body. These animalcules are only at home where decay and decomposition supply them with nutriment.

The more easily perishable (and semi-decayed) things you take into your stomach, the more similar elements you create in your blood and the more you favor the formation and procreation of such animalcules, which invade even the finest capillary vessels of your circulatory system.

If you banned such detrimental substances from your food, your health would improve and your life be extended.

However, you are used to these wrong ways, and so I must allow them until some sickness forces you to pick and choose your food more carefully.”

In The Great Gospel of John VI - Chapter 56:

“...causes out of which most ailments come into being... the eating of bad, unclean food, improperly and not freshly prepared meals, and also bad drinks. And, on the other hand, eating all kinds of unripened fruits...”

In The Great Gospel of John - Book 24 - Chapter 64:

[2] Look, the first men, who always stayed in the order and simplicity that was shown to them by My Spirit, did really not know about any sickness which precedes physical death. They mostly reached a very high age, became never sick, and they finally fell quietly asleep, and by that their soul did not feel any pain or fear of death.

[3] Their food was always the same, and not today this and tomorrow something different. They mostly lived from milk, bread and good, ripe tree fruit. This kind of dish was their food for their body during their whole life, and to quench their thirst, fresh spring water was used.²

[4] For this reason the nerves of their body were always fed by the same good, harmless substances of the soul, and no bad, impure and therefore harmful soul substance could creep into the body. That is why those men always stayed strong and healthy, spiritually as well as physically.

[5] But in this time and also in the much earlier times, look at the many thousands of different delicacies with which people fill their stomach and belly, then it will immediately become clear to you how in this situation all kinds of unfermented and therefore impure, bad and harmful substances often take possession of the whole human body and gradually torture and torment it more and more. Because such various substances in a human body are then constantly coming into a fight which can be calmed down for a period of time after seeking protection by taking all kinds

¹ Animals of microscopic smallness.

of herbs and roots that are known through experience and with which they appease the internal soul substance revolution.

[6] But such good health does not last long, especially for an old person, unless he for a long time sought protection by taking very simple food for his body. But this does usually not happen because when the people, for what concerns their body, become bearably healthier through a fortunately chosen medicine, most of them will soon like their old delicacies again, become then more sick than they were before, will begin to have trouble and will usually end in a painful way.

[7] Look, this is why Moses prescribed the menu for the Israelites who were delivered from the hard slavery of Egypt. Those who strictly lived according to it, remained healthy up to a high age, but very soon many wanted their Egyptian meat pots, and the result was that soon after that they became sick, weak and tired and had to end their earthly life with all kinds of physical sicknesses.

[8] Still more sadly in this respect is what happens to children.

[9] Firstly their parents have sinned here and there and have by that filled their body with a great number of bad and harmful soul substances, and thus the child is procreated by a sinful father in the body of an even more sinful mother. Question: how can out of such body come forth a healthy child?

[10] And secondly, it is especially during pregnancy that the mother is mostly craving for all kinds of delicacies, and her family members cannot think of a better service than to give in as much as possible to the desire of the pregnant woman.

[11] On this occasion, the child receives a second blow against his health. It is not sufficient for the child to come out completely sick from the mother's body, but immediately after that he must be nourished with an even worse mother's milk. This is the second, even harder blow against the basic principles of the health of a child.

[12] If a child withstood as fortunate as possible and so-called 'safe and sound' those two blows against health with all kinds of medicine, there is still a third blow against health. The child grows up of course, becomes cute and adorable for the people around him. Then he all too soon will be greatly spoiled and provided with all kinds of sweets, because such foolish parents cannot forbid anything to their darling. But what is the result of this? That the child will prematurely spoil and weaken his stomach and the necessary digestive organs, so much so that he will already soon catch all kinds of physical sicknesses and also die early.

[13] Many children die already in the body of their mother. A greater number die soon after birth within 2 to 3 years, but most of them from 4 to 12 years. The children who then still reach a riper age must firstly have clever and reasonable parents, must have followed a chaste and healthy life and not get angry or vexed. In this way they still can come to a very good and bearable health and reach 60, 70, 80 years or older. But then their old age is in itself as good as a sickness which is still a result of the mother's body and comes mostly also from the sins of their youth.

[14] From this short explanation you can see that I absolutely was never the cause of the human physical sicknesses, but the people themselves, and this from the moment that they thoughtlessly and willfully left more and more My commandments and rules which I always gave to them, and they followed their

reason and their will which became more and more darkened and confused by the evil spirits that are in the air, the earth and the water.

In The Great Gospel of John - Book 24 - Chapter 91:

[7] “Once the food has delivered its important part to the body, to its nerves and to its soul, the actual impure part of the matter that you took to enliven your body, is removed from the body by the 2 natural pathways. However, if a person becomes a glutton in every respect and has made his belly as his idol, then the food that was taken, as well as the too much wine that was poured into the stomach, cannot be completely separated (*digested*) in the 2 stomachs, which I explained. By that, still many more parts, which have to enliven the body, the nerves and the soul, but which were not extracted from the food, come into the big belly and the intestines and for another part via the liver and the spleen in the urine bladder. There they will again cause fermentations out of which in the course of time will develop all kinds of sicknesses for the body, and which will make the soul lazy, dull and insensible.”

In The Great Gospel of John - Book 24 - Chapter 92:

[1] “So if man wants to stay completely healthy in body and soul, from childhood he must moderately nourish himself with pure food.”

[2] Look at Me. I am also a human being for what My body is concerned, but I eat and drink always the same food and quench My thirst with pure, good and healthy wine, but always in the right measure. And what I eat and drink now before your eyes, I already ate and drank in My childhood years, as well as most of My disciples here who were almost all fishermen and lived from fish.

[3] When they had a surplus of the fish they caught, they received money, and with that they bought the necessary clothes, bread, salt and also wine which they drank in moderation with water, and ask them if one of them was ever tormented by a sickness, except the one who I do not wish to specifically indicate to you.

[4] I say to you: if people would have stayed with the food that was indicated by the prophet Moses, the doctors with their medicines would never have had any work to do for them. But they began to stuff their body – just like the pagans in the manner of the epicures – with hundreds of different so-called delicacies and by that, after a short time, they fell into all kinds of sicknesses.

[5] A good kind of fish that stays in clean water and that is prepared in the manner as we have eaten is the healthiest food for the human body.

[6] Where such fishes cannot be found, wheat and barley bread are in itself the healthiest food for humans, as well as the milk from healthy cows, goats and sheep. Among the pulses, lentils are in first place, and, like with the preparation of pulp, the big Persian maize grain. Only the flesh of a few chickens and doves, then of a healthy and clean bovine animal, and also of goats and sheep, in a completely bloodless condition, can be eaten as food – fried or cooked, but fried is to be preferred to cooked.²

[7] However, the blood of animals should not be eaten by anyone.

[8] What I told you now is and remains for men the simplest, purest and healthiest food. All the rest – especially when it is eaten in excess – is harmful for man,

especially when it is not prepared in such a way that the evil of the nature spirits is completely removed from it.”

[9] Now the supreme judicial city officer asked Me: “O Lord and Master, then how about the many kinds of very good tasting fruits and roots?”

[10] I said: “The eatable fruits must in the first place be completely ripe. In that condition they can be eaten with measure. But nevertheless, it is healthier when they are in a cooked, fried or dried form than raw, because by the boiling, frying and drying the bad and still unfermented nature spirits of life are removed from them. It is the same with roots.

[11] You know the fruits and the roots that are good for men’s consumption. However, the hungry and gluttonous people will not be satisfied with that, but they constantly still discover a great number of things to eat, from the plant kingdom as well as from the animal kingdom, and the results of this are the ever increasing, most various physical sicknesses.

In The Household of God II - Chapter 245:

[11] “I tell you: be at all times moderate in the consumption of natural food, because within it lies a great temptation.”

Jakob Lorber:

“The Lord: “Listen, you, My dear and diligent transcriber of My gifts of love for the spirit, heart and mind. You always complain about all kinds of weaknesses in your flesh. At times, your head is not in order, then it is your feet, and also at times it is your stomach which you often accuse of a certain idiocy. But behold, it cannot be any other way because you are still a little glutton and drink beer and wine unrestrained, and with it, you eat whatever tickles your palate. Do you think that it serves your body? By no means. All that is poison for you in your already advanced years. If you wish to be healthy and reach an old age, then remain diligently with a home diet. In the evening, order for yourself at home a simple and good-tasting meal, but not too sour, and not too salty. You may even drink a little wine with water, but take a good walk outside beforehand, then you will remain healthy and strong. On a beautiful day, you may go wherever you please to find a good wine, but avoid that awful swill you call beer, because it has all the bad attributes, but no good ones, especially in this deceitful time, where hop and malt are truly spoiled. This not only applies to the body, but considerably more to the soul and spirit. Eating out in restaurants in the evening amidst beer and tobacco smoke is extremely harmful. And with it, through the bad food, all kinds of evil elements are taken into the body which makes the soul and body dull.”

In The Sun’s Healing Powers - Page 11:

“If there would be pure beer available made from barley and hops, a moderate consumption would not be disadvantageous, even though it is not wholesome, since it contains only sluggish and very withering elements. But beer, as it is now

generally available, does not nourish, nor does it quench the thirst, but only stupefies. And it is real poison.”

In Earth and Moon - Chapter 35:

The present-day complicated foods cause human beings the most harm. With their food, they corrupt and stupefy their nature to such a degree that therein the soul, like a bird among glue-spindles, becomes entangled.

Vegetarianism

Gottfried Mayerhofer – Dated September 12, 1870:

“Every kind of unnatural death is an act of violence, and through this act occurs a decomposition of a large amount of elements which, during the quiet life of the animal, harmlessly slept and was bound in the body and in the blood of the animal. This is how I organized the life of an animal. Through a violent death, the blood as well as the flesh is being changed. Processes occur which are partly being removed through the cleansing process of the fire during cooking and roasting, but they are never totally eradicated. It is, indeed, thankful that after ingestion, the body immediately reacts with particular emerging ailments, especially after eating the flesh of wild animals killed in fear and excitement.

A much deeper reason regarding meat-eating lies in the fact that animals of any kind and species are just as different in this disposition as are human beings, because there are peaceful and vicious, quarrelsome and good-natured animals, it is therefore self-evident that the flesh of one animal must be quite different than the flesh of another.

Whosoever is capable of abstaining from eating meat, or eats it in moderation, protects himself in this manner from a multitude of spiritual specifics or elements, whereas another human being thoughtlessly fills his stomach with it. As far as the spirit is concerned, through vegetarianism, he provides the soul with a healthy body, while another human being is prone more to ailments and sickness, wherein the cause presents a puzzle.

When you are permeated with the beautiful spirit of compassion, and do not want to take the life of an animal, merely to turn its flesh into your own, you do well should you not wish to do that. Because everything a human being is convinced of as a spiritual being, he should never do the opposite, since it would have a harmful effect upon him. It is, however, for this reason not necessary to totally forbid the eating of meat and ban it as a means of nourishment for human beings. If I would have wanted it that way, I would have organized your bodily structure in such a way that you, just like the ox, the donkey, and the horse could not tolerate anything but grass and herbs, or vegetation, or fruit. But since I made man lord of the Earth, I gave him a body which is suitable to live in all climates, and from all kinds of products.

It is, of course, self-evident that too much is harmful. Therefore, a human being, besides his ability to be able to eat everything, should hold on to his intellect, or arrange to preserve the proper limits. I gave man the means and the ability (to eat

everything), but at the same time, I also placed within him the principle to fight his cravings and desires, and that he would not declare his stomach as his god. This struggle, which to Me spiritually comes first, of which the fundamental principle lies within your vegetarianism, strengthens your soul and maintains your body's health with moderate meals, and so serves the soul as a skillful tool.”

² As we can see, Jesus did not recommend the same food to everyone and for all ages. As people changed their eating and living habits, they also did not retain the same physical condition and healthy body. For instance, as milk was in earlier times a good, nourishing food, it has become today a difficult to digest food. Man has spoiled his inner digestive organs through generations and cannot digest as well the different foods that were healthy before. Moreover, many people became intolerant for cereal grains as most of them are refined and lack many important nutrients. And whatever is not well digested in the body can turn into poisonous substances that accumulate in the body through time. This is because man has changed, polluted and poisoned his food (see top of article), which will also pollute and poison his body. So for many formerly healthy foods it is unfortunately not advisable anymore to consume them. Also, the right food can be different for each person, depending on internal condition, age, allergies, immunity, etc. In this respect, this is what Jesus says (not only for vegetarians):

Gottfried Mayerhofer – 1870-1877:

“As I said before: those who have become used to vegetarianism shall remain with it as long as it agrees with their physical well-being. By this I mean that all must be very wisely alert, as soon as their nature refuses any of those simple, modest foods, not to stubbornly remain with the formerly practiced way of eating but to slow down your strict observance which could only do harm. You must realize that when a body ages, certain illnesses, or even death, could be caused, not only from the food but also from a gradually developed uselessness of the inner organs, when the digestive tract is weak or worn out so that it needs more stimulation. One must then eliminate what causes the trouble and replace it with other foods like meat and wine to strengthen the nerves and maintain the body's elasticity, so that it may serve the soul as a useful tool up to the last breath. Let all of you be warned not to fanatically stick to your knowledge. Nothing on Earth is always good or always bad (as far as food is concerned). Observe how I rule the world. I pull the good out of the bad, and from the good I let the bad emerge, so that it serves to teach you and bring you one level higher. Therefore, you must not cling fanatically to the teachings by one or another defender of vegetarianism but let it be less important to you depending on climate and social conditions. Always walk the middle road. Doing too much good (fanatically clinging to certain strict diets) can be harmful in the long run. Use your intellect for leading and maintaining your body and heart for the betterment of your soul, then your spirit-spark from God can unite with it. Be assured that whatever you do in My name will not harm you but bring blessings. Reflect upon this lesson and always act according to My spiritual view, and not according to your worldly opinions. Then My blessing shall never be wanting. Amen.”
