

# Bread and Milk: How to Obtain the Most Health Benefits

by Dr.  
Christina  
Parks  
Guest  
Columnist



Photos: MGN Online

Dr. Christina Parks Photo: Final Call file

*“Fresh fruit and fresh edible vegetables and good pure wheat bread, pure milk and butter are the best food for man.”—How To Eat To Live, Book 2, p. 64*

**The Most Honorable Elijah Muhammad** and the Bible both lift up bread and milk as life-giving foods. The Bible often refers to Jesus as “The Bread of Life” and to the Holy Land as “The Land of Milk and Honey.” However, in our modern times, many people find that they need to avoid bread and dairy or go on a gluten-free diet to maintain their health. It is important to explore why many people are no longer tolerating these God-given foods and what can be done to obtain and prepare them in a manner that is nourishing to our bodies.

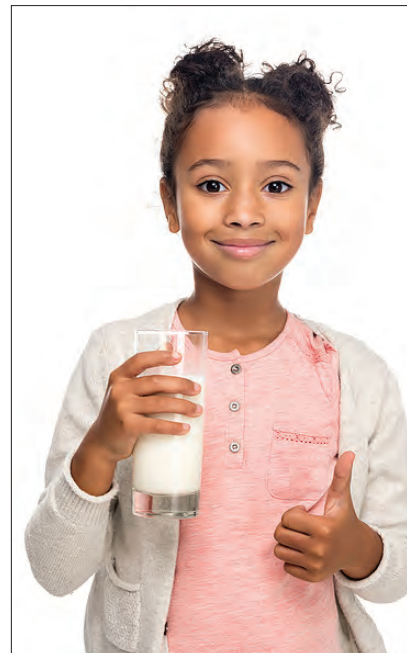
There are three key reasons that we are no longer tolerating foods that were health-giving for our parents and grandparents. The first reason is that mass vaccination has increased our allergic response to foods. In addition to not tolerating bread and milk well, many people now find that they have allergic reactions (or histamine reactions) to many fruits, especially those containing any trace of mold. Vaccination is undoubtedly one of the major causes of our modern hypersensitivity to many foods. The Mawson study, which compared health outcomes in vaccinated and unvaccinated children, found that vaccinated children were at least 30 times more likely to struggle with allergies than their unvaccinated siblings. Aluminum, which is in many childhood vaccines, is routinely administered to mice to create models of allergic conditions. Some historical researchers note that prior to the onset of vaccination, there was no mention of allergic conditions in the historical medical literature. Dr. Chris Exley has demonstrated that an easy way to help detox the body of aluminum is to drink high-silica water

(often from volcanic sources), such as Fiji brand water.

The second reason many people do not tolerate milk and bread is because their microbiome, the bacteria in their gut that help digest food, has been compromised by toxic chemicals in the food and the overuse of antibiotics. Bacteria produce proteins called enzymes that help us digest and absorb nutrients from our food. If the gut doesn't have the proper balance of bacteria, food is not broken down and absorbed properly. Imbalances in gut bacteria also lead to a condition called “leaky gut,” where particles of our food slip through cracks in the intestinal lining and into our bloodstream. When we suffer from “leaky gut,” particles of food that make it into our bloodstream create an allergic reaction in our bodies every time we eat. This immune activation causes inflammation in the body that is often experienced as brain fog, lethargy, and sometimes hives or rashes. In order to restore a healthy microbiome, one can eat fermented foods (yogurt, sauerkraut, pickles) and take probiotics. Gut expert Sabin Hazan has found that COVID and the COVID vaccines have been particularly hard on gut health and that bifidobacteria are a strain of bacteria that are particularly important to restore following the “pandemic.”

Make sure to check labels to make sure the product you are using includes bifidobacteria.

The third reason many people do not tolerate milk and bread is because these foods are not eaten in their most digestible state. Milk and bread both contain large proteins that are hard for the body to digest. In milk, this protein is casein. Raw milk contains certain enzymes that easily digest casein. However, most milk is heated (pasteurized) in a way that destroys the digestive power of these enzymes. Obtaining high-quality, clean, raw milk (from animals eating an organic diet) will ensure that the milk is digestible and that the nutrients are properly absorbed. The Weston A Price Foundation tells us that raw “milk is an important source for nutrients like fat-soluble vitamin A, D, E and K2; vitamin C; all the B vitamins, especially vitamins B2, B6 and B12; and minerals like calcium, phosphorus and zinc as well as essential trace minerals. Levels of these vitamins will be higher if the cow is on pasture eating green grass.” Many of these vitamins, especially Vitamin C, Vitamin D and their co-factors are also destroyed by heating (pasteurization). Raw milk is also high in bifidobacteria and also contains components that



Child drinks milk Photo: bigstock

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# Bread and Milk

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do not allow pathogenic bacteria to persist and grow in it. The milk of goats is generally considered to be more digestible than cow's milk and can be more appropriate for small children that are no longer nursing.

Bread contains proteins that are very difficult for the body to digest. Historically, these proteins (glutenins and gliadins) were broken down during the fermentation of bread prior to baking. In fact, the process by which bacteria and yeast break down these proteins is what produces the gas that causes bread to rise. However, in the modern practice of baking bread, yeast are fed sugar instead of being allowed to break down the bread dough itself. This is done in order to speed up the process of getting the bread to rise. This "short-circuiting" of the fermentation process has resulted in bread that is more difficult to digest and more likely to contribute to "leaky gut" as well as other gut problems. It also contains less nutrients and tends to spoil faster if chemical preservatives are not added.

*"The whole wheat kernel should be milled and ground very fine. When you are ready to make bread, add water and yeast to it and set it aside to sour. This will put it in a better digestive state to be cooked properly for your stomach to digest."* —*How To Eat To Live*, Book 1, p. 37

The exhortation of **The Most Honorable Elijah Muhammad** to ferment bread, thoroughly bake it and then re-cook, or toast, bread before eating will ensure that these proteins are properly broken down for the easiest digestion and for the best absorption of nutrients. During the process of fermentation, bacteria/yeast create many additional vitamins, antioxidants and nutrients that then become part of the bread. An excellent resource for learning how to make your own sourdough bread is "Flour Water Salt Yeast: The Fundamentals of Artisan Bread and Pizza," by Ken Forkish. The bacterial cultures (sold as freeze-dried packets) that are necessary for proper fermentation can be obtained at the website "Cultures for Health." This website is also an excellent informational resource for those who wish to learn how to make sourdough bread, make cheese, and ferment vegetables.

Our modern ways are not always better. Ob-

**Our God-Given  
Immune System:  
The Best Defense  
Against Covid-19**

**HOW TO EAT TO LIVE  
BOOKS 1 & 2  
by the Honorable  
Elijah Muhammad  
store.finalcall.com**

FROM GOD IN PERSON  
MASTER FARD MUHAMMAD

By  
ELIJAH  
MUHAMMAD  
(Messenger of Allah)

EGGT  
NO. 1

**HOW TO  
EAT  
TO LIVE**

FROM GOD IN PERSON  
MASTER FARD MUHAMMAD

By  
ELIJAH  
MUHAMMAD  
(Messenger of Allah)

EGGT  
NO. 2

**HOW TO  
EAT  
TO LIVE**

"If we eat the proper food and eat at the proper time, the food will keep us living a long, long time."

The Hon. Elijah Muhammad



taining the knowledge of the benefits of pure raw milk and cultivating traditional bread-making skills are **ESSENTIAL** to the cultivation of the health of our families.

*Dr. Christina Park is a Ph.D. in Cellular and Molecular Biology. She is an educator, researcher and scientist who gained widespread recognition following her appearance before the Michigan State Legislature on August 10, 2021, where she forcefully challenged the COVID-19 policies.*

*Opinions expressed by columnists are uncensored and are not necessarily the views of the Most Honorable Elijah Muhammad, the Honorable Minister Louis Farrakhan, the Nation of Islam or The Final Call. Please consult the page 28*



The Most Honorable Elijah Muhammad Photo: Final Call file

*"How To Eat To Live" article by the Most Honorable Elijah Muhammad in the current issue of this newspaper.*

"The fact that fasting is the cure to 90 per cent of our ills is known by the medical scientists. But, they do not teach you that." —The Most Honorable Elijah Muhammad

## Medical Deceit Erases Trust in Vaccines

A new report on immunization from UNICEF suggests that confidence in childhood vaccines has fallen up to 44 percent in 52 countries, which represents "the largest sustained backslide in childhood immunization in 30 years."

Recently, vaccine critics have brought to light the large number of shots that are given to American children—up to 72 doses of 16 vaccines—and not a single vaccine on the schedule has been safety tested prior to being approved. These figures show that the disastrous "covid vaccine roll-out" has thoroughly eroded trust in the medical establishment and its vaccine propaganda.

## 20 million Black Babies Have Been Aborted Since Roe v. Wade.

The National Right to Life Center estimates that by the end of 2021, 63.5 million abortions had been performed in the United States since the Supreme Court's 1973 Roe v. Wade decision. Nearly 40% of women who seek abortions are Black, which is astounding, considering this demographic made up just 13.6% of the female population at the time of the 2020 census. This likely means that over 20 million Black babies have been aborted during the past 50 years.

20 million equates to 6% of the total U.S. population. It's also approximately 45% of the current Black American population of 45 million. And, had these children been born, Blacks would represent about 20% of the total population, rather than the 14.2% today. Clearly, abortion has had an enormous DEPOPULATING effect on Blacks in America.



## American History of Medical Racism & Savagery

A senior scientist and whistleblower with the CDC, **Dr. William Thompson**, admitted that he and his co-authors intentionally omitted important information from their 2004 study—data that showed that Black males who received the MMR (mumps, measles, rubella) vaccine before age 36 months were **3.4 times more likely to develop autism** when compared to Black boys who receive MMR after 36 months of age. For more than 10 years, the CDC refused to warn the public.



## Court Affirms Right to Religious Exemption to Vaccination in Mississippi

An important legal victory for the Constitutional freedom of worship was achieved last week. In a lawsuit brought in federal court by the **Informed Consent Action Network (ICAN)**, **Judge Halil S. Ozerden** ruled that the First Amendment requires that the State of Mississippi provide its residents a religious exemption for their children to attend school without one or more state-mandated vaccines.

According to ICAN, "Mississippi is one of only six states that does not have a religious exemption for students to attend school. Numerous parents have sincerely held religious beliefs that do not permit them to vaccinate their children, including because of the involvement and development of vaccines using the products of abortions. Those parents were put in an impossible position as they were forced to violate their sincere religious beliefs if they wanted to send their children to school."

[ICAN produces the weekly news series *The Highwire*. Read more here: [icandecide.org](http://icandecide.org) and here: [thehighwire.com](http://thehighwire.com)]

1977:

A Dire Population Warning from World Bank President **Robert S. McNamara**

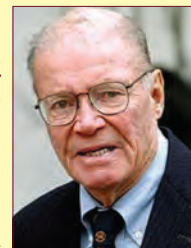
“Short of thermonuclear war itself, population growth is the gravest issue the world faces over the decades immediately ahead.

Indeed, in many ways rampant population growth is an even more dangerous and subtle threat to the world than thermonuclear war, for it is intrinsically less subject to rational safeguards, and less amenable to organized control.

The population growth of the planet is not in the exclusive control of a few governments, but rather in the hands of literally hundreds of millions of individual parents who will ultimately determine the outcome.

That is what makes the population threat—even more than the nuclear threat—diffuse and intractable. And that is why it must be faced—like the nuclear threat—for what it inevitably is: both a central determinant of mankind's future, and one requiring far more attention of the world community than it is presently receiving.

[McNamara spoke at the Massachusetts Institute of Technology, Cambridge, Massachusetts, on April 28, 1977.]



## Cash for Culling: Doctors Received Millions in Bonuses for "Vaxxing" Medicaid Patients

Why did so many doctors flout the Hippocratic Oath and push the most deadly "vaccine" in world history, one that they knew DID NOT prevent infection or transmission? Cash money. *Children's Health Defense* reports: "The federal government and insurers incentivized healthcare providers in Kentucky and California to vaccinate Medicaid patients against COVID-19 by offering bonuses based on the percentage of patients successfully vaccinated."

Documents show that the bonuses were part of a larger campaign to target "low-income and people-of-color communities, which tended to have lower vaccination rates." The strategies included providing hundreds of millions of dollars for the creation of "culturally tailored" pro-vaccine materials and for training "trusted" and "influential messengers" to promote COVID-19 and flu vaccines to communities of color in every state.

Kentucky physicians received payments ranging from \$100 to \$250 per newly vaccinated person depending on the percentage of their patients vaxxed. This included children as young as 6 months to 4 years.

The California Department of Health Care Services (DHCS) established \$350 million in incentive payments including non-monetary payments, such as gift cards, to vaccine recipients—to encourage jabs among Medi-Cal's 14 million beneficiaries. The funding targeted Medicaid

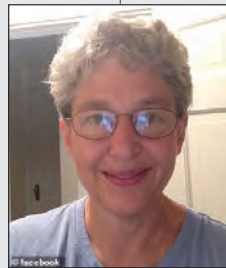
recipients with "low vaccine uptake—the homebound, communities of color," youth ages 12 to 25, and people ages 50 to 64 with multiple chronic conditions. Doctors and pharmacies, community-based organizations, food banks, advocacy groups and faith-based organizations all benefited from the COVID Cash Tsunami.

Under this incentive structure, providers had to meet particular vaccination targets in order to get paid. Those who were especially successful in increasing vaccination rates in the target groups would be entered into a "high performance pool," receiving extra money.

Importantly, different demographic groups were incentivized differently. For example, vaccine recipients ages 12 to 25 were worth more in bonuses than older recipients, "and those in the two racial/ethnic groups with the lowest uptake were also given greater weight."

Documents show that over time the Centers for Medicare & Medicaid Services (CMS) increased the reimbursement rate for jabs, paying \$40 per dose and \$75.50 for an "in-home" dose of the vaccine.

"[This is] truly sickening and I am embarrassed for my profession by this," **Dr. Meryl Nass** (in photo), an internist and biological warfare epidemiologist, wrote on her Substack, where she posted several documents relating to the COVID-19 vaccine provider incentive programs.



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"As I live, my desire is to destroy the so-called medical profession, because it is not a profession of healing; it is a profession of drugs."

—The Most Honorable Elijah Muhammad

## Lockdowns Kill

**"I recommended to the president that we shut the country down."**

—Dr. Anthony Fauci, October 6, 2020

A lockdown under the false pretense of a "medical emergency" is one of the best ways to carry out an effective depopulation program. It is practically impossible to organize any opposition or to validate the mass media propaganda while under house arrest.



There is now strong evidence that lockdowns are deadlier than the alleged "virus." **Dr. David Nabarro**, World Health Organization special envoy for COVID-19 described lockdowns in October 2020:

*"We in the World Health Organization do not advocate lockdowns as the primary means of control of the virus...it seems we may have a doubling of world poverty by next year. We may well have at least a doubling of child malnutrition... This is a terrible, ghastly global catastrophe."*

A UN report from April 2020 warned of 100,000s of children being killed by the economic impact of lockdowns, while tens of millions more face possible poverty and famine.

Unemployment, poverty, suicide, alcoholism, drug use and other social/mental health crises are spiking all over the world. While missed and delayed surgeries and screenings have already seen increased mortality from heart disease, cancer, and other conditions in many countries around the world.



Robert F. Kennedy Jr.  
@RobertKennedyJr

Fox fires @TuckerCarlson five days after he crosses the red line by acknowledging that the TV networks pushed a deadly and ineffective vaccine to please their Pharma advertisers. Carlson's breathtakingly courageous April 19 monologue broke TV's two biggest rules: Tucker told the truth about how greedy Pharma advertisers controlled TV news content and he lambasted obsequious newscasters for promoting jobs they knew to be lethal and worthless. For many years, Tucker has had the nation's biggest audience averaging 3.5 million — 10 times the size of CNN. Fox just demonstrated the terrifying power of Big Pharma.



Dr. Aseem Malhotra  
@DrAseemMalhotra · Apr 16

The American 'healthcare' system is a 4 trillion dollar scam. The main beneficiaries? The anti-democratic psychopathic entity that is Big Pharma and all of their puppets



Jay Bhattacharya  
@DrJBhattacharya · 3h

What is trickle down epidemiology? It is a pandemic policy designed to protect the laptop class on the false premise that it will protect workers, the poor, and the middle class.



Judy A. Mikovits PhD  
@DrJudyAMikovits · Apr 20

The intention of the National Cancer Institute, at Fort Dietrich, was actually to cure cancers & we had those cures when I walked in the door in 1980!

PCR Tests have a history of being inaccurate and unreliable

The depopulation program requires that governments generate the fear necessary to push the people to take the culling needle. They have done this by falsely inflating the number of "cases" through the misuse of the "PCR test," which IS NOT designed to diagnose "COVID-19." Yet the PCR has been widely used to trick the people into "vaccine" compliance.

A Chinese study found the same patient could get two different results from the same PCR test on the same day. In Germany, tests are known to have reacted to common cold viruses.

The late President of Tanzania, John Magufuli, submitted samples of goat, pawpaw and motor oil for PCR testing—all came back positive for the virus.



As early as February of 2020 experts were admitting the test was unreliable. Dr. Wang Cheng, president of the Chinese Academy of Medical Sciences told Chinese state television, "The accuracy of the tests is only 30-50%". The Australian government's own website claimed, "There is limited evidence available to assess the accuracy and clinical utility of available COVID-19 tests." And a Portuguese court ruled that PCR tests were "unreliable" and should not be used for diagnosis.

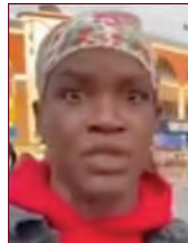
The unreliability of PCR tests is not unique to "Covid," either. A 2006 study found PCR tests for one virus responded to other viruses too. In 2007, reliance on PCR tests resulted in an "outbreak" of Whooping Cough that never actually existed.

Read more at "40 Facts You NEED to Know: The REAL Story of 'Covid'" <https://off-guardian.org/2023/03/24/40-facts-you-need-to-know-the-real-story-of-covid/>

## Evidence of Racial "COVID Vaccine" Targeting

An unnamed sister in a viral video posted on TikTok describes her experience when seeking to be "vaccinated" at a medical center in a white area:

*"Two months ago I decided I'm going to take it and I'm going to take Moderna. I went on the website and I said I'm not taking it in Brooklyn—I want to go into the white people's neighborhood. So I signed up online at Columbia. And I put down 'white.' The Spirit prompted me to put down 'white,' because I'm already scared, and so I put down 'white.' So when I went in to [take the shot] and I sat down, the lady that was going to give me the vaccine and she was on the computer to make sure I had the right timing and I was registered to take the vaccine, she said, 'You're not white.' She said, 'I can't give you this.' And every hair on my body started to stand up. .... I said, 'I knew it—we weren't getting the same vaccine as white people.'"*



<https://www.tiktok.com/@godsglambanger/video/7025562320436792582>

The Honorable Minister Louis Farrakhan Explains Satan's Depopulation Agenda

**The Time and What Must Be Done**, Part 36, "Farming Is The Engine of Our National Life," By The Honorable Minister Louis Farrakhan, September 12, 2013:



**Well, Kissinger prepared yet another depopulation manifesto for President Jimmy Carter called, "Global 2000," which detailed using food as a weapon to depopulate the Third World. So then Zbigniew Brzezinski, Carter's National Security Advisor said, "It's easier to kill a million people today than to control a million people." So the killing of millions is going on. Let's see what is happening to us.**

**These groups—The Department of Defense, Agriculture, CIA, Agency for International Development and the Joint Chiefs of Staff—I'm sorry to tell you, they're planning death on a worldwide scale. They have used a series of methods to effect global depopulation: depleted uranium bombs, genetically engineered and modified foods, chemical additives in foods, poison in vaccines, famine, AIDS, chemtrails, illegal wars. This plan for culling the population is not only in the Third World, but it comes right back home to the United States of America...**

**The importance of this data is: When we juxtapose the decrease in farming with this [National Security Study] Memorandum 200 by Kissinger and the culling of the population of the planet with a policy of population control or depopulation in the United States, then we can see now how food is used as a weapon in that process. Then the control of the means of production of food and the methodology in producing the food, all of this is a part of the policy now of the Department of Agriculture, the FDA, the CIA—they are all linked together.**

**"Safe and Effective" is not a lie—it's 2 lies.**