

HONORING THE TEMPLE OF GOD

A CHRISTIAN HEALTH PERSPECTIVE

by

Bob McCauley, CNC

I dedicate this book to my Lord Jesus Christ who has taught me everything about life and health.

Health books require medical disclaimers because if you don't provide them you become liable in every way. But I don't have any problem stating that I know almost nothing about medicine and have no formal training in the health field. But then, what does it take to understand how to achieve great health: a doctorate or a few letters behind your name? I have learned what I know about health by reading and talking to others about health. More than anything it takes understanding comes through experience and that is how I have learned what I know. However, medical and legal disclaimers are necessary so here is mine:

The purpose of this book is to educate. It is sold with the understanding that the publisher and the author shall have neither liability nor responsibility for any injury caused or alleged to be caused by the information contained in this book. This book is not intended in any way to serve as a replacement for professional medical advice. Rather, it is meant to demonstrate that aging can be slowed and even reversed and that great health is achieved when the most fundamental nutritional needs of the human body are met. This book is not meant to diagnose anyone of any disease. If you feel the need, always consult a doctor or another medical professional when you have an illness or disease of any kind. I admit to knowing little if anything about medicine and therefore would never offer medical advice to anyone for any reason. The author offers health advice that is his personal opinion only.

The United States FDA has not reviewed ionized water, *Spirulina*, *Chlorella*, angstrom minerals or living (raw) foods and therefore has made no determinations or assessments about it.

It is hereby declared that the 9th and 10th Amendments to the US Constitution and those rights so granted to Americans by them fully apply to this book.¹

Note: *Ionized Water* and other key terms are italicized in this book for emphasis.

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Author's Introduction

To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit.

1 Corinthians 12:8-9 [NIV]

I consider my primary profession to be that of a teacher. Education is my vocation, whose reception constantly teeters on my abilities as a communicator. I communicate best through the written word. I present to you here what I understand about health as it relates to the temple of God, our bodies, in the simplest, easiest to understand format I can communicate it to you. My intent is always to educate my readers about true health, the kind of health that most people only dream about and that which only God can possibly provide us with. I consider the health protocol I promote not as much opinion as the truth about health and nothing less. It advocates nature in its purest form, which only God is capable of creating. God became flesh [**John 1:14**], a man known as Jesus Christ. Just as Jesus honored His temple, we should honor ours.

. . . because to this you were called so that you may inherit a blessing.

1 Peter 3:9 [NIV]

Those of you who are familiar with the Bible will perhaps find that some of the passages that I refer to in this book are taken out of context. It may appear that way because I am attempting to introduce a new concept that most Christians have never heard of. While the traditional interpretations of these Bible passages may temporarily be put aside here, it does not mean that I intend to dispense with them completely. Rather, I am attempting to demonstrate that the Bible may be viewed and understood from a perspective that stands apart from traditional interpretation. Viewing the Bible through this prism will help you to understand my seemingly radical health protocol. Therefore, I ask your understanding and indulgence regarding my unorthodox interpretation of certain Bible verses.

In short, this book is my interpretation of the Bible as it relates to health. However, I am not alone. Many others know and believe what I know and believe about health. I count myself amongst the chosen whom God has blessed with this knowledge of health and the understanding of how we can honor our temple. After reading this, I pray you will also find yourself amongst those who have decided to follow this message of wisdom, knowledge, healing and faith so you may obtain true health.

Preface

(A Must Read)

The mystery that has been kept hidden for ages and generations, but is now disclosed to the Lord's people.

Colossians 1:26 [NIV]

You cannot understand this book if you don't read this preface. I almost subtitled this book A Christian Health Revolution because it is a truly revolutionary way to view health and how we ought to view the temple, our body, that God has given us. The ideas in this book will change your view of how health is actually obtained. It will challenge your understanding of your body and your obligation to honor it. It will cause you to waken your obligation to honor one of God's most precise gifts, your body. Whether you are Christian or not, you will never think of yourself, your life and body in the same way after reading this book.

The health protocol explained in this book is the next revolution in Christianity. This revolution concerns the recognition that the temple of God is within us because our body literally is a temple of God. And it is a far more important temple than one built of wood, steel and brick.

Do not feel that I am either accusing or ridiculing you about your present lifestyle and eating habits. On the contrary, this book is meant to encourage you to become aware of what God wants for us. If you desire to be amongst those who God calls His followers, then adopting this health protocol even to the slightest degree will help bring you closer to God. That I promise you.

This book will challenge your concepts of what foods we should consume if we want to be healthy. It is an empowering message of hope and triumph over disease. It will confront your presuppositions about what causes disease and why disease never just happens to us, but is always a result of the choices we have made. You will learn that

the body becomes full of disease when we put the wrong substances into it, therefore disease is exclusively a result of our diet. You will be compelled to examine why you eat the foods that you consume each and every day of your life. After reading this book, perhaps you will conclude that the medical establishment has not sanctioned it so it must not be true. But if you read it with an open mind, you will be faced with an internal struggle, a war within, because you will know that you are putting the wrong foods into your body, things that lead to disease, and that you must change a fundamental aspect of your life in order to truly honor the temple God has given you.

I grew up on the Standard American Diet (the “SAD” Diet), which is comprised mostly of cooked and processed foods. When it came to health, I listened to the endlessly changing lists of foods that were thought to be healthy or unhealthy. Coffee and chocolate were found to be harmful one day then have antioxidant properties the next. Margarine was determined to be healthier than butter, then a few months later we were informed it was much worse. Many people naturally become skeptical, if not dismissive, when such conflicting information is constantly being released by the media. We’ve all seen the news magazine covers that declare everything we believe about a particular aspect of disease or medication has been found to be completely wrong and therefore “the mystery remains” about what is healthy and what causes certain disease in some people and not in others. Without a consistent message, it’s easy to become discouraged and lose interest in anything, including health. Like almost everyone else, I lived in a state of complete ignorance about what is actually healthy because I let the media and the medical establishment dictate my beliefs about health.

The consensus amongst the general population is that health is more a matter of opinion and conjecture than actual fact. What is healthy for one person isn’t necessarily healthy for another. Justification for these false beliefs is founded upon faulty interpretation of facts such as who gets cancer and who doesn’t. While certain foods may agree or disagree with different people, the reasons why we get sick with arthritis, fibromyalgia, diabetes or cancer depends on our body’s ability to fight those diseases and the environment we create within ourselves that either encourages or discourages disease. It has nothing to do with randomness or family history.

In the past, I found hope in the new drugs that were constantly being developed that would cure me of the diseases I was inevitably going to get. I believed that my family genes were responsible for the diseases I was prone to and would one day likely get. I would become frightened to learn another family member had contracted cancer or some other disease. I wrongly believed that I was fair game for the same disease since the probability of which diseases we get arrives with us at birth in our genes. Heart disease “runs in my family” and I believed that there was a good chance I would fall victim to it. I believed that because I’d been taught all my life that health was elusive, a guessing game where the actual truth about health would never be determined. We constantly hear that the cure for terrible diseases such as cancer is “right around the corner”. In short, I believed in the medical establishment. I believed in man. I believed that science would eventually find a cure for all our diseases. However, finding a cure to the medical industry doesn’t actually mean *discovering* a cure. Rather, it means inventing a cure and man will never invent cures to the wrath of diseases we are prone to.

When I discovered the truth about health 10 years ago it was as though scales fell from my eyes the way they did from the Apostle Paul’s when the Lord revealed Himself to him. Now, I no longer live in the darkness of ignorance. I have stepped into the light and know the truth about what leads to health and what actually causes disease. I will never return to that life of ignorance. I have been blessed to learn this knowledge and I wish to impart it to you in the pages that follow. The one thing I can personally assure you of is that if you adopt this lifestyle you will feel great each and every day, perhaps better than you have ever felt in your life. I can personally testify to the greatness and power of its results.

I hope the blunt, straightforward writing style of this book does not interfere with its powerful message. I present this to you with the greatest understanding and compassion. In some ways, this message may appear harsh and extreme because it is contrary to everything you have learned about health and diet. That aside, I have tried to write this with the compassion that is expected of Christians and that which was taught to us by our Lord, Jesus Christ. The road to true health is hard, but I will be with you as a whisper of encouragement every step of the way, both in spirit and in prayer.

The wrong diet results in filling the body with nearly every disease known and only a natural diet can put the body in a position where it can perform a miracle and heal itself of any disease. Science will *never* find a cure for *any* disease. Science has developed vaccinations for bacterial and viral diseases, but it has yet to invent a cure for them. I will never again put my faith in mankind and what science believes it can achieve. Instead, I have learned to put my faith in God only and the great health He graces us with when we follow His rules and honor the temple He has blessed us with.



About the Author

Bob McCauley, CNC, (Robert F., Jr.) was raised in Lansing, Michigan and attended Michigan State University (BA, 1980 in Journalism). He has traveled extensively, both domestically and abroad, visiting over 32 countries.

He published Confessions of a Body

Builder: Rejuvenating the Body with *Spirulina*, *Chlorella*, Raw Foods and *Ionized Water* in 2000 and Achieving Great Health in 2005. Bob also gives frequent lectures and offers seminars on his natural health protocol. He considers himself a *Naturalist*, meaning he pursues health in the most natural way possible. He studies and promotes nature as the only way to true health. He is a Certified Nutritional Consultant. Bob often lectures and offers seminars on his Seven Component Natural Health Protocol.

From 2002-2004 he hosted the radio program *Achieving Great Health*, heard by thousands of people each day.

With the help of his father, Dr. Robert F. McCauley, Sr.³² they started Spartan Water Company in 1992, which sold vended water machines in supermarkets. Dr. McCauley pioneered environmental issues regarding ground water and drinking water quality.

Robert Jr. founded Spartan Enterprises, Inc. in 1993. He established greater Michigan's biggest selling bottled water: *Michigan Mineral – Premium Natural Water*. He is a Certified Water Technician with the State of Michigan. He is also a Type II Public Water Supply Specialist and has both S-5 and D-5 Certifications with the State of Michigan. He has been involved in the bottled water industry since 1994.

Bob is a 3rd Degree Black Belt and Certified Instructor of *Songahm Taekwondo* (American Taekwondo Association). He stays young by running (17:43 - 5 Kilometer race), lifting weights, practicing Chi Gong and following his rules for Great Health laid out in this book. He also enjoys wall and rock climbing, not to mention breaking a brick now and then. This is his fourth book on health. Bob is also the author of Twelve, a collection of short fiction.