

CREATION MOMENTS

Proclaiming Evidence for Truth

THIS WEEK'S CREATION MOMENT

Drink Your Orange Juice



Read Genesis 1:29

Presumably, before the fall into sin, we didn't have any bad cholesterol, or at least it didn't do any damage in our bloodstream. The so-called "bad cholesterol" is low-density-lipoprotein. It's called bad because it tends to cause our arteries to clog unless countered by the so-called "good cholesterol" or high-density-lipoprotein.

Based on earlier research, scientists wanted to test the idea that substances in orange juice could improve levels of good cholesterol. Volunteers had their cholesterol levels checked on a regular basis during the test period. After six weeks of a low-cholesterol diet, they were to drink one glass of orange juice every day for four weeks. The result was a 5 percent increase in the good cholesterol. Then they drank two glasses of orange juice per day for four weeks. The result was another 7 percent increase in good cholesterol. Then they were directed to drink three glasses per day. The result was a 27 percent overall improvement. Surprisingly, researchers found that five weeks after they stopped the three-glass-a-day portion of the experiment, their good cholesterol remained high.

We can be thankful that, in His perfect foreknowledge, God created some foods that counter the effects of sin on us. We can be even more thankful that His plan to save us from our sins was in place even before there was sin.

Prayer: Thank You, Father, for providing for all my needs, especially my need for a Savior. Amen.

Notes: *Science News*, 11/18: 2000, p. 327, J. Raloff, "Path to heart health is one with a peel."

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