Obedience to Physical Law

Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies and conform to them. Ignorance in these things is sin.

"Know ye not that your bodies are the members of Christ?" "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:15,19,20.

Our bodies are Christ's purchased property, and we are not at liberty to do with as we please. Man has done this, He has treated his body as if its laws had no penalty. Through perverted appetite its organs and powers have become enfeebled, diseased, and crippled. And these results which Satan has brought about by his own specious temptations he uses to taunt God with. He presents before God the human body that Christ has purchased as His property, and what an unsightly representation of his Maker man is! Because man has sinned against his body and has corrupted his ways, God is dishonored.

When men and women are truly converted, they will conscientiously regard the laws of life that God has established in their being, thus seeking to avoid physical, mental, and moral feebleness. Obedience to these laws must be made a matter of personal duty. We ourselves must suffer the ills of violated law. We must answer to God for our habits and practices. Therefore the question for us is not, "What will the world say?" but, "How shall I, claiming to be a Christian, treat the habitation God has given me? Shall I work for my highest temporal and spiritual good by keeping my body as a temple for the indwelling of the Holy Spirit, or shall I sacrifice myself to the world's ideas and practices."

Healthful living must be made a family matter. Parents should awake to their God-given responsibilities. Let them study the principles of health reform and teach their children that the path of self-denial is the only path of safety. The mass of the inhabitants of the world by their disregard of physical law are destroying their power of self-control and unfitting themselves to appreciate eternal realities. Willingly ignorant of their own structure, they lead their children in the path of self-indulgence, thus preparing the way for them to suffer the penalty of the transgression of nature's laws. This is not taking a wise interest in the welfare of their families.

THE CHURCH AND HEALTH REFORM

There is a message regarding health reform to be borne in every church. There is a work to be done in every school. Neither principal nor teachers should have a practical knowledge of this subject. Some have felt at liberty to criticize and question and find fault with health reform principles of which they knew little by experience. They should stand shoulder to shoulder, heart to heart, with those who are working in right lines.

The subject of health reform has been presented in the churches; but the light has not been heartily received. The selfish, health-destroying indulgences of men and women have counteracted the influence of the message that is to prepare a people for the great day of God. If the churches expect strength, they must live the truth which God has given them. If the members
of our churches disregard the light on this subject, they will reap the sure result in both spiritual and physical degeneracy. And the influence of these older church members will leaven those newly come to the faith. The Lord does not now work to bring many souls into the truth, because of the church members who have never been converted and those who were once converted but who have backslidden. What influence would these unconsecrated members have on new converts? Would they not make of no effect the God-given message which His people are to bear?

Let all examine their own practices to see if they are not indulging in that which is a positive injury to them. Let them dispense with every unhealthful gratification in eating and drinking. Some go to distant countries to seek a better climate; but wherever they may be, the stomach creates for them a malarious atmosphere. They bring upon themselves suffering that no one can alleviate. Let them bring their daily practice into harmony with nature's laws; and by doing as well as believing, an atmosphere may be created about both soul and body that will be a savor of life unto life.

Brethren, we are far behind. Many of the things which the church should do in order to be a living church are not done. Through the indulgence of perverted appetite many place themselves in such a condition of health that there is a constant warring against the soul's highest interests. The truth, though presented in clear lines, is not accepted. I wish to set this matter before every member of our churches. Our habits must be brought into conformity to the will of God. We are assured, "It is God which worketh in you," but man must do his part in controlling appetite and passion. The religious life requires the action of mind and heart in harmony with the divine forces. No man can of himself work out his own salvation, and God cannot do this work for him without his co-operation. But when man works earnestly, God works with him, giving him power to become a son of God.

When persons are spoken to on the subject of health, they often say: "We know a great deal better than we do." They do not realize that they are accountable for every ray of light in regard to their physical well-being, and that their every habit is open to the inspection of God. Physical life is not to be treated in a haphazard manner. Every organ, every fiber of the being, is to be sacredly guarded from harmful practices.

DIET

Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world. These are His peculiar people, zealous of good works. God has spoken in His word. In the case of Daniel and his three companions there are sermons upon health reform. God has spoken in the history of the children of Israel, from whom for their good He sought to withhold a flesh diet. He fed them with bread from heaven: "man did eat angels' food." But they encouraged their earthly appetite; and the more they centered their thought upon the fleshpots of Egypt, the more they hated the food which God gave them to keep them in health physically, mentally, and morally. They longed for the fleshpots, and in this they did just as many in our own time have done.

Many are suffering, and many are going into the grave, because of the indulgence of appetite. They eat what suits their perverted taste, thus weakening the digestive organs and injuring their power to assimilate the food that is to sustain life. This brings on acute disease, and too often death follows. The delicate organism of the body is worn out by the suicidal practices of those who ought to know better.

The churches should be stanch and true to the light which God has given. Each member should work intelligently to put away from his life practice every perverted appetite.

EXTREMES IN DIET

I know that many of our brethren are in heart and practice opposed to health reform. I advocate no extremes. But as I have been looking over my manuscripts I have seen the decided testimonies borne and the warnings of dangers that come to our people through imitating the customs and practices of the world in self-indulgence, gratification of appetite, and pride of apparel. My heart is sick and sad over the existing state of things. Some say that some of our brethren have pressed these questions too strongly. But because some may have acted indiscreetly in pressing their sentiments concerning health reform on all occasions, will any dare to keep back the truth on this subject? The people of the world are generally far in the opposite extreme of indulgence and intemperance in eating and drinking; and, as the result, lustful practices abound.

There are many now under the shadow of death who have prepared to do a work for the Master,
but who have not felt that a sacred obligation rested upon them to observe the laws of health. The laws of the physical system are indeed the laws of God, but this fact seems to have been forgotten. Some have limited themselves to a diet that cannot sustain them in health. They have not provided nourishing food to take the place of injurious articles; and they have not considered that tact and ingenuity must be exercised in preparing food in the most healthful manner. The system must be properly nourished in order to perform its work. It is contrary to health reform, after cutting off the great variety of unwholesome dishes, to go to the opposite extreme, reducing the quantity and quality of the food to a low standard. Instead of health reform this is health deform.

TRUE TEMPERANCE

The apostle Paul writes: “Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by may means, when I have preached to others, I myself should be a castaway.” 1 Cor. 9:24-27.

There are many in the world who indulge pernicious habits. Appetite is the law that governs them, and because of their wrong habits the moral sense is clouded and the power to discern sacred things is to a great extent destroyed. But it is necessary for Christians to be strictly temperate. They should place their standard high. Temperance in eating, drinking, and dressing is essential. Principle should rule instead of appetite or fancy. Those who eat too much or whose food is of an objectionable quality are easily led into dissipation and into other “foolish and hurtful lusts, which drown men in destruction and perdition.” 1 Tim. 6:9. The “laborers together with God” should use every jot of their influence to encourage the spread of true temperance principles.

It means much to be true to God. He has claims upon all who are engaged in His service. He desires that mind and body be preserved in the best condition of health, every power and endowment under the divine control, and as vigorous as careful, strictly temperate habits can make them. We are under obligation to God to make an unreserved consecration of ourselves to Him, body soul, with all the faculties appreciated as His entrusted gifts, to be employed in His service. All our energies and capabilities are to be constantly strengthened and improved during this probationary period. Only those who appreciate these principles, and have been trained to care for their bodies intelligently and in the fear of God, should be chosen to take responsibilities in this work. Those who have been long in the truth, yet who cannot distinguish between the pure principles of righteousness and the principles of evil, whose understanding in regard to justice, mercy, and the love of God is clouded, should be relieved of responsibilities. Every church needs a clear, sharp testimony, giving the trumpet a certain sound.

If we can arouse the moral sensibilities of our people on the subject of temperance, a great victory will be gained. Temperance in all things of this life is to be taught and practiced. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life. Truth brought into the sanctuary of the soul will guide in the treatment of the body. Nothing that concerns the health of the human agent is to be regarded with indifference. Our eternal welfare depends upon the use we make during this life of our time, strength, and influence.

David declared: “I am fearfully and wonderfully made.” When God has given us such a habitation, why should not every apartment be carefully examined? The chambers of the mind and heart are the most important. Then, instead of living in the basement of the house, enjoying sensual and de-basing pleasures, should we not open these beautiful chambers and invite the Lord Jesus to come in and dwell with us?

MINISTERS TO TEACH HEALTH REFORM

Our ministers should become intelligent on health reform. They need to become acquainted with physiology and hygiene; they should understand the laws that govern physical life and their bearing upon the health of mind and soul.

Thousands upon thousands know little of the wonderful body God has given them or of the care it should receive; and they consider it of more importance to study subjects of far less consequence. The ministers have a work to do here. When they take a right position on this subject, much will be gained. In their own lives and homes they should obey the laws of life, practicing right principles and living healthfully. Then they will be able to speak correctly on this subject, leading the people higher and still higher in the work of reform. Living in the light
themselves, they can bear a message of great value to those who are in need of just such a
testimony.

There are precious blessings and a rich experience to be gained if ministers will combine the
presentation of the health question with all their labors in the churches. The people must have
the light on health reform. This work has been neglected, and many are ready to die because
they need the light which they ought to have and must have before they will give up selfish
indulgences.

The presidents of our conferences need to realize that it is high time they were placing
themselves on the right side of this question. Ministers and teachers are to give to others the
light they have received. Their work in every line is needed. God will help them; He will
strengthen His servants who stand firmly and will not be swayed from truth and righteousness in
order to accommodate self-indulgence.

The work of educating in medical missionary lines is an advance step of great importance in
awakening man to his moral responsibilities. Had the ministers taken hold of this work in its
various departments in accordance with the light which God has given, there would have been a
most decided reformation in eating, drinking, and dressing. But some have stood directly in the
way of the advance of health reform. They have held the people back by their indifference or
condemnatory remarks, or by pleasantries and jokes. They themselves and a large number of
others have been sufferers unto death, but all have not yet learned wisdom.

It has been only by the most aggressive warfare that any advancement has been made. The
people have been unwilling to deny self, unwilling to yield the mind and will to the will of God;
and in their own sufferings, and in their influence on others, they have realized the sure result of
such a course.

The church is making history. Every day is a battle and a march. On every side we are beset by
invisible foes, and we either conquer through the grace given us by God or we care conquered. I
urge that those who are taking a neutral position in regard to health reform be converted. This
light is precious, and the Lord gives me the message to urge that all who bear responsibilities in
any line in the work of God take heed that truth is in the ascendancy in the heart and life. Only
thus can any meet the temptations they are sure to encounter in the world.

Why do some of our ministering brethren manifest so little interest in health reform? It is because
instruction on temperance in all things is opposed to their practice of self- indulgence. In some
places this has been the great stumbling block in the way of our bringing our people to
investigate and practice and teach health reform. No man should be set apart as a teacher of the
people while his own teaching or example contradicts the testimony God has given His servants
to bear in regard to diet, for this will bring confusion. His disregard of health reform unfits him to
stand as the Lord's messenger.

The light that the Lord has given on this subject in His word is plain, and men will be tested and
tried in many ways to see if they will heed it. Every church, every family, needs to be instructed
in regard to Christian temperance. All should know how to eat and drink in order to preserve
health. We are amid the closing scenes of this world's history, and there should be harmonious
action in the ranks of Sabbathkeepers. Those who stand aloof from the great work of instructing
the people upon this question do not follow where the Great Physician leads the way. "If any
man will come after Me," Christ said, "let him deny himself, and take up his cross, and follow

The Lord has presented before me that many, many will be rescued from physical, mental, and
moral degeneracy through the practical influence of health reform. Health talks will be given,
publications will be multiplied. The principles of health reform will be received with favor, and
many will be enlightened. The influences that are associated with health reform will commend it
to the judgment of all who want light, and they will advance step by step to receive the special
truths for this time. Thus truth and righteousness will meet together.

Light is a holy trust, which God alone can enable us to keep and to use to His glory. But He who
formed the wonderful structure of the body will take special care to keep it in order if men do not
work at cross-purposes with Him. Every talent entrusted to us He will help us to improve and use
in accordance with the will of the Giver. Days, months, and years are added to our existence
that we may improve our opportunities and advantages for working out our individual salvation,
and by our unselfish life promoting the well-being of others. Thus may we build up the kingdom
of Christ and make manifest the glory of God.

The gospel and the medical missionary work are to advance together. The gospel is to be
bound up with the principles of true health reform. Christianity is to be brought into the practical life. Earnest, thorough reformatory work is to be done. True Bible religion is an outflowing of the love of God for fallen man. God's people are to advance in straightforward lines to impress the hearts of those who are seeking for truth, who desire to act their part aright in this intensely earnest age. We are to present the principles of health reform before the people, doing all in our power to lead men and women to see the necessity of these principles, and to practice them. Testimonies for the Church, Vol. 6, pp. 369-379.

MAD COW DISEASE

Mad Cow Disease, known scientifically as bovine spongiform encephalopathy (BSE) in cattle, is an incurable spongy degeneration of the brain and central nervous system. A similar complex disease in humans, known as Creutzfeldt-Jakob Disease (CJD), acts like an accelerated form of Alzheimer's, and is characterized by an irreversible degeneration of brain tissue holes formed in the brain, disabling and finally killing the victim. The fear of this unusually cruel and fatal neurological disease has sent shock waves throughout Europe and around the globe, creating one of the biggest consumer panics ever experienced in the industrialized world.

Q. How do cattle and humans contract this disease?

A. For decades British and North American farmers have been feeding their beef and dairy cattle, which are of course, herbivores, cheap protein supplements made from things which include sheep brains, spinal cords, and other animal parts. Sheep, as any farmer will testify, have for centuries carried scrapie a fatal, degenerative brain disease, which is remarkably similar to Mad Cow Disease and CJD. It is feared that this disease can be transmitted to humans who eat meat from infected cattle.

Since 1989 Britain has banned sheep offal (the ground remains of the dead animal) from cattle feed. Indeed, all mammal tissue has been banned from all agricultural feed in that country, and furthermore, the World Health Organization is now endorsing a ban for all countries. However, in the United States this practice continues up to the present time as a routine process, designed to boost milk and meat production. Indeed, offal from sheep, cattle and other animals, as well animal feces, is routinely fed to American food animals (cattle, pigs, poultry and fish) in the form of rendered pellets, powder or meal. In addition, massive quantities of blood meal, bone meal and other animal byproducts find their way into food animal's feed. It is grossly unnatural and dangerous to feed blood and other animal parts to cattle, which are natural vegetarians. Animal diseases may very well be passed on in the process.

Various diseases may also be transmitted to human beings who eat infected animals. Indeed, from feed, to cow, to the human brain, appears to be the progression of Mad Cow Disease, which has leaped across the species barrier to become a variant of CJD.

Cattle with the disease show symptoms of staggering, drooling, aggression, and confused behavior, appearing to have gone “mad.” Afflicted humans show symptoms similar to Alzheimer's disease dementia, confusion, convulsions loss of speech, sight, and hearing, and ending with a coma and death. This disease, one of the most mysterious known to human beings, is always fatal and there is no treatment for it. The incubation period seems to be from four to thirty years.

The causative agent appears to be a deformed molecule called a "prion," (pronounced PREE-on), a mysterious and abnormal infectious protein. This strange-acting, never-before-seen infectious agent, which is neither a bacteria nor a virus, is distinct from anything encountered before an infectious agent that defies the accepted rules of nature. Smaller than the tiniest virus, they do not contain nucleic acid which makes up the RNA and DNA that carry the genetic codes of normal viruses, bacteria, plants, cows, humans and virtually all other living things. Yet they are able to replicate and spread, but do not activate an immune response. Unfortunately, they are highly resistant to heat, UV light, radiation and most common chemical disinfectants.

Q. Surely the proper authorities in this country are taking actions to prevent this disease from gaining a foothold here. Is not this the case?

A. Tragically, this is not so. The very practice that apparently caused and fostered Mad Cow Disease in England feeding cattle processed remains of other animals is commonplace in America. The image of contented cows grazing on sweet grass and hay should forever be dispelled. No “Green Acres” here! Ground up carcasses of sheep, cows and other animals, including their tonsils, intestines, spinal cords, brains, spleens, and so on, are a regular part of the daily bill of fare of food animals, which are mass produced by intensive, risky, production-driven, farming methods. The poor animals are crowded and confined by the thousands on
factory-style farms. These, and other horrors of modern animal food production, give rise to various chronic, insidious, and complex groups of diseases.

Recently, the United States Department of Agriculture (USDA) considered a ban on feeding cows to cows. However, according to an internal USDA document, the agency dismissed the ban because "the cost to the livestock and rendering industries would be substantial." Clearly, this governmental agency has placed the financial interests of the influential, multibillion-dollar livestock industry ahead of public health.

However, a ban on this procedure may not be the answer to the problem. Even in Great Britain, where a mandatory ban has been in effect since 1989, some farmers have illicitly been feeding their cattle rendered animal parts. This disturbing reality has always been the case. Any ban is totally dependent on individual and industrial compliance.

Q. Many are shifting from beef to other meats such as pork, poultry, lamb, and others. Is not this the safe thing to do?

A. No. Like cows, all of these animals are regularly fed rendered animal byproducts, as well as vast quantities of antibiotics, hormones, anabolic steroids (the same as used by athletes and body builders), and various other legal and illegal medications. Some medical scientists are warning that a full-blown epidemic of Mad Cow Disease, E. coli infections, or some other type of meat-borne disease, is "waiting in the wings" in this country. It is just a matter of time!

Indeed, the ill effects of a meat-centered diet are already epidemic. Even if these animals are healthy, eating them is not. Study after study clearly demonstrates that beef, pork, poultry and lamb, even when untainted by disease, contain massive amounts of saturated fats and cholesterol, thus helping to clog arteries, hospitals and cemeteries worldwide. Mounting evidence likewise links meat consumption with stroke, cancer, diabetes, gout, osteoporosis and a host of other infectious and inflammatory diseases.

Speaking of poultry, Alex Hershaft, Ph.D., writing in Vegetarian Voice, Vol. 21. No. 4. (1996), warns: "Chickens are fed more infected animal protein than cows and are likely carriers of the disease (BSE) they just don't live long enough to exhibit symptoms. We must convince consumers that chicken is not a 'health food,' but a reliable source of saturated fat, cholesterol, salmonella and perhaps 'Mad Chicken Disease.'"

A further warning comes from Neal Barnard, M.D., writing in Good Medicine, (Spring 1996): "Research has shown beyond any reasonable doubt that meat is to your digestive tract and arteries what tobacco is to your lungs. Meat contributes to colon cancer, heart attacks and other risks that run neck in neck with the toll brought on by tobacco."

Q. The symptoms of CJD closely resemble those of Alzheimer's Disease. Could there be a connection?

A. CJD usually strikes the middle-aged and elderly (like Alzheimer's); however, recent victims in England averaged 26 years of age, including some in their teens. The brain tissue of these young people looked like Alzheimer's. Is there a connection between the two maladies? Four million Americans suffer from Alzheimer's. Could this horrible affliction be caused by a variant of the CJD agent? Some medical authorities raise the distinct possibility that CJD can be easily misdiagnosed as Alzheimer's. Clearly, there are more questions than answers.

Q. Surely some type of "early warning system" should have been in place. Right?

A. Absolutely! Almost 100 years ago our own Ellen G. White wrote: "Disease in cattle is making meat eating a dangerous matter. The Lord's curse is upon the earth, upon man, upon beasts, upon the fish in the sea; and as transgression becomes almost universal, the curse will be permitted to become as broad and as deep as the transgression. Disease is contracted by the use of meat. The diseased flesh of these dead carcasses is sold in the market places, and disease among men is the sure result...."

"There is no safety in the eating of the flesh of dead animals, and in a short time the milk of cows will also be excluded from the diet of God's commandment-keeping people. In a short time it will not be safe to use anything that comes from the animal creation...."

"The disease upon animals is becoming more and more common, and our only safety now is leaving meat entirely alone....Because of meat eating, many die, and they do not understand the cause....In eating meat we partake of diseased dead flesh, and this sows its seeds of corruption in the human organism." Counsels on Diet and Foods, 411-414.
“People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.” Ibid., 388.

“We do not mark out any precise line to be followed in diet; but we do say that in countries where there are fruits, grains and nuts in abundance, flesh food is not the right food for God’s people. I have been instructed that flesh food has a tendency to animalize the nature, to rob men and women of that love and sympathy which they should feel for everyone, and to give the lower passions control over the higher powers of the being. If meat eating was ever healthful, it is not safe now. Cancers, tumors, and pulmonary disease are largely caused by meat eating.

“We are not to make the use of flesh food a test of fellowship, but we should consider the influence that professed believers who use flesh foods have over others. As God’s messengers, shall we not say to the people: ‘Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God?’ 1 Cor. 10:31.” Testimonies, Vol. 9, 159.

Sister White gives a wealth of counsel on this and many, many other subjects. Overall, our "early warning system" has become a daily guide and is as new as tomorrow's newspaper, offering a look into the future. Thank you, Jesus!

**Facts You Should Know About Mad Cow Disease (BSE):**

- A recent British study concluded that as little as one teaspoon of BSE-infected feed can transfer the infection to cattle. The infectious agent may be able to survive for ten years or more.
- All U.S. animal feeds contain beef and sheep slaughter byproducts the most likely source of BSE, according to the National Renderers Association, in Alexandria, Virginia.
- Scrapie, the brain disease, is present in the United States sheep population. According to the USDA, 7,500 American sheep have the disease.
- Cases of BSE have been reported in France, Switzerland, Canada, Germany, Denmark, Italy, Portugal, Oman and the Falkland Islands.
- The dangers posed by BSE in the United States could surpass those currently being experienced in Great Britain. The BSE time bomb is constantly ticking!
- The disease can also affect zoo animals, elk, mice, cheetahs, pigs and domestic cats.
- Even after being baked in the lab at over 500 degrees Fahrenheit, diseased animal brain tissue remains infectious. Although the USDA denies that there is any risk to public health, some BSE experts disagree: "Potentially, this is one of the most frightening diseases the world has ever known," says Edward L. Menning, D.V.M., editor of the Journal of Federal Veterinarians.

This latest wake-up call will no doubt cause many Adventists to rethink their concept of "clean meat." In the light of new information surfacing regularly concerning the many, many dangers of eating any and all meat products, this term (clean meat) has become an oxymoron [contradictory expression]. British microbiologist, Richard Lacy, Ph.D., reminds us of this aspect of our own message when he states emphatically, "The simple and safest answer is to stop eating animals." With this we wholeheartedly agree to continue to partake of this very questionable article of food is indeed madness!

**A WAKE-UP CALL TO SDA MEAT EATERS**

While many are aware of the fact that meat eating is a cause of disease, they may not be cognizant of the full extent of the problem. Medical science is now proving that a flesh food diet is a specific in the leading causes of sickness and death in our country. This rogues' gallery of modern ills includes heart disease, cancer, diabetes, arthritis, osteoporosis, stroke, high-blood pressure and many others. While many things contribute to these maladies, including an excess of sugar and junk food and a lack of fresh fruits and vegetables and exercise, the consumption of a high protein meat and animal-fat diet is a primary factor.

**HEART DISEASE**

This malady causes over 950,000 deaths each year in the United States and is considered our greatest health problem, costing an incalculable amount of pain, suffering and debilitation and an estimated monetary amount of over $60 billion annually.

While it is true that heart disease generally occurs in women about 10-12 years later in life than
in men, the fact remains that this malady not cancer is the number one killer of women as well as men in North America. It is considered the "silent epidemic" among women, killing ten times as many as breast cancer.1 G As early as 1961, an article in the Journal of the American Medical Association, pointed out that "97% of coronary occlusions (the usual heart attacks) could be prevented by a vegetarian diet."

A study of 25,000 Californians conducted over a 20 year period showed that meat consumption was associated with a higher incidence of fatal heart attacks in both men and women. The more meat eaten, the more heart disease. For men between the ages of 45 and 64 there were over 3 times as many fatal heart attacks in those who ate meat and poultry as there were in the vegetarians.2 G According to William Castelli, M.D., director (since 1965) of the nearly 50 year old Framingham Heart Study - The Granddaddy of Heart Studies, reminds us that "of the 5.3 billion people on earth, 4 billion do not get atherosclerosis (heart and artery disease) the disease that kills half of all Americans and most of them are vegetarians or pretty close."3

G Writing in "Lancet" and the American Heart Journal two British doctors reported treating cases of severe angina pectoris with a total vegetarian diet. All the patients had suffered severe chest pain due to a restriction of blood supply to the heart, were unable to exercise, and were considered most likely candidates for fatal heart attacks. After 6 months on the total vegetarian diet, they were all free of angina pain and "able to engage in strenuous activities." Five years later, the patients were all still alive, still adhering to the meatless diet and still free of angina symptoms.4 G According to Dean Ornish, M.D., all meat, including chicken is implicated as the primary cause of heart disease. Dr. Ornish in his world-renown program for reversing heart disease not just preventing or stopping it, but actually undoing the damage shows that meat is high in cholesterol which clogs the arteries; is high in saturated fat, which raises blood cholesterol levels, is high in oxidants, such as iron which oxidizes cholesterol to a form that is more easily deposited in the arteries and is low in antioxidants. His total vegetarian regimen excludes all flesh, fish or fowl, as well as eggs, milk and cheese, etc. This along with exercise and stress reduction enables his patients to bypass the $40,000 bypass operation or the $10,000 balloon angioplasty procedure. It works naturally without resorting to drugs or surgery. The patients feel and look so much better so quickly that they consider the sacrifice worth it.5 At least eight other hospitals in the nation are offering this program, which is covered by Mutual of Omaha, Blue Cross of California and 45 other insurance companies. Medicare, too, is planning to test this program in up to 1,000 patients nationwide.

CHOLESTEROL AND SATURATED FAT

G Meat, dairy products and eggs are the chief source of dietary saturated fat which is hard to digest, is acid forming and along with fish and chicken is the ONLY source of dietary cholesterol. (Plants do not contain cholesterol). This crystalline, fatty, yellow substance feels and looks like soft wax and is quite adapt in its artery-clogging, heart sabotaging abilities, according to the American Heart Association.

G Researchers in England measured the blood-cholesterol levels of over 3000 people. They found that meat eaters had the highest cholesterol levels of all the people studied. Vegetarians had lower levels. And vegans, those who eat no meat, dairy products or eggs had the lowest levels of all.6

G Jeremy Rifkin, writing in Beyond Beef, (Dutton, N.Y.) laments the fact that "Americans and Europeans are literally eating themselves to death, gorging on marbled beef and other fatty animal products, taking into their systems massive amounts of saturated fats and cholesterol. These fatty substances are building up in the bloodstream, clogging arteries, lining cell walls, blocking passages, triggering metabolic and hormonal changes, stimulating cell growth, and rupturing organs...Americans, overweight and plagued by the diseases of affluence, suffer from their own excesses."

G Some cholesterol is needed and utilized by the body but according to the National Institutes of Health, the "liver (the bodily organ) can generate cholesterol from almost any item on the menu from soup to nuts." Hence, any extra dietary cholesterol is superfluous and dangerous.

G Saturated fat, found in animal products is converted by the body to cholesterol and tends to increase the level of blood cholesterol even more than cholesterol-rich foods.7

G Case history: "I lowered my cholesterol from 244 to 168 by following a vegetarian-style diet. This was after triple bypass surgery when I was told the arteries would again be clogged with plaque in 2 to 10 years. In other words, the operation was only a temporary procedure for me to stay alive...."8
G Just about every chronic malady from heart disease to impotence to cancer is linked to dietary saturated fat, which has become the major health concern of all health concerns and meat is the fattiest of all fats. Hamburger is the most frequently consumed meat and the largest single contributor of fat. All meats, especially processed meats are loaded with fat, which according to many medical scientists is the real dietary demon in heart disease and the biggest troublemaker in the American diet. The body has no need for saturated fats found in animal foods.

Knowing this, our Creator, Lord and Saviour, who loves us, has issued this injunction in Lev. 3:17: "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood."

HOMOCYSTEINE

The high animal protein diet is the source of yet another risk indicator for heart disease excessive levels of homocysteine. This substance may be even more important than cholesterol levels and may be involved in a large percentage of heart disease cases.

Homocysteine is formed in the body from methionine, an amino acid found in all protein foods, but is two to three times higher in meat, eggs, milk and cheese than in plant protein. As with cholesterol, some homocysteine is needed and utilized by the system, but a dietary overload of methionine in the form of a high-protein diet produces an overabundance which must be converted to nontoxic compounds by the dietary nutrients folic acid, vitamins B-6, and B-12. If these nutrients are in short supply, as is the case in the average American diet, then homocysteine levels remain high and damage blood vessels leading to heart problems and strokes. Kilmer S. McCully, M.D., writing in The Homocysteine Revolution, (Keats Publishing, Inc. CT) points out that human populations that are mainly vegetarian take in less methionine than those eating meat and dairy products. This according to the Harvard trained physician and researcher, helps explain why vegetarians are relatively protected against arteriosclerosis compared with those eating largely of meat and dairy products. Plenty of fresh fruits and vegetables and whole grains, nuts and seeds abundant in a correct plant-based diet offer adequate folate and B-6, necessary to recycle homocysteine into harmless breakdown products. Daily coffee drinking, too, increases the risk of heart disease by boosting homocysteine levels in the blood. The relationship, according to a Norwegian study was much stronger than was shown in previous studies linking coffee and blood cholesterol levels. A clear dose response curve showed that the more coffee consumed, the higher the homocysteine levels. Smoking further increases these levels, according to the study.9

OTHER RISK FACTORS

When the heart is bombarded with the devastating effects of an animal protein diet and overeating in general, along with the noxious effects of smoking, high blood pressure, obesity, lack of exercise, diabetes and others, is it any wonder that over 2,000 Americans die each day from heart disease? America's most relentless killers, many times involve problems of lifestyle a matter of bad habits that people have the power to change.

Q In some cases, sugar can dramatically boost the liver's production of VLDL cholesterol, an especially dangerous type, according to a report from the Stanford University Guide to A Healthier Heart. And because sugar is packed with "empty" calories it can easily nudge out more nutritious foods in the diet and increase the chances of obesity, a top coronary risk factor.10 In addition, many report that sugar increases the craving for meat, and vice versa.

Q Smoking doubles the risk of heart disease, according to the Harvard Doctor's Guide to A Healthier Heart.11

Q Dr. Dean Ornish warns that the caffeine and other harmful substances in coffee and tea can trigger an irregular heart beat. A study done by researchers at the University of Texas Health Science Center, shows that heavy coffee drinkers (4 or more cups daily) had higher cholesterol levels.12

Q The American Heart Association lists lack of exercise as a major independent risk factor for heart disease. "A persuasive body of scientific evidence, which has accumulated over the past several decades, indicates that regular, moderate-intensity activity confers substantial health benefits," according to the Centers for Disease Control and Prevention, in Atlanta.

ADDITIONAL PREVENTIVE MEASURES

While consuming a heart-smart, low-fat, vegetarian diet may be the single most important measure you can take to prevent heart and blood vessel diseases, other preventive factors are also important.
The nation's cardiologists are big on broccoli, bananas, beans and bran, etc. Almost 200 studies have shown that people eating lots of fruits and vegetables have a markedly reduced risk of almost every disease. A diet low in fat, animal protein, sugar and salt and high in fiber-rich, fresh fruits, vegetables, unprocessed whole grains, nuts and seeds, constitutes the best "anti heart-attack diet science can devise."13

Vitamin E has become the champion against heart disease and is the talk of cardiology circles. It is being used by 8 of 10 doctors. And rightly so according to a British study, 400 to 800 I.U's of this powerful antioxidant lowers the risk of suffering a heart attack by 75%14 Studies conducted by Harvard researchers found that the incidence of heart disease was 40% less among those with the highest intake of vitamin E compared to those with the lowest intake.15 Other studies concluded that taking vitamin E supplements significantly reduced arterial plaque build-up after bypass surgery. And, sufferers from chest pain (angina) reported less pain when taking this vitamin.16 The richest natural sources of vitamin E are vegetable oils, nuts, seeds and whole grains. Wheat germ oil is the single richest source.

Other important heart nutrients include vitamin C, coenzyme Q10 (CoQ10), selenium, magnesium and calcium. Herbs that strengthen the heart include: Hawthorn berries, garlic, cayenne, valerian, rosemary, motherwort, butcher's broom and bilberry.17

Exercise offers a cascade of benefits. Dr. Dean Ornish, found that walking one-half hour each day in tandem with his low fat vegetarian diet cause the greatest reduction in mortality for his heart disease patients. Indeed, no matter in which direction you walk, each step takes you further away from the cardiologist's office. A prescription of brisk walking can alter the cholesterol profile for the better.18

CANCER

Every day Americans and many Seventh-day Adventists knowingly or unknowingly choose to eat foods that contribute heavily to their risk of cancer. More than 1.2 million are diagnosed with cancer each year and over 500,000 die from the disease. More and more medical practitioners are now stressing the importance of eating a plant based diet in order to reduce the risk of contracting this cruel malady. Indeed there is a strong link between excess protein in the diet and cancer.

Harvard University's Mark Hegstead, speaking to the Federal Trade Commission said: "I think it is clear that the American diet is indicted as a cause of coronary heart disease. And it is pertinent, I think to point out the same diet is now found [guilty] in terms of many forms of cancer breast, colon and others...."19

In a study of more than 11,000 people, vegetarians were found to have a 40% less chance of contracting cancer than people who ate meat.20 Studies comparing vegetarian and non-vegetarian Seventh-day Adventist report 50% less cancer overall in the vegetarian group.21

COLON CANCER

Cancer of the large intestine, including the colon and rectum also known as bowel cancer, cancer of the gut and colo/rectal cancer is one of the deadliest cancers in this country. Astonishing research on humans shows that meat and animal fat are energetic promoters of this form of cancer. Study after study shows that around the world, people who eat more fat, especially saturated animal fat have much more colon cancer. Other studies show that red meat, regardless of the fat, is even more hazardous than its fat alone.

Walter Willett, M.D., of the Harvard School of Public Health, directed a 6-year study of 90,000 women. He found that no amount of red meat is safe when colon cancer is involved. Those eating red meat as infrequently as once a week or once a month were still 40% more apt to get cancer of the colon than those eating it less than once a month. Dr. Willett warns, "If you step back and look at the data, the optimum amount of red meat you eat should be zero."22

There is not a single population in the world with a high meat intake which does not have a high rate of colon cancer. The incidence of colon cancer among the beef-eating cultures of the Western world are ten times more than the rate of non-beef eating cultures of Asia and the developing world, according to Dr. Willett.

Norwegian men who ate the most processed meat had the highest rates of colon cancer. A 14-year follow-up study of Swedish men found that meat (beef and lamb) was the only food linked to higher rates of colon cancer.23 In other studies, cheese was shown to be a risk factor for this form of cancer.24
In a study of nearly 1,000 Californians, those who ate soy products in some form at least once a week had half the risk of developing the polyps that are precursors to colon cancer compared with people who didn’t eat soy products. The same study showed that people who ate garlic 3 or more times a week had one third less risk of developing these precancerous colon growths than those not eating any garlic.25

According to a group of cancer experts, writing in the Journal of the National Cancer Institute, fiber in the diet has the astonishing potential to prevent colon cancer on a grand scale. While wheat bran leads the list of fiber-rich foods that work wonders in this regard, fruits, vegetables, legumes and nuts are also listed as specifics in warding off this killer. All these foods contain a plethora of natural anticancer nutrients in addition to the fiber.26

BREAST CANCER - the disease women fear most!

Breast cancer, the second-most commonly diagnosed cancer in the United States (lung cancer is number one, even among women), strikes 182,000 women each year, killing more than 46,000. This form of cancer is rising at an alarming rate in this country and worldwide. While early detection mammograms and self exams are important and have their place, the watch word should be PREVENTION and this involves lifestyle and diet. Women must learn that they are in control and that there is something they can and must do to prevent this killer.

T. Colin Campbell, a professor in the division of Nutritional Sciences at Cornell University, and the senior advisor to the American Institute for Cancer Research, decries the high protein, high fat meat diet of the Western World: There is “…a strong correlation between dietary protein intake and cancer of the breast, pancreas and colon.”27

Similar findings were reported by Dr. Takeshi Hirayama, of the National Cancer Research Institute in Tokyo. He warns that those who consume meat, daily face an almost four times greater risk of getting breast cancer than those eating little or no meat. Similarly, the more eggs, butter and cheese consumed, the greater the risk of breast cancer.28

Obese women who ate a lot of animal fat and protein had the highest risk of breast cancer, according to a study done in Hawaii. Researchers found the most significant association between breast cancer and eating sausage. The risk was likewise higher for obese women who generally ate a lot of meat, including processed cold cuts, beef, lamb, and whole-milk dairy products.29

A recent study from Uruguay, South America, where people eat lots of meat, found that women who ate the most meat had over three times the risk of breast cancer as those eating the least. Women eating the most red meat had four times the risk. And fried meat was the absolute worst the top consumers had five times the risk of this form of cancer.30

Research done by Barbara Pence, Ph.D., of Texas Tech University Health Sciences Center, showed that frying and broiling meat to well done is especially dangerous. This method of cooking produces cancer-causing substances called heterocyclic amines, which occur even in poultry and fish.31

Other studies show that cheese was associated with a 43% increase of breast cancer. Indeed, S.D.A. vegetarian women who eat lots of dairy products have about the same rate of this cancer as do Americans in general. The fat in these products, as well as various estrogens, other chemical contaminants and growth- promoting substances are suspected villains.32

OTHER RISK FACTORS

An important study by the Harvard School of Public Health showed a 50% increase in the risk of breast cancer among women who drank as little as one (1) 8-ounce glass of wine each day, and a 70% increase among those who had two glasses.33 In another study, researchers at the National Cancer Institute reported a 50% higher risk for women who drink any alcohol at all and as much as a 100% increase in risk for those who had 3 drinks or more per week.34


Two different studies have linked long-term constipation with an increased likelihood of a woman developing breast cancer. (Meat diets tend to be constipating). In one study those having 4 or fewer bowel movements a week were 1 1/2 times more likely to develop breast cancer than females with regular bowel movements. In the second study, doctors at the...
University of California, San Francisco analyzed the breast fluids of nearly 1,500 women and found abnormal precancerous cells in 23% of the women with severe constipation. Only 10% of the women with regular bowel movements had such precancerous cells, according to Dr. Nicholas Petrakis, a professor of preventive medicine and coauthor of the study.36

Q Cigarette smoking also increases a woman's risk of breast cancer. In an analysis of 600,000 women, Eugenia Calle, Ph.D., of the American Cancer Society, found that the risk is increased with the number of cigarettes smoked.37 Dr. Nicholas Petrakis, found in studies that nicotine and cotinine (a nicotine metabolite), build up and concentrate in the breast ducts of women smokers. The smoking of only one cigarette was enough to initiate the process. And in other studies, it was shown that those exposed to passive smoke tripled their risk of breast cancer.

Q Overeating, pesticides, household chemicals, hair dyes, negative emotions, all have a deleterious effect on breast health. Indeed, according to dietitian Jan Hankin, Ph.D., R.D., "breast cancer is perhaps the end-product of a lifetime of insults to the system. Diet may well make the difference between promotion or prevention of the disease."

PREVENTIVE FACTORS

Q Study after study indicates the ultra diet for healthy breast is one that includes plenty of antioxidant rich fresh fruits and vegetables. While all fruits and vegetables are superstars in preventing disease, some deserve top billing against breast cancer. Deeply colored fruits and veggies green, yellow, orange and red with their rich stores of beta and other carotenoids, folate and phytochemicals are especially protective. Compounds in oranges, grapefruit and tangerines can help stop breast cancer cell growth.38 Nor should the crucifer family be overlooked. Cabbage, cauliflower, broccoli and Brussels sprouts. High fiber whole grains should be included as well as soy products, chickpeas, lentils, limas and the many varieties of other beans. "If we halve our fat consumption and double our fiber intake, you could predict up to 50% less breast cancer in this country," according to Leonard Cohen, Ph.D., cell biologist at the American Health Foundation in New York.39

Q Many studies have shown that the antioxidant vitamins and minerals including vitamins A,C,E and selenium are most clearly identified with breast cancer protection. These nutrients as found in fresh fruits, vegetables, legumes, whole grains and supplements, protect the body against harmful free radicals that attack cell membranes and damage DNA. Women with low selenium and vitamin E levels (they work best together) had a 10 times greater risk of developing breast cancer.40 Indeed, Nobel laureate, Linus Pauling's research showed that patients with cancers of the breast, ovaries, uterus and cervix had a life expectancy 20 times longer when they took vitamins and minerals.41 Coenzyme Q10 (CoQ10), a vitamin-like substance with antioxidant properties, involved in energy metabolism, is likewise beneficial in protecting the breast.

Q Garlic has been shown to stop human breast cells from becoming cancerous. This according to researchers at New York's Memorial Sloan-Kettering Cancer Center can be accomplished by eating 1/2 to one clove several times a week. Other researchers found all garlic raw, cooked, powder, extract or capsules equally effective in this process.

Q "Breast cancer is essentially a dietary disease, just as lung cancer is essentially a smoking-related disease," says Robert Kradjian, M.D., a breast surgeon for nearly 30 years and author of Save Yourself From Breast Cancer. "If you want to avoid breast cancer, then learn to live like billions of women on this earth who will avoid the disease. Eat as the women in protected counties do a diet high in protective vegetables, fruits and fiber a plant based diet."42

Q Physical activity (exercise) rounds out a complete program of breast cancer prevention. Women who exercise at least four hours a week or have physically demanding jobs, have a significantly reduced risk of breast cancer, according to a new study.43 This is in agreement with other studies showing that physically active women fare better in avoiding various cancers.

OVARIAN, UTERINE, CERVICAL CANCER

Q Cancers of the breast, uterus, kidney and colon appear to be closely related to the consumption of total protein and total fat, especially meats and saturated fats.44 According to the American Cancer Society, high-fat diets are linked to cancers of the uterine lining, colon, prostate and pancreas.

Q Studies have shown that vegetarians fare better in avoiding these cancers. Dr. Ronald Phillips concluded a report in Cancer Research by showing overwhelming evidence that a non-meat, vegetarian diet strongly reduces the incidence of breast, uterine, ovarian, colon and many other cancers.45
Q Folate (folic acid), as found in the leafy greens, asparagus, dried beans, etc. can stop the virus that leads to cervical cancer, according to research done at the University of Alabama at Birmingham.46

ENDOMETRIOSIS, FIBROIDS....

Q Christiane Northrup, M.D., notes in Women's Bodies, Women's Wisdom, (Bantam Books, N.Y.): “Endometriosis symptoms often disappear completely or lessen dramatically when women follow a low-fat, high fiber diet free of all dairy products.” The same diet, she adds, “can halt the growth of fibroids and in some cases, result in their disappearance.”

PROSTATE CANCER

Q Prostate cancer has quietly become the second leading cancer killer of American males, (lung cancer is number 1), striking 317,000 each year and killing 41,000. Medical authorities, decrying the fact that it has reached epidemic levels, do not have a really satisfactory treatment for it. However, there is much that can be done on a preventive basis. And what could this be? You guessed it a low-fat vegetarian diet. Consider the following:

Q This form of cancer is less frequent in men whose diets are lower in fats and protein and richer in a variety of vegetables. Medical scientists at our own Loma Linda University found that male SDAs who ate lots of fatty foods like meat, cheese and eggs were 3.6 times more likely to contract fatal prostate cancer than Adventist vegetarians.47

Q American men in general, whose diets are rich in animal fats and particularly fats from red meat, have nearly an 80% greater risk of developing potentially fatal prostate cancer than do men with the lowest intake of such fare. Also at risk were men who ate large amounts of mayonnaise, creamy salad dressing and butter.48 Q Other studies of prostate cancer patients show a high intake of fats, milk, meats and coffee.49 Indeed, Richard E. Berger, M.D., director of the Reproductive and Sexual Medicine Clinic at the University of Washington Medical Center in Seattle, lists alcohol, tobacco, caffeine, coffee (with caffeine or without), as prostate irritants.50 Strong spices are likewise irritating.

PROTECTIVE FACTORS

This fragile organ greatly benefits from the support offered by a low-fat, plant-based diet.

Q Lots of fresh fruits and vegetables and fiber rich beans, grains and bran are good health insurance supplying vitamins A,C,E and other antioxidant nutrients so crucial for cancer protection. Q A group of Harvard researchers found that lycopene, which gives tomatoes their red color reduced the risk of prostate cancer by almost 50% in men who ate at least 10 servings a week of tomato-based foods.51 Lycopene, an antioxidant closely related to beta carotene and also found in watermelon, strawberries, red cabbage, pomegranates and other red fruits and vegetables, joins other carotenes in providing protection from free radical cellular damage, enhancing immune function and regulating cell differentiation and cell proliferation.52

Q Tofu and its soy cousins soy milk, soy flour, etc. offers important protection against prostate cancer. This "wonder food" contains, pytochemicals, antioxidants, and other compounds that directly inhibit the growth of cancerous cells.53

Q Raw seeds and nuts, most notably pumpkin, squash, sunflower and sesame seeds and almonds are specifics for prostate health. Pumpkin seeds are especially rich in zinc, the quintessential prostate mineral. This nutrient has a well-established role in maintaining prostate function and well being.

Q The herbal kingdom, too, offers help for the prostate. Saw palmetto berries, shown to be effective as a prostate healer in modern scientific studies, have been used to help ailing prostates since the 1800s. Studies have shown that this herb is more effective and less expensive than Proscar, the standard prescription drug used in treating an enlarged prostate.54 Other herbs for prostate health include pygeum, stinging nettles, juniper berries, ginseng, kelp, echinacea and birch leaf.

Q Aerobic exercise may reduce the risk of prostate cancer and the more exercise, the greater the reduction. Researchers at the Cooper Clinic in Dallas found that men who exercised the most were most likely to be free of this cancer.55

PANCREATIC CANCER

This merciless killer is one of the fastest and least treatable of the cancer killers, the diagnosis of
which is tantamount to a death sentence. A diet that prevents this devastating form of cancer is imperative. Indeed much persuasive evidence is available showing that a correct diet can prevent it from developing. Consider this:

Q A National Cancer Institute study found that a group of Cajuns in Louisiana who ate the most pork (mainly bacon, ham, sausage, cold cuts and unprocessed fresh pork), had the highest pancreatic cancer rates in the country. Other studies show that fried or grilled meat, along with smoked and cured pork products, raise chances of this cancer. A study in Japan found that eating meat at least once a day boosted the risk of pancreatic cancer by 50%. A Los Angeles study showed that those who ate beef 5 times a week had twice the rate of this cancer. While the meat, itself, appears to be the villain, the accompanying fat factor is also involved. This cancer is greatest among populations eating the most fat. In addition animals fed lots of fat often show damaged pancreatic cells.56

Q A 1981 Harvard study found a link between coffee drinking and cancer of this key gland in digestion and metabolism.57 Too, a National Cancer Institute study showed that long time cigarette smokers double their risk of this rapidly fatal cancer. Smoking causes a quarter of all pancreatic cancers in the U.S.58

PREVENTIVE/PROTECTIVE FACTORS

Q Study after study strikingly confirms that fresh fruit is a formidable deterrent to pancreatic cancer. Swedish researchers found that citrus fruits, eaten daily cut the risk of this cancer by one-half to two-thirds. An SDA study showed that even dried fruit was protective, as were fresh citrus fruits, tomatoes and legumes. Other studies show twice-a-day fruit eaters (bananas, oranges, strawberries, apples, canned fruits and orange juice) were protected against this killer the more fruit, the lower the risk.59

HYPERTENSION (HIGH BLOOD PRESSURE).

The blood pressure is one of the single most important determinants of life expectancy, and a major marker of heart health. Elevated blood pressure is the single most important risk factor for a stroke. Keeping it at a normal level not to exceed 140/90 by American standards (which may be a little high by other standards), then definitely helps ward off heart attacks and strokes. A drugless method of reducing blood pressure is always preferable and a correct diet which eliminates the negatives and accentuates the positive is imperative. And medical information in this areas is not lacking.

Q The latest information on the Adventist health study as reported at the International Vegetarian Congress at Loma Linda University in March of 1997, showed that hypertension was twice as common in Adventist who eat meat as in SDA vegetarians. Indeed medical experts are finding that the most effective way to lower blood pressure safely, rapidly, and permanently is an entirely vegetarian diet.

Q Other studies show pork and pork products to be implicated in a great many cases of hypertension.60

Q A diet high in animal protein causes cholesterol and fat deposits to form in the arteries, clogging and narrowing these channels, thereby increasing the blood pressure. At the same time larger than normal amounts of water and sodium are held in the body, increasing the blood volume and causing a rise in blood pressure. Heavily salted meats are indeed suspect, as are cheeses and other dairy products with their payload of fat and salt. Add to this the highly salted French fries, potato and corn chips and other refined, processed foods that make up the daily bill of fare of so many and you have a recipe for trouble. Is it any wonder that 63 million Americans 6 and older have elevated blood pressure?

Q Surprisingly, scientists have discovered that sugar is also directly linked to high blood pressure. Dr. Richard Ahren, Ph.D., and professor of nutrition at the University of Maryland, found that the higher the level of sugar subjects were fed, the higher the level of blood pressure. Other studies show that sugar may also enhance the effects of salt in increasing blood pressure.61

Q Stress, cigarette smoking, alcohol, obesity and a lack of exercise, all combine with the aforementioned risk factors to make hypertension a major killer.

Q Fruits and vegetables, on the other hand have an almost miracle effect in curbing high blood pressure. These treasures with their rich payload of fiber, antioxidants, vitamins and minerals help keep blood pressure on an even keel. Potassium as found in bananas, potatoes with skins, apricots, prunes, tomatoes and broccoli is especially helpful. Garlic, a specific, should be used
generously, along with hawthorn berries, calcium, which relaxes arteries and CoQ10.

DIABETES, Type II

Most of America’s 16 million diabetics are probably not aware that their agony can be greatly relieved by different food choices. This especially deadly disease, the fourth leading cause of death in this country, contributes to many other illnesses. Its long-term complications include damage to the retina and lens in the eye leading to blindness; an acceleration of atherosclerosis, increasing the risk of heart attacks or strokes; a destruction of the filtration system in the kidneys and killing of nerve cells. Wounds heal more slowly and infections can get out of hand; pregnant diabetics may bear children with congenital defects; men may become impotent and loss of sensation in the feet can lead to injury and amputation. Here again as in other maladies a correct diet is the cornerstone of diabetic control.

Q The most obvious symptom of the disease is a buildup of sugar in the blood and urine. Insulin, the hormone secreted by the pancreas, is either insufficient or unable to do its job of clearing the blood of sugar and escorting it into the cells where it is converted into compounds that yield energy. Most diabetics have sufficient insulin, but somehow it is ineffective in performing its job. Why? Enter that arch-villain FAT. Yes, a common cause for the malfunction of the diabetic’s own insulin is the high level of fat, especially saturated animal fat, in the blood.62 Indeed, meat with its rich burden of saturated fat and the high-sugar American diet wreaks havoc as it interferes with insulin metabolism and promotes insulin resistance!

Q University of Minnesota epidemiologist, Dr. David Snowden, involved in an enormous scientific project, studied over 25,000 people for 21 years. He found that vegetarians have a much lower risk of developing diabetes than meat-eaters. He says: “We suspect it is the absence of meat that may explain our findings. In this study we looked at various levels of meat consumption, and as those levels got lower and lower, the risk of diabetes also decreased.”63

Q A striking relationship is seen between meat-eating and fatal diabetes. A report from the Third International Congress on Vegetarian Nutrition, held in Loma Linda, Calif. in March 1997, showed 85% more diabetes in SDA meat-eaters as compared to SDA vegetarians.64

Q A diet that eliminated all meat is a powerful therapeutic method for controlling and possibly even curing non-insulin-dependent diabetes. A study headed by Andrew Nicholson, M.D., of the Physicians Committee for Responsible Medicine, in Washington, D.C., showed that non-insulin dependent diabetics who ate a strictly vegetarian diet has a 59% lower fasting blood sugar level than participants who followed the American Diabetic Association’s diet which includes fish and chicken.65

Q An interesting case history is that of Dr. Albert Schweitzer. At age 75 the brilliant humanitarian, missionary, theologian, musician and physician was successfully treated for life threatening diabetes by Max Gerson, M.D. His method of treatment consisted of a total vegetarian diet with plenty of organic vegetables, fruits and whole grains. Schweitzer maintained this diet and was able to return to his African hospital where he won the 1952 Nobel peace prize and worked past age 90.66

OTHER RISK FACTORS

Any sensible diet for diabetes mellitus, (sugar diabetes), should keep refined sugar consumption at a minimum. The American meat and “sweets” diet is killing us!

Q A 6-year study of more than 65,000 women revealed that those who consumed the most sugar and ate the least fiber had two and one half times the risk of developing non-insulin dependent diabetes. Women who consume a large amount of fiber from cold breakfast cereals saw a 28% decreased risk of diabetes. Foods that caused a significant increased risk: cola beverages, white bread, white rice, french fries and cooked potatoes. The research was led by Dr. Jorge Salmeron of Harvard School of Public Health, who previously reported similar findings in men.67

Q Smoking damages the pancreas and smokers are twice as likely as non-smokers to get adult-onset diabetes, according to a study of 40,000 men, at the Harvard School of Public Health. Indeed, nicotine is joined by other toxic alkaloids that end in ine, which are damaging to the pancreas. These include caffeine, theobromine, theophylline and purines. Agatha Thrash, M.D., and Calvin Thrash, Jr., M.D., writing in Nutrition For Vegetarians, warn that caffeine is far more damaging to the human body than we have before recognized. It, particularly, injures the islets of Langhans in the pancreas where insulin is produced.

PROTECTIVE FACTORS
Researchers in Lexington, Kentucky, found that many diabetics on a low-fat, high-complex carbohydrate diet containing generous amounts of roughage or fiber could eliminate the need for insulin injections and other drugs. James Anderson, M.D., chief of the endocrine metabolism section at the Veterans Administration Hospital, over several years placed more than 1,000 adult diabetics on special diets containing foods rich in high-fiber (pectin) fruits and vegetables like oranges, grapefruit and apples, and high-fiber oat bran, oatmeal, beans, psyllium and soy fiber. All the patients benefited and 2/3 stop taking daily insulin injections. Fiber it seems, is an incredible elixir for diabetics reducing the need for insulin and improving sugar metabolism. Indeed, both the American Diabetic Association and the British Diabetic Association recommend a high-fiber diet for this condition. (It should be noted again that all meat and animal products are totally devoid of fiber).

Medical scientists over the past several years have found that the same diet which helps diabetics is the very one that prevent the disease in the first place. Indeed, worldwide, this malady is rare or nonexistent among populations whose diets are primarily whole grains, fruits, vegetables and legumes. When many of these same people switch to rich meat-based regimens, their incidence of diabetes increases precipitously.

Vitamin E, the well-known antioxidant, heart vitamin and circulation enhancer, is proving to be a life savior in preventing many of the complications of diabetes. Diabetic gangrene, caused by poor circulation in the extremities, resulting many times in amputation, has been alleviated and prevented by this nutrient according to Wilfrid E. Shute, M.D. Retinal changes, which can result in blindness can be slowed or halted with the vitamin, as can abnormalities in the heart and kidneys.

Regular exercise joins a correct diet in preventing and alleviating diabetes. Researchers at U.C. Berkeley School of Public Health and Stanford University School of Medicine found that those who get regular exercise were significantly less likely to develop diabetes. And the more exercise they get, the less likely they were to come down with the disease. The "protective effect" was particularly dramatic for those at high risk for developing diabetes those who were overweight, had hypertension, or had a family history of the disease, the group found.

Other studies have shown that men with the lowest blood levels of vitamin E had the highest risk of diabetes nearly 4 times more susceptible than those with the highest levels of the nutrient. Adele Davis, writing in Let's Get Well, (Harcourt, Brace & World, N.Y.) tells of remarkable improvement in diabetic patients who were given 300 to 600 I.U. of vitamin E daily. Many were taken entirely off insulin.

Chromium, a trace mineral, increases insulin's efficiency so less is needed to do the job. This according to Richard A. Anderson, Ph.D., of the U.S. Department of Agriculture's Human Nutrition Research Center in Beltsville Maryland, who cites over a dozen studies done in the 1980s showing that chromium improved glucose tolerance. Dietary sources include broccoli, nuts, whole grains and brewer's yeast.

Arthritis, the nation's number one crippling disease, is the umbrella word for rheumatoid arthritis, osteoarthritis and other crippling conditions that plague 37 million Americans. Pain is the main symptom, along with hot, red, swollen, stiff and many times disfigured joints. While drugs and joint replacement are the common medical treatments for this agonizing malady, diet is proving to be a major factor in giving blessed relief and without the side effects of the various drugs.

A ground breaking study published in The Lancet, on October 12, 1991, showed that eliminating all meat from the diet relieved rheumatoid arthritis symptoms in nine out of 10 patients. Researchers announced that a vegetarian diet resulted in better grip strength and much less pain, joint swelling and tenderness and morning stiffness in 90% of a group of arthritis patients, compared with controls eating an ordinary diet. The researchers emphasized the fact that fats, notably meat fat instigates the inflammation process.

James C. Breneman, M.D., a food allergist, from Kalamazoo, Michigan, found that meat can cause or aggravate many of the symptoms of arthritis. Pork was the worst offender. Wayne State University Medical School researchers placed 6 rheumatoid arthritis sufferers on a fat-free vegetarian diet. In 7 weeks all of the patients were totally free of symptoms. When fats were again given to the subjects, it took only 3 days for the symptoms to reappear.

Other studies confirm that meat, especially bacon, pork and beef, as well as cheese and all other dairy products can trigger and aggravate this crippling malady. These high fat, high

ARTHRITIS (RHEUMATISM)

Arthritis, the nation’s number one crippling disease, is the umbrella word for rheumatoid arthritis, osteoarthritis and other crippling conditions that plague 37 million Americans. Pain is the main symptom, along with hot, red, swollen, stiff and many times disfigured joints. While drugs and joint replacement are the common medical treatments for this agonizing malady, diet is proving to be a major factor in giving blessed relief and without the side effects of the various drugs.

A ground breaking study published in The Lancet, on October 12, 1991, showed that eliminating all meat from the diet relieved rheumatoid arthritis symptoms in nine out of 10 patients. Researchers announced that a vegetarian diet resulted in better grip strength and much less pain, joint swelling and tenderness and morning stiffness in 90% of a group of arthritis patients, compared with controls eating an ordinary diet. The researchers emphasized the fact that fats, notably meat fat instigates the inflammation process.

James C. Breneman, M.D., a food allergist, from Kalamazoo, Michigan, found that meat can cause or aggravate many of the symptoms of arthritis. Pork was the worst offender. Wayne State University Medical School researchers placed 6 rheumatoid arthritis sufferers on a fat-free vegetarian diet. In 7 weeks all of the patients were totally free of symptoms. When fats were again given to the subjects, it took only 3 days for the symptoms to reappear.

Other studies confirm that meat, especially bacon, pork and beef, as well as cheese and all other dairy products can trigger and aggravate this crippling malady. These high fat, high
cholesterol foods can stimulate the inflammatory process and plug up the small blood vessels in and around the joints and extremities. In this way fresh blood is impeded in circulating oxygen and nutrients to the area stiffness, inflammation and swelling is the result. In addition nodes or knots made up primarily of cholesterol are many times found near arthritic joints.75

OTHER RISK FACTORS

Q Dr. Royal Lee, one of the best informed nutritionist of all time insisted that, “Arthritis is a disease of civilization, of overcooked foods and under-exercised bodies.” He points out that arthritis in animals can be experimentally caused by feeding them cooked food exclusively. Refined sugar, salt, shellfish, chocolate, black pepper, Monosodium Glutamate (MSG), strong spices and alcohol have all been implicated as causing the flare-ups, pain and swelling of this disease.

OTHER PROTECTIVE FACTORS

Q A preponderance of fresh raw fruits and vegetables seems to be just what the doctor ordered for arthritis sufferers. Paavo Airola, Ph.D., writing in How to Get Well (Health Plus Pub., Phoenix Arizona), emphasizes a low-fat vegetarian diet with particular emphasis on all available green vegetables. Alfalfa fresh, tablets and sprouts are of specific benefit. Beneficial fruits are listed as bananas, cherries, pineapple and apples; the best grains are millet and brown rice. Carrot and other vegetable juices are highly recommended. Citrus fruits rich in vitamin C and rutin, help clear up the inflammation that contributes to arthritic pain. An excellent blood cleanser, vitamin C, is also essential for the health and stability of collagen and all connective tissues of the body. Pantothenic acid, along with the other B-vitamins is likewise quite beneficial.

OSTEOPOROSIS

The United States has an extremely high rate of this progressive bone-thinning disease which affects at least 25 million, 80% of them women. Brittle, chalky bones can cause chronic back pain, fractured hips, spines and limbs and a host of other problems. Bone loss in the jawbones and tooth sockets (pyorrhea) is especially prevalent, causing loose teeth and receding gums a major cause of tooth loss in adults. What causes this painful, disabling, frequently occurring, socially costly metabolic disease? A dietary calcium deficiency comes to mind first. However there is more to the story than this.

Q Medical scientists have shown that the typical American high meat diet actually flushes calcium right out of the body. An article in the American Journal of Clinical Nutrition, June, 1974 points out that it has been known for more than half a century (almost 70 years now) that a high protein meat diet increase the amount of urinary calcium.

Q Bogert, Briggs and Calloway, writing in Nutrition and Physical Fitness, explain that when too much meat and other high protein foods are eaten, sulfuric, phosphoric and other acids are produced. The body seeks to neutralize these excess acids by drawing on the alkali reserves calcium and other alkaline or base-forming elements of the body. These also include magnesium, zinc, boron and other minerals involved in the health of the bones and teeth.

Q The American Journal of Clinical Nutrition, March 1983 reported the results of the largest study of bone density in the U.S. Researchers at Michigan State and other major universities found that, by the age of 65:

Male vegetarians had an average measurable bone loss of 3%.
Male meat-eaters had an average measurable bone loss of 7%.
Female vegetarians had an average measurable bone loss 18%.
Female meat-eaters had an average measurable bone loss of 35%.

Q These and similar findings were confirmed and reaffirmed in a report from the Third International Congress on Vegetarian Nutrition, March 1997, held at Loma Linda University. Researchers pointed out that the lower the dietary protein (especially animal protein) and the lower the salt intake, the less dietary correction and the more efficient the calcium in the diet becomes because on a low-protein, low salt diet less calcium is lost in the urine compared to the loss on a high-meat, high salt diet. The excess sulfur amino acids in animal protein compromise calcium balance. For each hamburger eaten, approximately 23 milligrams of calcium are lost in the urine.76
More confirmation is found in a report published in the Lancet, by several medical scientists, commenting on work sponsored by the U.S. Dept of Health and Harvard University. They called the association of meat-based diets with the increasing incidence of osteoporosis "inescapable."77 The more protein you use, the more calcium you lose and osteoporosis is the sure result.

OTHER RISK FACTORS

Other risk factors join the high-meat diet in causing a deterioration of the bones and teeth. Phosphates in soft drinks rob the bones of calcium.78 Excess coffee increases calcium loss 1 to 2 cups daily can contribute to osteoporosis.79 A lack of exercise leads to thinner bones.80 A diet high in salt and sugar (along with meat, the typical American diet) causes the body to excrete increased amounts of calcium. Alcohol, cigarettes and many other drugs have a similar effect.81

OTHER PROTECTIVE FACTORS

A correct vegetarian diet with emphasis on adequate calcium and other minerals is most important in guarding against thiscrippler. Researchers using double isotope analysis demonstrated that calcium availability in kale and select green vegetables are the number one natural source of top-grade calcium. (Observe the strong, massive bones and muscles of the grass and plant eating elephant, rhino, hippo, buffalo, horse and cow No lack of protein, calcium or other minerals here!). Other plant-based sources include fortified soy milk, broccoli, dried figs, almonds, whole grains, whole legumes, blackstrap molasses, seeds and nuts.

Other critical nutrients that build and preserve bone health include magnesium, phosphorus, silicon, zinc, manganese, boron, copper and vitamin D (the sunshine vitamin). Vitamins C, E, and K also play vital roles in battling osteoporosis. Calcium retention in the bones is also favored by adequate weight-bearing exercise such as brisk walking.

LIVER AND KIDNEY DISEASES

A non-meat, low protein, low fat, low phosphate, no cholesterol diet is essential for slowing or stopping the progress of most kinds of kidney disease and failure and most kinds of kidney stones. This diet has a sparing action on normal kidneys as excess protein, even from plant sources, injures the human kidney.82 This same low-protein diet dramatically aids patients with liver problems and spares the normal liver.83

MULTIPLE SCLEROSIS - A Fat Disorder

The standard American diet beginning with babies being fed cow's milk instead of breast milk, and continuing on with high levels of animal fat has been called a breeding ground for Multiple Sclerosis. Neurologist Roy L. Swank, M.D., of the Oregon Health Sciences University in Portland, has been successfully treating M.S. patients for over 35 years with a very low fat, low protein diet. Success rates have been termed miraculous. This diet produced profound reductions in the frequency of attacks, the severity of attacks, the damage done by the attacks and the death rate.84

Dr. Swank's low fat diet has helped several thousand M.S. patients. His approach has met every challenge of the medical community and is enormously superior to those achieved by any other known form of treatment to this otherwise crippling and usually fatal disease. Other health care providers have achieved comparable results. One program demonstrated that the pure vegetarian dietary, very low in fat was of significant benefit even to the most advanced cases of M.S.85

LEUKEMIA

Childhood leukemia and brain tumors have been linked to the consumption of hot dogs, hamburgers and other meats. Children who eat more than 12 hot dogs per month have 9 times the normal risk of developing childhood leukemia, according to University of Southern California epidemiologist John Peters. His studies also found that children eating hot dogs once a week or more experienced twice the brain tumor risk of kids who ate none. Children eating ground meat at least once a week had twice the risk of suffering acute lymphocytic leukemia as those who ate none; the risk almost tripled for children eating two or more hamburgers weekly. Ham, bacon and sausage were also involved children eating the most had an 80% greater brain tumor risk and more than three times greater lymphoma risk than those eating none of these meats.86
Nitrites and nitrates are the suspected culprits in the cured and processed meats. These chemicals used to keep these meats fresh have been shown to cause cancer in animals.

**Leukemia**

A rapid rise of leukemia has been noted in cattle. The authors of Nutrition For Vegetarians point out that a virus that can be transmitted from cow to cow and cow to humans is the cause of the disease. Humans are exposed to the malady through affected meat, milk, cheese and other dairy products.

**Non-Hodgkins Lymphoma (NHL)**

This cancer of the immune system affects approximately 43,000 Americans per year. Its incidence has risen rapidly since the 1970s. Researchers have found "a high-meat diet and a high intake of fat from animal sources is associated with an increased risk of NHL in older women." The same results are believed to apply to men.

**Schizophrenia**

Dr. Allan Cott, a New York city orthomolecular psychiatrist, has used fasting and a vegetarian diet to treat schizophrenics. "I've fasted about 300 chronically ill schizophrenics, people who would have ended up in the back wards of mental hospitals," he points out. After about 25-32 days without food, 65% had improved enough to return to some degree of functioning and leave the hospital. Those who stayed on a vegetarian diet after the fast were least likely to relapse, he says.

**Headaches**

Case histories: "Headaches gone when stopped eating red meat." "Patient eliminated red meat, poultry, fish and the chemicals they contained and got rid of migraines." Also eliminated sugar. Sir William Osler, eminent English physician: "I have known migraine cases greatly benefited by a vegetarian diet. Hot dogs, bacon, salami, ham, sausage, bologna and other processed meats cured with sodium nitrite or nitrate are well-known headache triggers. Other headache triggers include caffeine, chocolate, cheese, alcohol, MSG (monosodium glutamate) and Aspartame (NutraSweet). Finally in a study done among vegetarian SDAs, headaches were at the bottom of a list of ailments.

**Psoriasis**

Animal protein is involved in the spreading of psoriasis; a reduction in meat and animal fat, including cheese, eggs, butter and cream, can treat this skin condition. A case history: A "hideous case" of psoriasis disappeared completely on a mostly vegetarian diet, (was a great meat-eater). Beef and pork were eliminated; fresh fruits, vegetables and whole grains were emphasized. Sugar was likewise avoided. Sunshine too, is quite helpful in clearing this disorder.

**Eye Problems**

Fatty foods are just as bad for the eyes as they are for the heart. Researchers found the people eating the most saturated fat had an 80% greater chance of developing early degeneration of the retina (age-related macular degeneration, or ARMD) compared with those who ate the least. This condition is the leading cause of legal blindness in people over 65. Other studies show that people with increasing myopia statistically eat too much sugar and flesh protein, are deficient in chromium and do not metabolize calcium properly. Green vegetables are specifics in dealing with many eye problems.

**Alzheimer's Disease**

Researchers at Loma Linda University report that the frequency of Alzheimer's Disease among vegetarians is less than one-half as much as in meat eaters.

**Aging**

Animal protein stimulates rapid growth predisposing to a shorter lifespan. Flesh foods tend to run our engines at a higher rate of speed even when at rest promoting accelerated aging. Indeed, a high meat diet's effect on the system can be compared to putting an automobile in neutral and running the engine at 70 miles an hour.
Dr. Ralph Bircher, the famous biochemist from Zurich, Switzerland, points out that the aging
process is triggered by amyloid, a by-product of protein metabolism, which is deposited in all the
connective tissues, causing tissue and organ degeneration leading to premature aging.98 This
helps explain why some of the most young-looking people are vegetarians!

Food and nutrition have a much greater effect on the aging process than previously realized.
Yet, overeating ages people. Yes, eat less for an anti-aging effect. However, ample amounts of
fiber and antioxidant rich fruits and vegetables and whole grains with a minimum amount of salt,
and sugar, while avoiding animal protein, caffeine, nicotine and alcohol, and drinking enough
water, all combine to de-accelerate the aging process.

Our trusty friend, vitamin E is proving to be a kind of fountain of youth for cells in the brain and
immune system. Mice given the equivalent of a human dose of 400 I.U. of the vitamin daily
showed much less age-related damage to key parts of the cells.99

AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME)

The nutritional protocol for treating patients with HIV and AIDS calls for the almost total
elimination of all animal products.100 These foods contain high concentrations of "bad fats" and
protein which further impair an already compromised immune system. A highly nutritious diet is
imperative and includes plenty of fresh fruits and vegetables and whole grains, along with key
nutrients such as vitamins, B, C, E and beta-carotene. The various minerals, glutathione (a
strong antioxidant, concentrated in fruit and vegetables), garlic and other nutrients are important.
The services of a well-trained nutritional physician are advised. (While this is not a cure for
HIV/AIDS, it does much to bolster the immune system.)101

OTHER DISEASES....

Other diseases and disorders affected by a high meat dietary include constipation, gout,
gallstones, obesity and salmonellosis. Scientific studies have shown that these maladies can
often be prevented/treated by intelligent food choices which offer direct, consistent and powerful
benefits.

ANTIBIOTICS, HORMONES....

Virtually all food animals in this country are fed a diet laced with antibiotics, hormones,
insecticides and a plethora of other high-powered, questionable drugs. This avalanche of drug
usage legal and illegal in the last 30 to 40 years has given us chemically dosed and genetically
hyped meat, milk and eggs. Widespread and pervasive antibiotic use with residues in the
finished products has given rise to antibiotic-resistant strains of bacteria that are becoming
increasingly dangerous and untreatable. Powerful synthetic male and female sex hormones in
infinitely small amounts create powerful biological changes. Female sex hormones are
instrumental in castrating and feminizing male animals, adding water and fat, while making the
animal more manageable.

Male sex hormones and hormone substitutes the same anabolic steroids used by athletes and
bodybuilders are used as growth promotants. These fantastic adulterants have been called
biological dynamite with warnings of possible human unsexing or desexing and other alterations
of sexual characteristics in susceptible consumers. Hormonal imbalances...A 50 percent decline
in the average sperm count of American males...More frequent cases of young children
developing sexual characteristics...An expanding assortment of sexual aberrations...Who know
how much these chemical demons with residues in meat, milk, etc. are involved in the uncertain
and confused sexual identities so prevalent today?

"THE GREATEST DISEASE BREEDER"

Mad Cow Disease, E. coli infections, AIDS in cattle, a plethora of legal and illegal hormones,
antibiotics, pesticides and other chemicals in animal feed. Brothers, sisters, the half has not been
told. Indeed, the food animal kingdom has been referred to as "a reservoir of disease." And
unscrupulous cattle barons and meat purveyors are rampant. That prized beef steak could have
come from a 4-D animal dead, diseased, dying or disabled and still be considered "clean meat"
by the unknowing consumer!

God through his agency on earth, the Spirit of Prophecy (Ellen G. White's writing) has favored
His people (the Seventh-day Adventist church) with advance warning on these timely, crucial
In the last several decades, the medical community has gradually become knowledgeable as to the underlying cause of many of the merciless killer diseases of our time. Indeed, in 1868, Sister White wrote: "The liability to take disease is increased tenfold by meat eating." In 1898, she again warned: "Meat is the greatest disease breeder that can be introduced into the human system." This and other counsel from the pen of Inspiration should be prayerfully and carefully studied as we view the abject suffering in the world (and in the church) today as a result of disease. Nor can the soaring cost of medical care be ignored. She continues: "Ill health in a variety of forms, if effect could be traced to the cause, would reveal the sure result of flesh eating." It is for their own good that the Lord counsels the remnant church to discard the use of flesh meats, tea and coffee, and other harmful foods. "Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet." This counsel cannot, must not be ignored!

**FRUITS AND VEGETABLES**

Sister White has given much health counsel that is right in line today with the latest medical facts: "All should be acquainted with the special value of fruits and vegetables fresh from the orchard and garden." Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.

Medical science is slowly catching up with the prophet. The British Imperial Cancer Research Fund, found that eating fresh fruit has an almost "miracle" effect in lowering disease risk. A study of over 10,000 subjects 43% of them vegetarian showed that a daily consumption of fresh fruit is associated with a 24% reduction in deaths from heart disease; a 32% reduction in stroke fatalities, and a 21% reduction in deaths from all causes compared to those eating fresh fruit less frequently. Another study found men who ate fresh fruit (such as apples, pears, grapes, oranges and bananas) every day equal to only about one half cup of fruit salad had 70% less chance of dying from cancer of the digestive tract than those who ate almost no fruit.

Researchers from the National Cancer Institute (United States) point out that the more fruits and vegetables people eat, the less likely they are to develop a broad range of cancers. Indeed, a review of 170 studies from 17 countries showed those eating the most fruits and vegetables, compared with those eating the least, cut their risk of cancer by 50%. This includes cancers of the lung, breast, cervix, colon, stomach, bladder, testicles, pancreas, esophagus and ovary. The evidence is so overwhelming, that the lead researcher views fresh produce as powerful preventive "drugs" that can substantially wipe out the scourge of cancer.

Phytochemicals have been identified simply as natural chemicals (nutrients) found in plants. These substances include the antioxidants, indoles, genistein, zeaxanthin, lutein, flavonoids and a host of others. Fruits and vegetables offer a rainbow-hued family of antioxidants responsible for many of the yellow, purple, orange and red pigments. These are reputed to be the most powerful antioxidants yet discovered 50 times stronger than vitamin E and 20 times stronger than vitamin C. Called "youth potions" these nutrients reinforce the immune system, strengthen cells and thus prevent many of the chronic diseases we face, and slow down the rate we age.

The green vegetables broccoli, nutrition's crown jewel, spinach, kale, cabbage, turnip, mustard and collard greens, etc., offer among other things, chlorophyll concentrated sunlight the most powerful cleansing and purifying agent in nature. This anti-mutagenic agent is effective against many carcinogens, prevents and alleviated disease, helps reverse the aging process and detoxifies the body. Indeed, these "green giants" are nutritional dynamite, and along with a low-fat diet offer the best insurance against cancer, heart disease, diabetes and many other degenerative diseases.

And not to be overlooked, are the old standbys, found so lavishly in fruits and vegetables, vitamin C the powerful antioxidant and broad-spectrum healer and the carotenoids powerful immune system boosters. Soy foods, too, contribute a wide variety of phytochemicals, including saponins and phytoestrogens (plant-based non-steroid estrogen-like agents), that seem to make soy an entire food pharmacopeia. It is believed that the relatively low methionine (an amino acid) content of soy protein is anti-carcinogenic. The level of methionine appears to limit the rate of tumor growth. (See Homocysteine, p. 6).

Nutrient-dense fruits and vegetables, along with whole grains, legumes, and nuts the "live
longer" foods contain an anti-disease cocktail to which we are adapted (See Gen. 1:29). We abandon them at our peril.

FIBER (Roughage, cellulose, bulk)

Inspiration reminds us of the beneficial effect of fiber in the diet: "If we wish good health, we must take special care of the health God has given us, deny unhealthy appetite, eat less fine food, eat coarse food free from grease..." Again Sis. White writes: "Fine flour bread cannot impart to the system the nourishment that you will find in the unbolted-wheat bread...For use in bread making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions."

Oat bran, wheat bran... Fiber has indeed captured the "fancy" of the American people and rightly so. Scientific validation demonstrates that this all-purpose nutritional standby is effective in alleviating a painful "dirty dozen" complaints and disorders. These include colitis, diverticulosis, hiatal hernia, colon cancer, obesity, appendicitis, constipation, irritable bowel syndrome disorders and hemorrhoids, Crohn's disease, gallstones and intestinal polyps. An incredible elixir for diabetics, fiber is confirmed to reduce the need for insulin and to improve sugar metabolism for both Type I (juvenile) and Type II (adult-onset) diabetes.

The Stanford University Guide to a Healthier Heart points out that a correct high-fiber, low fat, plant based diet, constitutes the best anti-heart attack diet science can devise. And medical scientists are showing that this same high-fiber, low-fat diet with lots of fruits and vegetables will soon be considered as important to cancer prevention as not smoking.

Pectin, the fiber of apples, citrus fruits, cherries, tomatoes, carrots and other produce, along with oat bran, aids in lowering cholesterol levels. Soluble and insoluble fiber as found only in plants (cereals, vegetables, fruits, legumes, seeds and nuts) has a remarkable power to preserve health and prevent disease. It lowers cholesterol as it "roto-rooter" cleans the arteries and blocks the absorption of fat. So many of the diseases of affluence are caused by a lack of this nutrient the crucial importance of which is now accepted as confirmed scientific and medical fact. (Again, it should be noted that all meat and all animal products are completely devoid of fiber).

Ample amounts of cabbage, carrots, celery, the leafy green vegetables and other foods containing fiber decidedly increase both the growth of valuable intestinal bacteria and organisms and the amount of B vitamins. Including B-12. Animal studies have shown that sufficient fiber, vitamin C and folic acid aids bacterial synthesis in the gastrointestinal (GI) tract of this essential nutrient. In addition, Donald Whitaker, M.D., points out that bananas have sufficient cobalamin to enable bacteria in the intestinal tract to synthesize B-12. (It should be noted that all antibiotics kill intestinal bacteria).

EXERCISE

In 1882, Ellen White wrote: "Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." Again she points out: "Walking in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use...There is no exercise that can take the place of walking."

Sister White gave advanced notice and science has validated this concept: Exercise and proper nutrition are the closest thing to a "magic bullet" for maintaining and regaining youth and optimal health. Indeed, exercise that most elegant demonstration of regeneration has been shown to improve digestion and elimination, increase endurance and energy levels and promote lean body mass while burning fat. It helps lower overall blood cholesterol while increasing the proportion of "good" cholesterol (HDL) to "bad" (LDL. In addition, adequate physical activity reduces stress and anxiety, elevates mood and increases the feeling of well being, while reducing depression.

While exercise is not a substitute for other preventive measures, such as a good diet, studies show that it is a powerful prescription for eliminating many health problems and along with a good diet, may be the nearest thing we have to the "fountain of youth." Indeed, walking and other moderate forms of exercise, may be nature's cure-all as it stimulates the immune system.
and reduces the risk of dying from cancer, heart disease and stroke. This simple expedient may reduce or eliminate the need for medications in such maladies and disorders as hypertension, diabetes, back problems and arthritis. One study showed that those who exercise regularly had a 23% lower risk of death from all causes, than non-exercisers.127

THE LAST WORD

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

"If Seventh-day Adventists practiced what they profess to believe, if they were sincere health reformers, they would indeed be a spectacle to the world, to angels and to men. And they would show a far greater zeal for the salvation of those who are ignorant of the truth." E.G. White, Counsels on Health, p. 575

"Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character." E.G. White, Education, p. 195.

Ellen White's medical, nutritional and environmental counsel has stood the test of time, leaving doctors and scientists in awe. Indeed, her keen "foreknowledge" of now accepted scientific information and dietary guidelines, has rewarded us over the years with a health record that continues to intrigue researchers. We Seventh-day Adventists as the vanguard, pathfinders so to speak, have been given this and so much other health, spiritual and prophetic information not to hoard it to ourselves, or to gloat over the fact but to live it out in our lives and share it with others. Indeed this is a responsibility that cannot be avoided. May we realize our high calling!

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Diet For A New America
Stillpoint Pub.
Meat Eater book. Read 133 reviews from the world's largest community for readers. An exploration of humanity’s oldest pursuit and its relevance today. Steven Rinella grew up in Twin Lake, Michigan, the son of a hunter who taught his three sons to love the natural world the way he did. As a child, Rinella devoured stories of the American wilderness, especially the exploits of his hero, Daniel Boone. He began fishing at the age of three and shot his first An exploration of humanity’s oldest pursuit and its relevance today Steven Rinella grew up in Twin Lake, Michigan, the son of a hunter who taught his three sons to love the natural world the way he did. Comic OC/TLA wake-up call. [by â€”$] (i.redd.it). submitted 18 days ago by NeinHansKazuhira “one deagle for every Beagle” Miller. 62 comments. share. save. hide. report.Â Better than Kokodayo bc an alarm clock can’t wake you up if it doesn’t wake up itself. permalink. embed. save. parent. report. give award. COMMON A wake-up call is something which shocks people, making them understand how serious a problem is and causing them to take action in order to solve that problem. These extreme weather patterns should act as a wake-up call to our complacent leaders. Climate change is happening and we need to act now. The report is intended as a wake-up call to governments around the world to take action to improve healthcare resources for young people. Note: If you have a wake-up call, you arrange for someone to telephone you at a certain time in the morning so that you are sure to wake up at that time. Cattlemen are waking to the very real possibility that they have nowhere to go but down. America may have reached Peak Meat. AD. I say this as a rock-ribbed, 100-percent, Fred Flintstone carnivore. What the madeleine did for Marcel Proust, so the aroma of grilling meat unlocks a lifetime of memories for me. By contrast, Iâ€™ve detested the idea of veggie burgers ever since my family was cursed with a carton of frozen soy patties in those ghastly times known as the 1970s. Like Bohl,
though, I was impressed by the burger my son and I shared the other day at a Red Robin restaurant in suburban Kansa