



# THE AUTOIMMUNE RECOVERY PROGRAM

Foods to Decrease Pain and Inflammation

## Group Activity 5 *Inflammatory foods*

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## Group Activity 5

### *Food and Inflammation*

These are some inflammatory foods: sugars, refined grains, soda drinks, \_\_\_\_\_, etc.

## Group Activity 5

### *The 3 Rs in Healing from Inflammation*

\_\_\_\_\_ inflammatory foods, habits, and triggers

\_\_\_\_\_ harmful with helpful

\_\_\_\_\_ the digestive system



# THE AUTOIMMUNE RECOVERY PROGRAM

## Foods to Decrease Pain and Inflammation

### Spiritual Lesson 5 *Inflammatory foods*

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## Spiritual Lesson 5

### *Inflammatory Food Affects the Brain*

One of the major problems with inflammatory foods is the effect that they can have on our thoughts and behaviors.

In the late 1990's, the Victor Valley Modified Correctional Facility gave their prisoners the option of eating standard prison fare versus a vegan plant-based diet. 85% of the inmates chose the plant-based option, which included Bible studies...

## Spiritual Lesson 5

...The prison found that the plant-based side of the prison had significantly less violence and it also found that the recidivism rate—the rate at which prisoners returned to prison—dropped to less than 2 percent.

<https://www.insidershealth.com/vegan-prison-reducing-aggression-fostering-better-inmate/>

## Spiritual Lesson 5

Ellen White writes about the effects dietary choices can have on spiritual decisions:

“The effects of wrong eating are brought into council and board meetings. The brain is affected by the condition of the stomach. A disordered stomach is productive of a disordered, uncertain state of mind. A diseased stomach produces a diseased condition of the brain and often makes one obstinate in maintaining erroneous opinions. The supposed wisdom of such a one is foolishness with God.”

**Testimonies p. 257.**

It is frightening to think how our food choices can impact the decisions that we make for our salvation.

## Spiritual Lesson 5

In Numbers, we read about the Israelites, who God brought out of bondage from Egypt and how they reacted when they ran out of food. “And the mixed multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic: But now our soul is dried away: there is nothing at all, beside this manna, before our eyes.” **Numbers 11:4-6.**

## Spiritual Lesson 5

The Israelites were so addicted to food that when brought into difficult times, they asked to go back to slavery, rather than to face privation on their way to liberty. It is a powerful reminder that the addiction to food is no different than any other addiction in that it will keep us enslaved to sin and if one would have freedom, the MINDSET must change.

## Spiritual Lesson 5

Freedom requires a mindset that comes only through a loving relationship with God and a desire to honor Him. Like Daniel who “purposed in his heart that he would not defile himself” (Daniel 8), we can have a mindset that is determined to honor God and to live in the nobility that God intended for us to live in. What a promise this is!

## Spiritual Lesson 5

Every meal is an opportunity to heal. When you remind yourself of this at every meal, it may give you more resolve. And when you are tempted to overeat or to continue in addictions to harmful foods and habits, lift up your heart to Jesus and ask Him to take your will and desires for Him to change.

## Spiritual Lesson 5

For those of us who live and eat according to how we feel, remember that God has something better intended for you. “For God has not given you a spirit of fear, but of power, of love, and of a sound mind” **2 Timothy 1:7**. Let us make decisions based on soundness of mind and love for God and may He restore to us, the power to live as noble children of God, with His image restored.