

A large, dense green tree with the text "The Health Message" overlaid in the center. The tree is a maple tree with many small, green leaves. The text is in a bold, black, serif font.

The Health Message

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1. The importance of the Health message to the Advent church

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“The health reform, I was shown, is a part of the third angel’s message, and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. **God’s people are not prepared for the loud cry of the third angel. They have a work to do for themselves which they should not leave for God to do for them. He has left this work for them to do.** It is an individual work; one cannot do it for another. “Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” Gluttony is the prevailing sin of this age. **Lustful appetite makes slaves of men and women, and beclouds their intellects and stupefies their moral sensibilities to such a degree that the sacred, elevated truths of God’s word are not appreciated. The lower propensities have ruled men and women.**

In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical frames, that they may be able with the psalmist to exclaim, “I will praise Thee, for I am fearfully and wonderfully made.” They should ever have the appetite in subjection to the moral and intellectual organs. **The body should be servant to the mind, and not the mind to the body.”**
1T 486

1. The importance of the health message to the Advent church

(1867) 1T 469, 470

“One **important part** of the work of the ministry is to faithfully present to the people the health reform, as it stands **connected with the third angel’s message, as a part and parcel of the same work.** They should not fail to adopt it themselves, and should urge it upon all who profess to believe the truth.”

1. The importance of the Health message to the Advent church

Revelation 14:9-12

⁹ And the third angel followed them, saying with a loud voice, If any man **worship the beast and his image, and receive his mark in his forehead, or in his hand,**

¹⁰ The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb:

¹¹ And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, **who worship the beast and his image, and whosoever receiveth the mark of his name.**

¹² Here is the patience of the saints: **here are they that keep the commandments of God, and the faith of Jesus.**

1. The importance of the Health message to the Advent church

SPECIAL TESTIMONIES, SERIES A, NO. 7, P. 40, C.H. 561, 562

“The Lord has given His people a message in regard to health reform. This light has been shining upon their pathway for thirty years; and the Lord cannot sustain His servants in a course which will counteract it. He is displeased when His servants act in opposition to the message upon this point, which He has given them to give to others. **Can He be pleased when half the workers labouring in a place, teach that the principles of health reform are as closely allied with the third angel’s message as the arm is to the body, while their co-workers, by their practice, teach principles that are entirely opposite? This is regarded as a sin in the sight of God. . . .”**

1. The importance of the Health message to the Advent church

Manuscript 49, 1897

“The transgression of physical law is the transgression of God's law Our Creator is Jesus Christ. He is the author of our being. He has created the human structure. He is the author of physical laws, as He is the author of the moral law. And the human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God. Many who profess to love Jesus Christ do not show proper reverence and respect, for Him who gave His life to save them from eternal death. He is not revered, or respected, or recognised. This is shown by the injury done to their own bodies in violation of the laws of their being.”

1. The importance of the Health message to the Advent church

(1905) Ministry of Healing 114, 115

“God desires us to reach the standard of perfection made possible for us by the gift of Christ. He calls upon us to make our choice on the right side, to connect with heavenly agencies, to adopt principles that will restore in us the divine image. In His written word and in the great book of nature He has revealed the principles **It is our work to obtain a knowledge of these principles, and by obedience to cooperate with Him in restoring health to the body as well as to the soul.**”

(1900) Christ Object Lessons 347, 348

God is as truly the author of physical laws as He is author of the moral law. His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man.”

(1890) Christian temperance and Bible Hygiene 53

It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai.”

1. The importance of the Health message to the Advent church

To Promulgate Health Principles

“In the preparation of a people for the Lord’s second coming, a great work is to be accomplished through the promulgation of **health principles**. The people are to be instructed in regard to the needs of the physical organism and the value of **healthful living** as taught in the Scriptures, that the bodies which God has created may be presented to Him a **living sacrifice** fitted to render Him acceptable service. There is a great work to be done for suffering humanity in relieving their sufferings by the use of the natural agencies that God has provided, and in teaching them how to prevent sickness by the **regulation of the appetites and passions**. **The people should be taught that transgression of the laws of nature is transgression of the laws of God.** They should be taught the truth in physical as well as in spiritual lines, that “the fear of the Lord tendeth to life.” [Proverbs 19:23](#). “If thou wilt enter into life,” Christ says, “keep the commandments.” [Matthew 19:17](#). Live out My law “as the apple of thine eye.” God’s commandments, obeyed, are “life unto those that find them, and health to all their flesh.” [Proverbs 4:22](#).

Counsels on Health, p. 206

1. The importance of the Health message to the Advent church

“I was **again** shown that the health reform is one branch of the great work to fit a people for the coming of the Lord. **And it is as closely connected with the third angel’s message as the hand is united to the body. The law of ten commandments has been lightly regarded by man.** The Lord would not come to punish the transgressors of his law without first sending them **a message of warning. The third angel proclaims the warning message.** Had men ever been obedient to the law of ten commandments, carrying out in their lives the principles of these ten precepts, the curse of disease now flooding the world would not be.

Men and women cannot violate natural law in the indulgence of depraved appetite, and lustful passions, and not violate the law of God. Therefore God has permitted the light of health reform to shine upon us, that we may see our sin in violating the laws God has established in our being. **All our enjoyments or sufferings may be traced to obedience or transgression of natural law.** Our gracious Heavenly Father sees the deplorable condition of men while living in violation of the laws he has established. Many are doing this ignorantly, some knowingly. The Lord, in love and pity to the race, causes the light to shine upon health reform. He publishes his law, and the penalty that will follow the transgression of it, that all may learn, and be careful to live in harmony with natural law. **He proclaims his law so distinct, and makes it so prominent, that it is like a city set on a hill. All accountable beings can understand his law if they will. Idiots will not be responsible..”**

Pamphlets, The Health Reform and the Health Institute, December 10, 1871, p. 138.

1. The importance of the Health message to the Advent church

“To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message, to prepare a people for the coming of the Lord.

Ignorance now is no excuse for the transgression of law. **The light shineth clearly, and none need to be ignorant, for the great God himself is man's instructor.** All are bound by the most sacred obligations to God to heed sound philosophy and genuine experience in reference to health reform which he is now giving them.

God designs the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate, for it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth, through which they are to be **sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory.**”

Pamphlets, The Health Reform and the Health Institute, December 10, 1871, p. 138.

1. The importance of the Health message to the Advent church

“The apostle exhorts the church, “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” **Man, then, can make the body unholy by sinful indulgences. If unholy, they are unfitted to be spiritual worshipers, and are not worthy of Heaven.** If man will cherish the light God in mercy gives him upon health reform, **he may be sanctified through the truth, and fitted for immortality.** If he disregards light, and lives in violation of natural law, he must pay the penalty.

God created man perfect and holy. Man fell from his holy estate, because he transgressed God's law. Since the fall, there has been a rapid increase of disease, suffering, and death. Notwithstanding man has insulted his Creator, yet God's love is still extended to the race. And he permits light to shine, that man may see that, **in order to live a perfect life, he must live in harmony with those natural laws which govern his being.** Therefore, it is of the greatest importance that he have a knowledge of how to live, that his powers of body and mind may be exercised to the glory of God.

It is impossible for man to present his body a living sacrifice, holy and acceptable to God, while he is indulging in habits that are lessening physical, mental, and moral vigor, because it is customary for the world to do thus. The apostle adds, “And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.” Jesus, seated upon the Mount of Olives, gave instruction to his disciples, of the signs which should precede his coming. He says, “But as the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be.”

Pamphlets, The Health Reform and the Health Institute, December 10, 1871, p. 138.

Summary (1/2)

- The health message is a part of the third angel's message, and is just as closely connected with it as are the arm and hand with the human body. Thus it is closely connected to **the mark of the beast** (manners of the world); It is impossible for man to present his body a living sacrifice, holy and acceptable to God, while he is indulging in habits that are lessening physical, mental, and moral vigor, because it is customary for the world to do thus;
- it is also part of the third angel's message, because it is closely related to **keeping the commandments of God** Why? Because the transgression of physical law is the transgression of God's law. Christ is the author of physical laws, as He is the author of the moral law. And the human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God. It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws.
- Lastly it is also part of the third angel's message, because it is related to having **the faith of Jesus**. God desires us to reach the standard of perfection made possible for us by the gift of Christ. He wants us to adopt principles that will restore in us the divine image. It is our work to obtain a knowledge of these principles, and by obedience to cooperate with Him in restoring health to the body as well as to the soul. in order to live a perfect life, he must live in harmony with those natural laws which govern his being. Therefore, it is of the greatest importance that he have a knowledge of how to live, that his powers of body and mind may be exercised to the glory of God.

Summary (2/2)

- We should adopt health reform ourselves and proclaim it to others. God has left us to do this work. It is an **individual** work; one cannot do it for another. But in order to bring this message to the world, we must work as an **one body**; we can't be divided;
- The health message is a **message of warning** and prepares us for the second coming of Christ. It is of vital importance that the bodies which God has created may be presented to Him a living sacrifice, fitted to render Him acceptable service;
- God has permitted the light of health reform to shine upon us, that we may see our sin in violating the laws God has established in our being. He publishes his law, and the penalty that will follow the transgression of it, that all may learn, and be careful to live in harmony with natural law. He proclaims his law so distinct, and makes it so prominent, that it is like a city set on a hill. All accountable beings can **understand** his law if they will;
- **Ignorance now is no excuse for the transgression of law** The light shineth **clearly**, and none need to be ignorant, for the great God himself is man's instructor. If man will cherish the light God in mercy gives him upon health reform, he may be **sanctified through the truth, and fitted for immortality.**

2. Biblical examples related to appetite

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- **Adam and Eve who ate from the forbidden fruit**
- **Esau who gave up his firstborn right for a cup of lentil soup**
- **Satan who tried to tempt Jesus to turn rocks into bread after His 40 days and nights of fasting**
- **Daniel who refused to eat after the manners of the Babylonians**



2. Biblical examples related to appetite

“Adam and Eve fell, through **intemperate appetite**. Christ came and withstood the fiercest temptation of Satan, and, in behalf of the race, he overcame appetite, showing that man may overcome. As Adam fell, through appetite, and lost blissful Eden, **the children of Adam may, through Christ, overcome appetite, and through temperance in all things regain Eden.**”

The inhabitants of the Noachian world were destroyed, because they were corrupted through the indulgence of perverted appetite. Sodom and Gomorrah were destroyed through the gratification of unnatural appetite, which benumbed the intellect, and they could not discern the difference between the sacred claims of God and the clamor of appetite. The latter enslaved them, and they became so ferocious and bold in their detestable abominations, God would not tolerate them upon the earth. God ascribes the wickedness of Babylon to her gluttony and drunkenness.”

Pamphlets, The Health Reform and the Health Institute, December 10, 1871, p. 138.

3. The original diet chosen by the Creator

3. The original diet chosen by the Creator

In order to know what are the best foods, we must study **God's original plan for man's diet**. He who created man and **who understands his needs** appointed Adam his food. "Behold," He said, "I have given you every herb yielding seed, ... and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." [Genesis 1:29](#), Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field." [Genesis 3:18](#)

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.

The Ministry of Healing, p 295-296



4. The real reason of eating flesh after the flood

4. The real reason of eating flesh after the flood

“As Noah looked upon the powerful beasts of prey that came forth with him from the ark, he feared that his family, numbering only eight persons, would be destroyed by them. But the Lord sent an angel to His servant with the assuring message: “The fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered. Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.” Before this time God had given man no permission to eat animal food; He intended that the race should subsist wholly upon the productions of the earth; but now that every green thing had been destroyed, He allowed them to eat the flesh of the clean beasts that had been preserved in the ark.”

Patriarchs and Prophets, p. 107

4. The real reason of eating flesh after the flood

“God gave our first parents the food he designed that the race should eat. It was contrary to his plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man’s wants required. **God gave man no permission to eat animal food until after the flood.** Every thing had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthy article of food for man.

After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator, and to follow the inclinations of his own heart. And he permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years. There were a class of very large animals which perished at the flood. God knew that the strength of man would decrease, and these mammoth animals could not be controlled by feeble man.”

Spiritual Gifts, vol. 4a, p. 120-121.

5. Health benefits of a plant-based diet

5.1 It supports weight management

How does it support weight management?

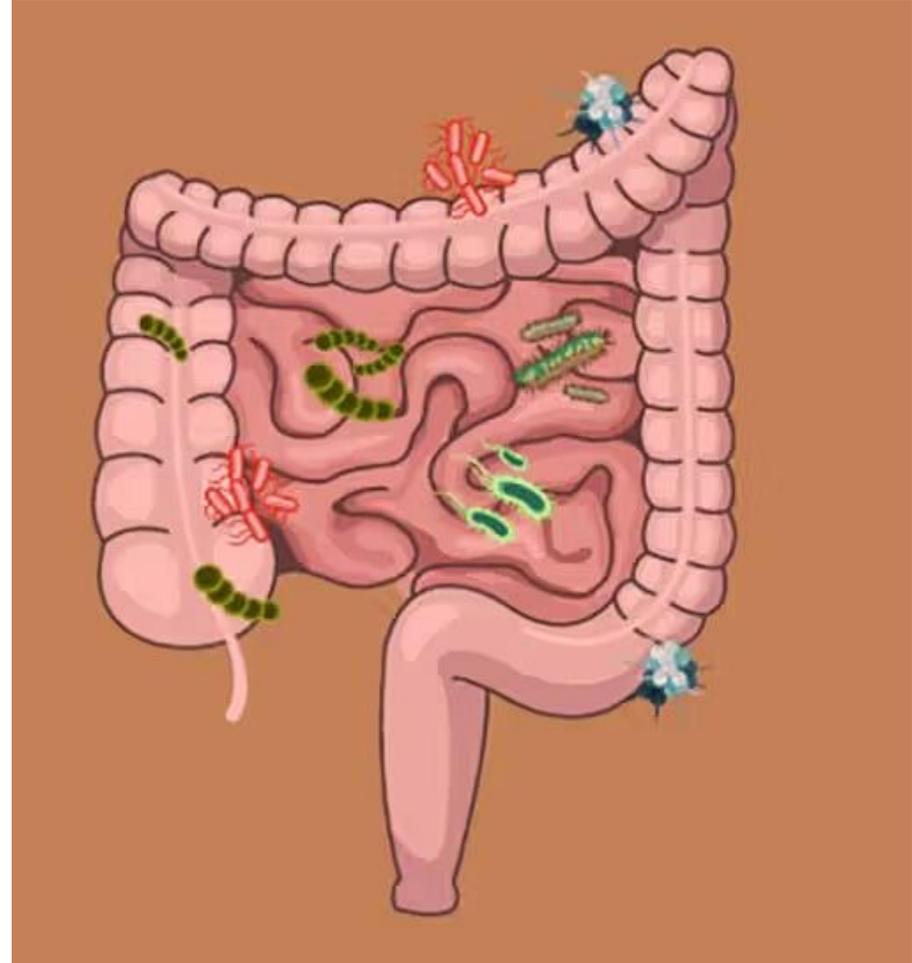
A full plate of vegan food generally has way less calories than a plate filled with meat for example. Also, a plate filled with vegetables contains way more fibres and carbohydrates which usually fills up the stomach much more and more soon than meat does. It also takes way less energy for the body to digest a plant based meal, hence why most vegans feel less tired after eating.



5.2 Beneficial for gut health

How is it beneficial for gut health?

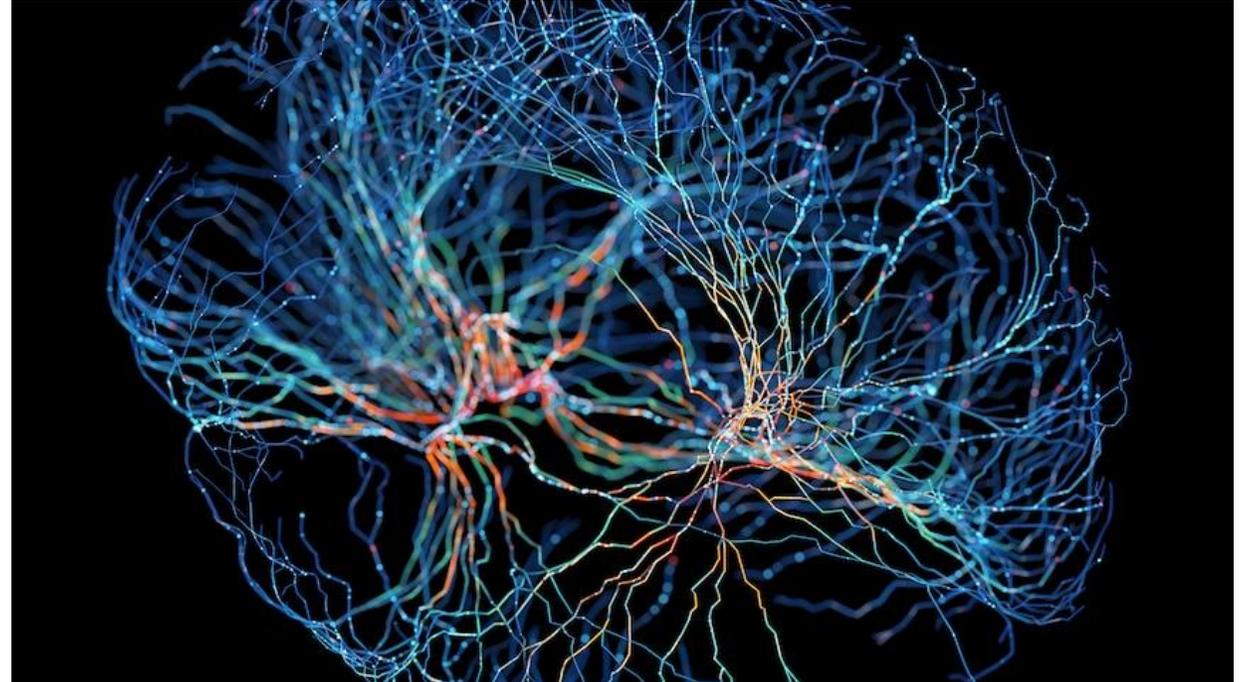
Studies show that by eating a varied plant-based diet we can make positive and rapid changes to our gut microbiome, encouraging the beneficial microbes to flourish and increasing the different types of microbes that live there. This is because by eating plenty of plant-based foods which supply different fibres, we feed our gut bacteria allowing them to flourish and increase in number. Our understanding of this important microbial community is advancing and we now know that it influences how we think, feel and how healthy we are.



5.3 Beneficial for the brains and the mind

How is it beneficial for the brains and the mind?

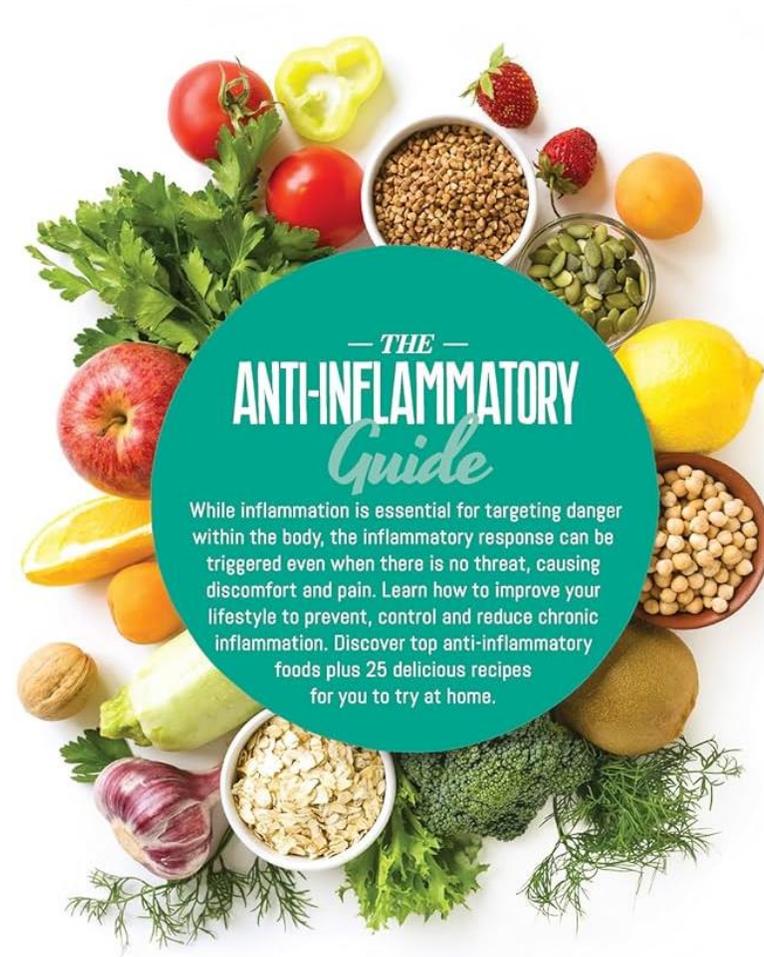
They say you are what you eat. That means you also think what you eat. The brain works with electric pulses. In order to have electricity you must have a battery. Batteries are filled with acid. The stomach is also filled with acid. If a battery is not working correctly, then the machine is not powered well enough. Such is the case with the brains. If you eat animal protein, your stomach acid will become cloudy and that means your mind and your thoughts will become cloudy.



5.4 It is anti-inflammatory

How is it anti-inflammatory?

Plant-based foods are anti-inflammatory whereas animal based foods are inflammatory. Inflammatory foods are one of the reasons you get joint, muscle and skeletal pains. People who have a Rheumatic disease, like different types of arthritis for example, can benefit very much from a plant-based diet, since rheumatic diseases are inflammations inside the body.



5.5 Supports healthy skin

How does it support healthy skin?

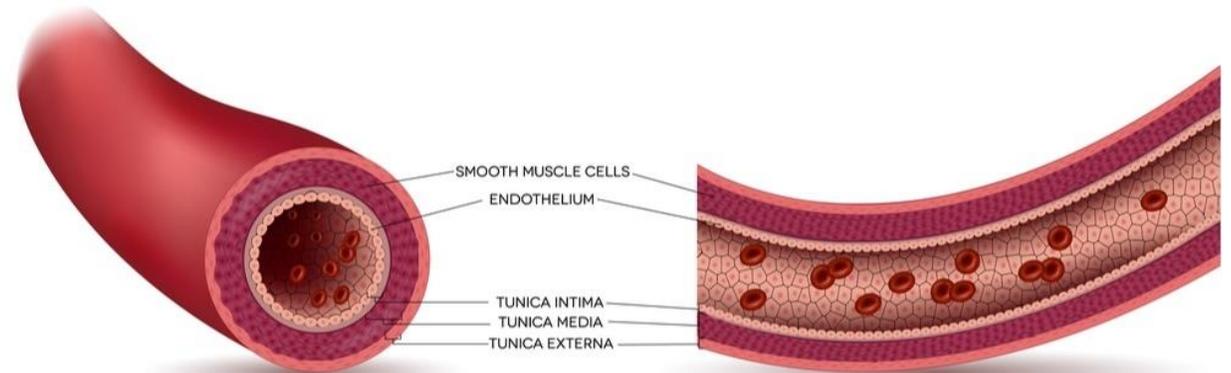
Read the book of Daniel 1 where Daniel and his fellow brothers get a more healthy skin in 10 days while eating a vegan diet. Plant-based food contain polyphenols and vitamin C and E which are very beneficial for skin health.



5.6 It lowers blood pressure

How does it lower blood pressure?

Plant-based foods cause the arteries to widen instead of making them more narrow. Animal based foods on the other hand cause the arteries to become more narrow. If your arteries get more narrow, then your heart has to work harder in order to let your blood circulate. This causes the blood pressure to rise. Many people take blood thinners while a natural approach, with a vegan diet, can do the same and more. Blood thinners dont actually widen the arteries. Red beets cause the arteries to open up the most.

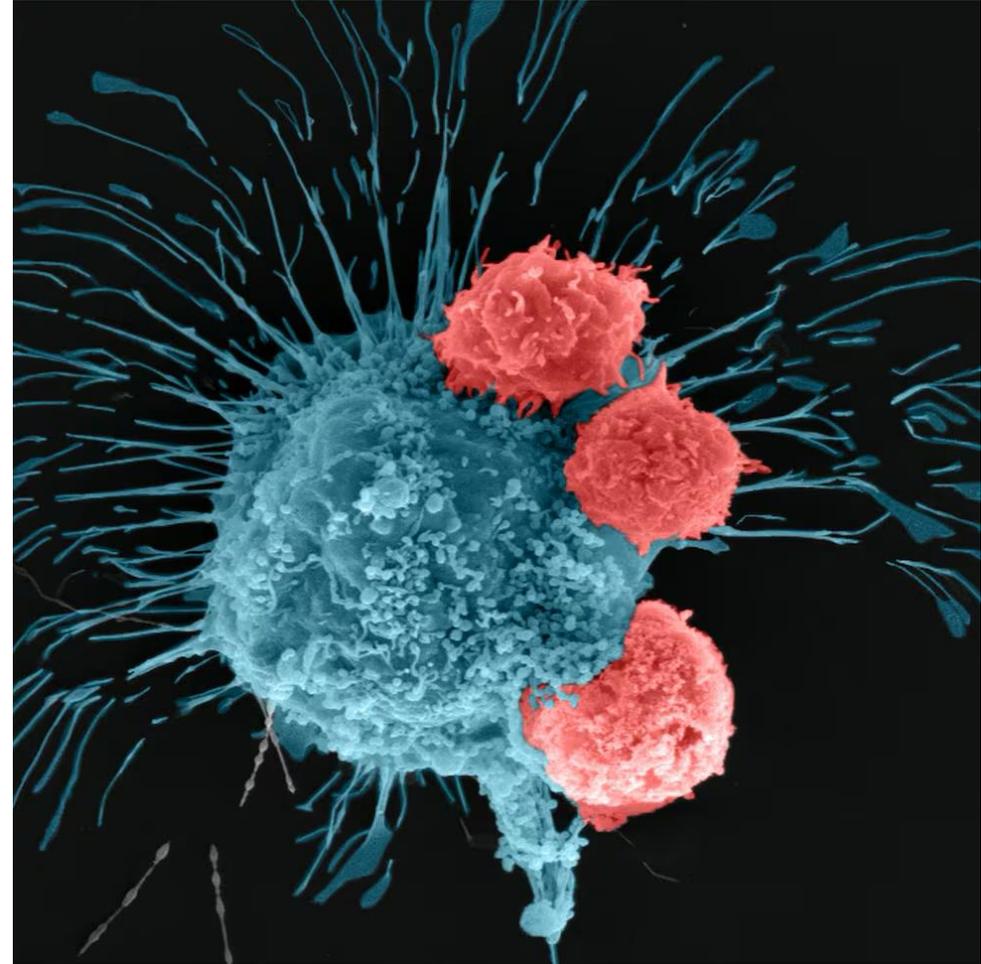


5.7 Reduces the risk on cancer

How does it reduce the risk on cancer?

Cancers cannot exist in an alkaline environment. Vegetables and fruits are PH neutral to alkaline on the acidic scale. Animal products are largely very acidic and dont come close to being PH neutral or even alkaline.

Cancers also feed on refined sugars. Fresh, plant-based foods don't contain refined sugar, as opposed to prossesed foods which contain a lot of refined sugars. Even jarred veggies contain sugar as a conservatory means these days, but not all jarred vegetables though. Fresh foods and frozen foods are the best choices.





“Feeding on flesh, the juices and fluids of what you eat pass into the circulation of your blood, and, as we are composed of what we eat, we become animalized; thus a feverish condition is created, because the animals are diseased, and by partaking of their flesh we plant the seeds of disease in our own tissue and blood. (..)” *Extracts from Unpublished Testimonies in Regard to Flesh Foods, p.8.1*

“Meat is not essential for health or strength, else the Lord made a mistake when He provided food for Adam and Eve before their fall. All the elements of nutrition are contained in the fruits, vegetables, and grains.” *The Review and Herald, May 8, 1883*

6. Basic principles of the health message

- **There is no one size fits all** (taste, gender, physical jobs, climate).
- **Food should be tasty, nutritious, healthful and inviting.**
- **Keep the food as natural as possible** (try to avoid unnatural additives and E-numbers for colours, preservatives, sweeteners, emulsifiers, stabilisers, thickeners and other types of additives).
- **Try to research** the shape and the colour of fruits, nuts and vegetables for health benefits (beetroot, carrots, kidneybeans, walnuts).
- **The other way around:** BIG (breakfast), SMALLER (lunch), SMALLEST (dinner) (at breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day).
- **Avoid an impoverished diet** (prepared without care, taste and variety or reference to the nourishment of the system).
- **Provide substitutes** (mushrooms, carobe).
- **Fruits and vegetables should not be eaten at the same time** (the use of both will often cause distress, and inability to put forth mental effort; take one after the other, fruit first).
- **Drinking is not needed with meals.** Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must be first absorbed.... (drink for example half an our before the meal and two hours after a meal).

- **Carefully consider your diet.** No overeating/ Indulgence of appetite. 80 percent rule.
- **Regularity in eating** is of vital importance. Eat every meal at specified times. The stomach must have careful attention. It must not be kept in continual operation. The stomach needs time to rest from the labor of digesting the preceding meal. The health message rule = 2 or 3 meals and five hours (at least) between every meal.
- **Try to avoid late suppers** / eating just before sleeping hours (between your last meal and sleeping should be three hours). It can disturb your sleep. A general rule is not to eat after 8 p.m.
- **Whole wheat grains** better than commercial flours. Fine-flour bread is lacking in nutritive elements to be found in bread made from whole wheat. It is a frequent cause of constipation and other unhealthful conditions.
- **Try to avoid (white/refined) sugars.** Sugar causes fermentation, and this clouds the brain and clogs the system. It hinders the working of the living machine.
- **Health is more than proper diet.** Pure air, sunlight, rest, exercise, the use of water, trust in Divine power – these are the true remedies.

FASTING

“For certain things, fasting and prayer are recommended and appropriate. In the hand of God they are means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God.” *Letter 73, 1896*

STAGES OF FASTING

1. **12 HOURS:** Change in metabolic pathway from glucose burning to fat burning.
2. **18 HOURS:** Higher ketone levels signal the body to ramp up stress busting pathways to reduce inflammation and repair DNA damage.
3. **24 HOURS:** Autophagy starts; cells start recycling protein waste stored inside each cell.
4. **36 HOURS:** Autophagy body begins to recycle damaged cells like senescent cells and misfolded proteins.
5. **48 HOURS:** Growth hormones reach the highest level (almost five times) the pre fasting levels.
6. **54 HOURS:** Insulin levels drop to the lowest point. The body becomes more insulin sensitive.
7. **72 HOURS:** Breakdown of old immune cells and generation of new ones. Builds cancer immunity.
8. **RE-FEEDING:** This stage is very important as food should be introduced slowly.

Autophagy

7. Final words

7. Final words

“Christ fought the battle upon **the point of appetite, and came off **victorious**; and **we also can conquer through strength derived from him**. Who will enter in through the gates into the city?— Not those who declare that they cannot break the force of appetite. Christ has resisted the power of him who would hold us in bondage; though weakened by his long fast of forty days, He withstood temptation, and proved by this act that our cases are not hopeless. I know that we cannot obtain the victory alone; and how thankful we should be that **we have a living Saviour, who is ready and willing to aid us!**” Christian temperance and Bible Hygiene 19.2**