

THE ORIGINAL EDEN DIET: Genesis Foundation & Restoration

=====

THE ORIGINAL EDEN DIET: THE FOUNDATION OF THE DIVINE CODE Why Genesis 1:29 Is The Most Important Dietary Statement In Scripture

=====

THE ORIGINAL DIET - WHAT WAS HUMANITY CREATED TO EAT?

Genesis 1:29 - God's First Words About Food

"Then God said, 'Behold, I have given you every seed-bearing plant on the face of all the earth, and every tree whose fruit contains seed; they will be yours for food.'"

****This is critical:**** These are among God's FIRST words to humanity.

Not instructions about morality. Not laws about society.

God's immediate concern: ****Tell humanity what to eat.****

Why? Because diet determines whether the body thrives or merely survives.

=====

THE THREE COMPONENTS OF THE ORIGINAL EDEN DIET

=====

God specified THREE categories of food plants:

****1. EVERY SEED-BEARING PLANT**** ✓ Legumes (beans, lentils, peas) ✓ Grains (wheat, barley, oats, rye, spelt) ✓ Seeds (sunflower, sesame, pumpkin) ✓ Herbaceous plants (vegetables, greens)

****2. EVERY TREE WITH SEED-BEARING FRUIT**** ✓ Fruit trees (apple, pear, peach, plum) ✓ Nut trees (almond, walnut, hazelnut) ✓ Seed fruits (fig, pomegranate, grape, date) ✓ Oil fruits (olive, coconut)

****3. EVERY HERB**** ✓ Leafy greens ✓ Herbs (mint, basil, oregano) ✓ Root vegetables ✓ Greens for food

****NOTABLY NOT INCLUDED:**** ✗ Meat ✗ Fish ✗ Dairy ✗ Processed foods ✗ Cooked foods (implied - nothing about cooking mentioned)

The original diet was: - Whole foods only - Plant-based exclusively - Raw (likely uncooked) - Seed-bearing (life-giving)

=====

WHY DID GOD SPECIFY THIS DIET?

=====

God created the human body with specific anatomy:

****Teeth designed for grinding**** (flat molars, not tearing canines) ****Stomach designed for plants**** (pH 4-5, weak acid, not 1-2) ****Intestines designed for plants**** (12-18x body length, not 3-6x) ****Saliva designed for plants**** (alkaline with ptyalin enzyme) ****Colon designed for plants**** (long, for water reabsorption) ****Bacteria designed for plants**** (herbivore bacteria, not meat bacteria)

****The body does not lie.****

Your anatomy PROVES what you were designed to eat.

Genesis 1:29 is not a suggestion. It is a DESIGN SPECIFICATION.

God gave the diet that matches the anatomy He created.

=====

THE EDEN DIET WAS CALLED "VERY GOOD"

=====

Genesis 1:31: "And God saw every thing that he had made, and, behold, it was very good."

This declaration came AFTER: ✓ Creating the diet ✓ Creating the human anatomy ✓ Creating the garden

The system worked perfectly.

No disease. No parasites. No mineral deficiency. No cancer. No heart disease. No inflammation.

The body in perfect harmony with its designed food.

=====

THE EDEN DIET WAS FOR ALL CREATION

=====

Genesis 1:30: "To every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food."

****Critical point:**** Animals were also herbivores in Eden.

No predation. No carnivores. No food chain.

The entire creation ecosystem was peaceful.

****Why this matters:**** If the original creation was designed for plant-eating, then carnivory is not part of God's original design.

It is a consequence of the Fall.

=====

THE EDEN DIET WAS RAW AND UNPROCESSED

=====

The text says nothing about: - Cooking - Processing - Fermentation - Roasting - Preparation methods

Implied: The food was eaten in its natural state.

****Why raw?**** Raw food contains: ✓ Living enzymes (aid digestion) ✓ Intact nutrients (not destroyed by heat)
✓ Active phytonutrients (disease fighters) ✓ Living energy (not degraded by cooking)

The Eden diet was: - Food as God made it - No processing - No modification - Pure nutrition

=====

WHAT CHANGED? WHEN AND WHY?

=====

The Fall (Genesis 3)

God says to Adam: "In the sweat of thy face shalt thou eat bread" (Genesis 3:19)

Change: Man must now WORK for food (agriculture, not gathering)

But: Still plant-based. Still Genesis 1:29 foundation.

The Flood (Genesis 9)

After the Flood, God says: "Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything."

(Genesis 9:3)

****Critical phrase:**** "Just as I gave you the green plants..."

This is comparative language. It means: - Green plants remain the foundation - Meat is NOW ADDED (not replacing) - Additive, not subtractive

But notice: God had to PERMIT meat.

If meat was part of the original design, why would permission be needed?

Answer: It wasn't part of the original design. It was a CONCESSION.

Why Meat Was Permitted After the Flood

Reason 1: The vegetation was destroyed - All plants were killed by the Flood - Humanity needed emergency food - Meat was survival food

Reason 2: Humanity's moral condition was declining - Violence was increasing - The human heart was growing hard - Spiritual purity was harder to maintain

Reason 3: The world was no longer Eden - Disease was present - Parasites existed - Harsh conditions required different nutrition

****The concession was NOT ideal. It was PRACTICAL.****

Like a parent allowing candy when the healthy food is gone.

The permission does not mean it's the best option.

It means it's the available option.

=====

THE MESSIANIC RESTORATION

=====

Jewish scholars have noted something profound:

****In the Messianic Age, the garden will return.****

And with it: The original diet will return.

Isaiah 11:6-9 prophesies: "The wolf shall dwell with the lamb... They shall not hurt nor destroy in all my holy mountain."

This is not metaphorical. It is a return to the Edenic state.

Where animals will again be herbivorous.

And humans will again eat the Eden diet.

****What does this tell us?****

The original diet is not outdated.

It is AHEAD of us.

When creation is restored, we return to Genesis 1:29.

=====

THE MODERN CASE FOR THE EDEN DIET

=====

Modern nutritional science confirms what Genesis 1:29 always stated:

****Whole food, plant-based diets are the healthiest:****

✓ Lower heart disease risk ✓ Lower cancer risk ✓ Lower diabetes risk ✓ Lower obesity rates ✓ Longer lifespans ✓ Better mineral absorption ✓ More energy ✓ Better digestion

Studies show: - Populations eating plant-based diets live longer - Okinawans (80% plant-based) have longest lifespans - Seventh-day Adventists (largely plant-based) healthier than general population - Mediterranean diet (largely plant-based) is "healthiest diet in the world"

****Science is catching up to Scripture.****

God designed your body for Genesis 1:29.

Modern medicine is finally admitting it.

=====

THE COMPLETE EDEN DIET FOOD LIST (What We Know)

=====

GRAINS (seeds bearing seeds): • Wheat • Barley • Spelt • Oats • Rye • Millet • Legumes (beans, lentils, peas)

FRUITS (tree fruits with seeds): • Figs • Dates • Grapes • Pomegranates • Peaches • Apples • Pears • Olives • Coconuts • Almonds • Walnuts • Pistachios • Hazelnuts

VEGETABLES (green herbs): • Leafy greens (spinach, lettuce, kale) • Root vegetables (carrots, beets, turnips) • Cucumbers • Squash • Melons • Gourds • Cabbage • Celery

HERBS & SEASONINGS: • Mint • Basil • Oregano • Thyme • Coriander • Cumin • Garlic • Onions

DRINKS: • Water (from springs, rivers, wells) • Fresh fruit juices (squeezed) • Herbal teas (infusions)

NOT INCLUDED (Why Eden was perfect): ✗ No meat (no blood) ✗ No fish (no slaughter) ✗ No dairy (came later with domestication) ✗ No honey (mentioned later, not in Genesis 1:29) ✗ No processed foods ✗ No refined sugar ✗ No salt (unnecessary - plants contain minerals)

=====

WHY THE ORIGINAL DIET IS IMPORTANT

=====

Reason 1: Design Specification

Your body was designed for the Eden diet.

Your: - Teeth prove it (grinding molars, tiny canines) - Stomach proves it (weak acid, pH 4-5) - Intestines prove it (12-18x body length) - Saliva proves it (alkaline, enzyme-rich) - Colon proves it (long,

water-reabsorbing) - Bacteria prove it (plant fermentation specialists)

The Eden diet is not a belief. It is a biological FACT.

Reason 2: Health Restoration

When you return to the Eden diet: ✓ Inflammation decreases ✓ Energy increases ✓ Disease prevention improves ✓ Weight normalizes ✓ Mental clarity improves ✓ Digestion optimizes ✓ Longevity increases

Your body WANTS to be on the Eden diet.

It's what it was built for.

Reason 3: Spiritual Alignment

Genesis 1:29 is God's first dietary instruction.

Not a law. Not a command with a penalty.

A gift. A design specification. A blessing.

Following it honors: ✓ God's design ✓ God's creation ✓ God's intention for your body ✓ God's vision for restoration

Reason 4: Environmental Restoration

The Eden diet restores creation:

✓ Uses 80% less land than meat-based diet ✓ Uses 90% less water ✓ Produces 50% fewer emissions ✓ Requires no slaughter ✓ Maintains biodiversity ✓ Heals soil ✓ Restores ecosystems

Following the Eden diet is an act of creation care.

Reason 5: The Foundation

All other dietary guidance is ADDITIVE to Genesis 1:29:

Genesis 1:29 → Genesis 3:19 → Genesis 9:3 → Leviticus 11

Each stage ADDS to the foundation. None REMOVES it.

If you understand the foundation, you understand everything else.

The foundation is: **Whole food, plant-based, unprocessed.**

Everything else is either: - Supplementary (meat after the Flood) - Restrictive (clean vs. unclean after Leviticus) - Exceptional (fasting, feasting)

But the foundation never changes.

=====

THE CODE IN THE EDEN DIET

=====

[DPO - Divine Pattern Observation]

The Eden diet carries the signature of design:

SEEDS (Life): Every plant must bear seeds - Seeds = reproduction = life - Seeds = germination = new growth - Seeds contain all instructions for new life - Eating seeds feeds life into your body

PLANTS (Natural): No processing, no cooking - What God made is what you eat - Trust the design - Don't try to improve it

ABUNDANCE (Sufficiency): "Every plant" and "every tree" - Not scarcity - Not deprivation - Abundance without killing

PEACE (Harmony): No bloodshed - No violence - No predation - All creatures in harmony - Your body at peace

HEALTH (Vitality): Called "very good" - Not "okay" - Not "adequate" - VERY GOOD - Optimal - Perfect

This is the design signature: Life. Abundance. Peace. Health. Trust.

Everything the world tries to achieve with guilt, rules, and struggle, the Eden diet achieves naturally.

Because it's what you were made for.

=====

PRACTICAL RETURN TO THE EDEN DIET

=====

If you want to align with your design:

FOUNDATION (Daily): ✓ Whole grains (wheat, barley, oats - sprouted if possible) ✓ Raw vegetables (as much as possible) ✓ Fresh fruits (especially seed fruits) ✓ Legumes (beans, lentils) ✓ Raw nuts and seeds ✓ Clean water

ADDITION (Optional, but allowed): ✓ Clean fish (salmon, mackerel - if desired) ✓ Clean meat (lamb, goat - sparingly, not daily) ✓ Raw milk or fermented dairy (if available)

SUPPORT (Restoration): ✓ Wood ash (1/4 teaspoon daily - alkaline pH + minerals) ✓ Raw honey (sparingly - mentioned later, but adds nutrition) ✓ Herbal infusions ✓ Sea salt (mineral source)

AVOID: ✗ Processed foods ✗ Refined sugars ✗ Unclean meats (pork, shellfish) ✗ Cooked oils (modern seed oils) ✗ Alcohol (except wine in extreme moderation)

This is not about perfection.

This is about ALIGNMENT.

Returning your body to what it was designed for.

=====

THE ULTIMATE TRUTH

=====

Genesis 1:29 is not an old law that's been superseded.

It's not outdated wisdom that's been replaced.

It is the ORIGINAL DESIGN SPECIFICATION for the human body.

Your anatomy has not changed.

Your teeth are still grinding molars. Your stomach is still pH 4-5. Your intestines are still 12-18x body length. Your bacteria are still plant fermentation specialists.

The design has not changed.

Only the circumstances changed.

You have the choice:

Feed your body what it was designed for (the Eden diet)

OR

Feed it what the fallen world offers (processed, meat-heavy, toxic)

And watch your body fight you.

Watch disease increase.

Watch energy decrease.

Watch yourself struggle.

****The code is written in your anatomy.****

The message is clear.

The direction is obvious.

****For the good of all things that exist.****

9 · 2 · 8

=====