

CLEAN and UNclean animals for human consumption

NO, the WORD of ELOhim does NOT change to fit-in with people's beliefs, religion and /or opinions - it REMAINS the same FOREver.

(Isa 40:8; 1Pet 1:25; Eccl 1:9 and 12:13).

UNlearn all the LIES that we have inherited for thousands of years.

Pork and shellfish rank near the top of the list as some of the worst foods you can put into your body – right along with trans fats, refined sugar, and artificial sweeteners.

There's a very simple reason why Almighty YHUH (YHWH) instructed the Yisraelites to avoid these foods, and it wasn't because He wanted to make arbitrary rules just to test their obedience.

YHUH gave all His people dietary laws (**Lev 11 and Deut 14**) – NOT because He is a mean, restrictive Almighty, Who doesn't want us to enjoy our food. He gives us these laws because He knows best how the human body (that He formed) functions. Our obedience to His dietary laws will prevent likely disease, contamination and pre-mature death from consuming UNclean animals. YHUH knows far more than we can understand or comprehend.

NOTE what Peter said in Acts 10:14 . . . But Kēpha (Peter) said, “Not at all, Master! Because I have never eaten whatever is common or unclean (that which YHUH has declared UNclean to eat).”

The Disciples of Messiah Yahusha, INCLUDING Messiah did NOT eat UNclean animals.

Did you know that all of the clean animals YHUH said we could eat live mainly on vegetation? They also digest their food much slower and more effectively - so they aren't storing toxins and wastes in their body. Would you rather eat an animal that eats filth and waste and is potentially contaminated with parasites and/or disease, or would you rather eat an animal that processes its food properly and eliminates toxins from its body?

WHY NOT pork or shellfish (among other UNclean animals)?

From pigs we get pork, pork chops, ribs, ham, bacon, pepperoni, sausage, Chitterlings (chitlins), and other by-products.

Pigs are **scavengers**. They are notorious for eating anything, including their own waste and garbage. A pig will **eat sick and infected animals, including its own piglets that die from disease**. Pigs also have one the quickest, yet **poorest digestive systems** of any animal. On average a pig can completely digest its food in four hours. Since it processes everything so fast, **toxins are often NOT removed** and they are stored in the pig's fat.

Another issue with pigs is that they **don't have any sweat glands**. Sweat glands are a tool the body uses to get rid of toxins. This leaves more toxins in the pig's body. When you consume pork meat, you too are getting all these toxins that weren't eliminated from the pig.

Many pigs are traumatized physically before being slaughtered. Under these conditions, which are generally the case in large factory operations, pigs will release toxins and hormones into their muscles that affect the quality of their meat.

Pigs are also notorious for being **infected with parasites and tapeworms** because they roll around in poop most of their lives. All parasites lay eggs to create more parasites. Just because a parasite potentially dies during cooking doesn't mean that you can't become contaminated by the eggs. Some health experts believe that over 90 percent of our population today has parasites in their body that reside primarily in the intestinal system – much of it caused by eating UNclean animals, like pork and shellfish.

One of the biggest concerns with eating pork meat is **trichinellosis or trichinosis**. This is an **infection** that humans get from eating undercooked or uncooked pork that contains the larvae of the trichinella worm.

Pigs are primary carriers of:

Taenia solium tapeworm

Hepatitis E virus (HEV)

PRRS (Porcine Reproductive and Respiratory Syndrome)

Nipah virus

Menangle virus

Each of these **parasites and viruses** can lead to **serious health problems** that can last for many years.

Shellfish consists of lobster, shrimp, oysters, clams, crabs, scallops, and mussels.

All shellfish can be a **serious health risk**. Like pigs, they are scavengers that live at the bottom of the ocean and eat the waste of other animals (including dead animals) and the pollutants that man dumps into the ocean. Poisoning from shellfish can come from bacterial or viral contamination. Poisoning can also arise from heat-stable toxins derived from the food that the shellfish have been eating. Shellfish are notorious for being high in mercury, heavy metals, and industrial contaminants in the environment because they're bottom feeders that eat the ocean's waste. Their toxins are extremely dangerous to the human body.

Shellfish are one of the most common **allergen-causing** foods.

Shellfish tend to have very **high levels of cholesterol**.

Shellfish are known to be a **bearer of food illnesses**, such as **E.coli, Salmonella, Norwalk virus, and Hepatitis A**.

Shellfish are highly perishable, and it can **spoil very easily**.

UNCLEAN food according to Scripture:

Animal with a split hoof – pig

Animals that doesn't have a split hoof - camel; rabbit; hare

All animals that have NO fins and scales in the seas and in the rivers – all that move in the waters or any living creature which is in the waters, they are an **abomination** to you.

Abominable animals among the birds - the eagle; vulture; black vulture; hawk; falcon; raven; ostrich; nighthawk; red kite; seagull; little owl; fisher owl; great owl; white owl; pelican; carrion vulture; stork; heron; hoopoe; buzzard and the bat.

All flying insects that creep on all fours is an **abomination** to you, except the locust, cricket, and the grasshopper.

Creeping creatures that are **Unclean** – mole; mouse; tortoise; gecko; crocodile; sand reptile; sand lizard, and the chameleon.

And every creeping creature that creeps on the earth is an **abomination**, it is not eaten. Whatever crawls on its stomach, and whatever goes on all fours, and whatever has many feet among all creeping creatures that creep on the earth, these you do not eat, for they are an abomination.

Wayyiqra (Leviticus) 11:46-47

'This is the Torah (law) of the beasts and the birds and every living creature that moves in the waters, and of every creature that creeps on the earth, to make a distinction between the unclean and the clean, and between the living creature that is eaten and the living creature that is not eaten.'