



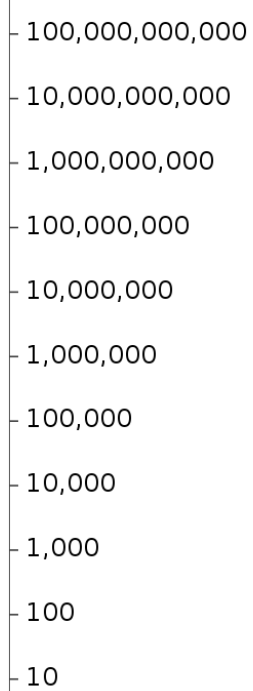
How God Kept Israel Healthy

Israel's Priests Were God's Doctors



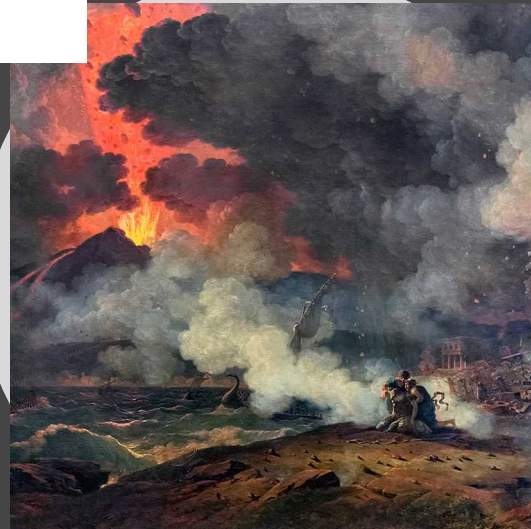
Germany

Value of one gold Mark
in paper Marks



How Nations Perish

- Conquered in war
- Collapse from within
- Destroyed by natural disaster
- Destroyed by disease



The Aztec Empire was Destroyed by Smallpox and Salmonella

- In 1519, Spanish conquistador Hernan Cortés landed in Yucatán in 1519 with over 600 men looking for gold. The tiny Spanish army was easily defeated by the Aztecs, but 50% of the Aztecs died from smallpox caught from the Spanish.
- “In the cities and large towns, big ditches were dug, and from morning to sunset the priests did nothing else but carry the dead bodies and throw them into the ditches,”

Franciscan historian Fray Juan de Torquemada

- Cortes raised an army of 10,000 indigenous soldiers and ultimately conquered the Aztecs in 1525.
- In 1545, 15 million Aztecs were wiped out in the epidemic they called “cocoliztli”, a typhus-like fever thought to be caused by salmonella.
- In 1576-78 half the remaining Aztecs died from cocoliztli.



God Promised to Preserve the Nation of Israel



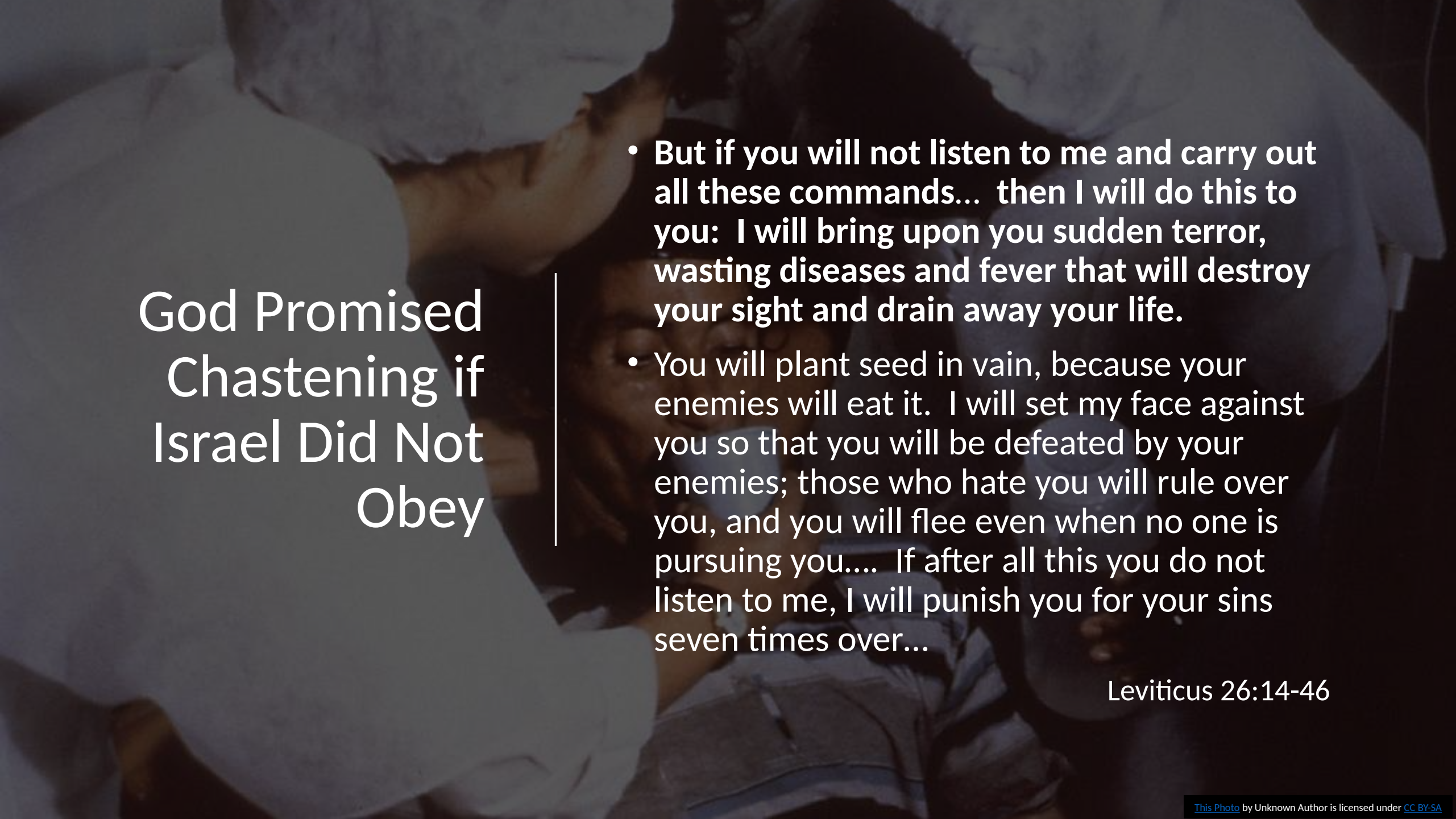
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God said,

“If you follow my decrees and are careful to obey my commands, I will send you rain in its season, and the ground will yield its crops and the trees of the field their fruit. Your threshing will continue until grape harvest and the grape harvest will continue until planting, and you will eat all the food you want and live in safety in your land.

I will grant peace in the land, and you will lie down and no one will make you afraid... “

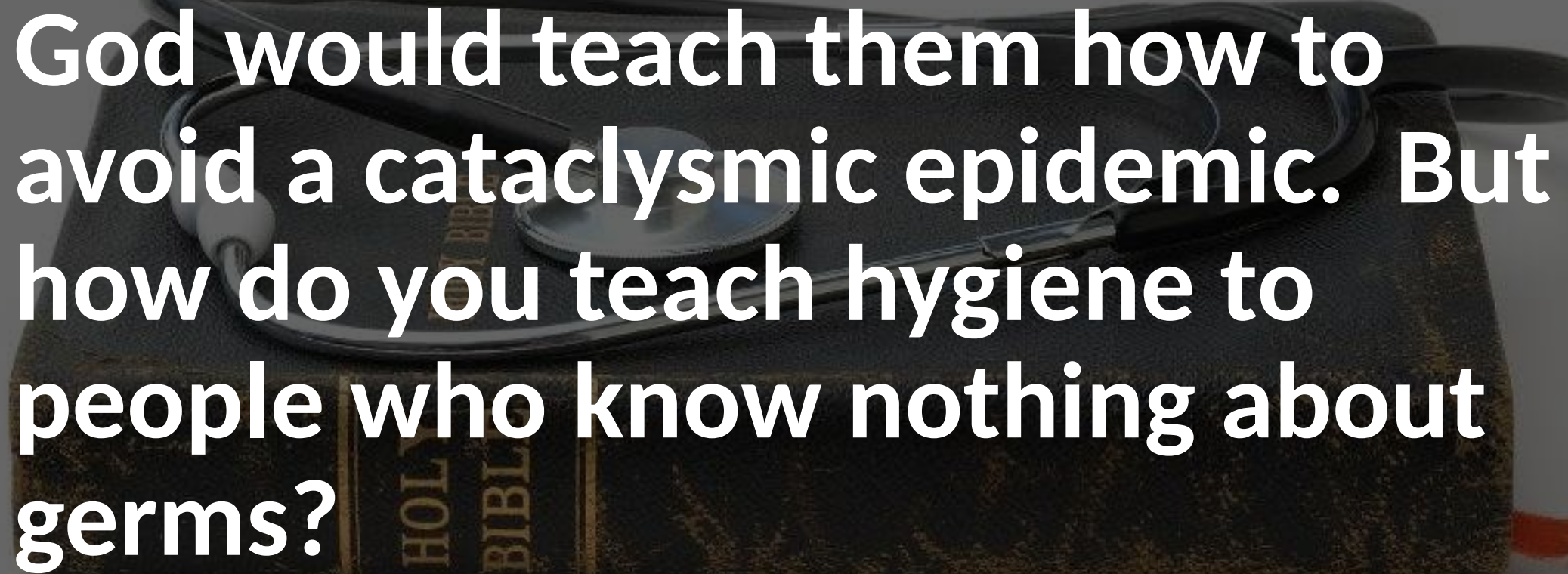
Leviticus 26:3-13



God Promised Chastening if Israel Did Not Obey

- But if you will not listen to me and carry out all these commands... then I will do this to you: I will bring upon you sudden terror, wasting diseases and fever that will destroy your sight and drain away your life.
- You will plant seed in vain, because your enemies will eat it. I will set my face against you so that you will be defeated by your enemies; those who hate you will rule over you, and you will flee even when no one is pursuing you.... If after all this you do not listen to me, I will punish you for your sins seven times over...

Leviticus 26:14-46



God would teach them how to avoid a cataclysmic epidemic. But how do you teach hygiene to people who know nothing about germs?

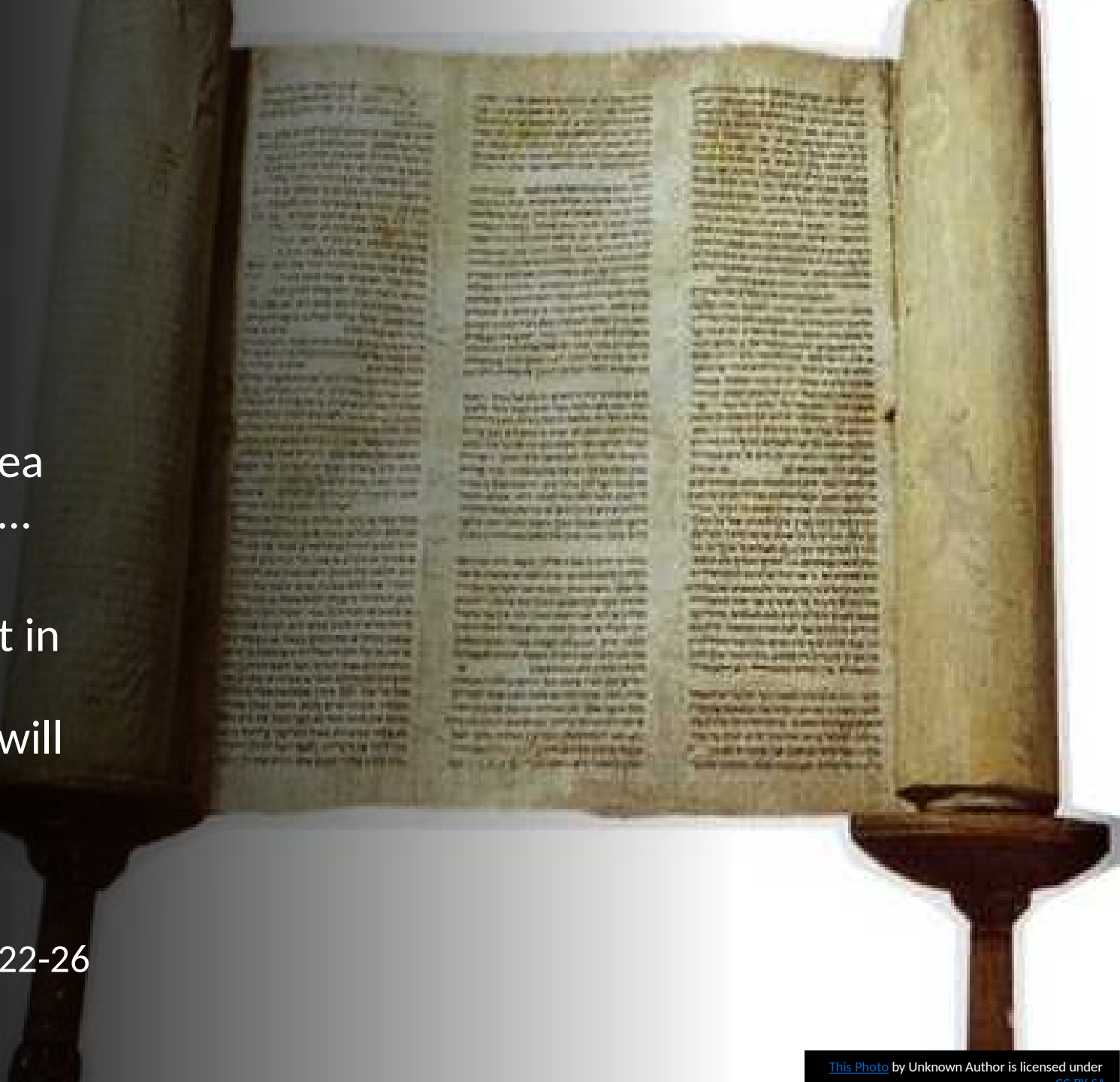


God Gave Laws to Moses to Keep Israel Healthy

“Then Moses led Israel from the Red Sea
and they went into the Desert of Shur...

He said, “If you listen carefully to
the Lord your God and do what is right in
his eyes, if you pay attention to his
commands and keep all his decrees, I will
not bring on you any of the diseases I
brought on the Egyptians, for I am
the Lord, who heals you.”

Exodus 15:22-26

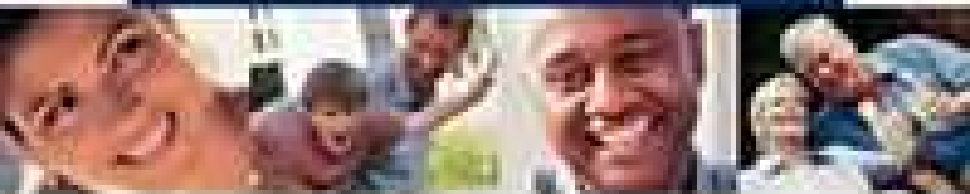


Revised and Expanded
Over 1 million copies sold

Millennium Third Edition

NONE OF THESE DISEASES

THE BIBLE'S HEALTH SECRETS
FOR THE 21ST CENTURY



S. I. McMillen, M.D.
& David E. Stern, M.D.

- Two doctors, S. I. McMillen and David Stern, wrote about the many diseases that the Jews were able to avoid by following God's instructions.
- These instructions enabled the Jews to avoid the epidemics that destroyed so many other cultures.
- The instructions were primarily in the form of diagnostic flow charts for the priests to administer.



The Bible is the Ultimate Wellness Book

It told the Jews:

- How to know what to eat and what not to eat.
- How to distinguish infectious diseases and what to do.
- How to avoid sickness by following basic hygiene.
- How to live a healthy lifestyle.





The 1st Law: Eat the right foods and avoid the wrong foods

“You must distinguish between
the unclean and the clean,
between living creatures that
may be eaten and those that
may not be eaten. “

Leviticus 11:47



A photograph of two cows in a green field. One cow is light brown and the other is white. They are both looking down at the grass. The white cow is in the foreground, and the brown cow is behind it. The background is a bright, slightly hazy sky.

Eat Only Certain Animals

- **Clean animals include:**
 - **oxen, bovine, sheep, goats,**
- **Use rules to help determine what is clean:**
 - **Animals that chew the cud and have divided hooves**
 - **Animals that don't chew the cud and don't have divided hooves**

Don't Eat Other Animals

Don't eat:

- pig, camel, rabbit, rock badger, rats, lizards

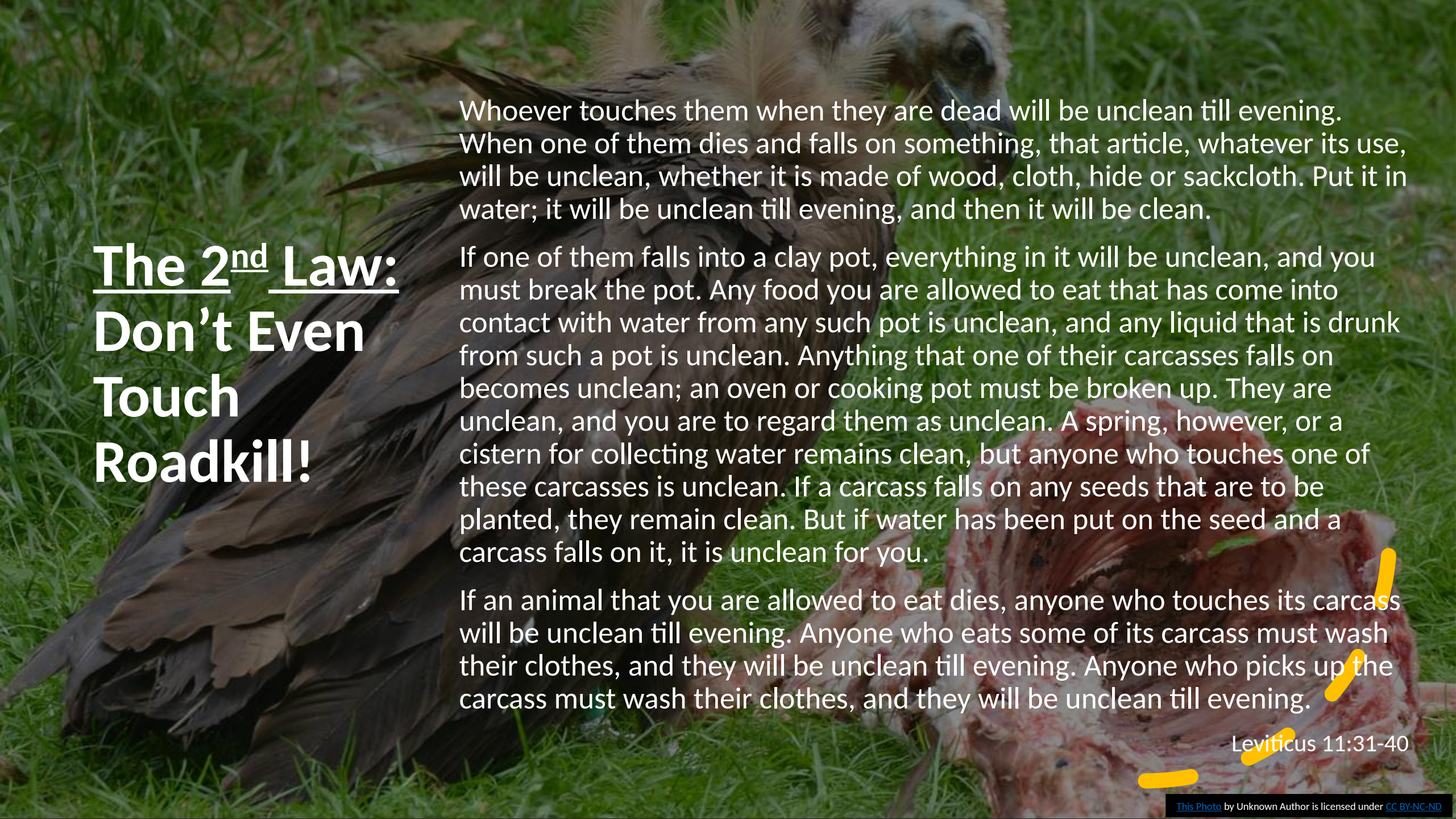
Don't eat

- Vultures, herons, bats, etc.

Don't eat

shellfish



A photograph of a dead bird, possibly a crow or raven, lying on green grass. The bird's head is turned to the right, and its dark feathers are visible. To the right of the bird's head, there is a bloody, torn carcass, likely the same bird, with red flesh and blood exposed. The background is a field of green grass.

The 2nd Law: Don't Even Touch Roadkill!

Whoever touches them when they are dead will be unclean till evening. When one of them dies and falls on something, that article, whatever its use, will be unclean, whether it is made of wood, cloth, hide or sackcloth. Put it in water; it will be unclean till evening, and then it will be clean.

If one of them falls into a clay pot, everything in it will be unclean, and you must break the pot. Any food you are allowed to eat that has come into contact with water from any such pot is unclean, and any liquid that is drunk from such a pot is unclean. Anything that one of their carcasses falls on becomes unclean; an oven or cooking pot must be broken up. They are unclean, and you are to regard them as unclean. A spring, however, or a cistern for collecting water remains clean, but anyone who touches one of these carcasses is unclean. If a carcass falls on any seeds that are to be planted, they remain clean. But if water has been put on the seed and a carcass falls on it, it is unclean for you.

If an animal that you are allowed to eat dies, anyone who touches its carcass will be unclean till evening. Anyone who eats some of its carcass must wash their clothes, and they will be unclean till evening. Anyone who picks up the carcass must wash their clothes, and they will be unclean till evening.

Leviticus 11:31-40

The 3rd Law: Don't eat sick animals



- Carcasses carry disease.
- Animal may have been sick.
- Animals rot in the hot sun
- Flies and other insects carry disease
- Wild Animals are potential disease vectors (Carriers)
- Many viruses and bacteria are transmitted by animals
- Animals spread disease – don't even touch sick or dead animals!



Avian Flu	granuloma	Salmonella
Dog Flu	Giardia	Sarcoptic Mange
Bat Flu	Hantavirus	Strep and Staph Infections
Avian Flu	Herpes	Toxoplasmosis
Swine Flu	Lyme	Yersiniosis
Hook worm	Leptospirosis	Sporotrichosis
Bubonic plague	MRSA	Monkeypox
Mad Cow	Monkey virus	H3N8 flu
Histoplasmosis	Tuberculosis	Tularemia
Tapeworm	Rabies	e. coli
Ringworm	Rickettsia (rocky mtn spotted fever)	Rat-bite fever

Some Infectious Diseases Transmitted by Animals



The 4th Law: Go to the Priest for Diagnosis and Treatment

Priests were appointed and trained to be doctors. Leviticus contains an instruction manual for Priests on diagnosing rashes.

The LORD said to Moses and Aaron,

“When anyone has a swelling or a rash or a shiny spot on their skin that may be a defiling skin disease, they must be brought to Aaron the priest or to one of his sons who is a priest. The priest is to examine the sore on the skin, and if the hair in the sore has turned white and the sore appears to be more than skin deep, it is a defiling skin disease. When the priest examines that person, he shall pronounce them ceremonially unclean.

Leviticus 13:1-3

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Some Infectious Diseases are Diagnosed by Rashes



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Scarlet Fever	Adenoviruses
Measles	Herpes Zoster
Chicken Pox	Smallpox
Strep Infections	Chicken Pox
Staph infections	Roseola
	Hand-Foot-and-Mouth Disease (Coxsackievirus)
Meningococemia	
Rocky Mountain Spotted Fever (Rickettsia)	Enterovirus
HME	HSV
Measles	Erythema
Rubella (German Measles)	Parvovirus
Parvovirus	Kawasaki Disease
Shingles	Epstein-Barr Virus/Mononucleosis
HIV	Leprosy

The 5th Law:

Quarantine and Identify the Person as Unclean

The priest examined the person based on God's rules for rashes

- If the rash was characterized as a defiling skin disease, the patient was to be treated as unclean and quarantined.
- “Anyone with such a defiling disease must wear torn clothes, let their hair be unkempt, cover the lower part of their face and cry out, ‘Unclean! Unclean!’ As long as they have the disease they remain unclean. They must live alone; they must live outside the camp.”

Leviticus 13:45-46

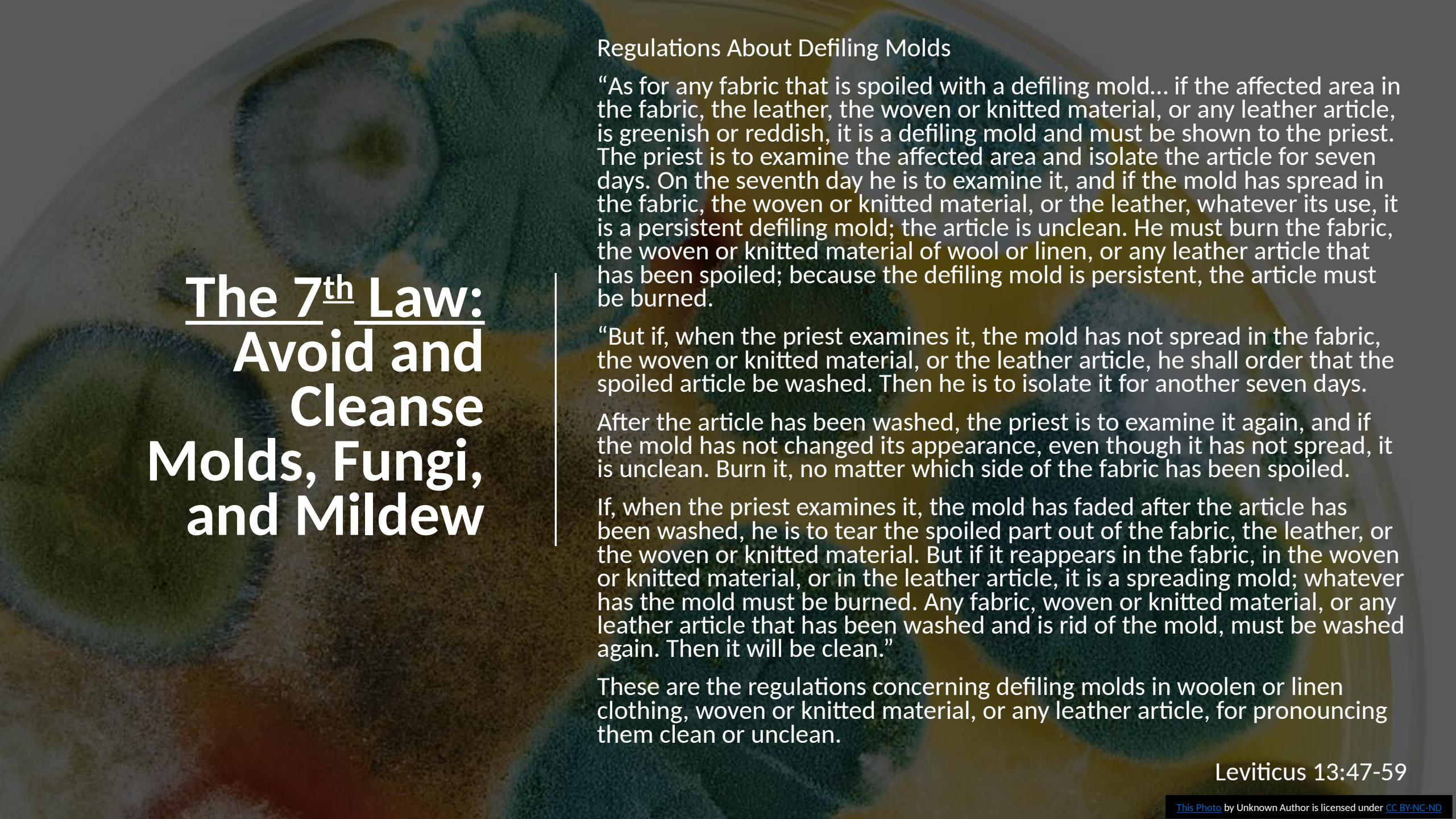
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The LORD said to Moses and Aaron, "Speak to the Israelites and say to them: 'When any man has an unusual bodily discharge, such a discharge is unclean. Whether it continues flowing from his body or is blocked, it will make him unclean.

Leviticus 15:1-3

Many Diseases Are Transmitted by Human Fluids and Discharges

Cholera	Syphilis	Salmonella
Dysentery	Giardiasis	Campylobacter
HIV	Hantavirus	Strep and Staph
Avian Flu	Chikungunya	Toxoplasmosis
Swine Flu	Lyme	Tika
Polio	Rubeola	West Nile Virus
Bubonic plague	MRSA	Monkeypox
Typhoid Fever	Monkey virus	Parvovirus
Chicken Pox	Tuberculosis	Tularemia
Tapeworm	Rabies	e. coli
Ringworm	Malaria	Meningitis
Ebola and	Hemorrhagic Fevers	Hookworm



The 7th Law: Avoid and Cleanse Molds, Fungi, and Mildew

Regulations About Defiling Molds

“As for any fabric that is spoiled with a defiling mold... if the affected area in the fabric, the leather, the woven or knitted material, or any leather article, is greenish or reddish, it is a defiling mold and must be shown to the priest. The priest is to examine the affected area and isolate the article for seven days. On the seventh day he is to examine it, and if the mold has spread in the fabric, the woven or knitted material, or the leather, whatever its use, it is a persistent defiling mold; the article is unclean. He must burn the fabric, the woven or knitted material of wool or linen, or any leather article that has been spoiled; because the defiling mold is persistent, the article must be burned.

“But if, when the priest examines it, the mold has not spread in the fabric, the woven or knitted material, or the leather article, he shall order that the spoiled article be washed. Then he is to isolate it for another seven days.

After the article has been washed, the priest is to examine it again, and if the mold has not changed its appearance, even though it has not spread, it is unclean. Burn it, no matter which side of the fabric has been spoiled.

If, when the priest examines it, the mold has faded after the article has been washed, he is to tear the spoiled part out of the fabric, the leather, or the woven or knitted material. But if it reappears in the fabric, in the woven or knitted material, or in the leather article, it is a spreading mold; whatever has the mold must be burned. Any fabric, woven or knitted material, or any leather article that has been washed and is rid of the mold, must be washed again. Then it will be clean.”

These are the regulations concerning defiling molds in woolen or linen clothing, woven or knitted material, or any leather article, for pronouncing them clean or unclean.

Leviticus 13:47-59

Some Diseases Caused by Mold and Fungus

- Aspergillosis
- Osteomyelitis
- Endocarditis
- Yeast infections
- Black mold
- Allergies
- Hepatocellular Cancers
- Autoimmune Diseases
- Pneumonia
- Inhalation Fevers
- Organic Toxic Syndrome
- Poisonous Death
- Sporotrichosis
- Histoplasmosis
- Blastomycosis
- Fungal brain abscesses



The 8th Law: Bathe, wash hands, clothes, bedding or anything that touches diseased person.

“Any bed the man with a discharge lies on will be unclean, and anything he sits on will be unclean. Anyone who touches his bed must wash their clothes and bathe with water, and they will be unclean till evening....”Whoever touches the man who has a discharge must wash their clothes and bathe with water, and they will be unclean till evening. If the man...spits on anyone who is clean, they must wash their clothes and bathe with water, and they will be unclean till evening.

“Everything the man sits on when riding will be unclean, and whoever touches any of the things that were under him will be unclean till evening; whoever picks up those things must wash their clothes and bathe with water, and they will be unclean till evening. Anyone the man with a discharge touches without rinsing his hands with water must wash their clothes and bathe with water, and they will be unclean till evening. A clay pot that the man touches must be broken, and any wooden article is to be rinsed with water.

Leviticus 15:2-12

The 9th Law: Quarantine after Touching a Dead Body

- Whoever touches a human corpse will be unclean for seven days. They must purify themselves with the water on the third day and on the seventh day; then they will be clean. But if they do not purify themselves on the third and seventh days, they will not be clean. If they fail to purify themselves after touching a human corpse, they defile the LORD's tabernacle. They must be cut off from Israel. Because the water of cleansing has not been sprinkled on them, they are unclean; their uncleanness remains on them.
- "This is the law that applies when a person dies in a tent: Anyone who enters the tent and anyone who is in it will be unclean for seven days, and every open container without a lid fastened on it will be unclean.
- Anything that an unclean person touches becomes unclean, and anyone who touches it becomes unclean till evening.

Numbers 14:11-14, 22



The 10th Law: **The Priest Decides When Someone is Well Again**

The priest sees manages the cleansing:

“When a man is cleansed from his discharge, he is to count off seven days for his ceremonial cleansing; he must wash his clothes and bathe himself with fresh water, and he will be clean.

On the eighth day he must take two doves or two young pigeons and come before the LORD to the entrance to the tent of meeting and give them to the priest. The priest is to sacrifice them, the one for a sin offering and the other for a burnt offering. In this way he will make atonement before the LORD for the man because of his discharge.

Leviticus 15:13-15



7 Steps for Someone to Return to the Community

1 - Priest examines the person outside the camp (Lev 14:3)

2 - Rash must be gone

3 - Person is sprinkled with the blood of a bird killed over fresh water

- This marked the person as possibly being clean

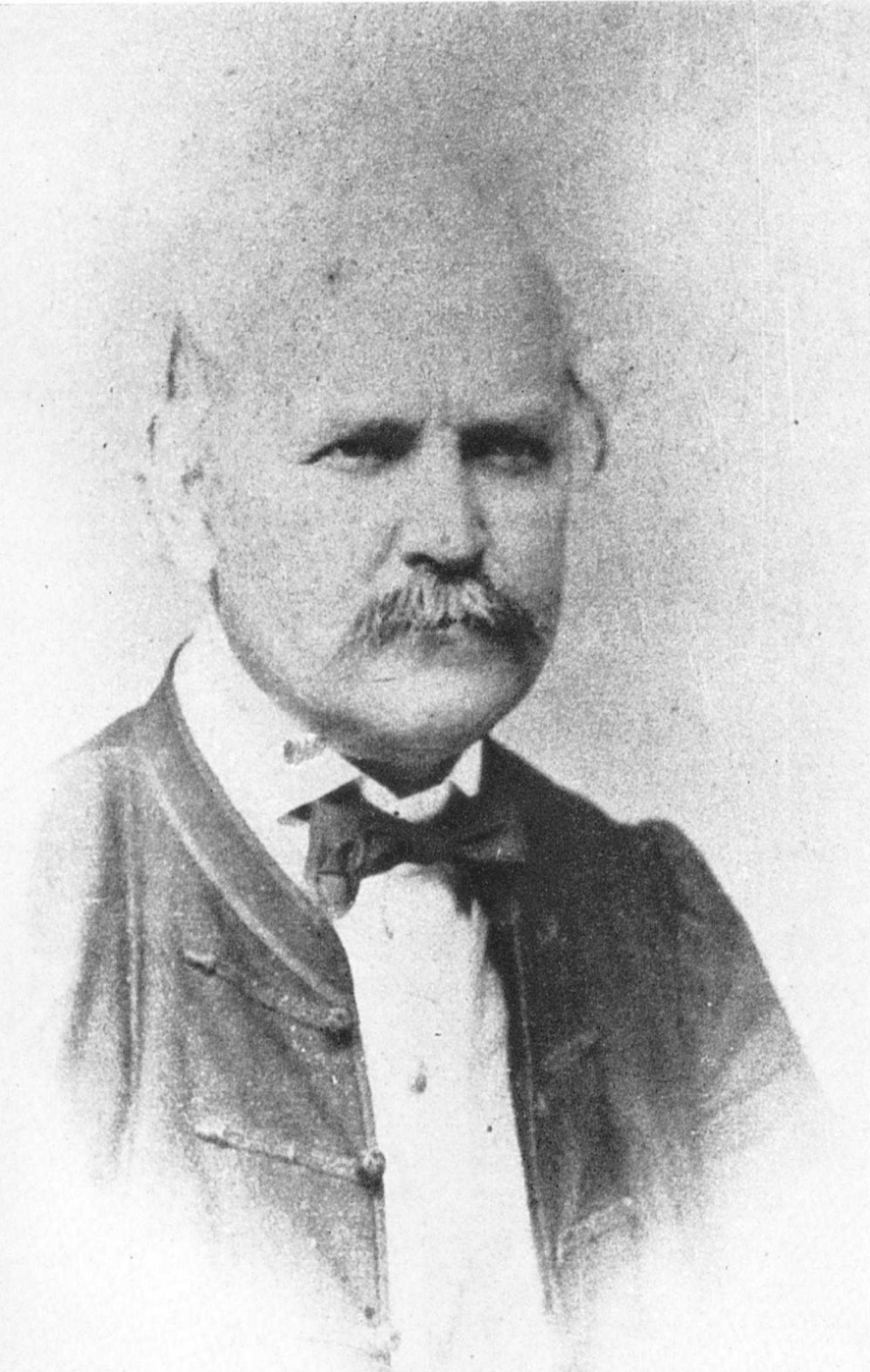
4 - Person must wash their clothes, shave off all their hair, bathe in water

5 - Person may come into camp, but must stay outside tent for 7 days

6 - On 7th day, the person must shave all hair again, bathe, wash clothes

7 - On the 8th day, Priest offers a sacrifice and marks person's big toe and thumb with oil and pours oil over his head

Modern Antisepsis is Based on God's Laws



Doctor Ignaz Semmelweis

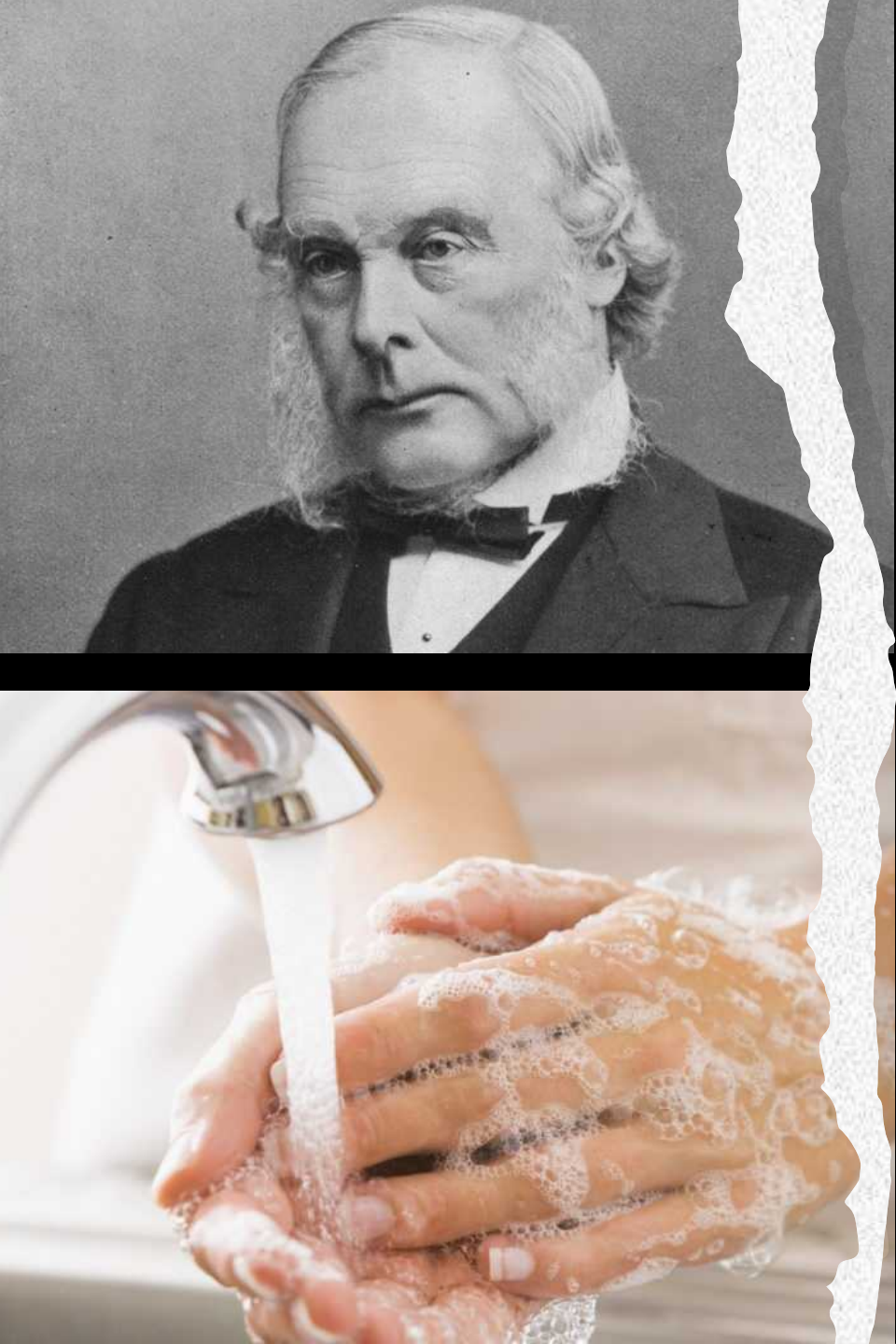
In 1847 Semmelweis, a Hungarian Jew, an obstetrician at Vienna General Hospital. He observed that the mortality rate from child bed fever was over 30% in hospitals but almost zero for home deliveries. Hospitals were only for those who could not afford to pay to deliver a baby at home so the poor died.

The Vienna hospital had two wards, one for medical students to deliver and one for mid-wife delivery. Women whose babies were delivered by the med students were 5 times more likely to die. Semmelweis found that the students came directly from autopsies of women who had died from the disease and then delivered babies without washing their hands.

Although he did not know about germs, he instituted washing hands and instruments with soap and chlorine between patients. The miasma theory of disease was the standard one, and chlorine would remove any ill vapors. Puerperal fever dropped dramatically.

The hospital fired him for introducing Jewish myths in place of real science.

He lectured about his discoveries and was viewed as a madman. In 1865, he suffered a nervous breakdown and died in an insane asylum shortly after.



Semmelweis Inspired Lister

Dr. Semmelweis is now viewed as a pioneer in antisepsis.

Handwashing between patients is now recognized as the best way to prevent spreading illness in health care settings. It still is difficult to get full compliance from doctors, nurses and other members of the health care team. Using sterile technique and sterile instruments in surgery has had better success.

“Without Semmelweis, my work would be in vain. New surgery owes the most to the great son of Hungary.”

Joseph Lister

The Jews Largely Avoided
the Plague by Following
God's Laws

The Black Death

The Black Death (bubonic plague) struck Europe and Asia in the mid-1300s.

Arrived by ship in 1347 when 12 ships from the Black Sea docked at Messina, Sicily.

Most sailors were dead. Live sailors were covered in black boils.

Ships were sent back out to sea, but the virus had already been transmitted.

From 1347-1353, over 20 million of Europe's 60 million population died

It was extremely contagious:

"The mere touching of the clothes appeared to itself communicate the malady to the toucher."

Giovanni Boccaccio

Black Death masks and costumes were worn by the uninfected, but it only hastened their getting the disease.



THE 'BLACK DEATH'
ENTERED ENGLAND IN 1348
THROUGH THIS PORT.

IT KILLED 30-50%
OF THE COUNTRY'S
TOTAL POPULATION

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The Devastation of the Plague

“No one knew exactly how the Black Death was transmitted from one patient to another, and no one knew how to prevent or treat it. According to one doctor, for example, ‘instantaneous death occurs when the aerial spirit escaping from the eyes of the sick man strikes the healthy person standing near and looking at the sick.’”

<https://www.history.com/topics/middle-ages/black-death>

Animals also got the plague and died. So many sheep died that there was a severe wool shortage.

PROCLAMATION PLAGUE

By His Excellency Sir HARRY HOLDSWORTH RAWSON, Admiral in the Royal Navy, Knight Commander of the Most Honorable Order of the Bath, Governor of the State of New South Wales and its Dependencies, in the Commonwealth of Australia.

WHEREAS the finding of dead rats in unusual numbers on premises is indicative of the presence of the disease commonly known as The Plague; And whereas it is expedient in the interests of the health of His Majesty's subjects that the most effectual steps should be taken to prevent the introduction and spread of the said disease in the said State of New South Wales: Now, therefore, I, Sir Harry Holdsworth Rawson, the Governor of the State of New South Wales as aforesaid, do, with the advice of the Executive Council, by this my notification, call upon all and singular who shall find dead rats in unusual numbers in premises in the said State, or who shall know of dead rats having been so found, to immediately report the fact to the nearest Officer of Police.

GIVEN under my Hand and Seal, at Sydney, this nineteenth day of July, in the year of Our Lord one thousand nine hundred and four, and in the fourth year of His Majesty's Reign.

(L.S.) HARRY H. RAWSON.

By His Excellency's Command, KENNETH MACKAY.

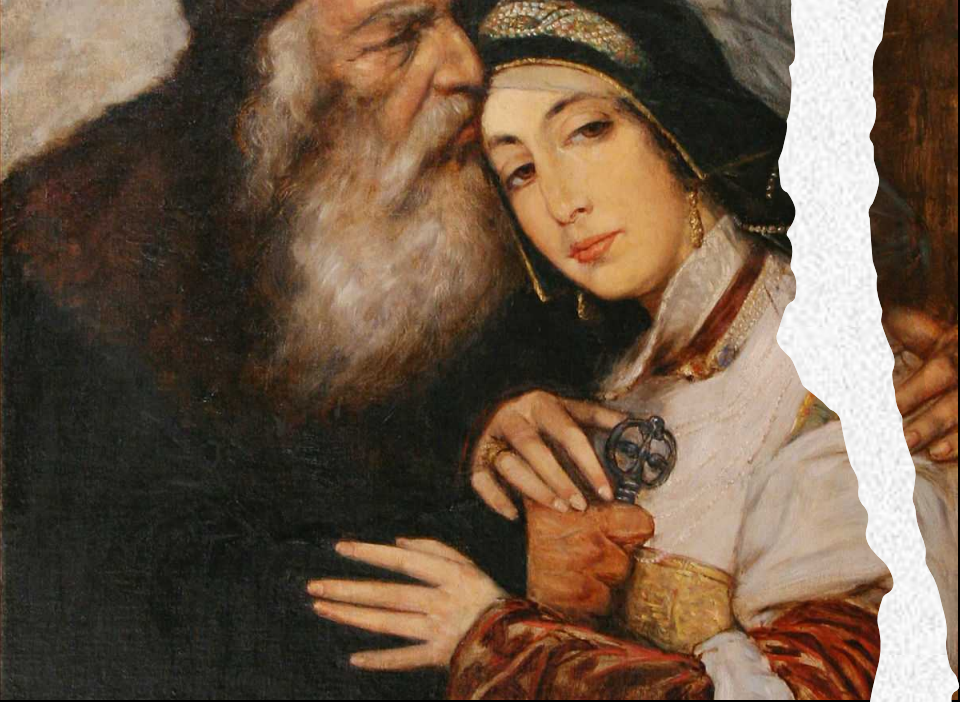
GOD SAVE THE KING!

Persons neglecting to comply with this Proclamation are liable to be prosecuted for a Common Law misdemeanour.

Department of Public Health, New South Wales,
Sydney, February 1st, 1905.

G. H. KING, Secretary.

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People Sought to Stop the Plague in Various Ways

- The Flagellants - Some upper-class men believed Europe was accursed by God because of their sin and traveled from town to town beating themselves publicly for over a month at a time with leather straps with sharp embedded pieces of metal.
- But the Jews Rarely Caught the Disease Because of God's Laws
- Others agreed that the plague was a punishment from God and sought to expiate their sin by purging their towns of the Jewish "Christ killers"
- Great massacres of the Jews occurred in 1348 and 1349. Many Jews escaped these pogroms by fleeing to Eastern Europe's countryside to escape.



And The Jews Have Indeed Been Preserved

The Nation of Israel Exists as a Testimony to God's Promise to Preserve the Jews