

## **Daniel's Diet**

In Daniel, Chapter 1 Verses 8-16, the prophet-- best known for his lion's den rather than his budding role as nutritional scientist--resolved not to defile himself with the king's non-kosher meat. When this was met with resistance, Daniel proposed a test: round up some test subjects, put them on a plant-based diet, and see how they do. And what do you know? They ended up looking healthier and better nourished, so Daniel got to stick to his whole food vegan diet.

2700 years later, researchers at the University of Memphis decided it was time to try to replicate the study. Within a matter of weeks, participants placed on the whole food vegan diet outlined by the prophet Daniel experienced improvements in blood pressure, cholesterol and insulin levels, insulin resistance, and C-reactive protein levels-- a marker of inflammation within the body.

Please see the following videos for more information:

<http://nutritionfacts.org/video/tightening-the-bible-belt/>

<http://nutritionfacts.org/video/biblical-daniel-fast-put-to-the-test/>

## **Anti-inflammation Smoothie**

This smoothie is make up 75% of the following ingredients and the rest water. Have the smoothie before your breakfast.

Must have ingredients:

- 1) 1/4 of small pineapple with core
- 2) 1/2-1" of ginger
- 3) a teaspoon of fresh turmeric (has to be fresh, no pill or powder)
- 4) 1/2 to 1 tablespoon of flax seed powder
- 5) 1 small green apple

Additional Ingredients (whatever amount):

- 1) kale for calcium
- 2) kiwi
- 3) orange

Blend them for 60 seconds or so.

You could replace water with juice or coconut water.