



THE TRUTH ABOUT DEATH

Henry Dering
Cameron Park, California

Perhaps you have attended a funeral service where the pastor attempted to comfort the bereaved with Scripture texts that he interpreted differently from the clear way God gave them. Perhaps he said something like, "Though we will miss the departed one, there is no need to grieve, because the good man has gone to heaven to be with the Lord." The eulogy may have ignorantly echoed the first lie told by Satan to the first woman in Eden. Indeed, very little has changed since Satan ushered in his false teaching that man "shall not surely die" but "shall become as gods."

Ever since these words were spoken way back in the beginning of this earth's history, they have been repeated throughout time. This lie has been one of the most far-reaching in its consequences and one of the most successful of all the devil's deceptions. It has produced confusion and created many misconceptions concerning man's nature and destiny.

Let us look at what the Bible teaches about death. "For the wages of sin is death." Romans 6:23 It is an inevitable fact of life that "it is appointed unto men once to die." "The soul that sinneth it shall die." Hebrews 9:27; Ezekiel 18:4. This fate of man cannot be reversed. It is a result of sin entering this world.

The Bible describes how God created man and then presents the opposite—death—as the reverse of that process. "And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living soul." Genesis 2:7 Man was made of the dust, and then the lifeless body was made alive by the "breath of life" from God. Only then did man become functional and capable of exercising judgment and making decisions. A simple diagram shows the above point:

DUST
+ SPIRIT OF GOD
(BREATH OF LIFE)
LIVING SOUL
(A LIVING PERSON)

At death this procedure is reversed. "For dust thou art, and unto dust shalt thou return." "Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it." Genesis 3:19; Ecclesiastes 12:7. Many people think that the "spirit" in this verse is a separate, conscious entity that leaves the body and goes to God at death. It is not. The spirit is actually the breath or power of life that God gives to each person. Nowhere in the Scriptures is there any intimation that it is alive and capable of existence apart from the physical body.

When life ceases—for the righteous and for the ungodly—the breath of life returns to God. After that, the person is totally unconscious of his surround-

ings. "The dead know not anything." Ecclesiastes 9:5. The person is at rest like in sleep, unaware of all of the activities, struggles, temptations, and joys in the world. In every case, this continues until the resurrection.

Thank the Lord that the Christian has a living, blessed hope! His consolation centers in the coming of Christ in the clouds of heaven, when the graves of the saints will open at the call of Jesus, and immortality will be bestowed on all of the believers simultaneously. Revelation 22:12. Let us remember that no one today goes to heaven or is tormented in flames of fire at the end of his life. This is plainly taught in Acts 2:29, 34, *New King James Version*: "Men and brethren, let me speak freely to you of the patriarch David, that he is both dead and buried, and his tomb is with us to this day. For David did not ascend into the heavens...."



Furthermore, the wicked remain in the grave and will receive their punishment at a future time. "The Lord knoweth how to deliver the godly out of temptations, and to reserve the unjust unto the day of judgment to be punished." 2 Peter 2:9.

But there is some very good news for us mortal sinners: Immortality is granted as a gift to all who acknowledge their naturally sinful, miserable condition and accept Jesus Christ as their Saviour. Are you willing to place your faith in Jesus as your personal Saviour and to receive the gift of everlasting life? How will this come about? Here is the answer: "For whosoever shall call upon the name of the Lord shall be saved." Romans 10:13.

And in John 3:16 is the description of divine love in the Father's gift of His own Son through whom it is possible to be called the sons of God. This inspiring, beautiful verse states: "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." May the Lord bless you, and may you open your heart to the working of the Holy Spirit so that you will receive this gift of love and sacrifice and be saved for all eternity.



"The seed buried in the ground produces fruit, and in turn this is planted. Thus the harvest is multiplied. So the death of Christ on the cross of Calvary will bear fruit unto eternal life. The contemplation of this sacrifice will be the glory of those who, as the fruit of it, will live through the eternal ages...."

"Only by yielding up His life could He impart life to humanity. Only by falling into the ground to die could He become the seed of that vast harvest—the great multitude that out of every nation, and kindred, and tongue, and people, are redeemed to God." —The Desire of Ages, p. 623.



Barbara Watts
Norman Park, Georgia

Over the last century, increasing loads of dangerous substances that we cannot see—and some that we can—have accidentally or not become part of the air, water, medicines, food, and even clothing in virtually every country.

Some bad bacteria, viruses, and fungi are naturally in the world; but agricultural and industrial practices are adding enormous amounts of chemicals and pollutants. We want to know at least something about what is going on, even if it is impossible to avoid a lot of the intruding contaminants.

Chemicals

Chemicals are found in commerce (160 million are known, and 40,000-60,000 are in common use), industrial releases (10 million tons every year), and nature (plants, fungi). More than 400 environmental chemicals are found in human samples, according to the Centers for Disease Control and Prevention (CDC). They are also found in medications. Only a small fraction of these chemicals have been properly tested for their long-term effects on human health and the environment, according to the Law and Political Economy Project [lpeproject.org].

Micro- and nanoplastics

The 1950s and 1960s are often referred to as the "Plastics Revolution." Advances in injection molding and other manufacturing techniques allowed for mass

production of affordable plastic products.

By the 1970s, plastics were a part of everyday life, from packaging and kitchenware to clothing and building materials. They are made from a range of chemicals and are everywhere.

But researchers only began looking for micro- and nanoplastics in human samples in the 2010s and early 2020s. In 2023, nanoplastics were found in human organs and tissues, such as blood, lungs, and other areas. Researchers have been actively studying the presence and potential effects of both micro- and nanoplastics in the human body, with ongoing research into their long-term health impacts. —Google.

"Ninety percent of animal and vegetable protein samples tested positive for microplastics, teeny polymer fragments that can range from less than 0.2 inch (5 millimeters) down to 1/25,000th of an inch (1 micrometer). Anything smaller than 1 micrometer is a nanoplastic that must be measured in billionths of a meter.

"Even vegetarians can't escape, according to a 2021 study. If the plastic is small enough, fruits and vegetables can absorb microplastics through their root systems and transfer those chemical bits to the plant's stems, leaves, seeds, and fruit....

"Even tea bags, many of which are made of plastic, can release enormous amounts of plastic. Researchers at McGill University in Quebec, Canada, found brewing a single plastic teabag released about 11.6 billion microplastic and 3.1 billion nanoplastic particles into the water." —CNN.

Researchers examining cadavers found much higher levels of nanoplastics in the brains of some people who died of Alzheimer's disease—higher than in the kidneys and liver. Plastics are attracted to fats (since they share similar non-polar chemical properties, meaning they do not have distinct positive or negative charges), and the brain is composed of 68 percent fat, so that might help to explain the higher accumulation of nanoplastics in the brain.

There is actually a company that is offering a blood test so that people can find out the extent of microplastic particles in their body. But it is only testing the blood. The website is at getkeys-pan.com.

Now that we know about this, we can develop new habits so as to avoid as much plastic as possible by not buying and/or consuming bottled water or food products in plastic containers, not using plastic bags or Styrofoam (which is also a type of plastic), washing our hands before eating, and purchasing organic personal care products in glass containers.

Praise God that "Modified citrus pectin shows potential for removing certain chemicals and microplastics from the body by acting as a binding agent that facilitates their excretion. Research supports its effectiveness in removing heavy metals, and preliminary studies suggest its potential for microplastic detoxification as well." —Google.

It is urgent that, under the guidance of the Holy Spirit, we adopt a less artificial lifestyle. The more whole and pure our food is, the less we will be affected by the world's dangers. Talk to God about it, because in the long run our lifestyle affects our spirituality and our relationship with Him!



Cheap seed oils processed with high heat and chemicals often dominate the food oils section in grocery stores.

Seed oils

Another important area to know about is seed oils (sunflower, palm, corn, soybean, canola, grapeseed, peanut, safflower) that are processed with heat, pressure, and numerous chemicals to get the oil out of the little seeds, refine it, clean it, remove waxes, bleach it, and remove the rancid odor by heating it to 475 degrees F. Ninety-five percent of cooking oils on U.S. supermarket shelves are so toxic and carcinogenic from this process that they are banned in 19 European countries.



Finding organic, unrefined, cold-pressed olive oil is well worth the effort.

Farmers like to produce palm oil from the seeds, because they are very cheap to produce. The palm tree takes ten times less land to produce the same amount of oil as does a soybean plant.

Such oils are referred to as RBD oils (Refined, Bleached, Deodorized). Studies have been done showing that some of the chemicals in such oils are carcinogenic. Because they are cheap, food manufacturers use them to lower their costs in producing foods such as mayonnaise, salad dressing, granola bars, cookies, chips, cereal, and baked goods. Restaurants use them for the same reason.

Sadly, some olive oils (even those labeled as "extra virgin" or "packed in Italy") and avocado oils may contain added seed oils.

Vegetable oils entered the American food supply in the mid-20th century, potentially resulting in the skyrocketing rates of obesity, heart disease, cancer, and diabetes that we see today.

Look for healthful oils that are organic, un-

refined, and cold pressed. There are companies that sell such products. I recently purchased a subscription for "Ava Jane's Kitchen" avocado oil. It is pure and not mixed with adulterated oils. It is estimated that one-third of our calories comes from vegetable oil, so this is a very important aspect of our health!



Salt containing no plastics is available.

Salt and spices

Salt is another food item that contains contaminants such as micro- or nanoplastics as well as heavy metals. "Salt can be packed with plastic. A 2023 study found coarse Himalayan pink salt mined from the ground had the most microplastics, followed by black salt and marine salt. Sugar is also 'an important route of human exposure to these micropollutants,' according to a 2022 study." —CNN.

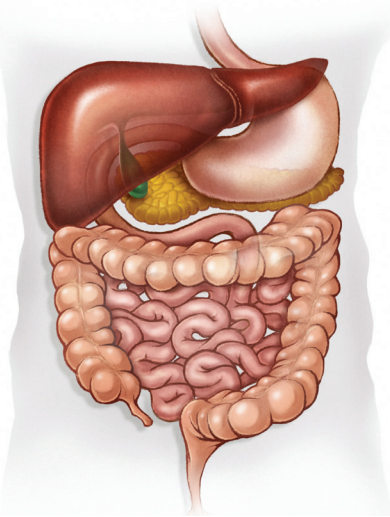
You can search online and find out more about salt. Ava Jane's Kitchen also sells a pure salt called Colima salt, which is processed from pure, non-ocean deposits in Mexico.

As for spices, this is on Google: "Spices can be contaminated with various substances, including bacteria, fungi, heavy metals, and even foreign materials like insects or rodent hairs. These contaminants can enter spices during the growing, harvesting, processing, or storage stages."

What is overloaded?

Actually, the whole body is put at risk when we use foods produced by commercial farming and modern food processing. "Intensive farming presents several problems, including environmental degradation, soil depletion, and loss of biodiversity. High inputs of chemicals lead to soil and water pollution, while monoculture practices reduce genetic diversity and can make crops more susceptible to pests and diseases." —Google.

Commercial farms can cover hundreds or even thousands of acres, with the average being 2,000. Such farmers are guided by business interests and generally grow the same commercial crop (corn, soybeans, or wheat) and till the same land every year. They purchase GMO or non-GMO seeds, chemical fer-



The liver is at the top left, and the stomach is at the top right.

tilizers, and chemical pesticides and herbicides. The soil may become less fertile with each passing year, and the chemicals like Roundup (glyphosate) can destroy everything in the soil to the point where eventually nothing will grow on that land. Meanwhile, vegetables grown under such conditions may look nutritious; but it has been shown that modern vegetables have only about half of the nutrition that was produced using prior growing methods.

There are really attacks being made on the human body on many levels! King David sang that he was "fearfully and wonderfully made." Psalm 139:14. It is an unfortunate truth that the medical profession in the United States has also abandoned the best way to keep the body in good health in favor of drugs and surgery. Therefore, one's own knowledge and divine guidance are critical to being able to make the best possible health decisions in a world that practices human (and evil) instead of divine principles.

The kidneys and liver are the two filtration systems of the body. However,



Organic, unrefined, cold-pressed avocado oil is green, highly nutritious, and delicious.

the liver is the one that suffers the most abuse, because it is responsible for carrying out so many different functions. It is an amazing organ that can even regenerate itself. But it was not created to deal with the barrage of chemicals, ultra-processed "foods," and toxins at such an overwhelming level. It needs high-quality nutrients, as provided by fruits and vegetables that are grown in organic, natural, fertile soil.

On its website, britishlivertrust.uk, the British Liver Trust Clinical Advisory Group has a fascinating summary about the liver and what it does. The introduction says, "The liver is just as vital an organ as the heart, but people often fail to appreciate the importance of keeping it healthy." The site summarizes how the liver is (1) larger than most people realize; (2) performs hundreds of jobs; (3) helps keep one's brain healthy if it receives good nutrition and is not overloaded with toxins; (4) it can take a lot of abuse, but is like a rubber band that can only stretch so far before it breaks; and (5) it will take good care of us if we take good care of it. It is the only organ in the body with the ability to regenerate.

Improving the liver's health can have huge benefits. It is the body's factory, processing everything that we eat and drink. A person's liver controls his weight, for the liver produces bile, which burns fat and is stored in the gallbladder for later release.

Don't give up! If you suffer from some sort of condition or disease, be persistent in learning as much as you can about how to change your habits for a full recovery. YouTube has many videos produced by functional medicine doctors who give excellent counsel about how to achieve the best possible health. There are also newsletters and books available about virtually every aspect of good health.

The Bible and the Spirit of prophecy provide the foundation and principles that are essential. Talk to God about it, because He wants the very best for you and your family and will communicate with you. Do it now! It is really important for all of us to lighten the load on our bodies, which support our minds and spirits!

Plant your garden

When you purchase water and food from grocery stores or other suppliers, you generally do not know what you are getting. If fresh foods were harvested before they were ripe and were shipped long distances, it is impossible for them to contain all of the nutrients that support good health. Furthermore, if such foods were produced on commercial farms, where the soil was never allowed to rest and was sprayed with chemicals, instead of being carefully nurtured to produce as many microbes and nutrients as possible, those foods will for sure contain toxic chemicals (and nanoplastics, too!). In addition, processed and ultra-processed "foods" cannot nourish anyone's body, because most of the nutrients have been taken out, while toxic additives overload the body and make it sick!



One's own organic garden is a treasure that is blessed by the great Creator!

So, leave the cities and move to the country. But that is not all. One needs to have time to learn how to grow and preserve nutritious food to have a healthy body, mind, and spirit.

God made the plan for His people to live on the land and produce food for life. Our gardens here will not be as wonderful as was the Garden of Eden; but if we faithfully cultivate our own little space, at His coming we will be ready for Him to take us to our new home. And, yes! We will see the Garden of Eden! May God inspire and bless you!

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4243 US Highway 319 North, Norman Park, Georgia 31771. Email: info@sda1888.org / Website: sda1888.org.