

“Eating Spicy Foods | Should Adventist Eat Spices?” was posted on YouTube on 9/28/21 by Amazing Discoveries. A Dr. Barbara O’Neill who is said to be a “Naturopath & International Speaker” is the main speaker. Mackenzie Drebit and Matthew Schanche were moderators. I attempted to post a YouTube comment asking where “Dr. Barbara O’Neill” got her degree entitling her to be called “doctor” but my post wasn’t answered nor did it appear for others to read.

There is a caption on the video that says, “Clip from ‘Truth Matters’ podcast Episode 5” so some of this information has been disseminated before as “truth.” The video starts, “a lot of people get confused about, ah, cayenne because it’s a stimulant.” Barbara says we need to define what kind of stimulant it is. She believes that caffeine, alcohol, many drugs and tobacco are all nervous system stimulants. Caffeine is known to be a stimulant. Tobacco and alcohol are only associated with nervous system stimulation when you’ve become addicted to them and come off of them. A guy that’s dead drunk is not having his nervous system stimulated.

At 0:32 Barbara claims that cayenne, also referred to as “cane” in the video, is a “blood stimulant.” She says “Anything that moves blood is incredibly beneficial to the body.” Barbara may not be aware that the heart moves blood and not cayenne pepper. She then uses Scripture to buttress her position when she says, “Leviticus 17:11 states, the life of the flesh is in the blood.”

She says “if you move blood to the area you’re moving life to the area.” There are various ways of moving blood to an area. If you suffer a blow to the face, blood will come to the area which causes swelling and maybe a bruise. That’s doesn’t equate to moving life to the area. Here is another example of moving blood to an area.

“Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard’s stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments.”
The Ministry of Healing page 325.

“Gastritis is commonly associated with alcohol ingestion as well as aspirin, caffeine, and NSAID use.” *Current Diagnosis & Treatment Emergency Medicine* (8th edition) page 258.

Please notice that the effect of “pepper,” per the Spirit of Prophecy, causes an “inflamed condition of the drunkard’s stomach” and that a similar condition is caused by “irritating condiments.” The “itis” at the end of “gastritis” indicates inflammation of the stomach. Something that is inflamed has increased blood in the area. If, as Barbara claims, “anything that moves blood is incredibly beneficial,” then alcohol and caffeine should be beneficial. To claim that cayenne **pepper** is somehow a sanctified Seventh-day Adventist spice when the Spirit of Prophecy counsels against the use of **pepper** is pretty silly.

At 3:22 Barbara says, “I’ve even seen a lady come out of a heart attack by giving her cane pepper by mouth. We put about half a teaspoon in her mouth, she, she, was half conscience [sic], her, her pulse, was faint, it was in the middle of a cooking class and we had people everywhere. We quickly

put the cane pepper in her mouth, I gave her some water. Within two minutes the man holding her pulse said the pulse is strong.” Mackenzie Drebit, “Speaker of Preparation for the Crisis,” then nods knowingly.

OK. Barbara diagnoses a “heart attack” by, well, by just looking at the patient and checking the pulse. It’s good to know you can treat heart attacks with “cane pepper.” When this becomes known by mainstream medical practitioners the cost savings should be enormous. LOL.

Barbara explained how the “cane” worked. Allegedly it “thinned the blood” and “opens those capillaries.” For the record, it takes a bit longer for anything to thin the blood than the two minutes provided by the miraculous recovery of the patient and in a heart attack you need much more opened than “capillaries.”

At 4:25 Barbara claimed that cayenne pepper would also strengthen arterial walls. Another big LOL. Matthew Schanche “Host of AD’s Prophecy Report” nodded approval. Then Mackenzie mentions Jethro Kloss, a quack herbalist of renown. Mackenzie then says something I can agree with regarding “hot peppers;” he says, “they all can work the same.” Right. Go back and read what the Spirit of Prophecy says about **pepper**.

Regarding pepper, Barbara says, “I like to call it a tingle rather than a burn.” Well Barbara, pretty much anyone else in the world would probably call it a burn. Barbara then says that a “doctor” in Jethro Kloss’ books said regarding cayenne pepper that “it’s impossible to abuse it and it’s impossible to cause a lesion.”

There was a time when Walter Veith was the head guy at Amazing Discoveries and I learned a lot from him. One has to be careful with independent ministries because they can be started by someone with good intentions that runs things correctly and then fall into the hands of persons with zeal but not enough knowledge as has apparently happened with Amazing Discoveries.

Seventh-day Adventists have a long history of neglecting to read the Spirit of Prophecy books and of failing to follow the counsel therein if they have read them. Along with this, there are with some a lack of common sense. There was a sister years ago that was going to treat her uterine cancer with vegetable juice. Well, it didn’t work.

Seventh-day Adventists with their stand on unclean meats and meat eating in general are looked on as strange by much of the world and that’s OK. It does not help at all when a ministry that is supposed to be representing the Seventh-day Adventist messages on health and last day events publishes blatantly stupid health advice that is actually contrary to the Seventh-day Adventist health message.

Here is some information on Dr. Barbara O’Niell gleaned from Wikipedia. Amazing Discoveries had its chance to provide information on the degree that entitles her to the title “Dr.” and failed to do so.

1. She was banned from providing free or paid health services when the New South Wales Health Care Complaints Commission found “she lacked any health related qualifications, a degree, diploma, or membership in an accredited health organization.”
2. It was found she “provided dangerous, unsupported health advice to vulnerable groups.”
3. She recommended baking soda and dietary changes for cancer treatment.
4. She claimed that cancer is a fungus.

Go to Wikipedia and read more if you like.

Amazing Discoveries has become a disgrace to Seventh-day Adventists.

Some more should be said about Jethro Kloss who both Mackenzie and Barb revere as some kind of health authority. Jethro was a Seventh-day Adventist who published a book titled *Back to Eden* in 1939. It was a great seller and I’d heard about it but had never owned one or read any part of it. I recently bought one on eBay; the 55th edition published in 1994. Regarding cayenne pepper Jethro says on page 106 that “it should never be classed with black pepper” because black pepper is irritating “but red pepper is very soothing.”

I have heard Seventh-day Adventists say that cayenne pepper is fine to eat and never understood why. I may have had some in the past without knowing it but to the best of my knowledge, I have never had any in my house until my wife, at my request, bought some and brought it home today. I tasted a little of it and can now testify that it’s not soothing and not like, as Barb said, “a tingle;” it burns just like any other hot pepper. Barb either has a good imagination or a defective tongue.

“Some have so indulged their taste, that unless they have the very article of food it calls for, they find no pleasure in eating. If condiments and spiced foods are placed before them, they make the stomach work by applying this fiery whip; for it has been so treated that it will not acknowledge unstimulating food.” *Counsels on Diet and Foods* page 340.

Do you understand what “fiery whip” means?

“Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist.” *Counsels on Diet and Foods* page 420.

Did you notice that the word “fiery” appears? Is this too hard? If it is, email me at mlohne@yahoo.com and I’ll explain it to you.

Here is some more advice from Jethro (or maybe his posterity since my edition of *Back to Eden* has been modified by them).

“An excellent herb combination to use in leprosy is one heaping teaspoon of red clover blossoms, one teaspoon of yellow dock root, one teaspoon of calamus, one teaspoon of burdock, and one-half teaspoon of mandrake.” *Back to Eden* page 386.

OK, if you get leprosy, and it could happen, you can try Jethro’s concoction or you can actually have your leprosy cured with multidrug therapy.

You can read Jethro’s book and believe cayenne pepper is soothing just like others who believe the cayenne pepper legend or you can actually read some books like *Counsels on Diet and Foods*, *The Ministry of Healing* and *Temperance* in the original English. If you understand English, it should become clear what foods are good and which ones aren’t. You don’t need Jethro’s book but if you must have one, Amazing Discoveries sells it.

SatanIsDead.com

InfallibleBible.com

AdventistsToday.com

SabbathSchoolGuide.com