

THE HEALTH NUGGET



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Gorgeous on the Inside, Part 2

Describing someone as ‘drop dead gorgeous’ to a group of friends would evoke a menagerie of mental pictures. My pictorial definition might be completely different from yours. We all are attracted to different ‘kinds’ aren’t we? The *internal gorgeous* we began observing last month, while not initially attractive, has become stunning to me and worth the upkeep.

Our internal bacterial world can appear somewhat temperamental. From dramatic lethal invasions of *Vibrio cholerae* (the bacteria responsible for cholera) to antibiotic use, to simple dietary changes, our intestinal flora is altered. Like the pollinating bees of America, we do not appreciate the significant role our internal microbes play in the large scheme of things, until something happens to them.

The following experiment, while inhumane, alludes to how significant intestinal flora is—for rats at least. Three groups of rats were placed on three different diets. Group 1 was fed vegetarian Purina chow pellets. Group 2 were given ground lean beef. Group 3 received a diet consisting of ground lean meat to which 100 grams of powdered lactose (milk sugar) was added. They remained on the experimental diet for one month. At the end of the month the rats were subjected to a midlethal total-body dose of radiation.

Prior to irradiation the feces of the rats was analyzed to determine bacterial composition. Fecal flora was noticeably different in each group. The diet of each group was found to affect which strains of bac-

teria were more apt to thrive. This was influential in determining rate and incidence of death after exposure to the midlethal dose of X-rays.

“All of the animals fed meat alone were dead on the 6th day after irradiation; 80% of deaths occurred in 2 days. Administration of chow led not only to a decrease in the rate of death but was the only type of diet with which survival after irradiation was observed. Only 20% of the animals taking this diet had died after 8 days; at the same time, 100% of the rats fed meat or meat plus lactose had already succumbed.”¹

While using radiation cannot be experimentally done with humans, intestinal flora and dietary changes have been studied in relation to rheumatoid arthritis (RA). In Finland, the diet of a group of patients was altered from meat eating to vegetarian, then to vegan. Consequently, significant changes took place in the intestinal flora as well as in the level of improvement. Under the title, “A vegan diet changes the intestinal flora,” the researchers noted that “A statistically highly significant difference in the flora” was observed between patients who showed high improvement and those who showed little.² “This finding of an association between intestinal flora and disease activity may have implications for our understanding of how diet can affect RA.”³ In fact, in the researchers’ opinion, the “potential role” of intestinal bacteria is “hard to ignore.”⁴

Beneficial bacteria can also be likened to

‘watchdogs’ that protect their domain. As they alter the state of acidity, deprive rival unfriendly bacteria of nutrients, release various enzymes, and produce natural antibiotics and anti-fungals, they create a hostile environment for disease-causing agents. These powerful antimicrobial compounds inhibit growth and toxin producing capabilities of ‘bad bacteria.’ They have also been found to reduce tumor growth and neutralize cancer-causing substances.

In beef eating rats, “the high incidence” of chemically induced colon tumors was “lowered from 77 to 40% when *L. acidophilus* was fed simultaneously with the beef diet.”⁵ Bacteria which are producers of lactic acid, such as those in the *Lactobacillus* species, have been “associated with the populations with the lower risk of colon cancer.” It has also been observed that the influence of beneficial bacteria in acidifying the environment is also “associated with lower incidence of colon cancer.”⁶

In Ireland, Professor Ian Rowland stated that supplementation of beneficial bacteria, labeled probiotics, plays a role in reducing developing cancer of the lower intestine. “We can identify compounds in the gut which can damage the DNA and we’ve found that probiotics can inactivate those chemicals.”⁷

The Bible says that man looks on the outward appearance but God looks on the heart. While on this earth, Jesus, observing the spiritual leaders of his day, described them externally, on the outside, as “whited sepulchers.” They looked clean and pure but at the same time Jesus was likening them to a coffin! Inside they were full of dead men’s bones —bones like in Ezekial’s vision in which there was no life. (Ezekial 36) Spiritual vivacity was gone. In place of energy, sparkle,

dynamics, spunk, *joie de vivre*, only spiritual sterility was found.

In stark contrast, Zaccheus appears on the scene. Jesus was attracted to this man, not because he was particularly eye-catching, but because there was spiritual desire and fertility within.

Martin Luther, confronted by papal sepulchurism and ‘Spirit-led’ fanaticism said, “May God of His mercy preserve me from a church in which there are none but saints. I desire to dwell with the humble, the feeble, the sick, who know and feel their sins and who groan and cry continually to God from the bottom of their hearts to obtain His consolation and support.”⁸

A heart longing for the great God, an earnest desire for the presence of the transforming, renewing power of the Holy Spirit are definite qualities that in God’s eyes make one gorgeous on the inside.

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- 3 Peltonen R., Kjeldsen-Kragh J., Haugen M. et al. “Changes of faecal flora in rheumatoid arthritis during fasting and one-year vegetarian diet.” *Br J Rheumatol* 1994;33:638–43. http://rheumatology.oxfordjournals.org/cgi/content/abstract/33/7/638?ikey=1e366df7d5d64e6616a4758064abb71e519ff9b&keytype=2=tf_ipsecsha.
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- 5 McIntosh BuSc, PhD, Graeme. Probiotics and colon cancer prevention. *Asia Pacific J Clin Nutr* (1996) 5:48-52. <http://www.healthyeatingclub.com/APJCN/Volume5/vol5.1/mcintosh.htm>.
- 6 Donaldson, Michael S. “Nutrition and cancer: A review of the evidence for an anti-cancer diet.” *Nutrition Journal* 2004,3:19. <http://www.nutritionj.com/content/3/1/19>.
- 7 University of Ulster (2005, March 28). “Bacteria Can Help Lower Cancer Risk, University of Ulster Expert Says.” *Science Daily*. <http://www.sciencedaily.com/releases/2005/03/050325145217.htm>.
- 8 White, Ellen G., *The Great Controversy*, p. 191.



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