

**WHAT'S ON
YOUR**



PLATE?

Garbage In-Garbage Out!

You have probably heard the expression, "You are what you eat." If a good friend told you that if you avoided certain foods you would be guaranteed better health, would you listen to him? If the Surgeon General told you if you avoided certain foods you would have vibrant health, would you listen? Well, maybe, and then, maybe not. The Surgeon General has already warned of the danger of smoking and few people heed the warning. What if your doctor told you that if you avoided certain foods you could live out the rest of your life as a healthy individual. Would you listen to him? What if God told you that if you avoided certain foods, you and the generation to come could enjoy vibrant, excellent health. Would you listen?

The strange thing is that most people would listen to a good friend, some would even listen to the Surgeon General, almost everyone would lis-

ten to their doctor but hardly no one will listen to God! It's strange that most people who believe in a creator God do not believe that He has anything to say on the subject of personal health. How could the one who created the human body leave us with no instructions on what is healthy and what is not?



Let's consider one of America's all time favorites, the pig. You have pig's feet, pig tails, pig brains, pig tongue, pig snout, pig skin, pork tenderloin, pork chops, ham, and bacon. No part is spared. The pig is a scavenger, created for that purpose, just like the buzzard and vulture. Pigs have eaten Philadelphia's garbage and sewage for more than 100 years, saving the city more than \$ 3 million a year in landfill cost. This is the proper use of a scavenger animal. They are designed to clean our environment.



Name:

Pig, hog, also listed as swine.

Can Be Reached:

On farms, in scientific laboratories and in some homes being used as pets.

Language:

Oinks, squeaks, snorts, screeches.

Availability:

In supermarkets, bars, school cafeterias, hospitals, fast food chains, restaurants and private homes.

History:

Known to contain the Trichina [pork worm] throughout its entire body which is transferred to humans through the eating of its flesh.

Experience:

Every part of its body is eaten.

Handicaps:

Has a tube like opening in its forelegs [similar to a sewer line] which oozes.

Criminal Record:

Previously charged with causing high blood pressure and heart disease, stiff and sore muscles, obesity and Trichinosis. Found Guilty

Most Recent Accomplishment:

Has managed to convince the public to ignore the existence of the parasite Trichinae worm in its flesh. To accept its presence as a natural part of the American diet.

PIGS FEET

A meal fit for a loser!



The pig has four canals, one running down each leg with the outlet in the bottom of the foot. When this outlet gets stopped up the pig gets down in the back and can't walk. This outlet is so that poisons can drain from the pig. Many times a veterinarian will have to clean these canals out. When the dirt, dung, and mud are cleaned from the feet, allowing the canals to open up, puss will squirt out in a stream. When eating pork, the puss and poisons in these canals are eaten too, as food.

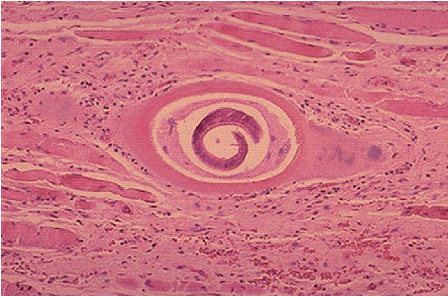
Hogs will eat anything, strychnine will not kill them. They eat poison and it passes off-in this way. A pig can be bitten by a rattlesnake and still live. The pig was created to be a scavenger, not for human consumption.

What You Don't Know Could Be Killing You!

Trichinosis is a disease caused by a roundworm called *Trichinella spiralis*. The adult trichina lives in the intestinal lining of such meat-eating animals as the pig. Physicians have confused trichinosis with some 50 ailments, ranging from typhoid fever to acute alcoholism. The truth is, many doctors do not know or are willingly ignorant of the devastating effects of eating swine flesh.

A pig which has been infected with *T. spiralis* has thousands of cysts lying dormant within its muscles-the very muscles that people look forward to eating in the form of pork chops, ham, barbecued ribs, etc. {Cysts are full of parasites that grow to a length

of about one millimeter, coil themselves, and enclose themselves within a protective wall called a cyst. This process is referred to as encysting.} The worms in cysts can live for up to ten years in this form. When humans sit down to a delicious meal of undercooked, trichina-infected pig dinner, they are ingesting *T. spiralis* cysts.



Trichina worm embedded
in the muscle.

The cyst walls are broken down by the usual process of food digestion in the stomach, allowing the larvae to escape into the new host's intestines. There the larvae mature to become adult worms, capable of producing a new crop of larvae. When these new larvae hatch, they begin their migration throughout the human host's

bloodstream to his or her muscles.

When the larvae begin their migration through the blood vessels, the host will begin to experience symptoms which affect the whole body [systemic symptoms], such as fever, swelling of the face and the area around the eyes, rash, bleeding into the nail beds, retina, and whites of the eyes, and cough. In very severe cases of trichinosis, inflammation of the heart muscle [myocarditis], lungs [pneumonitis], or brain [encephalitis] may occur. These symptoms can be fatal.

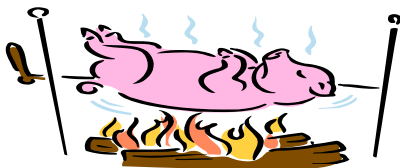
Collier's Encyclopedia
Vol. 22, page 468,
under "Trichina"

"[Trichina] is the cause of human trichinosis, a widespread disease in various parts of the world. It is estimated that about 20,000,000 persons are infected in the U.S. The infection is contracted by eating raw or improperly cooked pork or pork products, which contain encysted larvae, the immature worms... There is no effective treatment and the best preven-

tive measures are proper meat inspection and thorough cooking of pork."

Encyclopedia Britannica
Vol. 11, page 920-15th ed,1990

"Trichinosis is more common in Europe and the United States than other parts of the world. In the United States, the incidence of infection [as detected by finding calcified cysts at autopsy] may be as high as 15 to 20 percent... There's no practical method of the large scale detection of trichinous pork, and the surest safeguard remains thorough cooking of pork."



Can you really
cook those worms
to death?

"It has been reported from a lab of our northern universities that the trichina-laden swine flesh was heated to unbelievable high temperature and then put under a microscope. To the amazement of the technicians,

some worms were still alive and moving about. The supposition that all of these worms can be killed in cooking is not to be relied upon." {God's Key to Health and Happiness}

Today, the widespread infection of Trichinosis ranges from 20 to 50 million people in the U.S. alone. Since no method exists for detecting trichina in pigs universally and no cure exists for treating Trichinosis, which can be fatal, the safest and surest guard against Trichinosis is not thorough cooking, but complete abstinence as the Bible teaches.

[Lev. 11]

What if a good friend told you if you stopped eating certain unclean meats, you could have better health. What if the Surgeon General told you? What if your doctor told you? What if the creator of the human body told you certain meats are not fit for human consumption, would you believe?

We live in a culture that has shunned God's instruction for healthy living aside. Even in the area of religion, most au-

thorities have looked at God's instruction for healthy living as mosaic, antiquated, and out dated. As a result we are reaping the consequences of poor health. For thousands of years, generations have neglected to keep God's laws for healthy living. Many are unaware such laws exist. The Bible lays out a set of dietary laws, that if generations would obey, would rid

our society of many, if not most of it's chronic illnesses.

The pig is only one small example of many scavenger animals that were created to clean up the refuge of the earth - not to be eaten. How much sickness, chronic illness, cancer, tumors, etc. could be avoided if the dietary laws were kept? Only God knows!

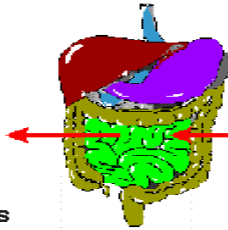
The Life Cycle of *Trichinella spiralis* (causing trichinosis or trichinellosis in human)

Male and female worms mate, females produce living juveniles.

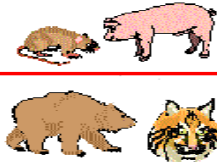
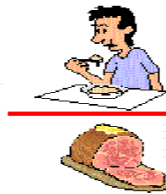
The juvenile worms migrate into muscles of the host and mature into the infective stage.

Humans are infected most often by eating improperly cooked meat products that contain infective juveniles.

Carnivores and omnivores are infected when they eat meat containing the infective juvenile stage.



Juveniles are digested from muscle, penetrate into tissues of small intestine and grow to sexual maturity.



(Parasites and Parasitological Resources)

For a free CD and a list of Clean and Unclean meats
call or write to:

Church of God Rocky Mount
27 Brookledge Lane
Rocky Mount, VA 24151
1-888-898-7698

www.cogrm.com