Vinegar

Vinegar is an acidic liquid produced from the fermentation of ethanol in a process that yields its key ingredient, acetic acid (ethanoic acid).

The word "vinegar" derives from the Old French *vin aigre*, meaning "sour wine"

Vinegar is made from the oxidation of ethanol by acetic acid bacteria. The ethanol may be derived from many different sources including wine, cider, beer or fermented fruit juice, or it may be made synthetically from natural gas and petroleum derivatives.

Uses of Vinegar?!
Clean tough stains from clothes.
Clean hoses
Clean soap scum/mildew
Remove grease from suede
Clean a scorched iron plate
Shine brass, pewter and copper
Clean and disinfect wood cutting boards
Kill bugs and microbes
Turn a chicken bone into rubber by soaking it in a glass of vinegar for three days (It will bend like rubber).

Warnings about Vinegar
“The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear.” Counsels on Diets & Foods, page 345

“You seem to have an earnest desire to work out your salvation with fear and trembling. I encourage you to do this. I counsel you to discard everything that would cause you to do halfway work in seeking the kingdom of God and His righteousness. Put away every indulgence that would hinder you in the work of overcoming. Ask for the prayers of those who can comprehend your need of help.”
“There was a time when I was in a situation similar in some respects to yours. I had indulged the desire for vinegar. But I resolved with the help of God to overcome this appetite. I fought the temptation, determined not to be mastered by this habit.”
“For weeks I was very sick; but I kept saying over and over, The Lord knows all about it. If I die, I die; but I will not yield to this desire. The struggle continued, and I was sorely afflicted for many weeks. All thought that it was impossible for me to live. You may be sure we sought the Lord very earnestly. The most fervent prayers were offered for my recovery. I continued to resist the desire for vinegar, and at last I conquered. Now I have no inclination to taste anything of the kind. This experience has been of great value to me in many ways. I obtained a complete victory.”
“I relate this experience to you for your help and encouragement. I have faith, my sister, that you can come through this trial, and reveal that God is the helper of His children in

every time of need. If you determine to conquer this habit, and will fight it perseveringly, you can obtain an experience of the highest value. When you set your will resolutely to break off this indulgence, you will have the help you need from God. Try it, my sister." "As long as you acknowledge this habit by indulging it, Satan will retain his hold on your will, and bring it into obedience to himself. But if you will determine to overcome, the Lord will heal you, and will give you strength to resist every temptation. Ever remember that Christ is your Saviour and Keeper." Counsels on Diets & Foods, pages 484-5.

The Truth about Protein

The good
Promotes normal growth
Necessary for muscle function
Used for hormone production
Used for enzyme production
Necessary for tissue repair or muscle building

The myth
1914, Osborne and Mendel found that rats grew better on animal protein
1945, 10 amino acids found to be necessary for rat's diet
Animal protein found to guarantee normal growth in a rat
Animal protein called "Class A" and vegetable protein called "Class B"
However, this assumption has not held true for humans, although it is still promoted widely.

Animal	Protein (in breast milk)	Weight doubling (days)
Rat	11.8	4.5
Cat	9.5	7
Cow	3.3	47
Human	1.2	120

As the weight doubling time increases, so does the protein content in the breast milk of that animal, indicating that the proteins are needed in a certain concentration for a particular rate of growth.

8 essential amino acids for humans
Amino acids are the building blocks of proteins. The amino acids are put together in a specific pattern to make each of the different protein molecules. Essential amino acids are those amino acids that the organism (humans in this case) cannot produce on its own, and must get from its diet. As noted above, rats have 10 essential amino acids, however, humans have only 8.

Sweet potato, baked potato, brown rice, tomatoes, pumpkin, whole wheat flour, corn, rolled oats, white beans, asparagus, and broccoli each contain more than the minimum recommended intake of each of the 8 essential amino acids. In fact, you have a complete protein diet (you get

all of your essential amino acids) any time you eat legumes (beans, peas, lentils) and whole grains (corn, brown rice, whole wheat, barley, spelt, oats, etc.).

William C. Rose - physiologist - studied proteins in early 1900's and determined the total protein requirements to maintain the body's nitrogen balance. If the perfect protein (which had the perfect amount of each amino acid) were eaten, an average adult would only need 12.7 grams of protein daily.

A pure vegetarian diet varies (differs) from this "perfect" protein calculation by 28%, whereas a non-vegetarian diet varies by 48%.

Looking at it another way, this time comparing diets with human breast milk, we find that a pure vegetarian diet varies from breast milk by 13% and a non-vegetarian diet varies by 22%. Either way, we find that a pure vegetarian diet is closer to the "ideal" for protein intake.

Too much protein?
Animal proteins have a higher concentration of sulfur-containing amino acids. When these amino acids are processed in the blood stream, the sulfur group is removed and becomes sulfuric acid. To buffer this acid, the body uses calcium bicarbonate, and the most ready source to make the calcium bicarbonate is calcium from the bone. So, when one eats a diet high in animal proteins, calcium is leached from the bones to buffer the sulfuric acid produced, and then is lost through the kidneys into the urine.

Study of people with same calcium intake (1400mg) daily but varying protein intake

Group 1 with 48g protein daily	Net gain of 20mg calcium daily
Group 2 with 95g protein daily	Net loss of 30mg calcium daily
Group 3 with 142g protein daily	Net loss of 70mg calcium daily

In other words, the more protein you eat (specifically animal protein) the more calcium you lose.

The average female skeleton has around 821 grams of calcium in it. If she lost 50mg calcium daily for 20 years, she would lose 365 grams of her skeletal mass. That would be 44% of her skeleton!

Bantu women in Somalia consume an average of 350 milligrams of calcium daily, while protein intake is less than 10% of the calories consumed. They have no calcium deficiency and almost no hip fractures.

Eskimos, however, get between 2,000 and 2,500 milligrams of calcium daily (about 6 times the amount the Bantu women get), but they have the highest rates of osteoporosis in the world! Their protein intake averages 250-400 milligrams per day (which is quite high!).

If you compare countries and their rates of hip fractures and osteoporosis, those countries that have the highest consumption of animal proteins (flesh, eggs, dairy) have the highest rates of hip fractures and osteoporosis.

Protein & Cholesterol

Experimental studies show that study animals that consume animal proteins have higher cholesterol levels than study animals that consume plant proteins, even if the fats and cholesterol are removed from the food. That means that you can still have increased cholesterol levels even if you are drinking "low fat, cholesterol-free" milk, because you are still getting the animal proteins.

"Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it. I cannot think that in the practice of flesh eating we are in harmony with the light which God has been pleased to give us. All who are connected with our health institutions especially should be educating themselves to subsist on fruits, grains, and vegetables. If we move from principle in these things, if we as Christian reformers educate our own taste, and bring our diet to God's plan, then we may exert an influence upon others in this matter, which will be pleasing to God." Counsels on Diets & Foods, page 380