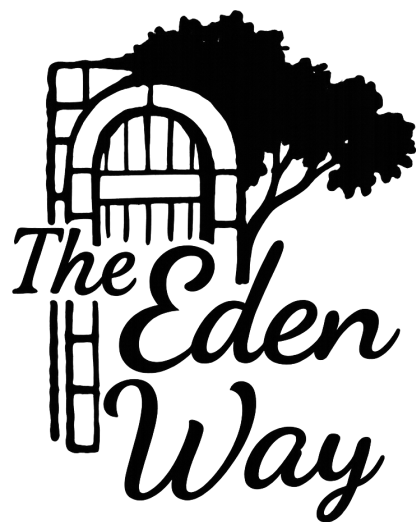
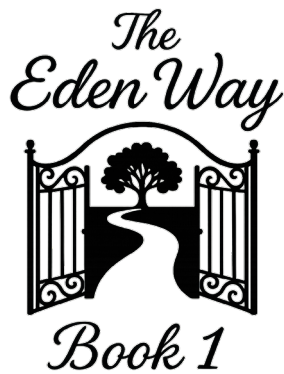




THE EDEN WAY

Reclaiming Body, Mind, and Spirit



Through the Creator's Original Design



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ACKNOWLEDGMENTS

First and foremost, I give thanks to YHVH, the Creator of heaven and earth, who opened my eyes to see, my ears to hear, and my heart to receive. It is by His Spirit that I have been given the sight to perceive His messages and the wisdom to discern the Truth. Without Him, these words would be empty.

To my parents, Ray (of blessed memory) and Rachel—thank you for planting the seeds of faith early in my life, for teaching me that not only does our Creator exist, but that I could know Him personally. That foundation became the soil where deeper roots of truth and understanding could grow.

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To the Yachad, whose encouragement gave wind to these pages—you reminded me that passion is worth putting into words, and that purpose is worth pursuing.

With a heart full of gratitude, I offer this work not as a final word, but as one voice among many—yearning, seeking, learning, and longing to walk in Truth.

Introduction



Why Not You? Why Not Now?

Do you remember the old adage: you are what you eat? That is quite literally true. Every cell in your body, from your skin to your liver to your brain, is built from the raw materials you provide it. The food you eat becomes your body. Your cells regenerate constantly, and the only building blocks your body has to use are the nutrients (or toxins) you've ingested or stored.

We are made of what we eat—and nothing else. The foods we choose either preserve life or usher in disease. But what if even the so-called healthy foods we're eating are fueling illness instead of healing? What if the “normal” dinner plate includes more than just food? What if it also includes residues of weed killer, bug spray, embalming agents, antibiotics, synthetic dyes, and even arsenic? The truth is sobering: our favorite foods—bananas, cereal, milk, toast—are often laced with substances that were never meant for human consumption.

These toxins build up, lodging deep in our fat cells, our joints, our skin. The body wants to cleanse them, but we never give it the chance. Our body never has the chance to remove them, because we're constantly eating the toxins every day: day-in, day-out. The cycle doesn't stop until we do.

My family and I were caught in that cycle. After three years on a strict keto diet, our health was unraveling. The weight we'd lost had returned,

plus more, even though we were strictly following the diet and were deep in ketosis every day. My husband's energy had plummeted, and our daughter gained weight despite eating what was promoted as "clean." As for me, I was exhausted. My weight had yo-yoed most of my life, but now I was dealing with nerve pain, excruciating eczema, Type 2 diabetes, high blood pressure, high cholesterol and triglycerides, and depression. Doctors had no answers, nor were any of the specialists I went to interested in finding the root cause of what was causing my body to break down. I only got more and more prescriptions.

Then came the turning point: a 40-day Daniel Fast. We prayed daily, asking YHVH to show us how to eat for healing, not just survival. The answer came, clear and undeniable: **Return to the beginning. Return to Eden.**

What we discovered is that YHVH's original plan of whole, living, plant-based food was not only the blueprint for health, but a spiritual act of obedience. As we embraced Eden's ways, my husband dropped 70 pounds and felt younger than he had in decades. Our daughter shed the excess weight and gained confidence. I found relief from rashes, clarity of mind, and the gradual reversal of the health conditions that had plagued me.

But here's what surprised me the most: it wasn't just the food that brought healing. It was the alignment. Eden was never just about plants—it was a divine rhythm for all of life. It was a lifestyle of **wholeness**—physical, emotional, and spiritual.

Before there was pain, sickness, or striving—there was Eden. YHVH didn't just place humanity in a garden. He placed them in alignment.

They had:

- Food that healed and sustained (Genesis 1:29)
- Work that was purposeful and life-giving (Genesis 2:15)
- Rest woven into the rhythm of time (Genesis 2:2–3)
- Relationships free from distortion or shame (Genesis 2:25)

- Spiritual intimacy with their Creator, unbroken and daily (Genesis 3:8)

Eden wasn't just a location. It was a design. A blueprint. *A way of being* in harmony with heaven and earth.

That's what we lost.

And that's what we're being called back to.

Tov me'od—"very good" in Hebrew—was the original declaration over mankind. Not just good morally, but wholly functional, beautifully aligned, and bursting with purpose. And while we may not return to Eden in its untouched perfection, we *can* return to its rhythm.

This book isn't just about weight loss or food. It's about freedom. It's about healing. And it's about reclaiming the life we were created for.

I've spent years researching, studying under plant-based pioneers, and trialing nearly every lifestyle out there. I've cried in pain, wrestled in prayer, and watched my family suffer. And I've learned that healing isn't always immediate, but it's always possible.

If you've felt betrayed by your body... if doctors have failed to give you answers... if you've cycled through diets, pills, shame, and desperation—this book is for you. If you've ever asked, "What's wrong with me?" or "Why can't I heal?"—this book will help you reframe that question.

It's not what's wrong with you.

It's what's wrong with what you've been told is *normal*.

Healing doesn't come from hacks. It comes from holiness—or rather, **whole-ness**—in mind, body, and spirit.

But as we return to Eden, we must face an uncomfortable truth: we've forgotten how to walk there.

Eden wasn't just a garden. It was a way of being. A life of alignment, innocence, communion, and purpose. But somewhere along the way,

we traded the daily walk with our Creator for disconnection, distraction, and self-reliance. We stopped living in the rhythm we were made for.

James 1:23–24 paints a picture of this forgetfulness:

“For if any one is a hearer of the word and not a doer, he is like unto a man beholding his natural face in a mirror: for he beholdeth himself and goeth away, and straightway forgetteth what manner of man he was.”

That’s what happened when humanity left Eden. We once saw clearly—made in the image of Elohim, walking with Him in peace and purpose. But when we turned away, we didn’t just lose paradise. We lost our sense of self.

James wasn’t only speaking of moral drift; he was describing identity loss. We look into the mirror of YHVH’s Word and see truth: we are beloved, chosen, designed. But unless we *walk* in that truth, we forget. Not just what to do—but *who we are*.

Returning to Eden isn’t about rewinding time. It’s about remembering. It’s about looking again into the mirror of our design and choosing to live in it. To walk in truth. To embody alignment.

Eden is not just a memory—it’s a map.
And the mirror is still there.
So is the Garden.
Let’s look—and then live.

Eden is not just a place; it’s

A way.

A rhythm.

A return.

We were made for Eden.

So, I invite you to come back to the garden.

Because Eden isn't lost. It's waiting.

And the question isn't, "Will it happen someday?"

The question is,

"Why not now?"

1—Back to the beginning: Why Eden still Matters



I. The Blueprint of Eden

Before we ever knew sickness, we were designed for wholeness.

Before there was shame, there was joy.

Before there was fear, there was connection.

Before there was medicine, there was food, and it came from trees.

In Genesis chapters 1 and 2, we find something the world has all but forgotten: a divine pattern. *A blueprint.* This pattern is not just for creation, but for how to live. These chapters aren't mythology. They are medicine for the body, mind, and soul. They are not fantasy. They are a functional health map straight from the Creator of our bodies, minds, and spirits.

The Original Health Plan

When YHWH created mankind, He didn't just place them in a garden. He put them in alignment. Adam and Eve were not designed to manage disease. They were designed to thrive in a perfectly balanced system. The garden supplied everything necessary:

- Food that healed and sustained (Genesis 1:29)
- Work that was purposeful and life-giving (Genesis 2:15)
- Rest woven into the fabric of time (Genesis 2:2–3)
- Relationships free of distortion or shame (Genesis 2:25)
- Spiritual intimacy with their Creator, unbroken and daily (Genesis 3:8)

This wasn't just a place to live—it was a design for how to live in harmony with heaven and earth.

Whole, Unashamed, Nourished, Connected

Let's break down these cornerstones, because they still speak to us today:

Whole: The Hebrew mindset doesn't divide the body, soul, and spirit the way modern Western thinking does. Wholeness (*shalom*) is about integration. It's about being complete, without fragmentation. Adam and Eve didn't need therapy or prescriptions. They were fully present in their bodies, clear in their thoughts, and clean in their hearts.

Unashamed: "They were both naked, the man and his wife, and were not ashamed" (Genesis 2:25). This wasn't just physical nudity. It was emotional transparency. Nothing was hidden. No masks, no fear of judgment. That's the emotional safety we were created for.

Nourished: Genesis 1:29 wasn't a trendy vegan pitch. It was divine provision. Plant-based food was the first prescription, directly from the Creator to His image-bearers. It wasn't just about avoiding meat—it was about consuming life, untouched by death.

Connected: Genesis 3:8 says YHWH walked in the garden with them "in the cool of the day." This wasn't a metaphor. This was intimacy. The presence of YHWH wasn't scheduled or religious—it was relational. They knew Him, and He delighted to be with them.

What Does “Very Good” Actually Mean?

Genesis 1 repeats a rhythm: “And God [Elohim] saw that it was good” (emphasis added). But when mankind is created, the rhythm breaks open into something more profound:

“And God [Elohim] saw everything he had made, and behold, it was **very good**” (Genesis 1:31, emphasis added).

In Hebrew, the phrase is טוֹב, מְאֹד (tov me’od). It doesn’t just mean “very good.” It means exceedingly good, altogether good, intensely and entirely functional, beautiful, and whole.

Tov implies usefulness, benefit, purpose, and harmony.

Me’od amplifies it. It’s like turning up the volume to maximum intensity.

YHVH looked at His creation—including mankind—and declared it not just morally good, but completely aligned. Nothing missing. Nothing distorted. Nothing that needed improvement.

The human body was operating in its ideal state. The emotional life was uncluttered. The spiritual connection was direct and unbroken. And every part of creation sang in tune with the Creator’s voice.

That’s what we lost.

And that’s what we’re being called back to.

This is why Eden still matters.

Because tov me’od is still possible, not in its original perfection, but in restored alignment, through lifestyle, through obedience, through renewal—we don’t have to settle for managing brokenness.

We can pursue wholeness.

And it starts by going back to the beginning.

II. Four Cornerstones of Edenic Health

~Plant-Based Nourishment

~Purposeful Movement and Stewardship

~ Emotional Integrity

~Spiritual Intimacy

YHVH's design wasn't a list of rules. It was a rhythm.

In Eden, everything worked together. Food wasn't just fuel. Work wasn't just labor. Emotions weren't dangerous. And the spiritual life wasn't a Sunday event. It was a daily walk with the Creator. These four areas formed a complete foundation for whole-being health.

We call them the Four Cornerstones of Edenic Health:

1. Plant-Based Nourishment

“And God said, Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food” Genesis 1:29.

This was the first divine prescription.

Before there were supplements or symptom charts, YHVH gave food directly from the soil. It was unprocessed, alive, and designed for healing.

In the garden, there was no killing. No inflammation. No food allergies. There was just a natural provision that supported the body's design.

Plant-based eating wasn't a fad or a restriction. It was alignment.

Every leaf, seed, and fruit were filled with life-giving nutrients, enzymes, fiber, and water. Food didn't just satisfy hunger—it connected Adam and Eve to the land and to their life-giver.

Even today, science is confirming what Genesis made clear:

Plants reduce inflammation. They heal the gut. They feed the brain. They prevent disease. When we eat what we were created for, we don't just feel better—we realign with Eden.

2. Purposeful Movement and Stewardship

“And YHWH God [Elohim] took the man, and put him into the garden of Eden to dress it and to keep it” Genesis 2:15.

The first “job” wasn't about survival. It was about stewardship.

Adam wasn't cursed with work—he was gifted with purpose. He moved his body to cultivate beauty, harvest abundance, and walk in dominion. He wasn't chasing money, burning out, or clocking in. His labor was sacred.

Movement in Eden wasn't punishment. It was part of the joy of being human.

Today, many of us are sedentary, overstressed, and disconnected from our physical purpose. Exercise becomes a chore. Movement becomes shame-based. But in Eden, movement was integrated with meaning.

When we walk, garden, clean, stretch, or move intentionally, we re-enter a divine rhythm. We return to stewardship instead of strain.

3. Emotional Integrity (No Shame, Fear, or Blame)

“And they were both naked, the man and his wife, and were not ashamed” (Genesis 2:25).

This is more than a physical observation. It’s an emotional diagnosis.

Before sin, Adam and Eve experienced perfect emotional health. No hiding. No performance. No anxiety. They were fully seen and entirely safe.

But the moment sin entered, so did shame:

- They covered themselves (Genesis 3:7).
- They hid from YHVH (v. 8).
- They blamed each other (v. 12–13).

Emotional fragmentation was one of the first signs of the Fall. And we still carry its scars as defensiveness, insecurity, emotional dysregulation, codependency, and fear of rejection.

In Eden, emotional integrity meant being whole and honest in your soul—no masks, no manipulation, and no fear of being known. That’s what we long for. That’s what YHVH is restoring.

4. Spiritual Intimacy (Daily Communion with YHVH)

“And they heard the voice of YHVH God walking in the garden in the cool of the day...” (Genesis 3:8).

Before there were temples, Torah scrolls, or priests, there was presence.

YHVH walked with them. Not in fire or thunder, but in the cool of the day.

This was the heart of Eden: unbroken communion with the Creator.

He wasn't far away. He wasn't limited to rituals or buildings. His voice was familiar. His nearness was natural.

Spiritual intimacy wasn't a religious obligation—it was a lifeline.

And though the Fall disrupted that walk, Yeshua the Messiah came to restore it. Through Him, we're invited again into the rhythm of Eden, where YHVVH's voice nourishes our spirit, and our days are shaped not by chaos, but by communion.

Eden Was Never Just a Place

It was a pattern.

It held a blueprint for living that nourishes every part of us. And though cherubim and flaming swords guard the garden, the way back is open. It is open through truth, surrender, and the daily choices that realign us with what was...with what *still is* "very good."

These four cornerstones are still available. And they're not optional—they're foundational.

To heal, we don't need to reinvent the wheel.

We need to return to the rhythm.

III. Why We Long for Eden

There's a quiet ache in the soul of every human being.

It rises not only in our most broken moments, but even in the quiet, ordinary ones:

-when we bite into an apple and somehow still feel empty

-when we cry for no apparent reason

-when we scroll past curated smiles and wonder why joy feels so

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elusive.

Something in us is always reaching for more. That ache isn't weakness. It's memory. A sacred longing that is encoded for what we were created to experience. We long for Eden because we were designed for Eden. And no amount of modern comfort can erase that truth.

The Ache of Disconnection

Disconnection is the root of almost every symptom we experience in body, mind, and spirit.

We're disconnected from our bodies: treating them like enemies, blaming them for weight gain or fatigue instead of listening to what they're trying to say.

We're disconnected from our emotions: numbing them, resenting them, or letting them rule us without understanding their origin.

We're disconnected from each other: lonely in crowds, guarded in our marriages, and burned out by performance-based relationships.

Worst of all, we're disconnected from our Creator: filling our schedules and stomachs but starving our spirits.

This disconnection began in Genesis 3, but it's still alive and well in the 21st century.

We feel it in our inflammation, our anxiety, our depression, our fatigue.

We feel it when we wake up already feeling overwhelmed.

We feel it when we lose our tempers over small things or stay up too late trying to escape reality.

And deep down, we know... this isn't how it's supposed to be.

Eternity Set in Our Hearts

“He hath made everything beautiful in its time: also he hath set eternity in their heart...” Ecclesiastes 3:11.

The Hebrew phrase for “eternity” (ha’olam) implies something both infinite and deeply rooted in the past. It’s the sense that we were meant for more. It’s the sense that we were meant for timeless connection, enduring peace, and unshakable love. In other words, we were designed with a memory of Eden etched into our very being.

We may not consciously remember walking with YHVH in the cool of the day...

But our souls remember what it felt like to be whole.

And every time we experience pain, loss, or fear, that buried longing whispers:

“Come back.”

It’s the longing behind our need to belong.

The restlessness behind our constant striving.

The quiet cry behind our health journeys, our therapy sessions, and our prayerful tears.

We don’t just want to feel better. We want to go home.

Modern Symptoms of Eden Lost

We don’t live in a garden anymore. We live in a whirlwind of blue light, fast food, false identities, and relentless noise. And it’s costing us more than we realize.

Here's what Eden *lost* looks like today:

- Processed food that sickens instead of nourishes
- Chronic illness rooted in inflammation, stress, and toxicity
- Mental health crises masked by entertainment and pharmaceuticals
- Spiritual confusion, religious burnout, and counterfeit peace
- Social disconnection, isolation, and distrust
- Perpetual fatigue, decision overwhelm, and identity crisis

We were never meant to live this way. And yet, we normalize dysfunction because it's all we've known.

But inside you—beneath the habits, the trauma, the cravings—there's a spark.

A knowing.

A remembering.

That you were made for more. Not just for heaven one day, but for alignment right here, right now.

IV. The Good News: Eden Isn't Gone... It's Calling

The gates of the garden were closed after the Fall, but the pattern was never revoked.

Yeshua and the Tree of Life: A Living Teaching

Yeshua revealed the meaning of the Tree of Life not through abstract theology, but by the way He lived, spoke, and invited others into a restored relationship with the Creator. The Tree of Life, first seen in

the Garden of Eden, symbolizes divine wisdom, spiritual nourishment, eternal connection, and alignment with YHVVH's design. Yeshua embodied these principles in every aspect of His life.

1. He Walked in Perfect Alignment with Torah (Instruction)

Proverbs 3:18 says, "She [wisdom] is a Tree of Life to them that lay hold upon her: And happy is every one that retaineth her" (emphasis added). Yeshua consistently taught and lived out the wisdom of Torah, often quoting directly from it and clarifying its deeper intent. He didn't merely obey YHVVH's commandments; he illuminated their meaning at the heart level, encouraging others to go beyond ritual and into relationship. In doing so, He showed that wisdom, rightly applied, leads us back to the Tree of Life.

2. He Offered Living Water and the Bread of Life

In John 4 and 6, Yeshua speaks of living water and bread from heaven, echoing the imagery of Eden where the Tree of Life stood beside the river that nourished the garden. He invited people not just to hear his words, but to internalize them, saying, "...the words that I have spoken unto you are spirit, and are life" (John 6:63). Just as the Tree of Life offered sustaining fruit, Yeshua offered teachings that nourished the soul and brought people back to a place of spiritual vitality.

3. He Modeled the Narrow Path that Leads to Life

In Matthew 7:13–14, Yeshua warned of the broad road that leads to destruction and invited people onto the narrow path that leads to life. This "life" is not just survival or future reward. It is Edenic life:

wholeness, peace (shalom), and intimacy with the Creator. His Sermon on the Mount (Matthew 5–7) is filled with guidance that realigns human behavior, thought, and desire with the Creator’s heart.

4. He Healed and Restored: Physically, Emotionally, Spiritually

In Eden, the Tree of Life was part of a world without sickness or separation. Yeshua’s healing ministry was more than compassion. It was a preview of Eden restored. Every time He healed the sick, forgave sin, or welcomed the outcast, He was revealing what life looks like when it flows from the Tree of Life: wholeness, connection, and freedom.

5. He Called Us to Abide in Him and Bear Fruit

In John 15, Yeshua says, "(v.1) I am the true vine, and my Father is the husbandman... (v.5) I am the vine, ye are the branches: he that abideth in me, and I in him, the same beareth much fruit..." This is Eden language. Just as the Tree of Life bore fruit continually, Yeshua invites us to abide in the source of life, to become like fruitful trees ourselves (Psalm 1:3). A life connected to YHVH becomes a life that nourishes others.

Yeshua taught the Tree of Life not as a concept to be worshipped, but as a reality to be lived. Through wisdom, restoration, truth-telling, compassion, and alignment with Torah, He showed us what it means to live a life rooted in the eternal—a life that brings healing to others and leads us back to the Garden.

The ache inside you is not meant to torment you. It’s meant to guide you. It’s not a signal that you’re broken. It’s a reminder that you were meant to be whole.

This book is not about returning to an ancient lifestyle out of nostalgia.
It's about reclaiming the divine pattern that was written into your
design.

You were made for Eden.

And the ache in your soul is your invitation back.

Continue the Story

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