



RENEWING  
YOUR YOUTH!  
(WITH  
BIBLICAL DIET)

(JOEY FAUST, 2-2-23)

**Jeremiah 33:2 Thus saith the LORD the  
maker thereof, the LORD that formed it...  
3 Call unto me, and I will answer thee, and  
shew thee great and mighty things, which  
thou knowest not.  
6 Behold, I will bring it health and cure...**

**3 John 1:2 Beloved, I wish  
above all things that thou  
mayest prosper and **be in  
health**, even as thy soul  
prospereth.**

**Proverbs 3:1 My son, forget not my law;  
but let thine heart keep **my**  
**commandments:****

**2 For length of days, and long life, and  
**peace,** shall they add to thee.**

**8 It shall be **health** to thy navel, and  
marrow to thy bones.**

**16 **Length of days** is in her right hand...**

**Proverbs 8:36...all they  
that hate me love death.**

**Proverbs 9:11 For by me thy  
days shall be multiplied, and  
the years of thy life shall be  
increased.**

**Proverbs 10:27** The fear of the  
Lord **prolongeth days**: but the  
years of the wicked shall be  
**shortened.**

**29** The **way** of the Lord is **strength**  
to the upright...

Psalm 103:1 **Bless** the Lord, O my soul: and all that is within me, bless his holy name.

2 Bless the Lord, O my soul, and **forget not all his benefits:**



**3 Who forgiveth all thine  
iniquities; who healeth all thy  
diseases;**

**4 Who redeemeth thy life from  
destruction; who crowneth thee  
with lovingkindness and tender  
mercies;**

**5** Who satisfieth thy **mouth**  
with good things; so that **thy**  
**youth is renewed like the**  
**eagle's.**

**Isaiah 40:31** But they that wait upon the Lord shall **renew their strength**; they shall mount up **with wings as eagles**; they shall run, and not be weary; and they shall walk, and not faint.

Eagles.org:

"So, you might think, 5 years to sexual maturity, 5 plumages, one molt per year. Not exactly. **Molt can be affected by a variety of biological and welfare factors...such as food supply...**"

# International Journal of Avian Science

(2016):

"Experimental evidence that a large raptor can detect and **replace** heavily damaged flight feathers **long before** **their scheduled moult** date...

"...[This] demonstrates the existence of a **previously undescribed neurophysiological mechanism** for preferentially replacing damaged feathers...

"Although damaged feathers cannot heal, our data show...a **transformative element** to the biology of **feather renewal**..."

1 Corinthians 3:3...are ye not  
carnal, and **walk as men?**

**Ephesians 4:17** This I say therefore,  
and testify in the Lord, that ye  
**henceforth walk not as other Gentiles**  
**walk,** in the vanity of their mind,



**Deuteronomy 28:58** If thou wilt not observe to do **all** the words of this law...

**60** Moreover he will bring upon thee **all the diseases of Egypt**, which thou wast afraid of; and they shall cleave unto thee.

**Leviticus 20:23 And ye shall not walk in the manners of the nation, which I cast out before you...**

Today.com (Jan. 30, 2023):

*Older Americans show signs of addiction to junk food...*

*Newpost (January 31, 2023):*

*"Americans addicted to processed foods that could cause cancer: new studies...after studying 200,000 middle-aged participants over the course of a decade...while also taking into account lifestyle behaviors including smoking, diets and exercise, as well as socioeconomic class and body mass index..."*

**The study comes as data emerges from the University of Michigan that suggests Americans are addicted to processed junk foods...**

**Previous research has shown links between processed foods and adverse health effects...they can also affect consumers' mental health and could even be a culprit for autoimmune disorders...Junk food hijacks the brain, making it more difficult..'**

**Joshua 14:10** And now, behold, the Lord hath kept me alive, as he said, these forty and five years, even since the Lord spake this word unto Moses, while the children of Israel wandered in the wilderness: and now, lo, I am this day fourscore and five years old.

**11** As yet **I am as strong this day as I was** in the day that Moses sent me: **as my strength was then, even so is my strength now**, for war, both to go out, and to come in.

**Insider.com (Feb. 1, 2023):**

**"Tom Brady officially retired Wednesday as one of the best players in NFL history."**

**"At 44 years old, Brady stepped away from the gridiron with 7 Super Bowl rings and 5 SB MVP awards."**

**"...He will almost surely go down in history as the greatest quarterback in the history of professional football."**

**"...He has played in more Super Bowls than any other player in NFL history...And he's won more Super Bowls than any other player - or any single NFL franchise..."**



"...Gisele Bündchen, to whom he was married for 13 years, was the world's top-earning supermodel for 10 consecutive years and is reportedly on pace to make \$1 billion in career earnings...

"He has kept a **very strict** diet..."

## Business Insider:

"Tom Brady **seems to have found the Fountain of Youth**...But as hard as Brady works out, it's **his diet** that really throws people for a loop...

"While...dandelion greens are staples, he avoids nightshades, a group of veggies that includes tomatoes, peppers, mushrooms, and eggplants..."

**"...White sugar, white flour, and dairy [??] are nowhere to be found in his kitchen. He 'rarely' drinks alcohol, and he's never even tried coffee...**

**"Brady's wife, Gisele Bundchen, and his children are also adherents to the strict diet. The kids almost always eat the same meals as their parents..."**

**DM (Feb. 1, 2023):**

**"Those who ate the most ultra-processed foods had the highest risk of developing all types of cancer, according to research from Imperial College London. They were also more likely to die from cancer if they did get it, with breast and ovarian cancers up to a third more (30 per cent) more deadly..."**

**"Experts believe chemicals, colourings, sweeteners and preservatives to extend shelf-life could raise the risk, while the relationship between obesity and cancer is already well-established."**

Study Finds, Jan. 31, 2023:

*Every bite of junk food  
increases the risk of dying  
from cancer*

*DM, February, 2023:*

*Microplastics used in food packaging and paint have been found in human veins.*

New York Post, Jan. 26, 2023:

*Junk food hijacks the brain's  
ability to control food intake:  
study.*



*Time, Jan. 9, 2023:*

**"A growing number of recent studies have raised health concerns about...ultra-processed foods...studies - including one published in *Neurology* in July 2022 finding that a 10% increase in ultra-processed food consumption raises the risk of dementia - have linked the food category to severe health outcomes."**

## NewsNation:

**"According to a study published in the journal *Addiction*, highly processed foods meet the same criteria that were used to classify tobacco as an addictive substance."**

**"Dr. Ashley Gearhardt, one of the researchers, said the study shows diets high in processed foods are killing people as much as tobacco is. '(The food) is killing more people than alcohol and opioids'..."**

Newsweek, Sept. 1, 2022:

"...junk food raises men's risk of bowel cancer by almost a third, according to research...A study of more than 200,000 people..."

CBSNews, July 8, 2022:

*"New studies find junk food could pose risk for dementia...researchers found that for every 10% increase in daily intake of these foods, people had a 25-percent higher risk of developing dementia."*

## Real Clear Wire, Jan. 2023:

**"Millennials in West see 70% explosion in strokes...Now ranging in age from 27 to 42, Millennials are suffering strokes at higher rates than their forebears did at the same age..."**

**"Increased stroke isn't the only health issue that Millennials are contending with. The rates of many cancers, especially those tied to poor diet, are rising for people under age 50...**

**"The best solution to reverse the rise in early stroke is for Millennials and future generations to eat right and exercise, especially from a young age...if healthy lifestyle practices are instilled early, it's likely they will remain second nature."**

**Proverbs 4:10 Hear, O my son, and receive my sayings; and the years of thy life shall be many.**

**22 For they are life unto those that find them, and health to all their flesh.**



Psalm 103:5 Who satisfieth  
thy **mouth** with **good** things;  
**so that thy youth is renewed**  
**like the eagle's.**