

The Maker's Mark Part III

"Refined Tastes"

There is a fine white powder in a sealed plastic bag sitting on the table before me. But what is it? The possibilities flit through my mind. It might be as ominous as cocaine or heroin, and then again it might merely be powdered sugar or flour. Then I shrug my shoulders and throw it away, because no matter which of these it truly is, I hold them all in equal distaste.

This is but a hypothetical illustration to begin my argument. Two of the above-mentioned substances are illegal, and two of them are not, but all of them are dangerous. They have the same origin, the same birth in the avaricious minds of those who would harm others for gain. All four substances are addictive, extracted perversions of natural plants, and all of them ought to be illegal.

It might seem sensationalist to compare our 'food' staples flour and sugar with commonly loathed street drugs. But the truth is that they all originate in the same philosophy that prizes extraction as the hallmark of 'purity' and worth. And, as we all know, there was a time when both cocaine and heroin were perfectly legal. Is it too much to dream that we will finally come to our senses and ban the equally harmful flour and sugar which are today America's legal drugs?

I fear that it is indeed a dream without hope, for while the deleterious effects of cocaine and heroin become apparent rather quickly, the consequences of refined flour and sugar are more universal and subtle. We can't recognize real health in this country anymore, because we scarcely meet anyone who truly possesses it. Through the long years that the Allopathic system has held dominance, we have been trained to accept sickness as normal and health as impossible—or at least impossible without drugs.

But let us take a closer look at how these drugs are produced, through the example of cocaine and heroin, two of Allopathy's oldest achievements.

Erythroxylum coca is a South American plant used (since at least 2000 BC, by most estimations) by the natives of that region without hallucinations, convulsions, hyperactivity, emaciation, and heart failure—all of which stalk those who use the extracted chemical cocaine. The natives held the leaves in their mouth without chewing or swallowing any of the juices, which presumably kept them from absorbing too much too fast. Amerigo Vespucci discovered them around the time Columbus discovered America, and the scientists who came after him were not content with its relatively harmless effects, instead turning it to the devastating street drug we know today.

Morphine was the first ever extracted alkaloid, seized from opium in 1806. Opium is but the dried, powdered sap of seedheads from *papaver somniferum* and was used quite extensively in Asia as early as records were kept. Despite its addictiveness, it was and still remains arguably the world's greatest painkiller. Opium was addictive enough, but morphine is even more so. Not content with this, mankind took it yet another step further and made the juice of the once-innocent poppy into heroin. Since morphine and the other narcotic alkaloids of *papaver somniferum* cannot be synthesized, the drug industries must still rely upon the growing and harvesting of opium poppies, which undoubtedly

makes it harder to curb the production of morphine ultimately destined to become heroin.

You see that with each step in the refinement process, the virtues of the original plant are stripped away, and its potential for harm increased, until at last it has no licit purpose and must be outlawed by all nonaddicted citizens. This is largely true no matter what element, substance, or compound is in question. Man does not try to balance harm against gain when undertaking an endeavor, nor does he humbly accede to the design of the creator and examine the plant's original integrity with a mind to preserving it. He looks only for profit and prestige, and in so doing ignores everything else.

When the juice of the sugar cane is stripped down to (another) white powder, only the harmfully useless sucrose remains. Bereft of its nutrients and its original purpose, this orphaned substance is quickly and easily absorbed and spikes blood sugar levels in the host organism. It then proceeds to wreak havoc upon the entire blood sugar regulation process, stressing the pancreas by forcing it to release gouts of insulin in an attempt to bring levels back to a normal range. Almost paradoxically, refined sugar then causes a dramatic drop in blood sugar because the pancreas overreacts to the stimulation. The person that habitually indulges his sugar addiction will invariably go through life with mysterious mood swings of varying intensity, caused by the never-ending yo-yo of spiked and dropping blood sugar levels. Sounds rather like a drug, doesn't it?

We all know how addictive the pleasant taste of sugar can become; we go back for more of whatever food it happens to be used in making. These further symptoms clinch the similarity to street drugs. Sugar is a nutritionally bankrupt substance and provides no benefit to the body whatsoever, instead robbing it of nutrients because the body recognizes that it should have come with some vitamins and has to steal them from somewhere else to deal with the overload. The natural juice of the sugar cane is a storehouse of B-Vitamins, sulfur, and other necessary nutrients that slow the absorption of sucrose to a manageable level. Strip these away and you're left with the single greatest causative factor in diabetes, which, after all, is but an admitted failure of the pancreas to cope with glucose regulation in the bloodstream. We ought to call it 'Sweet Death' and ban it from the supermarket shelves, but instead we use it as a term of endearment.

White flour is second only to sugar in utter destructiveness. The isolated starches, so fine and so white, quickly turn to sugar in the bloodstream, creating a doubly devastating effect when mixed with sugar—which it usually is.

The grain of wheat may be likened to an egg. The bran is the shell, the germ the yolk, and the endosperm, the least valuable portion, is basically like an egg white. Just as the white supports the growth of the chick (yolk) inside the egg, so the endosperm provides energy to the sprouting grain of wheat. But the actual life—and all the nutrients—are contained in the germ as it is in the yolk. It is the height of folly to throw away the most valuable portion of either egg or grain just because they aren't a pretty white. If it's white, that means it's empty and worthless, no matter what doctors, government, or industry claims to the contrary. (Don't be afraid—eat your eggs as God gave them to you!)

How many people think the paper bags of papier-mâché

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glue (flour) they buy at the grocery store is just plain ground wheat? How shocked would they be to know that all they're buying is worthless dross to which cheap, fake chemicals are added and erroneously listed as vitamins on the label. Does anyone really know why such cheap chemical substances are added to flour in the first place? And why can't they add the entire grain to the flour and easily solve so many problems at once?

The fake vitamins riddle is easy enough to answer. In the early days of its refinement (circa 1880), refined flour was found to cause pellagra (a disorder caused by B-Vitamin deficiency resulting in diarrhea, dermatitis, and neurological malfunction) in populations heavily relying upon it and its products as food staples. The solution? Not replacing the lost germ and bran, but the legally-required addition of synthetic vitamins that just barely averted the problem, essentially handing the dilemma down to the next generation—who promptly ignored and forgot all about it.

Now we are plagued with ailments and diseases that are really nothing more than chronic signs of starvation, but no one can see it amid the gleaming heaps of white powders masquerading as food. America is starving in the midst of plenty. Caught up in the wondrous capabilities of the diabolically inventive food industry, the populace has failed to notice that all the culinary wonders are increasingly made from fewer and fewer sources. We now subsist almost entirely on corn, soy, and wheat, along with their by-products. Corn and soy, to make things worse, are almost exclusively genetically modified, the problems of which I made an attempt to address in Part Two of this series. But there was another industry ready to capitalize upon our misfortunes: the medical establishment. They seized the art of healing from those who practiced it in good faith and made it a machine, a mindless, heartless system that proceeds by arbitrary rules and principles handed down by medical aristocrats—not by facts, observation, and experience.

Allopathy is crippled by its own bloated arrogance. Instead of educating the public on health matters and trying to undo the harm of consuming far too many empty, isolated substances, it took the lie one step further. It embraced the philosophy of isolation and extraction and applied it to the plants successfully used for centuries as medicine. They had to leave their mark—they had to make it all theirs, and theirs alone. And so every successful herb or treatment was stripped into its component parts, isolated, refined, synthesized, until its healing properties were all but gone. To prevent the whole plants from outshining the paltry effects of their forgeries, they proceeded to vilify anyone who did not embrace their narrow-minded philosophy.

There were, of course, doctors who saw the problems with this mindset and tried to warn the public, who insisted on healing the old and proper way, with anything that worked, formally approved or not. There were doctors who used ancient and venerable remedies, who were interested in researching plants for the sake of healing instead of profit. But their voices were drowned, slowly and surely, in the tide of technological enthusiasm and unwarranted pride in newly-invented industrial practices. When the growing drug-giants allied themselves with the medical associations and began helping them write the medical textbooks, the monopoly was all but complete.

Without true healing with which to compare the meager advancements of medicine, who would know their failure? And it never hurt to throw in some dazzling displays of technology to

confuse the matter, machines that seemed to do wondrous things that might have been unnecessary had everyone practiced true healing to begin with. Always focus on the glamour, the advertising; the slow, plodding 'advancements' designed to distract from lack of actual progress. Give us just a little at a time, they figured, and we'll never notice what we're missing.

Well, I for one reject that philosophy. I believe in a loving and gracious God who continues to provide for us even after the Fall allowed disease and misery into the world. Just as He provided for our spiritual salvation and mitigated the punishment we justly deserved for disobedience, so He also provided the means to alleviate the physical ailments resulting from an injured universe. If we look carefully and humbly, with a willingness to share what we learn without cost (as Hippocrates vowed), then we will inevitably find success.

As I said before, we do not need to change, enhance, improve, or perfect anything that God has made. It already exists as perfectly as it is able to in a fallen world. More tampering will simply make it more fallen, for dare we assume that we have more wisdom than God?


The Maker's Mark Theorem states that since God is perfection, everything He created bears His mark: that it will contain innate unity, completion, and synergy, just as He does. And that everything bearing the maker's mark of mankind will bear also its weakness of disunity, turmoil, and strife. The corollaries to Part One are *all which descends from God the perfect Creator shall be assumed innocent until proven guilty; and all that descends from Man, fallen and imperfect, must be considered guilty until proven innocent.*

Part Two declared that unity is sacred and must not be broken. *What God has joined together, let no man put asunder.* Its corollary follows: *Since God is unity, and has bestowed that same attribute upon Creation, to break its unity is to insult God's.*

Isolation is a crime that combines both errors explained in the above theorems. It is the arrogance of denying that God has more capacity for creation than we, His creatures; and it not only breaks the all-important unity vital to every substance and creature, but seizes upon one part and proclaims it to be more important than all the rest.

Part Three of the Maker's Mark Theorem depends upon Parts One and Two: *To isolate a natural substance can only enhance its capacity for harm, while at the same time proportionately decreasing its potential for good.*

If all that descends from Man must be suspect, that which he isolates must be considered more so; if that which he breaks and disassembles must be considered an outrage, then that which he presumes to isolate and claim as alone sufficient must be abhorred.

If we wish to try putting this fallen world back together, we must stop continually breaking it to pieces. Let us bow before the superior wisdom and judgment of one who works not for profit, but for our benefit alone. Let us place our life, our hope, our health, and our future in the works of God—not man. 

Sara M. Leonard is now 20 and lives with her parents, a 16-year-old sister, and four happy cats, one of whom has made her way indoors. They live in Shreve, Ohio. This is part III, and last, of a series. Part I appeared in "The Last Row" in Spring 2011 issue and part II in "My Turn" in the Fall 2011 issue.