



[1 Corinthians 3:16-17](#)

(16) Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? (17) If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

King James Version

We can describe the American diet in one brief phrase: "too much and too little." It is comprised of too much of things known to be destructive and too little of the things known to be constructive. We eat too much food and absorb too little vital nutrition. The critical aspect of this for us is not the availability of helpful knowledge but a combination of a failure to take advantage of readily known principles of good health and allowing our appetites to persuade us to gloss over what we already know.

Hardly a person alive does not know that drinking Coke and Pepsi is absolutely no good for one's health. Soft drinks may indeed be refreshing to the taste, but they fail even to quench one's thirst! In the end, they actually make one thirstier than before—and they are diuretics besides!

Twelve ounces of Coke contain the equivalent of twelve teaspoons of white granulated sugar and comes loaded with caffeine. A dash of phosphoric acid gives it fizz. Phosphoric acid, known to corrode a steel nail in short order, is the ingredient that makes Coke a good polish for the chrome on one's car. Does anybody deliberately eat twelve teaspoons of sugar at one sitting? Yet we will if we get it in a Coke because human nature convinces us it is acceptable presented this way. It tastes so good!

The so-called diet drinks sweetened by aspartame are even worse. In the body, aspartame first converts to formaldehyde then to formic acid, which in turn moves the body toward metabolic acidosis. Aspartame (sold under the brand names Nutrasweet, Equal, etc.) has been found to be disorientating to nerve impulses in the brain, and it is potentially dangerous for people with blood-sugar problems, epilepsy, and Parkinson's disease. It causes dizziness, headaches, slurred speech, blurred vision, memory loss,

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depression, joint pain, muscle spasms, and feelings of aggression, cramps, and vertigo. It even mimics multiple sclerosis and lupus. "But that's okay," human nature says, "because, after all, I am getting such a tiny amount that it can't possibly hurt. Besides that, I still get the kick from the caffeine and far fewer calories, so I can stay on my diet and lose weight."

Benjamin Franklin remarked, "You will observe with concern how long a useful [truth](#) is known and exists, before it is generally received and practiced on." Some things are physically far worse for us to consume than the meats forbidden in Leviticus 11 and Deuteronomy 14. These are things men have concocted to make money, provide convenience, and extend shelf life so processed foods will not spoil before they are sold.

— John W. Ritenbaugh

To learn more, see:

[Eating: How Good It Is! \(Part Six\)](#)

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