



International Journal of Nursing and Healthcare Research

Journal home page: www.ijnhr.com

<https://doi.org/10.36673/IJNHR.2021.v05.i02.A27>



BIBLICAL KOSHER SCRIBED CENTURIRES BACK FOR TODAY'S HEALTH

Esther Rakel*¹ and Priscilla Prabu¹

¹*Department of Nursing, Ganga College of Nursing, Coimbatore, Tamilnadu, India.

ABSTRACT

Mankind allocates a huge amount as medical expense concerning lot about their health. In the books of Bible, clearly highlighted various fundamental principles to counsel our personal choices in ways that can prevent diseases and optimize our health. God revealed fundamental truths in the Bible that medical science has taken thousands of years to confirms we examine a number of biblical health principles which is highlighted below in this article, we will discover how simple, yet up-to-date, this information is even though it was recorded thousands of years ago.

KEYWORDS

Optimize our health, Biblical nutritional and Bible verse.

Author for Correspondence:

Esther Rakel,
Department of Nursing,
Ganga College of Nursing, Coimbatore,
Tamilnadu, India.

Email: prisiprabu@gmail.com

INTRODUCTION

In quest of bodily perfection, people hunt endlessly for the updated health secrets. Mankind allocates a huge amount as medical expense concerning lot about their health. The Bible is not a textbook about health or nutrition. Yet, in the books of Bible, clearly highlighted various fundamental principles to counsel our personal choices in ways that can prevent diseases and optimize our health. In these enormous number of biblical health principles, we will discover how simple, contemporary, this information is even though it was recorded thousands of years ago! God conceded fundamental truths in the Bible that medical discipline has taken thousands of years to affirm.

Seasonings, Spices and herbs

The Bible gives us a profound knowledge regarding herbs and spices which fragmented the Jerusalem

Temple [2Chronicles 2:4], Sweetened the home [Song of Songs 7:13] and decorated the supper during the Exodus. [Numbers 11:5-6]. All parts of the anise plant were used during Biblical times. Today, anise can be used to help with digestion and can be used as an anti-flatulence agent. It's also used to enhance the secretion during breast feeding. As an antispasmodic, anise can be helpful for coughs, bronchitis and COPD. Coriander, the seed of cilantro, is known today to be a powerful anti oxidant with natural cleansing qualities. Spices and herbs consumed as food in the Bible were used to flavor bread, cakes, meats, soups, stews, Garlic has been used all over the world for thousands of years. In the Book of Exodus, the Jewish slaves in Egypt were fed with white garlic and other allium vegetables, apparently to give them strength and to peak their productivity, Records indicate that garlic was in use when the Giza pyramids were built, about 5,000 years ago.

Richard S. Rivlin in the Journal of Nutrition highlighted that the ancient Greek physician Hippocrates (circa. 460-370 BC), advocated the use of garlic for treating respiratory problems, parasites, poor digestion, and fatigue. The study authors concluded that a "Protective association between intake of raw garlic and lung cancer suggesting that garlic may potentially serve as a chemo-preventive agent for lung cancer".

The people in Asian countries includes garlic as one among their main ingredients in all food stuffs traditionally believe to treat bronchitis, hypertension (high blood pressure), TB (tuberculosis), liver disorders, dysentery, flatulence, colic, intestinal worms, rheumatism, diabetes, and fevers. A side from its culinary uses, mustard was considered to be a remedy in traditional medicine dating back to ancient Greek and Roman civilizations and perhaps for a good reason. Modern science is starting to link mustard to health benefits ranging from lower blood sugar levels to increased protection from infections and disease. Mustard a powerful antioxidants, rich in glucosinolates which promote health and may protect against various infectious diseases and have a anti cancerous effect. Rue is enriched with medicinal

properties like anti helminthic, anti spasmodic, anti epileptics, antidotes for neurotoxic effects.

Anise (Matthew 23:23 KJV)

Coriander (Exodus 16:31; Numbers 11:7)

Cinnamon (Exodus 30:23; Revelation 18:13)

Cumin (Isaiah 28:25; Matthew 23:23)

Dill (Matthew 23:23)

Garlic (Numbers 11:5)

Mint (Matthew 23:23; Luke 11:42)

Mustard (Matthew 13:31)

Rue (Luke 11:42)

Salt (Ezra 6:9; Job 6:6)

Fruits and Nuts

Fruits is a sublime source of essential vitamins and mineral culminated with high fiber. Fruits also provide a wide range of health-boosting antioxidants, including flavonoid. Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes. A review study about the health benefits of pomegranates suggests that they have anti-inflammatory effects and may help protect against brain-related diseases, such as Alzheimer's disease and Parkinson's disease. Apples also have high levels of quercetin, a flavonoid which may have anti-cancer properties. A review study suggests the compounds called furanocoumarin found in grapefruits can help protect against oxidative stress and tumors and may support healthy bones Fig fruit is used as a laxative to relieve constipation and to heal boil in anthrax. Then Isaiah said, "Prepare a poultice of figs". They did so and applied it to the boil, and he recovered was mentioned in the book of II Kings 20:6. In the book of Genesis in Bible where Jacob used the barks of almonds to create the white streaks on his sheep. Almonds nutritional resume depicts that they are high in B vitamins (riboflavin and niacin) and zinc, which contribute to the maintenance of healthy skin, and are rich in vitamin E an antioxidant nutrient that may help neutralise damaging free radicals in the body and is often used in skin health products. One recent paper, published in the *Journal of Pharmacy and Bio Allied Sciences*, affirms that dates is a valuable source of natural antioxidants. Pistachios (*Pistacia vera*) is rich inclusive sources of fiber,

protein, vitamins, healthy fats, and antioxidants. They are nutrient condensed nuts with low fat. Some research states that these nuts may aid weight loss, enhance gut flora, and regulate blood glucose levels. Pistachios are thought to have been one of the foods that Adam brought with him to Earth (Genesis 43:11) and, therefore, grew in the Garden of Eden. In the book of I Samuel 30:12 they gave him a piece of fig cake and two clusters of raisins, and he ate; then his spirit revived. Thus the traditional dried fruits and nuts provides essential nutrients, such as fiber and potassium, and a wide range of phytochemicals that have been related to health promotion and antioxidant capacity.

Apples (Song of Solomon 2:5)

Almonds (Genesis 30, 43:11; Numbers 17:8)

Dates (2 Samuel 6:19; 1 Chronicles 16:3)

Figs (Nehemiah 13:15; Jeremiah 24:1-3)

Grapes (Leviticus 19:10; Deuteronomy 23:24)

Melons (Numbers 11:5; Isaiah 1:8)

Olives (Isaiah 17:6; Micah 6:15)

Pistachio Nuts (Genesis 43:11)

Pomegranates (Numbers 20:5; Deuteronomy 8:8)

Raisins (Numbers 6:3; 2 Samuel 6:19)

Sycamore Fruit (Psalm 78:47; Amos 7:14)

Vegetables and Legumes

In Bible, it was highlighted that the few people in the Babylonian king's court provided only with the Vegetables, Legumes, and compared with the other partaken in the royal food court found to be much stronger, sharper and wiser than the second one. In Babylon, Daniel and his friends observed a diet of only vegetables (Daniel 1:12, 15). And at the end of ten days their countenances appeared fairer and fatter in flesh than those who had a regular portion of the king's meat. Thus it is clear that vegetables and legumes helps in nourishing the skin and internal organs for its genuine glow.

Beans (2 Samuel 17:28; Ezekiel 4:9)

Cucumbers (Numbers 11:5)

Gourds (2 Kings 4:39)

Leeks (Numbers 11:5)

Lentils (Genesis 25:34; 2 Samuel 17:28; Ezekiel 4:9)

Onions (Numbers 11:5)

Grains

Healthy grains were a primary staple in antique times. Grains, one of the easiest natural foods that can be preserved for years. Bread in Bible was symbolized as God's life-sustaining provision. Jesus Himself is the "Bread of Life" our true source of spiritual life. Ezekiel 4:9. Sprouted Grain Bread is inspired by the Holy Scripture verse: "Take also unto thee Wheat, and Barley, and beans, and lentils, and millet, and Spelt, and put them in one vessel, and make bread of it". Ezekiel 4:9@.

Based on the scripture Ezekiel 4:9, the Food for Life groups have done various trials where it was instructed to take Wheat, Barley, beans, lentils, millet and Spelt together and make bread of it. They discovered when these six grains and legumes when sprouted and combined, an amazing health fact happens. The protein found in milk and eggs closely parallels a complete protein in this mixture. In fact, the protein quality is so high, recognized as the highest source of protein, containing all 9 essential amino acids. This unique bread enriched with 18 amino acids present in from all vegetable sources.

Bread, made out of freshly sprouted organically grown grains, is naturally flavorful and bursting with nutrients which are rich in protein, vitamins, minerals and natural fiber with no added fat. Try it served warm to release its exceptionally rich nutty flavor.

Barley (Deuteronomy 8:8; Ezekiel 4:9)

Bread (Genesis 25:34; 2 Samuel 6:19; 16:1; Mark 8:14)

Corn (Matthew 12:1; KJV - refers to "grain" such as wheat or barley)

Flour (2 Samuel 17:28; 1 Kings 17:12)

Millet (Ezekiel 4:9)

Spelt (Ezekiel 4:9)

Unleavened bread (Genesis 19:3; Exodus 12:20)

Wheat (Ezra 6:9; Deuteronomy 8:8)

The evidence generated from many studies supports the health benefits of consuming a plant-based diet and increasing the intake of legumes. A high intake of fruits and vegetables, legumes (beans), whole grains, nuts, and seeds is found significantly to lower the risk of major life style diseases like high blood pressure, heart disease, stroke, and type 2 diabetes.

Fish

Seafood was another staple in the Bible. Among the numerous seafood only certain were suitable for eating. In Leviticus 11:9, seafood with fins and scales have been mentioned as edible. Lean fish varieties such as Tuna, Salmon, Cod, Red Snapper, and many others are high in protein and healthy omega fats, which can help reduce inflammation, lower blood pressure, added with other health benefits.

Matthew 15:36

John 21:11-13

Fowl

The Bible clearly depicts the clean and unclean birds guides us to draw a right choice.

Partridge (1 Samuel 26:20; Jeremiah 17:11)

Pigeon (Genesis 15:9; Leviticus 12:8)

Quail (Psalm 105:40)

Dove (Leviticus 12:8)

Animal Meats

The Bible distinguishes between clean and unclean animals. The book of Leviticus, describes clearly that animals have a cloven hoof and chew the cud are considered to be the clean meats. Jewish Book of Law insist that the blood of the animals are considered unclean to have. Research has shown that meat is an excellent source of proteins that have important biological value. Meat contains high quality protein and a scientific studies have shown that these lipids are crucial in reducing the risk of individuals developing cardiovascular diseases, and also believe to have impressive anti-carcinogenic and anti-tumor properties. Clean animal meats of the Bible were:

Calf (Proverbs 15:17; Luke 15:23)

Goat (Genesis 27:9)

Lamb (2 Samuel 12:4)

Oxen (1 Kings 19:21)

Sheep (Deuteronomy 14:4)

Venison (Genesis 27:7 KJV)

Dairy

Along with the above said, the dairy products is also considered as an important food in the Bible. It stood for the variety and significant nutrition in the ancient world as these dairy portions constitutes fresh and raw products from grass-fed cows, goats and sheep.

Butter (Proverbs 30:33)

Cheese (2 Samuel 17:29; Job 10:10)

Curds (Isaiah 7:15)

Milk (Judges 5:25, Exodus 33:3;)

Miscellaneous foods of the bible

Many of these foods of the Bible, such as raw honey which was purposefully consumed during the biblical calendar proved in the modern medicine to contain disease-fighting and energy-boosting nutrients, allergy defense builders, and pro biotic support. In the gospel of Luke, a good Samaritan poured an oil and wine to treat the wounds of the stranger that illustrates oil and wine can be used to heal a hurt.

Still, the medical reasons of this remedy that Jesus supported, which modern science would later confirm, are known by Luke. Wine is proven to be an effective disinfectant useful for reducing risk of wound infection while some oils can benefit the victim with reliefs such as disinfecting the wound, reduce the risk of infection and bacteria, calming and soothing pain and itchiness, and stopping the bleeding.

Eggs (Job 6:6; Luke 11:12)

Grape juice (Numbers 6:3)

Raw honey (Genesis 43:11; Exodus 33:3; Deuteronomy 8:8; Judges 14:8-9)

Olive oil (Ezra 6:9; Deuteronomy 8:8)

Vinegar (Ruth 2:14; John 19:29)

Wine (Ezra 6:9; John 2:1-10)

Unusual and Supernatural 'Foods' in the Bible

Fruit from the tree of knowledge of good and evil and the tree of life.

(Genesis 3:6, 22)

Manna (Exodus 16:31-35)

Gold dust (Exodus 32:19-20)

Human flesh (Deuteronomy 28:53-57)

Miraculous bread and water in the desert (Genesis 21:14-19; Numbers 20:11)

Two-sided scroll of lamentations (Ezekiel 2:8 - 3:3)

Bread baked over human excrement (Ezekiel 4:10-17)

Angel cakes (1 Kings 19:3-9)

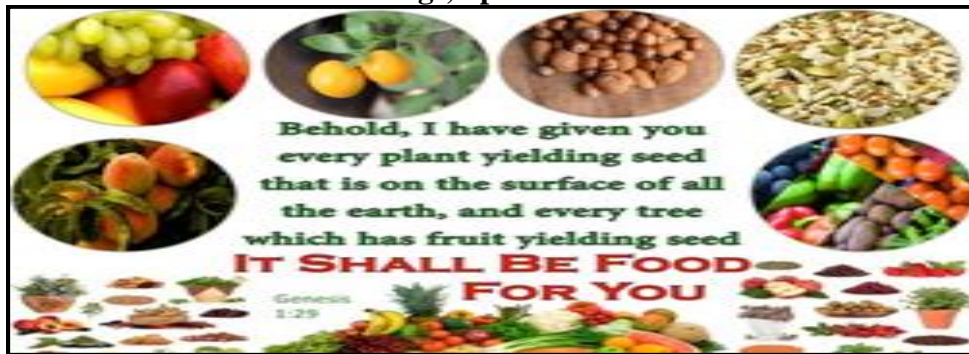
Animal diet of grass (Daniel 4:33)

Bread and meat from ravens (1 Kings 17:1-6)

Miraculous flour and oil (1 Kings 17:10-16; 2 Kings 4:1-7)
Locust (Mark 1:6)



Seasonings, Spices and herbs



Fruits and Nuts



Vegetables and Legumes



Grains



Fish



Animal Meats

CONCLUSION

Ancient wisdom from the Bible about healing foods and what we should eat is still relevant today. Biblical nutritional advice makes a lot of sense when looking at we know today about these foods based on scientific research findings. I conclude the above article quoting a bible verse from the epistle 3 John 1:2 which as follow. I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

ACKNOWLEDGEMENT

The authors wish to express their sincere gratitude to Head of Institution, Ganga College of Nursing, Coimbatore, Tamilnadu, India for providing necessary facilities to carry out this short communication work.

CONFLICT OF INTEREST

We declare that we have no conflict of interest.

BIBLIOGRAPHY

1. 5 Bible verses about raisins, *Knowing-Jesus*.
2. Jen Miller. 15 Health benefits of eating meat, according to science (+5 Delicious Meat Recipes), 2017.
3. Rani Polak, Edward M. Phillips, Amy Campbell. Legumes: Health benefits and culinary approaches to increase intake, *Clinical Diabetes*, 33(4), 2015, 198-205.
4. Scientific facts mentioned by the bible, *Herald Express*, 2021.

Please cite this article in press as: Esther Rakel and Priscilla Prabu. Biblical kosher scribed Centurires back for today's health, *International Journal of Nursing and Healthcare Research*, 5(2), 2021, 131-136.