



What About Bread?

WHAT HAS GOD TOLD US ABOUT BREAD?



100%
IT IS WRITTEN



What has God said about this topic?

Bread Basics



BREAD IN SPIRIT OF PROPHECY

Religion will lead mothers to make bread of the very best quality.... Bread should be **thoroughly baked**, inside and out. The health of the stomach demands that it be light and dry. Bread is the real staff of life, and therefore every cook should excel in making it.. CD 315.3

The use of **soda or baking powder** in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable.. CD 316.2

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, as far as possible, the **yeast germs shall be destroyed**. When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal, without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable.... CD 316.4

Yellow, saleratus biscuits and heavy, clammy bread are breaking down the digestive organs of tens of thousands.. CD 343.3

Saleratus in any form should **not be introduced into the stomach**; for the effect is fearful. It eats the coatings of the stomach, causes inflammation, and frequently poisons the entire system. Some plead, "I cannot make good bread or gems unless I use soda or saleratus." You surely can if you become a scholar and will learn. Is not the health of your family of sufficient value to inspire you with ambition to learn how to cook and how to eat?. CD 343.5

If heavy, sour bread will kill swine, which can devour rattlesnakes, and almost every detestable thing, what effect will it have upon that tender organ, the human stomach? CD 318.2

Fine-flour bread cannot impart to the system the nourishment that you will find in the **unbolted-wheat** bread. The common use of bolted-wheat bread cannot keep the system in a healthy condition. All wheat flour is not best for a continuous diet. A **mixture** of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutritive properties separated from it.. CD 321.1-2

BREAD IN THE BIBLE

"It is better to trust in the Lord Than to put confidence in man. It is better to trust in the Lord Than to put confidence in princes." Psalms 118:8-9

We have the privilege of God's revealed will (given to us through His word and His prophets. We do not need to wonder which scientific studies are correct - we have a measure whereby we can test all information presented to us.

"But Jesus answered him, saying, 'It is written, 'Man shall not live by bread alone, but by every word of God.' " Luke 4:4

God wants us to remember that our connection with Him, is always more important than anything we enjoy eating, even the most nutritious food. He comes first. That is how we will find true fulfillment.

"Our fathers ate the manna in the desert; as it is written, 'He gave them bread from heaven to eat.' " John 6:31

Bread reminds us that God is the provider of our physical as well as other needs. He is the supplier of all we have received.

Principles

- **Thoroughly baked - not moist inside**
- **Moisture should not be allowed near bread - i.e. warm bread should not be placed into airtight container until totally cooled down.**
- **The health-reform stomach says NO to baking powder (salatarus) or baking soda**
- **Study council to ensure that we know techniques which kill yeast thoroughly before eating.**
- **Unleavened breads are safe to eat fresh out the oven.**
- **Whole-grains are best.** Refined flour is harmful.
- **Mixed whole-grains are even better (or varying grains used for bread baking from day to day.**

Gut-healing GRAINS:

- Quinoa
- Buckwheat
- Amaranth
- Teff
- Spelt
- Kamut
- Avoid all hybridized grains (incl wheat) & GMO products

Hint: no-knead breads are usually inflammatory, especially if made with flour containing gluten. Thorough kneading helps make gluten more digestible.

