

A Sermon on Too Much of a Good Thing

Sermon by Rev. Minister Angela Smith of COPE for October 8th, 2023 (and beyond)

The daily value or recommended dietary allowance (RDA) for any nutrient is the maximum needed, not the minimum required for optimal health, and varies based on individual activity level, gender, height, and weight. Source: <https://www.ncbi.nlm.nih.gov/books/NBK234926/> The nutrient daily value percentages available on most food and beverage packaging are based on a 2,000 calorie diet. Infants require 100 calories per kilogram they weigh per day. Source: <https://www.ncbi.nlm.nih.gov/books/NBK562207/#:~:text=Another%20way%20to%20generalize%20caloric,directing%20nutritional%20counseling%20in%20children.> One kilogram is the equivalent of 2.2 pounds. So, it is clear that different body types have different caloric and nutritional requirements based on things like height, weight, age, gender, and activity level. When figuring out your nutritional requirements, you may wish to first determine your healthy weight range, the calories needed to maintain your chosen weight per day given your activity level, and eat a balanced diet without exceeding your maximum daily caloric allowance to maintain your health. You can determine your calorie limit with the guide provided in the 8/28/22 sermon on page 2 here: <https://www.cope.church/eatdissermon.pdf>.

Now, what happens when you have too much of a good thing? Below is a list of many necessary nutrients and what health problems are caused by exceeding the recommended dietary allowance of each:

Oxygen:

Oxygen toxicity is lung damage that happens from breathing in too much extra (supplemental) oxygen. It's also called oxygen poisoning. It can cause coughing and trouble breathing. In severe cases it can even cause death.

The screenshot shows a web browser window with the following content:

- Browser tabs: COPE MINISTRIES (@heal247) / X, cope.church/faq.htm, Understanding Oxygen Toxicity
- Address bar: myhealth.ucsd.edu/RelatedItems/3,90904#:~:text=Oxygen%20toxicity%20is%20lung%20damage,it%20...
Text below address bar: These sources can sometimes give you levels of oxygen that are too high.
- Section: **Symptoms of oxygen toxicity**
Text: Pulmonary and central nervous system symptoms can include:
 - Coughing
 - Mild throat irritation
 - Chest pain
 - Trouble breathing
 - Muscle twitching in face and hands
 - Dizziness
 - Blurred vision
 - Nausea
 - A feeling of unease
 - Confusion
 - Convulsions (seizure)
- Section: **Diagnosing oxygen toxicity**
Text: If you are in the hospital on a ventilator, your blood oxygen level may be measured by a device that is
- Right sidebar: **Care Medicine**
Related Items
 - DISEASES AND CONDITIONS
 - [Complications of Hyperbaric Oxygen Treatment](#)
 - [Hyperbaric Oxygen Therapy](#)
 - [Hyperbaric Oxygen Therapy \(HBOT\) for CO Poisoning and Decompression Sickness](#)
 - TESTS AND PROCEDURES
 - [Hyperbaric Oxygen Therapy for Wound Healing](#)

Source:

<https://myhealth.ucsd.edu/RelatedItems/3,90904#:~:text=Oxygen%20toxicity%20is%20lung%20damage,it%20can%20even%20cause%20death.>

Vitamin C:

“The recommended dietary allowance for vitamin C is 90 milligrams (mg) Trusted Source for adult men and 75 mg for adult women... Vitamin C intake may play a role in the risk of renal cell carcinoma, the most common type of kidney cancer among adults... High doses of vitamin C can increase your risk of the most common type of kidney stone, calcium oxalate.” Source: <https://www.healthline.com/health/kidney-disease/vitamin-c-and-kidney-health#kidney-function>

Water:

“In severe cases, water intoxication can cause seizures, brain damage, a coma, and even death... Drinking too much water can increase the pressure inside the skull. This can cause various symptoms and, in severe cases, become fatal.” Source: <https://www.medicalnewstoday.com/articles/318619#causes> The same source also says excessive water intake can exacerbate mental illnesses such as schizophrenia.

Nutmeg:

“In some cases, toxic doses of myristicin have caused organ failure. In other cases, nutmeg overdose has been linked to death when used in combination with other drugs... According to the case studies from the Illinois Poison Center, even 10 grams (approximately 2 teaspoons) of nutmeg is enough to cause symptoms of toxicity. At doses of 50 grams or more, those symptoms become more severe.” Source: <https://www.healthline.com/health/high-on-nutmeg#warnings> “The spice is normally used in small amounts to flavor seasonal beverages and baked goods. When large amounts are taken, several toxic effects, including tachycardia, nausea, vomiting, agitation, and hallucinations, have been noted.” Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4057546/#:~:text=There%20are%20two%20cases%20in,flunitrazepam%20%5B2%2C%205%5D.>

I could go on giving you more examples of too much of a good thing, but maybe that would be too much. Has the point been made?

A moderate lifestyle with a balanced diet is all you need. The rest is just advertising and more often than not snake oil that will most likely shorten your life expectancy. Pushing the products or breathwork on other people where the products/services cause serious health risks means you're in a cult, not just unduly influenced living the life of a “health nut” (who is very ignorant when it comes to actual health by the way), but running some conversion program/recruitment scheme basically a slave to the product/service where you don't profit from the sales because you are a true believer in the pitch, unless you do profit and then you're just another schemer.

One 2oz serving of lunchmeat (including SPAM), gives you 24.1mg of Vitamin C. That's 1/3 of a woman's daily maximum based on the sources above. 8 ounces of Orange Juice contains 379.4mg, which is like 5 times the daily need of even an adult man. <https://www.nal.usda.gov/sites/default/files/page-files/Vitamin%20C.pdf> So, if you or anyone you know has kidney stones or develops kidney cancer, it may have been too much of a good thing in terms of Vitamin C. Too much oxygen in gas or liquid form can kill you too. A healthy 35-year old mother of two died of water toxicity in July of this year. Source: <https://www.nbcchicago.com/news/local/indiana-mom-dies-of-water-toxicity-after-drinking-too-much-water-on-vacation-family-says/3203387/> She died from drinking too much water.

In addition, the following tea selling website refers to 2 tablespoons (6 teaspoons) of nutmeg as a pinch: <https://summitspiceandtea.com/products/nutmeg-ground>. And, the following websites suggest adding a pinch of nutmeg to a variety of recipes, including one latte: <https://www.saveur.com/article/Techniques/Seven-Things-to-Do-with-Nutmeg/> and <https://more.ctv.ca/food/recipes/maple-nutmeg-latte.html> Also see: https://www.unodc.org/unodc/en/data-and-analysis/bulletin/bulletin_1966-01-01_4_page003.html If measuring per Summit Spice and Tea, that's a fatal pinch of nutmeg.

Please consider living in moderation and spread the word. Amen.

For those interested in starting #TaoFu Self-Defense Exercises, please see <https://www.cope.church/taofu.htm> and begin at any time.

There are opportunities to send messages, receive mystery bonus blessings, and more with or without donating available now on our "Pass the Basket" page at <https://www.cope.church/basket.htm> . Thank You.

"And ye shall know the truth, and the truth shall make you free." John 8:32 KJV Willful blindness is an abomination.

COPE accepts Feedback, critical and complimentary. Learn more at <https://www.cope.church/feedback.htm> . For the sake of keeping myself and others humble, a sense of humor is welcome on all sides.