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Vinegar Vignette

By Dr. John Glenn Clark, M.D.

“Dr. Clark, What about ‘Apple Cider Vinegar with the Mother’? How can you ignore all the health benefits and stories of recovery from its use?” This is a question I frequently encounter and will answer it as best I can in this article.

Let’s take a look at the big picture.

“God made man perfectly holy and happy; and the fair earth, as it came from the Creator's hand, bore no blight of decay or shadow of the curse. It is transgression of God's law--the law of love--that has brought woe and death.”

Adam never put Balsamic Vinegar on his dinner fare, and Eve never used mayonnaise to flavor her creations. They would never have known what decay or vinegar was, but sin changed all this. After the entrance of sin, food could spoil and vinegar could be produced. Rotten food was never God’s plan. With sin and decayed food came disease, pain and death.

What about foods used for medicine, which are decayed, fermented, rotted, spoiled, aged, etc, or show any other of the effects of sin in our deteriorating world, which is wearing old like a garment? Could we imagine that we are in a position to leverage sin and that these putrefying processes which entered our world after Eden

can even elevate food until it possesses medicinal properties? This seems questionable to me. Personally I prefer food that has not had anyone or anything else eating on it before I get to it, especially if they are going to leave behind their waste products in it (smile). I do not believe that God is indebted to where sin and Satan have led the way for our healing.

It is true that vinegar has come to be quite widely used as a health tonic with many advertisements for its supposed medicinal qualities.

People ask me if it would be to their health advantage to take organic apple cider vinegar internally. I usually ask them why they wouldn't like to be more natural and just eat the decaying rotten apples.

You do not find vinegar naturally, except as something has been fermented. It is the end product of fermentation. Few organisms can break it down any farther, so they stop with vinegar and excrete it. Because of this it is quite widely used in foods as a preservative. Bacteria seem to be turned off at finding their own waste products mixed in with what they thought was food.

How is vinegar made? In the US most vinegar is made from apples and is created by the degradation of these by yeasts and bacteria. That is correct, most vinegar is apple cider vinegar.

“Vinegar is the product of a mixed fermentation of yeast followed by acetic acid bacteria. Vinegar, literally translated as sour wine, is one of the oldest products of fermentation used by man. It is the acetic acid produced by the fermentation of alcohol (ethanol) which gives the characteristic flavour and aroma to vinegar.”

“It can be made from almost any fermentable carbohydrate source, for example fruits, vegetables, syrups and wine. The basic requirement for vinegar production is a raw material that will undergo an alcoholic fermentation. Apples, pears, grapes, honey, syrups, cereals, hydrolysed starches, beer and wine are all ideal substrates for the production of vinegar. To produce a high quality product it is essential that the raw material is mature, clean and in good condition.”

“There is danger to health in the use of even sweet cider as ordinarily produced. If people could see what the microscope reveals in regard to the cider they buy, few would be willing to drink it. Often those who manufacture cider for the market are not careful as to the condition of the fruit used, and the juice of wormy and decayed apples is expressed. Those who would not think of using the poisonous, rotten apples in any other way, will drink the cider made from them, and call it a luxury; but

the microscope shows that even when fresh from the press, this pleasant beverage is wholly unfit for use.”

Vinegar contains the seeds of rot and spoilage which can contaminate and spoil other foods.

“Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay. More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of.”

“The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies. As a consequence the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulty appear. Heart disturbances, inflammation, and many evils are the result of such kind of treatment, and not only are the bodies affected, but the morals, the religious life, are affected.”

“I told them that unless they should change their diet, physical, mental, and moral degeneracy would surely be the result. Plain, good, substantial food must be given to our bodies, else there will be a poverty of the blood.”

Many foods contain vinegar and include: bread, dressings, condiments, mayonnaise (regular and all the “vegan” ones too), ketchup, mustard, BBQ sauce, hot sauce, pickles, baked beans, potato salad, just to name a few.

Vinegar actually interferes with protein digestion making malnutrition a real risk with its use.

Because vinegar is a product of fermentation it is full of toxic waste products of putrefaction such as aflatoxins and ethyl carbamate, which can cause inflammation and cancer.

Aflatoxins, formed in the process of aging or fermenting, are a source of inflammation. Dietary sources of aflatoxins include: cheese, wine, vinegar, and any food created by rotting or fermentation.

“Aflatoxin contamination can occur very widely. They can be found in over a hundred kinds of agro-products and foods, such as peanut, corn, rice, soy sauce, vinegar, plant oil, pistachio, tea, Chinese medicinal herb, egg, milk, feed etc.”

“Aflatoxins are highly toxic, mutagenic, teratogenic, and carcinogenic compounds.... Aflatoxin B1, for example, its toxicity is ten times of potassium cyanide, 68 times of arsenic and 416 times of melamine. Furthermore, their carcinogenicity is over 70 times than that of dimethylnitrosamine and 10000 times that of Benzene Hexachloride (BHC). And International Agency for Research on Cancer (IARC) of the World Health Organization (WHO) accepted that aflatoxin should be classified as a Group 1 carcinogen in 1987, and then AFB1 is classified as Group 1 (carcinogenic to humans) by the WHO– IARC in 1993. According to the nearest researches by University of Pittsburgh, aflatoxin may play a causative role in 4.6–28.2% of all global Hepato Cellular Carcinoma cases (liver cancer cases).”

Vinegar causes inflammation and undesirable vascular permeability. It also causes increased intestinal permeability sometimes referred to as leaky gut. Scientists use weak vinegar solutions to cause inflammatory bowel disease in rats as a model for studying ulcerative colitis and Crohn's disease in humans. , ,

Vinegar treated cucumbers (pickles), contain harmful carcinogenic nitrates that cause stomach and colorectal cancer. Other chemicals formed when foods are pickled increase oxidative stress, inflammation, autoimmune disease and cancer. ,

Since vinegar is metabolized in the liver, liver cancer increases with its inclusion in the diet.

Vinegar increases the risk for bladder cancer.

We do not have an enzyme in the digestive tract that breaks down vinegar, so it goes straight into the blood stream and is an acidifier of the blood and it causes cellular acidosis. And because it is an acid, it can erode your teeth and when it hits the stomach, it can cause ulcers.

Vinegar is use to demineralize bone so it can be sliced and studied under a microscope. To be legal, vinegar must contain a minimum of 4% acetic acid; calcium is taken from bone to buffer and remove this acid from the body and this causes osteoporosis.

The real down side is the effect of vinegar on the whole body.

“The mince pies and the pickles, which should never find a place in any human stomach, will give a miserable quality of blood.”

Just as an illustration of how vinegar affects the blood, it raises a person's cholesterol.

If attempting to optimize thyroid activity or treating hypothyroidism, vinegar would be counter productive, it could cause thyroid function deterioration.

In helping to recover from illnesses, returning to the natural, as could have been found in the Garden of Eden is very helpful. This means returning to a lifestyle free from the effects of sin as much as possible. This would include avoiding all the products of fermentation.

“In the country the sick find many things to call their attention away from themselves and their sufferings. Everywhere they can look upon and enjoy the beautiful things of nature--the flowers, the fields, the fruit trees laden with their rich treasures, the forest trees casting their grateful shade, and the hills and valleys with their varied verdure and many forms of life. And not only are they entertained by these surroundings, but at the same time they learn most precious spiritual lessons. Surrounded by the wonderful works of God, their minds are lifted from the things that are seen to the things that are unseen. The beauty of nature leads them to think of the matchless charms of the earth made new when there will be nothing to mar the loveliness, nothing to taint or destroy, nothing to cause disease or death.”

Vinegar, the result of sin, does not improve your good fresh food, your brain, your thinking or your judgment. One of the effects of vinegar is to dull the mind. This is the reason Jesus refused it.

“In another prophecy the Saviour declared, ‘Reproach hath broken My heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none. They gave Me also gall for My meat; and in My thirst they gave Me vinegar to drink.’ Psalm 69:20, 21. To those who suffered death by the cross, it was permitted to give a stupefying potion, to deaden the sense of pain. This was offered to Jesus; but when He had tasted it, He refused it. He would receive nothing that could becloud His mind. His faith must keep fast hold upon God. This was His only strength. To becloud His senses would give Satan an advantage.”

But people have acquired a taste for this product of putrefaction. It makes the food exciting, because it usually contains excitotoxins like mono-sodium glutamate. Once the taste is acquired the substance becomes addictive.

“In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic

liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating.”

Beware, vinegar can be addictive and it can be a real struggle to recover from its use.

“There was a time when I was in a situation similar in some respects to yours. I had indulged the desire for vinegar. But I resolved with the help of God to overcome this appetite. I fought the temptation, determined not to be mastered by this habit.”

“For weeks I was very sick; but I kept saying over and over, The Lord knows all about it. If I die, I die; but I will not yield to this desire. The struggle continued, and I was sorely afflicted for many weeks. All thought that it was impossible for me to live. You may be sure we sought the Lord very earnestly. The most fervent prayers were offered for my recovery. I continued to resist the desire for vinegar, and at last I conquered. Now I have no inclination to taste anything of the kind. This experience has been of great value to me in many ways. I obtained a complete victory.”

“I relate this experience to you for your help and encouragement. I have faith, my sister, that you can come through this trial, and reveal that God is the helper of His children in every time of need. If you determine to conquer this habit, and will fight it perseveringly, you can obtain an experience of the highest value. When you set your will resolutely to break off this indulgence, you will have the help you need from God. Try it, my sister.”

Are there any healthy alternatives to vinegar? Lemon juice is very healthy, containing citric acid as apposed to acetic acid, and can be used in most recipes with good result in place of vinegar. Give it a try.

Vinegar may delight your senses and increase your appetite for certain foods, but don't let the pleasure of taste allure you to spoil your health.

Dear Friends,

I was recently searching for health information and came across an article that was very surprising to me. It was written as a complete article by Ellen G. White in the year 1900. The title of the article is Disease and Its Causes.

My husband (Dr. John Clark, M.D.) has researched issues of dress from a health perspective and has been able to find that our limbs, and in particular our ankles and feet drastically affect circulation of blood in the body when there is a discrepancy of temperature between the extremities and the trunk. This has a definite and profound impact on the health of the human body. Today, this information is almost unknown by most people.

What surprised me about this article is that it was written long after the issues and debates about the "reform dress" amongst Seventh-day Adventists. For those that are Seventh-day Adventists, dress reform is often thought of as something that was once discussed in the late 1800's mostly due to the fashions of that day and therefore the issue of dress reform is no longer applicable to us in our day. Here is a short quote from a letter written in 1897 by E.G.White that is often thought of in reference to such thought.

[Letter 19, 1897. (To J. H. Haughey, July 4, 1897.) {5MR 405.3}

"The burden of advocating the reform dress was removed because that which was given as a blessing was turned into a curse."

Further on in the letter : "The Lord has not moved upon any of our sisters to adopt the reform dress. The difficulties that we once had to meet are not to be brought in again. There was so much resistance among our own people that it was removed from them. It would then have proved a blessing. But there must be no branching out now into singular forms of dress."

But notice this article that was written three years later by the same author.

February 6, 1900 Disease and Its Causes.
Mrs. E. G. White.

"Women should clothe their limbs with regard to health and comfort. They need to have their limbs and feet clad as warmly as do men. The length of the fashionable dress is objectionable for several reasons:--

1. It is extravagant and unnecessary to have the dress of such a length that it will sweep the sidewalks and streets.

2. A dress thus long gathers dew from the grass, and mud from the streets, which makes it uncleanly.

3. In its bedrabbled condition it comes in contact with the sensitive ankles, which are not sufficiently protected, quickly chilling them, and is one of the greatest causes of catarrh and of scrofulous swellings, and endangers health and life.

4. The unnecessary length is an additional weight upon the hips and bowels.

5. It hinders the walking, and is also often in other people's way.

There is still another style of dress that will be adopted by a class of so-called dress reformers. They will imitate the opposite sex as nearly as possible. They will wear the cap, pants, vest, coat, and boots, the last of which is the most sensible part of the costume. Those who adopt and advocate this style of dress, are carrying the so-called dress reform to very objectionable lengths. Confusion will be the result. Some who adopt this costume may be correct in their views in general upon the health question, but they could be instrumental in accomplishing vastly more good if they did not carry the matter of dress to such extremes.

In this style of dress God's order has been reversed, and his special direction disregarded. "The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment; for all that do so are abomination unto the Lord thy God." Deuteronomy 22:5. This style of dress God would not have his people adopt. It is not modest apparel, and is not at all fitting for modest, humble females who profess to be Christ's followers. God's prohibitions are lightly regarded by all who would advocate the doing away of the distinction of dress between males and females. The extreme positions taken by some dress reformers upon this subject cripple their influence.

God designed there should be a plain distinction between male and female dress, and has considered the matter of sufficient importance to give explicit directions in regard to it; for the same dress worn by both sexes would cause confusion, and great increase of crime. The apostle Paul would utter a rebuke, were he alive, should he behold females professing godliness with this style of dress. "In like manner also that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array; but (which becometh women professing godliness) with good works." The mass of professed Christians utterly disregard the teachings of the apostles, and wear gold, pearls, and costly array.

God's loyal people are the light of the world and the salt of the earth; and they should ever remember that their influence is of value. Were they to exchange the extreme long, for the extreme short, dress, they would, to a great extent, destroy their influence. Unbelievers, whom it is their duty to benefit, and seek to bring to the Lamb of God, would be disgusted. Many improvements can be made in the dress of women in reference to health, without making so great a change as to disgust the beholder.

The female form should not be compressed in the least with corsets and whalebones. The dress should be perfectly easy, that the lungs and heart may have healthy action. The dress should reach somewhat below the top of the boot, but should be short enough to clear the filth of the sidewalk and street, without being raised by the hand. A still shorter dress than this would be proper, convenient,

and healthful for women when doing their housework, and especially for those women who are obliged to perform more or less outdoor labor. With this style of dress, one light skirt, or at most two, is all that is necessary, and that should be buttoned to a waist, or suspended with straps. The hips were not formed to bear heavy weights. The heavy skirts worn by females, their weight dragging down upon the hips, have been the cause of various diseases, which are not easily cured, because the sufferers seem to be ignorant of the cause that produced them, and continue to violate the laws of their being by girding the waist and wearing heavy skirts, until they are made life-long invalids.

Many will immediately exclaim, "Why, such a style of dress will be old-fashioned!" What if it is? I wish we could be old-fashioned in many respects. If we could have the old-fashioned strength that characterized the old-fashioned women of past generations, it would be very desirable. I do not speak unadvisedly when I say that the way in which women clothe themselves, together with their indulgence of appetite, is the greatest cause of their present feeble, diseased condition. There is but one woman in a thousand who clothes her limbs as she should. Whatever may be the length of the dress, women should clothe their limbs as thoroughly as do men. If the limbs and feet are kept comfortable with warm clothing, the circulation will be equalized, and the blood will remain healthy and pure, because it is not chilled nor hindered in its natural passage through the system." {RH Feb 6, 1900}

Notice that in this article above, Deuteronomy 22:5 is quoted and immediately following 1 Timothy 2:9 is also quoted.

I decided to do some research about the term "modest apparel" in that verse from 1 Timothy 2:9 and this is what I found. This word apparel does not just mean "clothing". It is a completely different word than the word "clothing" as it appears in other scriptures. It is the Greek word *Katastole*. It is a compound word. The root word "kata" (Strong's Concordance #G2597) means "to fall or let down-to flow down". The word "stole" (Strong's Concordance #G4749) means a "stole" or long gown, (as a mark of dignity):-long clothing (garment), (long) robe, or to wrap around.

Moses Mikheyev, senior editor of the Snyder Bible writes that the word *Katastole* means a "long, loose, flowing garment. The word *katastole* is a combination of two Greek words; *kata*, which means "down" and *stole*, which basically means a "long, loose garment reaching the feet." Basically a woman is to wear a long and loose dress."

I spent much time on the internet and repeatedly found that quite a few other biblical scholars of various faiths and denominations have researched this also and came to the same conclusion.

Many say that it is historical fact that both men and women both wore long robe-like outer garments and therefore there was no distinction between men and women. While it is true that both wore robes or dress like garments, there

was a clear distinction made between men and women: men wore breeches underneath their robes and when a man worked or went to battle, he would lay aside his robes and it was perfectly acceptable for the man to wear his breeches. It was not acceptable at all for a woman to have her legs uncovered at anytime. Also men's robes were much shorter than women's and exposed their legs in a way that women did not. And given the fact that Moses wrote in Deuteronomy 22:5 that men and women should not wear the same clothing, there were clearly distinctions in dress that distinguished the difference between the two.

This issue of dress reform is one of great importance, especially in light of the problems we see now in the world with homosexuality. Gender distinction and modesty has been a question of mine for years. My personal convictions is that I should wear a long skirt or dress to make the distinction of my gender clear but also to be modest and not expose myself thereby offending and/or tempting others.

Psychological studies have been done that show that both men and women look at the female form of the crotch, buttocks and thighs when pants are worn. It's an automatic and unconscious response. But this is not the case when a woman wears a dress or skirt that does not define the crotch, thighs and buttocks. Instead the visual focus goes upward to the face. The same is true for shirts that are designed in such a way as to show a large area of the chest below the neck. If any flesh is revealed near the breasts, our eyes automatically look there. For a man, both of these scenarios are very difficult. Men become physically aroused upon the sight of a woman's form when the form or flesh of woman's body is revealed by either tight clothing, low cut shirts or dresses and pants or trousers. It is a response for many men that is not an automatic conscious choice and it is something they battle with constantly. Women may wear very loose trousers or pants but as soon as they bend over or squat, all the looseness that was once there upon standing disappears. Not only that, the separation of the legs up to the crotch is always problematic. The same is true in reverse and men can and do wear clothing that is too tight, but most psychological studies reveal that women are not sexually aroused by visual stimuli, but rather emotional stimuli. Regardless, since we lost our covering of light in the Garden of Eden, men and women have had to be clothed ever since. It was the Lord speaking to Israel through Moses to warn of grave dangers of cross dressing in Deuteronomy 22.

Women have told me that dresses and skirts are not modest because they can blow up, or a woman can accidentally position herself to reveal too much. While it is very clear that women should wear pants or coverings on their legs, ankles and feet UNDERNEATH their dresses or skirts for the sake of health, it is also apparent that by doing this, it would ensure accidental exposure. However, in summer when it is extremely hot, a woman will have to take great care to be watchful of her modesty when

outdoors or doing activities that would compromise her being covered.

Another aspect of the clothing issue is the fact that generally people are quite shocked and affected when they



Mary E. Tillotson, charter member National Dress Reform Association; c. 1866-1870

see a man wearing a dress or skirt. But what hardly anyone now is aware of is that one hundred (100) years ago it was utterly shocking and even illegal in many countries for a woman to wear only trousers or pants and no skirt or dress, thereby dressing as a man.



Dr. Mary Walker

Now we see in the world, men dressing like women, with skirts and dresses and this is not limited to Hollywood or television in the entertainment field. All the current fashion shows are now heavily promoting trans-gender and “androgynous” clothing and it is becoming acceptable.



Bruce Jenner now Caitlyn Jenner



Jaden Smith



High school boys in France

The other day in a very small rural town (population 2498) near where I reside in Australia I saw a group of young school children being led by a teacher and other adults to an open field in a public park. One of the boys, around age ten was wearing a pink ballet tutu (skirt) over his school uniform shorts. I was amazed and watched to see if he was doing it temporarily as a joke. The boy did not gaze down at all to what he was wearing and continued walking and talking to another boy beside him.

The boy continued to wear the ballerina tutu (skirt) all afternoon. The teachers did not seem to pay any attention; neither did the other adult chaperones. Nor did this boys peers seem to refer to his attire either. I was amazed and thought to myself, if only I had a camera. I have looked on the internet and boys wearing skirts is now becoming a trend. It has been on the fashion parades and catwalks for

a number of years but it is now being seen worn by boys in public schools around the world.

Eighteen months ago I went to the Department of Motor Vehicles to registered a vehicle. The woman who attended me and processed my registration was a man with long hair, dressed as a woman. I knew immediately, but my son who was with me did not know.

Within current media and news, there is a trend in fashion for men to wear feminine clothing, including dresses and skirts, colors and patterns that generally have historically been assigned to women only. Not only that, men now commonly wear their hair very long. The Bible states that men should wear their hair short. (1 Corinthians 11:14) It wasn't until the 4th century A.D. that artists began portraying Christ with long hair and angels with wings.

Here are some questions to consider:

1) Should God's people be concerned if all people, including members of the church, interchange clothing so that there is no distinction between what men and women wear?

2) Do you think the church should accept dresses and skirts on men, like they have accepted pants and trousers for women? If not, why is the double standard acceptable, as it is certainly not equitable.

3) Since God has said clearly within the Bible that there is dress distinction between men and women, is the church in danger of blurring this distinction now with current fashion?

4) Because it is the sin of adultery for a man to look upon a woman with lust, wouldn't it be logical to advise women to dress modestly with long dresses and skirt (that are not too tight) to help men avoid this sin?

With all the issues facing the church, the issue of gender distinction is also something we all should be seriously considering for the Lord calls cross-dressing an abomination. This is a serious rebuke.

For more information regarding this topic, I highly recommend the following websites:

www.SistersInSkirts.com

This website documents historical information including extensive photographs, and illustrations regarding dress that most of us have ever seen before. The presentations are downloadable powerpoints. This is a must see website with amazing documentation.

www.TheAndrogynyDeception.com

Find out the subtle underpinnings of a multi-faceted movement designed to derail the remnant. You will be amazed as you discover what's at the bottom of the gender bending strategies of fashion and philosophy. A devious deception is taking the unwary by storm! Don't be caught off guard! Educate yourself today, so you can be armed with the Truth!

www.RemnantRaiment.com

God bless,

Julie Clark
Tweed Heads, Australia

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