

Present Truth

2 Peter 1:12

Dear Readers,

November 2004

“Grace be unto you, and peace, from God our Father, and the Lord Jesus Christ.” (1 Thessalonians 1:1) I pray that you are all doing well, and that you will be blessed by the messages in this paper.

News Note: I know it is a little late, but I wanted to share with you something that astonished me. I recently read about a debate over Halloween falling on Sunday. CNN reports, “Some towns around the country are decreeing that Halloween be celebrated on Saturday [instead of Sunday] to avoid complaints from those who might be offended by the sight of demons and witches ringing their doorbell on the Sabbath.... Sandra Hulse of Greenville, Georgia [said] ‘You go to church on Sunday, you don’t go out and celebrate the devil. That’ll confuse a child.’” (www.cnn.com/2004/US/10/15/halloween.sabbath.ap) Some questions that went through my mind are: Why are Christians sending their children out to participate in this offensive ritual to “celebrate the devil”? Why would Christians be any less offended on any other day of the week? How can these Christians have the audacity to call the first day of the week the Sabbath, when God said, audibly, with His own voice, and wrote with His own finger, “the seventh day [Saturday] is the Sabbath”? (The Fourth Commandment in Exodus 20:10)

An Appeal on Immortality

by Elder James White

(This article is a collection of questions designed to get people to think about the realities of biblical immortality, as opposed to what many theologians and ministers teach today.

Editor)

1. Is it reasonable to suppose that God created man an immortal being, and yet never once in His holy word informed us of the fact?

2. Is it reasonable to suppose that if man naturally possessed immortality, God’s word would recommend us to seek for it, as it does in Romans 2:7?

3. Is it reasonable to suppose, that if men were naturally immortal, God’s word would so plainly assure us that “God only hath immortality?” (1 Timothy 6:16)

4. Is it not far more reasonable to believe that immortality is the gift of God through Jesus Christ our Lord? (Romans 6:23)

5. Is it reasonable to suppose that words, when found in the Bible, must have a meaning attached to them, which no man in his senses would ever think of attaching to them in any other book? For instance, the words *life* and *death*, when found in the Bible, must (as theologians tell us) mean *happiness* and *misery*; but, if found in any other book in the world, they would simply mean “existence” and “cessation of existence.”

6. Is it reasonable to suppose that in all the vast multitude of passages in which Christ promised life, eternal life, to His followers, He did not literally mean what He said? This He could not, if all men have immortal life by nature. In that case the wicked will live through eternity as well as the righteous.

7. Is it reasonable to suppose, in all the vast multitude of passages in which death is threatened as the punishment of the sinner, that loss of happiness is all that is meant? An unhappy man is as truly alive as the most happy being in existence; and if he be immortal by nature, will continue alive through all eternity. In no plain, common-sense language can any immortal being be said to suffer death.

8. Is it reasonable to suppose that infinite wisdom would invariably use language which was only calculated to mislead mankind? or which none but doctors of

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divinity could unravel? Would God speak in riddles to men in the great matters which concern their salvation?

9. Is it not more reasonable, and more in accordance with the wisdom and love of God to suppose that He would give His creatures such a revelation, as plain, common-sense people could easily understand? He has done so: if men would use their reason in reading the Bible, as they would do in reading any other book.

10. Is it reasonable to believe that men go to heaven or hell immediately at death, and then hundreds or thousands of years afterward are taken out to be judged, and to see which they deserve to be sent to? Should we deem it right to send a man to the State's prison for ten years, and then bring him out for trial to see if he deserved such a punishment? And "shall not the Judge of all the earth do right?" (Genesis 18:25)

11. Is it reasonable that such prominence should be given in Scripture to the doctrine of the resurrection from the dead, if that event only means a "re-union" of a lump of clay, with the conscious thinking and real man—the soul; and which is said by theologians to be as capable of happiness or misery without the body as with it?

12. Is it reasonable to talk about a "death that never dies," when there is not a word in Scripture to sanction such a contradictory phrase? Would it not be equally reasonable to speak of the reward of the righteous as a "life that never lives?" Is there not as much common sense in the one as in the other?

13. Is it reasonable to be so constantly, both in sermons and prayers, talking about "immortal souls," "never-dying souls," "deathless spirits," and such like expressions, when there is not from Genesis to Revelation one single passage to warrant the use of such language?

14. Is it reasonable to say that eternal death and eternal torment are synonymous expressions (as theologians tell us)—for how then can it be said in Revelation 21:4, "There shall be no more death?"

15. Is it reasonable to believe that a hell of fiery torment and ceaseless misery is to exist forever, when God says, "Behold, I make all things new?" (Revelation 21:5)

16. Is it reasonable to believe in the eternal torment of the wicked, when more than two hundred passages of Scripture plainly affirm that they shall "die," be "consumed," "devoured," "destroyed," "burnt up," "be as though they had not been," etc.? (Ezekiel 18:23; Psalm 104:35; Revelation 20:9; Psalm 37:38; Malachi 4:1; Obadiah 1:16)

17. Is it reasonable to believe that the righteous in their glorified state can be indifferent to, and unaffected by, the endless sufferings of countless millions of their fellow beings; among whom would probably be found parents,

children, husbands, wives, etc.? Is it possible that they will be destitute or deprived of qualities which are considered most lovely and godlike in this life; viz., piety, sympathy, compassion, commiseration for others' woes, etc.? Will insensibility to the woes of the wretched ever become a virtue? Will that which is a vice in this life, become a grace in the glorious future life? Is the standard of virtue thus variable, that what is vicious here, is to be gracious hereafter?...

[18.] 19. Is it reasonable to believe that God is such a vindictive being, that his justice cannot be satisfied with the death of the offender? but that He must be constantly pouring floods of fiery wrath upon the wretched being through the ever rolling cycles of eternity?

I might multiply questions of this kind, but I forbear.

Men of reason and common sense, give your serious attention to these points. Read your Bibles again. Read carefully—read prayerfully. See if these things be true or not. Dare to think for yourselves. Do not trust to commentaries. Do not build your faith on bodies of divinity. Go to the fountain head of truth. "The words of the Lord are tried words." "The law of the Lord is perfect." (See Psalm 12:6; 19:7.) This cannot be said of the writings or opinions of any man, or number of men, however wise or holy they may be. To err is human. God and His truth alone are infallible. Show yourselves true Protestants, and cast away the "traditions of men." You have the Bible. The wisest and holiest of the "fathers" had no more. Your ministers have nothing else to guide them—at least they ought not. "The Bible, and the Bible alone, is the book for Protestants." Go then to your Bibles, and see if the God-dishonoring doctrines to which I have directed your attention are found there or not. Excuse me if I tell you, that, however full of these doctrines human books and human sermons may be, God's Bible does not contain them.

Rather, believe that man is mortal and condemned to die, but Christ is "come that men may have life, and that they may have it more abundantly." (John 10:10)

"The wages of sin is death, but the gift of God is eternal life, through Jesus Christ our Lord." (Romans 6:23)

Forty Questions on Immortality

1. Who is immortal? **Answer:** "The King eternal, immortal, invisible, the only wise God." (1 Timothy 1:17)

2. Are not all men possessed of immortality? **Answer:** "The blessed and only Potentate, the King of kings and Lord of lords: who only hath immortality." (1 Timothy 6:16)

3. Are not all men created immortal? **Answer:** God "only hath immortality." (1 Timothy 6:16)

4. Is there any way by which men may obtain immortality? **Answer:** "To us are given exceeding great and precious promises, that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." (2 Peter 1:4)

5. Is this immortality revealed by Plato or Socrates, or by familiar rapping spirits, or in nature,—or is it through Jesus Christ and his gospel? **Answer:** "By the appearing of our Saviour Jesus Christ, who hath abolished death and hath brought life and immortality to light through the gospel." (1 Timothy 1:10)

6. Who has power to bestow immortality upon man? **Answer:** "the gift of God is eternal life through Jesus Christ our Lord." (Romans 6:23)

7. Will God give this gift to all persons whatever their works may be? **Answer:** God "will render to every man according to his deeds." (Romans 2:6)

8. What will be the portion of those who are contentious and obey not the truth? **Answer:** "Indignation and wrath, tribulation and anguish upon every soul of man that doeth evil." (Romans 2:8, 9)

9. To whom will God impart immortality? **Answer:** "To them who by patient continuance in well-doing, seek for glory and honor and immortality." (Romans 2:7)

10. What shall be their reward? **Answer:** "Eternal life." (Romans 2:7)

11. Upon what conditions may we obtain this blessing? **Answer:** "Fight the good fight of faith, lay hold on eternal life." (1 Timothy 6:12)

12. When do men obtain immortality? Is it at death or at the resurrection? **Answer:** "The dead shall be raised incorruptible." (1 Corinthians 15:52)

13. How shall those who are not dead become incorruptible? **Answer:** "We shall be changed." (1 Corinthians 15:52)

14. When will this change take place? **Answer:** "At the last trump." (1 Corinthians 15:52)

15. How suddenly will the change occur? **Answer:** "In a moment, in the twinkling of an eye, at the last trump." (1 Corinthians 15:52)

16. Will this change be a change of the internal, or the external and physical, or corruptible man? **Answer:** "This corruptible must put on incorruption." (1 Corinthians 15:53)

17. What, then, becomes immortal? **Answer:** "This mortal must put on immortality." (1 Corinthians 15:53)

18. What Scripture will be fulfilled when this corruptible shall have put on incorruption, and this mortal shall have put on immortality? **Answer:** "Then shall be brought to pass the saying that is written, Death is swallowed up in victory." (1 Corinthians 15:56; Isaiah 25:8)

19. Who will be raised from the dead? **Answer:** "All that are in their graves shall hear his voice, and shall come forth." (John 5:28, 29)

20. Will the unburied arise? **Answer:** "The sea gave up the dead which were in it; and death and hell [the grave] delivered up the dead which were in them." (Revelation 20:13)

21. Will different classes of characters arise in the resurrection? **Answer:** "There shall be a resurrection of the dead, both of the just and unjust." (Acts 24:15)

22. For what purpose will the good be raised? **Answer:** "They that have done good unto the resurrection of life." (John 5:29)

23. To what will others be raised? **Answer:** "They that have done evil unto the resurrection of damnation." (John 5:29)

24. Will a man's destiny at last be in accordance with his previous life? **Answer:** "Whatsoever a man soweth that shall he also reap." (Galatians 6:7)

25. What will be the portion of the ungodly? **Answer:** "He that soweth to his flesh, shall of the flesh reap corruption." (Galatians 6:8)

26. What will be the reward of the saint? **Answer:** "He that soweth to the Spirit, shall of the Spirit reap life everlasting." (Galatians 6:8)

27. Where now is the Christian's life? **Answer:** "Your life is hid with Christ in God." (Colossians 3:3)

28. How, then, should we live? **Answer:** "Let us not be weary in well doing; for in due season we shall reap if we faint not." (Galatians 6:9)

29. What will be the fate of those who sow to the flesh? **Answer:** "They shall utterly perish in their own corruption." (2 Peter 2:12)

30. Is it possible for man to be utterly destroyed? **Answer:** "Fear him which is able to destroy both soul and body in hell." (Matthew 10:28)

31. What is the wages of sin? **Answer:** "The wages of sin is death." (Romans 6:23)

32. Is this death merely a bodily death? **Answer:** "The soul that sinneth it shall die." (Ezekiel 18:20)

33. If the wicked turn away from his wickedness and do right, what then? **Ans.** "He shall save his soul alive." (Ezekiel 18:27)

34. "When a righteous man turneth away from his righteousness, and committeth iniquities and dieth in them," what shall be his fate? **Answer:** "For his iniquity that he hath done, shall he die." (Ezekiel 18:26)

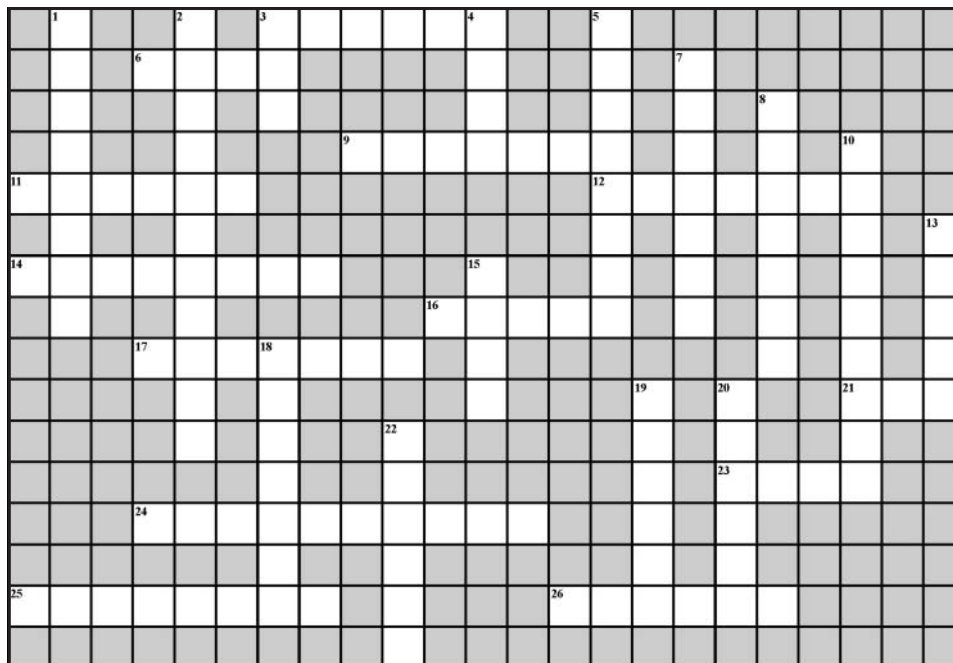
35. As he first dies in his iniquity, and then dies for his iniquity, what must this last death be called? **Answer:** "The second death." (Revelation 21:8)

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Something for the Young at Heart

This month we are continuing a series of crossword Bible studies that are based on the “These Last Days” Bible Lessons. In order to maintain the flow of the study, this crossword puzzle is not split into Across and Down sections—Across or Down is indicated at the end of each line.

Revelation Unseals Daniel’s Prophecy



Answers are on page 8

“And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed.”

(Daniel 8:14)

- The 2300-day prophecy extended to the time of the ____.

Daniel 8:17—**21 Across**

Note: “Behold, I will make thee know what shall be in the last end of the indignation: for at the time appointed the end shall be.” (Daniel 8:19)

- Daniel was told to shut up the vision because it would not be fulfilled until many ____.

Daniel 8:26—**4 Down**

- The book of Daniel was to be closed up and ____ until the time of the end.

Daniel 12:9—**3 Across**

- Revelation pictures a mighty angel with a little ____ in his hand.

Revelation 10:1, 2—**15 Down**

Note: Revelation 10 makes unmistakable reference to the book of Daniel:

Daniel 12:5-7: “Then I Daniel looked, and, behold, there stood other two, the one on this side of the bank of the river, and the other on that side of the bank of the river. And one said to the man clothed in linen, which was upon the waters of the river, How long shall it be to the end of these wonders? And I heard the man clothed in linen, which was upon the waters of the river, when he held up his right hand and his left hand unto heaven, and swore by him that liveth for ever that it shall be for a time, times, and an half; and when he shall have accomplished to scatter the power of the holy people, all these things shall be finished.”

Revelation 10:5-7: “And the angel which I saw stand upon the sea and upon the earth lifted up his hand to heaven, and swore by him that liveth for ever and ever, who created heaven, and the things that therein are, and the sea, and the things which are therein, that there should be time no longer: but in the days of the voice of the seventh angel, when he shall begin to sound, the mystery of God should be finished, as he hath declared to his servants the prophets.”

- The mystery would soon be finished as God had declared to the ____.

Revelation 10:7—**25 Across**

- The angel’s feet were upon the ____ and the earth.

Revelation 10:2—**3 Down**

Note: “And God called the dry land Earth; and the gathering together of the waters called he Seas.” (Genesis 1:10)

- In Bible prophecy, waters symbolize ____ and multitudes, and nations, and tongues.

Revelation 17:15—**17 Across**

Note: “Upon the sea and upon the earth.” (Revelation 10:5) The book of Daniel was to be opened in an area occupied by many nations, and also in a sparsely-populated land.

In 1800 Daniel was a closed book. In 1812 the study of prophecy began to gain great attention in England. It soon took hold throughout Europe, Asia, and Africa. Soon more than a hundred writers from a

wide variety of denominations were interpreting Bible prophecy. Loosed by the hand of a prophetic clock, scores of men, representing over a dozen nations on four different continents, independently and simultaneously began predicting the fulfillment of the 2300-day prophecy.

In the United States, the most noted expositor of Daniel 8:14 was a Baptist, William Miller. He and 43 ministers of 13 denominations unleashed perhaps the greatest prophetic awakening in American history. By a thorough study of the 2300-day prophecy, they discovered that the 2300 days would expire on October 22, 1844.

- When the book of Daniel was still in their mouths, it would be like _____. Revelation 10:8-10—**16 Across**

Note: John, eating the book, represented God's people who would live at the time of the end when this prophecy would be fulfilled. "Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart." (Jeremiah 15:16) "How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!" (Psalm 119:103)

- But after it was swallowed, it would be _____. Revelation 10:9, 10—**26 Across**

Note: It was commonly believed that the earth was the sanctuary to be cleansed, as mentioned in Daniel 8:14, and that Jesus would come at the end of the 2300-day period. No message could have been sweeter. Many gladly gave up their jobs and spent their life's savings to spread the wonderful news. But when the date passed by and Jesus did not return, they experienced the most bitter disappointment of their lives.

- Those who had experienced the bitter disappointment were told they must _____ again. Revelation 10:11—**5 Down**
- In the next verse the angel told John to measure the _____ of God. Revelation 11:1—**20 Down**
- John was also asked to measure them that _____ therein. Revelation 11:1—**9 Across**
- The temple of God was opened in _____. Revelation 11:19—**22 Down**
- The apostle called the temple of God in heaven the true _____. Hebrews 8:2—**24 Across**
- The earthly tabernacle, being true to its pattern, served as an example and shadow of _____ things. Hebrews 8:5—**1 Down**

- The heavenly tabernacle is more _____ than the earthly. Hebrews 9:11—**18 Down**

- _____ is our High Priest of the heavenly sanctuary. Hebrews 9:11—**19 Down**

Note: "Wherefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our profession, Christ Jesus." (Hebrews 3:1)

- The veil in the middle of the tabernacle divided between the holy and the _____ holy places. Exodus 26:33—**23 Across**

- The most holy place is also called the _____ of all. Hebrews 9:3—**12 Across**

- The earthly high priest went into that apartment _____ every year. Hebrews 9:7—**6 Across**

- He took _____ with him to offer for himself and for the errors of the people. Hebrews 9:7—**13 Down**

Note: The earthly Day of Atonement which occurred "once every year" is described in Leviticus 16. It symbolized the work Jesus would perform in the most holy place of the heavenly sanctuary, which began in 1844 according to the prophecy in Daniel 8:14.

- All the people were to _____ their souls. Leviticus 16:29—**7 Down**

Note: To the Jews the Day of Atonement was a solemn day of judgment. The Jewish encyclopedia describes it as follows: "God, seated on His throne to judge the world... openeth the Book of Records; it is read, every man's signature being found therein. The great trumpet is sounded; a still, small voice is heard; the angels shudder, saying, this is the day of judgment.... On the Day of Atonement it is sealed who shall live and who are to die."

- The atonement that was made for the people on that day would _____ them from their sins. Leviticus 16:30—**8 Down**

- There was also an _____ made for the holy sanctuary, for the tabernacle and for the altar. Leviticus 16:33—**10 Down**

- The sanctuary needed an atonement because of the _____ of the Israelites. Leviticus 16:16—**2 Down**

- It was also necessary for the heavenly sanctuary to be purified, but with _____ sacrifices. Hebrews 9:23—**11 Across**

- In one word, what was to be done to the sanctuary at the end of the "2300 days"? Daniel 8:14—**14 Across**

Note: For further study on this subject contact us and request the October 2002 issue of *Present Truth*.

A Prayer Request

A long-time friend of mine, and one who had been my co-worker for several years (until his beliefs changed), really needs our prayers. Doug Goslin has been struggling with grand mal seizures for about twenty years, which were a result of scar tissue on his brain caused by an accident he endured as a child. The medications he has taken for many years to keep him from having seizures has caused his liver to fail. The doctors switched his medications, but his liver is unable to properly deal with toxins in his body, so he has been having a lot of trouble recently. In the latter part of October he went into repeated seizures, and was taken to the emergency room, where he stayed for three days; unconscious most of the time. He has regained consciousness, and is doing much better, and has been sent home. He still has serious problems with his liver. His family and I would really appreciate it if you lift him up in prayer. Thank you!

Editor

Fearfully and Wonderfully Made

by George McDaniel

Insulin Resistance Syndrome - Part 3

(Insulin resistance is caused by exposing the cells of the body to high levels of insulin. When this happens they become unable to respond normally to insulin. This is a recent development due to the modern diet of large amounts of refined carbohydrates. It is an important health issue because insulin has many functions in the body. As the cells become resistant, the pancreas puts out more insulin to compensate, and the cells respond by becoming more resistant. Eventually disease symptoms occur. If possible, read the previous two articles which help to lay a groundwork for this topic.)

The two previous articles have shown that insulin is one of the major hormones of the body and that an excess of insulin, caused by improper diet, can produce many harmful effects. The good news is that insulin resistance can be both prevented and cured. The two factors most closely related to insulin are diet and exercise.

There are two main reasons why we eat: First, to obtain energy; second, to gather up the building blocks for growth, maintenance and repair. (Pleasure is another reason but if we eat too much, or eat the wrong foods, we won't have much long-lasting pleasure.)

For energy, the body can use glucose or fat. Certain tissues, primarily the brain, nerves, and red blood cells, need glucose for energy. Muscle cells can burn fat for energy. In fact, fat is the preferred source of energy for muscle cells.

The body can store only a small amount of sugar, in the form of glycogen, in the muscles and liver. In an active day, if a person had to rely on sugar alone for energy, he would probably die. The body stores excess fuel mainly in the form of fat. This is an indication that sugar was never meant to be the primary energy source. Glucose was meant to be primarily used as fuel in an emergency, where one needed to expend a large amount of energy in a short time. This is why adrenalin raises blood sugar levels.

In order to increase insulin sensitivity, we need to decrease the exposure of the cells to insulin. The first thing to do is stop the blood sugar rollercoaster. For those who may not have read the previous articles, let me explain that concept: When a person eats a meal high in refined carbohydrates, it is changed by the digestive process into glucose very rapidly. This large

amount of glucose enters the blood very quickly and causes a rapid rise in the blood sugar. The pancreas sees this as an emergency and releases a large amount of insulin to take care of the problem. The amount of insulin is frequently more than is needed, so the blood sugar falls below normal. The person begins to feel weak and hungry, so he eats a high sugar snack. This raises the blood sugar again, the pancreas releases more insulin, and the process repeats itself several times a day.

This person will likely have breakfast, a mid-morning snack, lunch, a mid-afternoon snack, and then go home to a heavy supper. He feels so drowsy after this that he sits in a stupor in front of the TV until bedtime. He might then have a snack before going to sleep. It is not just adults who follow this pattern. Children at many schools also do. They have access to vending machines, and Mother is not there at lunchtime to tell them to eat their broccoli or peas. This type of lifestyle is what causes insulin resistance. In order to reverse it, a person has to change this lifestyle.

In order to reverse insulin resistance, a person will have to go on a low carbohydrate diet. The best place to begin is to totally eliminate all refined carbohydrates. It may also be necessary, for a time, to eliminate all high carbohydrate, low fiber, whole foods, such as potatoes and grains. This may be difficult. Some people actually become addicted to sugar. It causes the release of serotonin in the pleasure centers of the brain. We tell children to "just say no" to drugs, so we can tell ourselves, "just say no" to sugar. All carbohydrates are turned into sugar in the body.

I read an account of someone who did a little research on essential nutrients. He took all the known essential nutrients and entered them into a computer. He then asked the computer what are the top ten foods that contain each nutrient required by the body. Grains were not on any of the lists of the more than fifty essential nutrients.

I realize that whole grains are a source of B vitamins, fiber, amino acids, and fats. It is also true that modern grains are different from grains of a few generations ago. They have been hybridized to produce greater yields per acre. One of the effects of this is a grain that has more carbohydrate.

Another thing to avoid is fruit juice. It is very easy to get a large dose of sugar from drinking juice. Also avoid

eating cooked fruit. Eat raw fruit if possible, but limit the amount eaten. Raw fruit contains fiber that will help slow down the process of digestion. Many fruits are also high in antioxidant compounds, especially berries.

We talked about eating to obtain fuel for energy and for obtaining building blocks. We can burn fat for energy. We need protein for building blocks. We need a smaller amount of carbohydrate for our brains and for emergencies.

There is also a class of sugars that we have just recently become aware of that play an important role in health. Before the advent of food processing, they were widely present in the diet. The refining process removes them to a great extent. These include the commonly available glucose and galactose, as well as lesser-known sugars such as xylose, fucose, mannose, and neuraminic acid. I will have to save further information on this for a future article.

Another way to decrease insulin resistance by diet is to include more omega 3 fats in the diet. Receptor sensitivity can be increased by increasing the fluidity of the cell membrane. Cell membranes that contain large amounts of saturated fat are more rigid. Those that have more unsaturated fat are more fluid. If a person eats too much polyunsaturated fats, the cell membrane can become too fluid. Polyunsaturated fats are highly prone to oxygenation. Someone whose diet includes mostly polyunsaturated fats also needs to take a lot of antioxidants, especially vitamin E.

There was an experiment done with rats that were genetically susceptible to cancer. When the rats were fed a diet high in omega 3 polyunsaturated fats, plus iron, and without any extra vitamin E, the tumors shrank down to almost nothing. Tumor cells divide rapidly. The cell membranes were very high in omega 3 polyunsaturated fats. The iron acted as a catalyst for oxidation. The cells were disintegrating from rapid oxidation.

The diet needs to contain a mixture of saturated, mono-unsaturated, and polyunsaturated fats. Mono-unsaturated fats should predominate, with lesser amounts of the other two groups. The polyunsaturated fats also should be divided about equally between omega 6 and omega 3 fats. This designation just indicates the location of the unsaturated bands.

The modern American diet is too heavy with omega 6 fats. Good sources of omega 3 include flax seed oil, hemp seed oil, and walnut oil. Fats have many other uses by the body, but this article is about insulin resistance.

Protein is the third major nutrient. The body uses protein in every aspect of its function. Amino acids are used for growth, maintenance, and repair of tissues. It is used to manufacture enzymes, which are involved in every function of the body. Even such structures as bones have a protein matrix to which is added minerals. Water in the blood stream is kept within the blood vessels because of proteins in the blood.


There are eight or ten essential amino acids that the body can't make; they have to come from the diet. The rest of the proteins can be formed within the body. The body's need for protein is estimated to be from one to two grams per day per kilogram of lean body mass, depending on the person's activity. A lumberjack or coal miner needs more than someone who sits all day at a desk. Protein can also be used for energy, but it is not very efficient. Someone on a prolonged fast, perhaps because of famine, first uses up his fat stores, then begins to use muscle for energy. This is why famine victims look like just skin and bones; they have used up most of their muscle.

Someone who wants to decrease insulin resistance needs to increase the ability of the body to burn fat. This can only be done by changing the diet. Whether a person is a vegan or a carnivore, the principle is the same, only the specifics vary.

Dr. Ronald Rosedale, MD, who is an endocrinologist and has much clinical experience with diabetics and insulin resistance syndrome, recommends that 20% of our calories come from carbohydrates, 25-30% from protein, and 50-55% from fat. I would suggest that for someone who is insulin resistant and has some of the symptoms described, this would be a good plan to try, for a few months anyway. After a person has things under control, he can make some changes if he so desires.

Another way to reduce insulin resistance is by exercise. Resistance exercise works better than aerobic exercise. It is thought that the increased circulation to the muscle increases the activity of the receptor sites. Thirty minutes of exercise five days a week, combined with the necessary diet changes, will work faster than one or the other alone.

It has also been discovered that exposure to sunlight lowers blood sugar levels in a diabetic person. This possibly helps to increase insulin sensitivity.

I hope to clear up any confusion that may still exist and make everything more clear next time. 

(George McDaniel is my father-in-law, and has been a registered nurse for many years, which, along with much research, has taught him many useful health principles. *Editor*)

(An Appeal on Immortality, continued from page 3)

36. What is the result attained by the man who converteth a sinner from the error of his ways? **Answer:** “He shall save a soul from death.” (James 5:20)

37. What has God placed before us to excite us to action? **Answer:** “I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing.” (Deuteronomy 30:19)

38. How does God manifest His love to men? **Answer:** “God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.” (John 3:16)

39. What is our Saviour’s complaint concerning mankind? **Answer:** “And ye will not come to me, that ye might have life.” (John 5:40)

40. What is the command of God to all? **Answer:** “Cast away from you all your transgressions,... for I have no pleasure in the death of him that dieth, saith the Lord God: wherefore turn yourselves and live ye.” (Ezekiel 18:31, 32)

(This article was taken from a tract written by James White, entitled, *Appeal on Immortality*. Some editing was done for this publication. *Editor*)

Answers to Crossword Puzzle on page 4

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A		C	A						Y	O	F	C									
V		L							W	O	R	S	H	I	P	F	L	A			
B	E	T	T	E	R							H	O	L	I	E	S	T			
N		A										E	I	A	O			B			
C	L	E	A	N	S	E	D			B		S	C	N	N	L					
Y		N								H	O	N	E	Y	T	S	E	O			
										P	E	O	P	L	E	S		E	M	O	
										S	E			K		C	T	E	N	D	
										S	R		H		H	E	N				
											F	E			R		M	O	S	T	
										T	A	B	E	R	N	A	C	L	E	I	P
											C	V				S	L				
P	R	O	P	H	E	T	S		E						B	I	T	T	E	R	
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