

BENNY HINN MINISTRIES PRESENTS

BIBLE
FOODS

FOR

HEALING

BOOKMARK PUBLISHING



DALLAS, TEXAS

BIBLE FOODS FOR HEALING

Jacqueline Overpeck, General Editor

© 2007 Bookmark Publishing

Published by Bookmark Publishing

Dallas, Texas

Chapters 1 and 2 are reprinted from *The Bible Cure* by Dr. Reginald Cherry (Lake Mary, FL: Siloam Press 1998) and are used by permission.

All rights reserved. No portion of this booklet may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without prior permission from the publisher.

Scripture quotations, unless otherwise indicated, are taken from the *King James Version*. Scripture quotations marked (NKJV) are taken from the *New King James Version*. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved. Scripture quotations marked (NIV) are taken from the Holy Bible, *New International Version*. Copyright © 1973, 1978, 1984, International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved. Scripture quotations marked (AMP) are taken from *The Amplified Bible*. Old Testament copyright © 1965, 1987 by the Zondervan Corporation. The Amplified New Testament copyright © 1958, 1987 by the Lockman Foundation. Used by permission.

This booklet is intended as a reference volume only, not as a medical guide. The information provided is intended to help the reader make informed decisions about his or her health but is in no way intended as a substitute for any professional medical treatments.

ISBN: 1-59024-306-4

Printed in the United States of America

www.BennyHinn.org

10 9 8 7 6 5 4 3 2 1

CONTENTS

<i>Introduction</i>	v
1 Healthy Eating with the Mediterranean Diet	1
2 The Bible Cure: Practical Steps You Can Take	43
3 Wholesome Recipes	91
<i>Conclusion</i>	99

INTRODUCTION

Is healthy eating a regular part of your family's daily routine? This exciting booklet will help you and your loved ones get on track toward achieving that goal.

I want to extend my special thanks and appreciation to Dr. Reginald Cherry and Strang Publishing for allowing Benny Hinn Ministries to include two chapters from Dr. Cherry's best-selling book *The Bible Cure* in this *Bible Foods for Healing* booklet.

Dr. Cherry has been my frequent guest on *This Is Your Day!* and we have offered Dr. Cherry's popular book *The Bible Cure* and many of his *Bible Cure* booklets to our partners to assist them in living healthier lives.

In *Bible Foods for Healing*, you'll find beneficial information outlined by Dr. Reginald Cherry including:

- The Bible Cure Foods
- The Mediterranean Diet
- God's Nutrition Laws
- What Should I Be Eating?
- How to Shop for Healthy and Fresh Foods
- Ezekiel Bread
- Balancing the Immune System
- Vitamins, Antioxidants, and Supplements
- Improving Memory and Mental Function
- Herbal Medicines
- Arthritis, Diabetes, Heart Disease, and Cancer

Whether you want to begin eating healthy with a Mediterranean diet or learn practical steps to finding your Bible cure, this booklet featuring the works of

highly sought after Dr. Reginald Cherry will help you meet your health goals.

Dr Cherry says, “When the Bible speaks to the issue of the healing of our physical bodies, it illustrates clearly a supernatural aspect and a natural aspect of divine health.” *Bible Foods for Healing* reaches into those subjects to illuminate essential nutritional information that you need to know.

God Almighty wants you well and healthy. Divine health is and always has been better than divine healing. Divine health was always God’s plan for man. When we examine Adam’s life in the Garden of Eden before the Fall, we find that he was healthy and had dominion over everything. Sickness entered the human race after Adam’s sin. God created Adam healthy—a perfect act of creation. We find no record of sickness until after sin entered the world.

The Word of the Lord declares that God sent His Son, and because Jesus came, no sickness has any legal right over you. I believe that it is possible for each of us to grasp this truth and to fully realize the reality of our inheritance of healing and health.

The Lord created you as a unique individual. He

understands you and your specific health needs intimately: *“LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways”* (Psalm 139:1–3, NKJV).

I believe in divine healing, but I also believe in divine health. It is God’s will for you to be healthy. That is why God has given us the incredible living foods in His Word—so you may be whole and lack nothing. Wholeness is available to us in Christ Jesus today.

—BENNY HINN

I

HEALTHY EATING WITH THE MEDITERRANEAN DIET

A great interest has arisen in medical and health circles today about the foods that have been eaten for centuries in the lands of the Bible. The diet of Middle Eastern people is of particular interest.

One name given to this group of foods that prevent disease and help to cure diseases is the “Mediterranean Diet.” This diet is similar to the one described in Genesis.

And God said, Behold, I have given you every herb bearing seed, which is upon the face of the all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

—GENESIS 1:29

Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

—GENESIS 9:3

We will identify some of the specific foods mentioned in the Bible cure throughout the Old and New Covenants, and then observe the foods that are eaten today in those same regions around the Mediterranean Sea. I will list the specific foods mentioned in the Bible cure and then describe more generally the food groups you should eat in order to enjoy the health benefits that are rooted in the Bible cure's Mediterranean Diet.

SPECIFIC FOODS MENTIONED IN THE BIBLE CURE

The Bible cure gives us specific commands about two things: First we are to avoid certain fats: “It shall be a perpetual statute for your generations . . . that ye eat neither fat nor blood” (Lev. 3:17). Second, we are to