

Veganism, Alkalinity, Meat and Idolized Doctors Against Scripture

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The Way of the Most High

“Exalting belief in our Father, the Most High ~~יהוה~~ (YaHUAH), through His Turah, the 5 scrolls of M'shah (Moses).”

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Veganism and/or vegetarian diet in the last few decades has grown as a modern-day movement. Numerous people are familiar with the Seventh-day Adventist movement advocating vegetarian or vegan diet. And still others from a secular background are promoting this kind of diet and arguing against Scripture. This is often the result of people not understanding offerings in the Turah (Scripture), pertaining to the treatment of cattle and so forth. Modern-day people have become angry with the Turah (Scripture) and a Creator who could command the slaughter of animals or include them in His peoples' diet. But the fact of the matter, for those of us who want to actually follow YaH and the Turah (Scripture) is that the writings of M'shih (Moses) do not command veganism, and are most certainly not against the use of dairy and meat, and DO include the management of cattle and culling of such.

What brought on this article was the recent spread of some photographs with quotations from Dr. Sebi. People like “the Health Watchman” Paul Nison have attempted to make veganism THE Scriptural diet. In this generation numerous teachers have arisen as “doctors” who have become idolized

by their followers. Now before I continue I want to say that prior to the flood of Nuakh (Noah), the diet the Creator gave us was a garden diet or vegan diet. Dr. Sebi and Paul Nison and numerous others have rightly highlighted the benefits of a diet that is primarily based on nuts, fruits, oils, seeds, grains, legumes, beans and vegetables. A highly alkaline diet. But did you know that a body that has too much alkalinity is dangerous? It can lead to a coma, hand tremors, nausea, numbness in the hands or feet, muscle spasms and more.



With everything in creation there must be a balance. A positive body balances alkalinity with acidity. Our diet must be primarily based on the garden diet originally given to Adawm (Man). However, we do not live in a pre-flood conditions any longer, our land has become degraded, and the diet given to Y'shr'Al (Israel) after the flood included meat. Indeed, the diet Abrahaym (Abraham) followed included meat and dairy (B'rasheet (Gen.) 18:8), which his guests ate with him. The Creator indeed delivered His people from bondage and led them to a land filled with milk and honey (Sh'moot (Ex.) 3:8).

Doctors of an “alkaline” diet in today's age are leading people to unwittingly go against Scripture and undermine it. Dr. Sebi in particular was not only against the eating of lamb, but also stated numerous falsehoods against garlic, pineapple, cassava, carrots, broccoli, beans and other parts of the Creator's diet. For example, while it is true that cassava can be poisonous to some degree, when it is prepared properly it has numerous health benefits such as the amino essentials it provides with its limited protein. This has been a staple for numerous people and prevented famine at times and kept such peoples healthy and living long on the land YaH gave them. What makes me particularly unnerved about Dr. Sebi was his statement that lamb is more unclean than the pig. Such statements ought to be a clear and apparent attempt to undermine the Turah (Scripture). The Creator chose the goat or lamb as the central point of His Passover deliverance from bondage, and the central point of the meal of His Passover feast which He asked His people Y'shr'Al (Israel) to observe each year.

I am not saying in this article that meat will forever be a part of the diet and celebrations of Y'shr'Al (Israel). At some point the Creator may cause all the land and nations and people to return to a garden diet as Adawm (Man) originally had in Aidan

(Eden). What I am saying is that after the flood, meat and dairy became an important part of the diet of Y'shr'Al (Israel) and that to speak against the offerings of Scripture or the use of animals for meat and dairy in Scripture is to speak against Scripture. People also need to understand that cattle as a part of the economy of Y'shr'Al (Israel) is not an easy business. You simply cannot have more than one bull on your field. The offerings are not a cruel and unwarranted part of the Creator's laws to be ignored or railed against. They are a part of the life cycle and economy of the agricultural community of Y'shr'Al (Israel) that is in Scripture. They depict the compassion of the Most High in forgiving the transgressions of Y'shr'Al (Israel) as well.

Before leaving this short article, I also want to state that the smallest portion of one's diet should be meat, and in my own diet that focus is primarily on red meats such as bison, deer, wild game and wild lamb or goat before cultivated cattle first, as this was the kind of meat we see used earliest amongst Y'shr'Al (Israel, see B'rasheet (Gen.) 27:3 for example). Second is cattle. Last is quail and its eggs or other clean birds. I do however want to address the elephant in the room. Chicken. Chicken and/or turkey are the primary meat for much of North America. Although thought to be a "clean" meat in Scripture, in my opinion, chicken is unclean. Karaites (a sect of Judaism) of the 9th century onward had discussed this issue thoroughly, and it had

become a point of interest amongst Seventh-day Adventists in countries like Jamaica where Adventist traditional vegetarianism wasn't as dominant. The argument previously has led some to believe that the chicken is of the quail family known as Phasianidae. However, quail fly, as do doves and pigeons and so forth. Chicken are apparently a creeping bird, whose diet is not comparable to



doves, pigeons and quail. Chicken, and especially turkeys, are much more like scavengers or vultures. Chickens are more apt to spread of avian diseases of course, unlike doves, pigeons and quail. Chicken will eat their own dead carcasses and rodents of various kinds. It is also noticeable that the chicken has a leathery crop and vastly different beak type similar to other vultures as opposed to quail, doves or pigeons. I will leave it as simply as that for the reader to decide. As for myself, I would rather focus on eating quail and/or its eggs as opposed to the chicken.

Sh'loom,
Sha'ul