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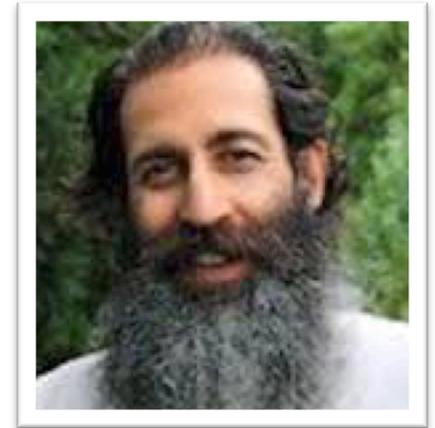
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## **Biblical Health Radio, Episode #9, Guest: Paul Nison Gut Health According to the Scriptures**

Welcome to Biblical Health Radio. This is your host, Dr. Eric Zielinski. And I am on a mission to helping you and your family live the Abundant Life!

*[Intro Music Playing]*

**Dr. Zielinski:** Hey, everyone. Episode number nine of the Biblical Health radio. This is your host, Dr. Eric Zielinski. And today I'm going to be featuring a very special interview that I did with Paul Nison who is a Biblical health expert and just an overall awesome guy.



And the thing that I have extremely excited about with this one particularly as we are going to be focusing on gut health. And what I'm doing isn't going to be offering this interview as just a free special gift for people that are going to purchase the Gut Summit that I'm hosting with Dr. Josh Axe and Donna Gates. But for you, because you are part of my Biblical Health Radio tribe, you're going to get free instant access to it now.

And if you haven't pre-registered or early registered for our Gut Summit, you can go to [NaturalGutCures.com](http://NaturalGutCures.com). Take advantage of that. It starts January 18 through January 25, thirty-five experts around the world, in addition to people like Paul and other special interviews that I'm going to be including just talking about how to truly heal from the inside out because true abundant life, Biblical health really starts in your gut. So we're going to discuss that.

And, as always, don't forget to join my Biblical Health Radio portal by going to [DrEricZ.com/Biblical-Health-Radio](http://DrEricZ.com/Biblical-Health-Radio) so you can get all the transcripts, show notes, and access to all the interviews in one awesome Customer Hub deal. So



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you're going to love it. God bless you. Appreciate you, folks. Hopefully you're enjoying your holiday season. And I'm so excited to be welcoming Paul.

And if you don't know about Paul, Paul is a raw food chef and educator. Paul Nison has been eating and educating people about a raw food diet since he was diagnosed with ulcerative colitis many years ago. And with no other choice but surgery, according to the medical profession, Paul decided to stop eating all cooked foods. Today he is 100% cured of this so-called incurable disease. And he still eats a raw food diet.

He has been featured on the Food Network and several magazines and newspapers around the world. And today he travels the world giving lectures on law food nutrition and raw food prep classes to show people how truly easy and find the raw life can be.

He also authored several books, such as *Health According to the Scriptures* and *Healing Inflammatory Bowel Disease: the Cause and Cures of Crohn's Disease and Ulcerative Colitis*. For those of you who want to check out Paul, I highly encourage you to check him out at [HealthWatchman.com](http://HealthWatchman.com). And you can also look at his books and other Biblical health resources and products at [RawLife.com](http://RawLife.com)

Paul, welcome to the show, brother!

**Paul:** Well, thank you. It's great to be here!

**Dr. Zielinski:** Paul, I'm just so blessed to be able to just talk with you about this concept of God help, Biblical health, and how it all really comes together.

So, really, with no further or do, let the dive right into it. In your opinion—because you've been doing this for quite a while—how important is good digestion for overall health?



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**Paul:** Well, it's one of the keys. We've been designed and created to need certain nutrients for our body that's been provided to us through the food. But if we are not able to get that, well, the machine, the body doesn't work the way it was designed to work. And the food is another issue because the quality of the food today.

But the real issue with our digestive system, because of being brought up living so far against our creative guidelines and instructions, it's not able to work the way it was designed to work. So even if we do get the good quality food, if our digestion isn't working as well as it should, we're not able to get the nutrients out of the food. And then it creates a deficiency.

So it's very important that our digestion is working as best as possible. And it's also one of the keys to tell us if what we're doing is working for us because once you have a clear sign of poor digestion—and there are many signs of that—then you know something you're doing is not working. So it's extremely important on all these different areas.

**Dr. Zielinski:** So I'm almost thinking here of the chicken or the egg kind of thing. From your experience—because I know you coach people all over the world—have you found that it's really the gut that triggers it because of maybe, let's say, antibiotics or drugs? Or is it really the nutrition that triggers the gut disorder? The chicken or the egg? Which one?

**Paul:** Well, each case is an individual situation. So it depends. Sometimes it's neither. Sometimes it might be something else that has affected our overall health and our digestive system. But each case is different.

In my particular case, it was certainly growing up living on such a Standard American Diet, the SAD diet. It's just amazing my body was able to survive. Even though I had a dis-ease, I was still living. Most people, if they don't eat well, they don't even make it to that point. It depends. It's an individual situation. But once we start getting away from the guidelines that were told to



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live by and shown that's best for us, things aren't going to work the way they should.

And I always give an example of if you go to a florist and you look at plants that were taken out of their natural environment and put into an artificial environment and they're trying to survive in this flower store, they might be able to survive. But they would never thrive as much as they would in nature.

So the flower store tries to mimic nature in many ways so the plant could maybe survive. Well, that's what the world is dealing with a lot of the food. They're trying to mimic the true food of nature. But unless man is eating the food from nature and even better in nature, he's never going to thrive the way he was meant to. And then we get into a survival mode.

**Dr. Zielinski:** That's really such a beautiful analogy. I never thought of those terms. It's obvious from looking at your biography, the books you've written, all that you've done, you really dove into this deeply. However you said something earlier that makes me wonder when did this all start? If you were on the SAD diet, what triggered this transformation?

**Paul:** Well, most people look at their diagnosis of disease as a tragedy. And I looked at it as one of the blessings of my life because it woke me up to know the things I was doing weren't healthy. And I started developing stomach problems at 19 years old. And they weren't going away. And then I went to the doctor and I listened to the doctor and did all of the things they were telling me.

But I got diagnosed with inflammatory bowel disease, also known as ulcerative colitis and Crohn's disease, which is later stage disease of the digestive tract. And when the doctors told me that I was at a high risk for colon cancer at 20 years old, by the time I was 30 and would probably have it, and the only answer is to cut out my colon if I don't get colon cancer, that made me decide to look elsewhere.



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And really if what they were telling me to do up until that point was working, I would have kept listening to them. But I wasn't feeling better. I was feeling worse. And I wasn't getting any better. So I started to look elsewhere. And I ended up moving next to a place—without even knowing what raw food was—I ended up moving next to the Hippocrates Health Institute.

It's a world-class health spot that has people come there with all these so-called incurable diseases that doctors have given up on people. And they switched to a raw food vegan diet. And they get better. So I figured I'd give it a shot. And I tried it. And I got better. So that was pretty much the start of it.

At that point, I was working at Wall Street in New York City. And then I just decided to change everything. And I wrote a book. And then I wrote more books and became a raw food chef. And here I am today.

**Dr. Zielinski:** Wow, how often do we hear that story? Necessity is really the mother of all invention. Paul, I keep on going back to this as I interview people. All of y'all are alike. And I'm so blessed by this because in a sense all of y'all are alike. And the people that we talk to, we have a choice, folks. We have a choice to take.

What you just heard was Paul was given a death sentence. His doctor just flat out told him, "You're going to have cancer." He prophesied. He spoke that into his life. Yet Paul decided not to accept that where, unfortunately the vast majority of people that I understand and what we can see, they just follow the advice of the doctors blindly. And they let that curse really overcome them.

Can you share a little bit, maybe even some advice? What did you do? You were given a death sentence. You were basically told you were going to die, essentially. And they said, "You have to do this or this is going to happen." What kind of things can you recommend to people, especially in the Biblical health model in Christ to overcome that?



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**Paul:** Well, first I can say pain is a great motivator. And even though I love the taste of junk food or the Standard American Diet—which is junk food, but most people don't know it as that—I love the taste of that food. But I hated feeling sick more than I liked the taste of certain foods. So I was motivated not to feel sick. And that's what kept me from eating the foods I liked the way they tasted and to eat foods I actually didn't like, fruits and vegetables at the time.

But as I started to learn more, I started to realize the reason I didn't like fruits and vegetables were I wasn't eating them raw, ripe, fresh, and organic. I was eating them unripe. They were un-organic. And they just weren't fresh. And no wonder why they didn't taste good. But when I started to learn and get the knowledge, I started to eat better and better quality food. And the food actually started to taste delicious.

And then I got a great curiosity to travel the world and taste exotic fruit because there's more to fruits and vegetables than apples and oranges. And it doesn't have to be boring. So that really motivated me to do that.

And it wasn't until years later when I first read the Bible and I read Genesis 1:29, it said, the food for man is fruits and vegetables. And I had already been doing that and was healed from that. So I was like, "This is working on every level."

**Dr. Zielinski:** Wow, that's beautiful. So, Paul, through your experience and through your research, what really is a connection of diet and IBD specifically?

**Paul:** Well, really what it comes down to from a food standpoint is you want your body to work the least to get the most. And most people what they're doing is they're making their bodywork the most to get the least. And what I mean is let's say we eat an apple or an orange and if it's ripe and organic, what's going to happen is just like a juicer, if you put that apple through a juicer, it's going to have to work very little. And you're going to get a lot of juice out of that with very little waste left over.



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And on the other side of that is let's say you put a piece of bread in that juicer. It's going to have to work very hard. And it's not going to get anything out of it. Or a piece of chicken, it's going to work very hard and it's not going to get anything out of it. So essentially your body is the world's best juicer. And your digestive tract is the world's best juicer. So the foods you eat that are going to give your body the most with the least amount of stuff left over is going to keep it working properly the longest.

The foods that have the opposite effect that make the body work really hard to get very little and there's a lot of waste left over, wear and tear is eventually going to break that down much sooner. So basically there it is. It's just eat the foods. And if somebody is in a grocery store and then looking at a food, just think, "If I put this food through a juicer, how is it going to process? Very simply? Or very difficult?" And that can give us some sort of idea of how it's going to process in the body.

And, yeah, there are examples. People might say, "What if I throw Jell-O or pudding in the juicer?" Well, I hope people have enough knowledge to know that those things are just filled with chemicals and garbage. And that doesn't take place in this example. But we're looking at produce: fruits and vegetables versus breaded chicken. You know what I mean?

**Dr. Zielinski:** Yeah. It's really a vivid depiction. It's right there. The proof is in the pudding. Yet it brings up a question, though. It brings up a question that is somewhat confusing if you go out there into the cyber sphere. You get DrWhatever.com and you start to look at everyone's opinions, the raw food seems to be a controversial issue at this point. Some people say 100%, 75%. You've got everyone going from everything, nothing to everything. You've got to cook to activate enzymes, whatever they're trying to say.

So let's talk a little bit about raw foods. And you feel are they always best for digestion?



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**Paul:** They are always best for digestion. By depending how we eat them makes a difference. Like I said earlier, each case is individual. So when I have somebody come to me who has digestive problems, specifically inflammatory bowel disease and they're in an inflammatory attack, eating whole, raw food might be the worst thing for their condition. Their body is not a condition to deal with the fiber. And it might actually irritate the inflammation.

However, the raw food has the enzymes in them. So it's going to be the best thing for digestion if they eat it already blended up or even better, in a juice form. So raw foods essentially are the best thing for digestion, especially if somebody already has an issue. However, depending how we consume it can determine if it's going to be beneficial or not.

And that's an important thing to remember because people just think, "Oh, I'm eating raw foods." Well, raw foods could mean you're just eating junk food candy bars all day. It's not the raw food. I like to call it a fresh food diet, eating fresh food: fruits and vegetables in their fresh state. And I even have a video on the Internet saying I no longer promote a raw food diet because when you hear that today, it's usually surrounded by raw food junk food, raw food recipes, and raw food candy and all this stuff.

But that's not what I talk about. I talk about a fresh food diet, it diet of fruits and vegetables and eating it based on your own chemistry and your situation and the form you eat it will determine if it's going to help you or hurt you.

**Dr. Zielinski:** So what are certain signs and clues that people can tune into with their body to see if their body is responding well? There's obvious gut pain and things like that. But what about the subtle stuff? How does someone know if their body is responding?

**Paul:** Well, that's a great question. And I often teach something called the formula for health, which is power minus obstruction = vitality. And I say, "How do you know if something you're doing is working for you?" And when



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somebody says the two most dangerous words in the English language, “I feel...”

So the body has an amazing power to adapt to what we're doing. So I know people that can eat a pound of ice cream and feel great. I know people that smoke crack and feel great. But that's because of the adoption of the human power of the body. But what really is we can't use “I feel” as the only key to know if what we're doing is working. We have to look at our digestion. How often are we going to the bathroom or not going to the bathroom?

Our sleep, how sweet is our sleep or how disturbed is it? We have to look at just overall general how we do feel, not only from a physical standpoint, but depression and mental and emotional issues. So all of these things are an important part of knowing if what we're doing is working for us because I don't care how well somebody is eating. If they're constipated, not getting sleep, and they're dehydrated, and they're just feeling pain all the time, something is not working.

**Dr. Zielinski:** Paul, have you seen, I guess, a commonality amongst a lot of the folks that you've worked with and just from your own experience of how long it could take for some things to respond? You know what I mean? Like, when you give someone, "Hey, try this for a week. If you don't get better, try this." What's your overall recommendation?

**Paul:** Well, that's the overall issue right there. It's quite interesting because if somebody listens to the doctor and takes a drug, many times they will feel better almost immediately. But the condition and the cause is not getting better. It's actually getting worse because now they have to deal with the toxins from the medication.

However, when you do something the natural way, it usually takes a good amount of time longer to start actually feeling better. You might see some benefits immediately. But you'll actually start feeling better. It might take



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longer. And depending on how long it takes to actually get sick, it might even take a longer time to get better. And one of the biggest problems people have is they're impatient. And rightfully so, because people don't want to live in pain.

So it depends. And I've seen people get better, in myself, in a matter of a couple of weeks. But I was just working with a guy. It took him six months to overcome his inflammatory bowel disease. But it's really hard to stay patient and on the course. But, as I said, pain is a great motivator.

So the amount of time is different for everyone. But there are great signs, especially if you have inflammatory bowel disease, to know if things are working or not in digestion. With inflammatory bowel disease or any inflammatory condition, you'll know when you start seeing improvement because you won't be suffering as much as you did.

**Dr. Zielinski:** So ultimately as we respect everyone's biochemical individuality, there must be a resource. There must be like a list of best foods that people could try and then go from there and do trial and error. So out of that, which ones would you recommend that overall have helped a lot of people or something that you would recommend people to go first?

**Paul:** Well, often people will say, "Well, what food can get a better?" And I tell people there is no magic food. It's the whole approach. It's just not one food. However when you look at what foods are best for people, I would say food in season. And usually that's locally grown. But it doesn't necessarily have to mean that. But usually it does.

For example, a watermelon in season is much better than a watermelon out of season. So the food that's locally grown in season... I'm blessed to live here in South Florida. And I can actually see food growing on the trees to know what fruits are in season that I should be consuming. But if somebody is living up in Alaska and are trying to meet a mango that grows in Florida or if it's from another part of the world and it's out of season, that no longer becomes the



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best food for their body.

So seasonal, locally grown fruits and vegetables are the ideal first foods we should look at as the mainstay of our diet. And it's not just one magic food. You have to think of it as what type of food is best, not just what particular food is best because we hear things like all these super foods for cancer or something else. Look, I guarantee somebody if they eat this food but they keep doing everything else, that's not going to help them. They need to start changing some of the things in their life, including their diet.

**Dr. Zielinski:** That's fantastic. Paul, I do a lot of work with essential oils. And I've had people ask me over and over again, "Hey, Dr. Z, what oils do I do for this?" I say the same thing. I'm like, "Look, if you're going to keep on going to McDonald's and keep on eating your SAD American Diet, it's like two steps back and then maybe one step forward if you apply an oil. Don't even waste your money."

Also you said something. I'm so glad you said about the seasonal approach. I feel like I'm the only one talking about this, Paul. Thank you so much because to me true Biblical health is ultimately living in the design that God put us in. And the design is to eat fruits and vegetables when they are in season. We are not made to have mangoes and bananas every single day. And it's hard because in America we are filled with temptations that every day you could seriously get the same food. So get back growing your own food.

I've got to ask you about that. Do you garden? Do you even have space in your house to do this stuff?

**Paul:** Oh, it's funny you ask because I have such a passion for gardening. I have over 60 fruit trees. Actually I was working in the garden this morning. We're actually putting in a back to Eden garden. And I've always had gardens. A good friend of mine, John Kohler, has a YouTube channel called Growing Your Greens. And he was just visiting us.



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And it's a very successful channel teaching people how to make their lawns into food. And I'm very much into that. And it's the only way I actually feel we can get food that actually has enough nutrition because I don't believe it's possible to go to a store and buy food and actually get all the nutrients you need.

**Dr. Zielinski:** Awesome. We live in Atlanta. So we have a good nine-month growing season. But being in Florida, you guys can pretty much go all year, can't you?

**Paul:** Absolutely. Absolutely. And I've seen people grow in just about every place. And Hippocrates is big into sprouts. You can sprout anywhere at any time. So there's no excuse for people to not grow something.

**Dr. Zielinski:** Awesome. Hey, Paul, what's your address? We're coming over for dinner. [*Laughs*]

**Paul:** [*Laughs*]

**Dr. Zielinski:** That's a sweet, brother. Hey, let's dive into the Biblical health piece of it. What's the Biblical health connection to gut health?

**Paul:** Well, basically if you look at the first five books of the Scriptures, the Torah, starting in Genesis, that is the foundation of all Scripture. And it gives us the instructions of how to take care of our body. And, as I said, in Genesis 1:29, it says the food for man is fruits and vegetables. That was plan A of our Creator.

Now, yes, animals were added later. But that was Plan B. It's acceptable. But I'm sticking to plan A. And that's it. Really basically if we follow His guidelines and instructions, it says clearly in Scripture all will be well with you or you will be blessed abundantly.

A great example is found in Exodus 15:26 where it says if you do not follow the



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Egyptians, but you follow My guidelines and instructions, I will not put the same diseases upon you that I put on them. And it's not about Egyptians. It's about disobedient people. So obedience has a direct connection to our health.

And then when the children went into the promised land, they were told to separate and divide themselves from every unclean thing and not to mingle the seeds and to do that. And they said if you do, you'll be blessed abundantly. But if you don't, not only will I put the same diseases upon you that I put upon the Egyptians, but I will give you new diseases that you never even heard of yet.

Well, we fast forward to a time today where we consistently mingle the seed with the nonbeliever. And with all the science, money, research, and medical technology out there, every single day the doctors are naming a new disease. And there's the connection right there.

**Dr. Zielinski:** Yeah, it's scary. It's scary to see what the disobedience of the fathers have done through the generations. And God warned us over and over. Yahweh told us not to. Yet, I do believe in the redemption power of the Lord and how people like you and I, we've been able to overcome because in a sense you've got to think, we were given a very rough start in this life just by being birthed in this time period.

However, I feel blessed that we've been called to lead the revolution, so to speak, to getting back to Eden. I love that book, *Back to Eden*. I love that title. And again what you're proposing is just getting back to the way that we were designed.

**Paul:** Well, can I say, Eric, it says in the Bible that my people are destroyed for lack of knowledge. And we all have worldly knowledge. And what that's talking about is lack of knowledge of His instruction. So that's what we need to get back to.

**Dr. Zielinski:** Amen. Amen. And not seeing doctors and science as God



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anymore. And it's becoming rare to meet anyone in the healthcare profession humble enough to say, "You know what? We don't know everything at this point" because everyone walks around like the doctor that told you, "If you don't do this, you're going to get that." Well, says who? Are you psychic? Are you God? Who are you? So there's that aspect.

And I have to tell you, folks, for you listening, be empowered. Be empowered by what Paul is sharing here because the reality is like the Scripture says, test all things and hold fast to what's true. We can't just blindly be compliant to everything the doctor says. Just step back for a minute. Step back. Question. Give it some prayerful consideration.

And see what God has to say about the matter before just jumping into something, unless of course it's like a tumor on your esophagus or your brain stem where you need immediate attention. But that's rare. By and large, most healthcare conditions that you deal with have been in process for quite a while and it's going to take quite a while to continue. So always remember you have time.

Paul, we're running out of time, unfortunately. I have one question I definitely want to ask about your daylight diet. But before that, what about greens? We haven't talked about that. How do greens fit with your raw food diet?

**Paul:** Well, grains are very interesting because there are different types of grains. And, of course, things like white rice are much more processed than things like quinoa or millet. Certain grains can be sprouted. Certain grains are alkalizing. Certain grains are acidic.

So in general if you really want to maintain 100% raw food diet and eat grains, you have to do them raw and sprout them like tabbouleh or something like that. I myself stayed away from grains for about 17 years and just recently started to consuming some again. But you can certainly eat rice, brown rice and quinoa and millet if your digestion is working well. You can do it and it



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can be fine.

Based on a person's medical history and also on their activity level, grains can be helpful. But for most people, they're more unhelpful because most people are lazy. They're not exercising. They're not burning their carbohydrates. And they're just not digesting well. So grains are something that I would consider somebody adding back into their diet later if they desire to do so. But for the most part, fruits and vegetables are the way to go.

Now, some people say, "Well, grains are mentioned in the Bible." The grains mentioned in the Bible are nowhere close to the grains we're consuming today. So we have to be careful of that. Another thing with grains as they have wheat gluten in them often. Many of them do. And that's another issue because many people have a wheat gluten intolerance.

So I would say a person needs to just get their body back into shape, with fruits and vegetables being the majority of the diet. And then later on they can look at re-consuming grains if they desire to do so.

**Dr. Zielinski:** You know, Paul, one of the key takeaways...You just said something very, very interesting and key to me—and, folks, take this home with you—activity level. I just did what I did because I thought it was good. And even as a health-conscious person, I would have my bowl of gluten-free organic oatmeal with some fresh fruit in it first thing in the morning. And then I'd race to my desk job. And then I'd crash. I'd want to have a cup of coffee at like 11 or 10 o'clock in the morning because it was what I was doing. And to me it was my work, right? I would sit down.

So I've found that all of what you shared is unbelievably important to consider because if I know if I'm going to be active, I'll load up on the grains were on the cards early in the morning because I know I'm going to burn them off. But if I'm not, no, I try to stay away from that completely because, again, it just puts me in this hyperglycemic mode. And I don't want to crash. So that's really good



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insight, Paul. Thanks for that.

**Paul:** You're welcome.

**Dr. Zielinski:** Last question, Paul, unless you think I missed something here. I've got to ask you about your daylight diet and the best time to eat for digestion because this is something I rarely ever hear about.

**Paul:** Well, again, it goes back to the Bible. It doesn't only tell us what foods are best for us, but it also ties us when are the best times to eat it. And that is when we can see it. And eating our foods during the daytime hours is when digestion works the best. And all different types of Eastern medicine around the world has confirmed that our digestive organs work best at certain times throughout the day.

And somebody says, "Where does it say that in the Bible?" And I say if our Creator wanted us to eat at nighttime, He would have made fruits and vegetables glow-in-the-dark because without all this artificial electricity, we wouldn't be thinking about food at nighttime. We'd be relaxing and resting and giving our body a chance to do what it does at nighttime, and that is to cleanse and rebuild. But when we eat late at night and eat before going to sleep, what happens is now the body has to digest and not cleanse and rebuild. And it creates a problem.

And a lot of people say, "Well, I've been doing this my whole life and eating late. And it's never affected me." And I tell people when you find out something that's true, just because you've gotten away with it isn't a reason to make an excuse and keep doing it. It's a blessing that we've gotten away with it so long. And one of the most detrimental things people do for their health is eating late at night and eating too much too often and too late. And we need to start eating when it's daylight outside.

And the seasons go great along with the Scriptures because in the wintertime,



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the days are shorter. But the foods we consume locally are usually heavier. So we can eat less often and be sustained longer, whereas in the summer time, the days are longer, but the food is usually lighter. So we can eat more. We have more time to eat it and it will digest just as well.

So our Creator makes no mistakes in His design if we follow it. And the daylight diet, I have a whole book on that topic that talks about that. And some people say they can't not eat at nighttime. And I say, "Well, that's because you are starting to late in the daytime. Get up earlier, exercise, and eat earlier. Then you won't need the food at night time."

**Dr. Zielinski:** That's beautiful. That's beautiful. So, really, to put it practically speaking, it's cold outside, whatever, January, December. It gets dark around five, six, depending on where you live. So you would say that would be when your last meal would be?

**Paul:** Well, there several different phases to what I created in what's called the Daylight Diet. And basically the first stage would be get out of the habit of eating when it's dark outside. Of course, that's easier to do in the summer time because it's still light outside at 8 o'clock at night. But in the wintertime, yeah, once you're used to not eating when it's dark outside, so be it. Don't eat. If the sun goes down at 5 o'clock, stop eating at 5 o'clock.

That just gives us an idea of, "Well, we've got to eat more during the day so we'll be satisfied at night." Most people aren't eating at nighttime for nutrition. They're eating for many other reasons. And they're overeating, as a matter of fact. So most people don't eat in general for nutrition. They're eating for a whole bunch of other issues.

And, basically, yes, getting in the habit of not eating late, going to sleep on an empty stomach is key. And we're taught in this country to have a big meal before we go to sleep. Well, I believe we should do the opposite. Have a bigger meal earlier in the day, and have a light meal or almost nothing in the evening.



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And people's sleep would be better. And that will take care of two of the biggest causes of disease: overeating and under sleeping.

**Dr. Zielinski:** Wow. Well, folks, I hope you enjoyed this because I did. And I definitely wanted to get a chance to talk to Paul, do a part two or part three. To learn more and to keep in touch with him, visit [HealthWatchman.com](http://HealthWatchman.com) and really take advantage of the books that he writes. They're brilliant, Biblical health truths that just timeless. You can go to [RawLife.com](http://RawLife.com) to check out his store.

Paul, thanks again. One thing I always like to end my shows with is just giving people an opportunity to just give a word of hope because a lot of folks out there I have come to see that are hopeless. They are helpless. And they don't know where to start. So they stumble upon interviews like this. And they're looking for little keys, tidbits. Do you have a message of hope for folks?

**Paul:** Absolutely. In the Bible it says, "Know the plans I have for you. They are for good and not disaster, to give you a future and give you a hope." So those of you that are believers and our wonderful king Yeshua, our Messiah, the one many people call Jesus, hold onto that Scripture, a future and a hope.

And if you're not a believer, understand it says in Ezekiel 33:11, "I take no pleasure in the death of wicked people. I only want you to live." So understand that, folks. Wickedness is living against our Creator's guidelines and instructions. So when we get in relationship with our Creator and we start desiring his guidelines and instructions, that's what he wants. So we have to do that. That's first. And that's key.

So if we all do that, we can have a great future and a hope. Hallelujah!

**Dr. Zielinski:** Hallelujah! Hey, Paul, thank you so much. I love and appreciate you in the Lord, my friend.



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What a fantastic interview, amen? Folks, you've got to follow Paul. Check him out, HealthWatchman.com. And look at his books and his other Biblical health products at RawLife.com. He's just such a great resource of Biblical health information. I really trust and value his role in the body of Christ.

And with that, please, please, please subscribe and leave a comment or two and just share this message with people. This has truly been on my heart ever since I've been a Christian to help people live the abundant life. And it's focusing on spiritual, physical, mental, emotional, financial, occupational, and especially social aspects of our lives. So we really focus a lot on health because I'm a doctor and that's what I do.

Yet, you know what, though? We're going to be getting financial experts. We're going to be getting mental experts and emotional experts and all kinds of people to help us maximize our life so we truly live the abundant life.

And for those of you who love these podcasts but don't want to take notes, you're listening to it in the car, hey, go to [DrZ.com/Biblical-Health-Radio](http://DrZ.com/Biblical-Health-Radio). Join my Biblical Health portal so then you can get all kinds of great show notes and transcripts and everything.

Well, folks, as always this is Dr. Z. My hope and prayer is that you and your family live the abundant life. And I'll talk to you soon. God bless. Bye-bye.