

Health for You!

6. Guidance or Gurus

How God's Guidance Differs from Today's Vegan Movement

On the surface it can seem that the 'New Age' Vegan movement, arising in the last few years, is very similar to the health message that was given through the Lord's Messenger, Ellen White in the 1800s. Both have expressed that the whole food plant based diet is the best, that exercise, fresh air, and pure water are vital for optimal health and well-being. Both have spoken for compassion for animals, respect for life, and the proper cultivation and care of the land we dwell on. Both have shown the link between the use of animal products and disease. Both have said that obedience to natural law can prevent and heal disease.

However the motive and philosophy of the 'New Age' movement is very different, and indeed almost opposite, from what the Bible and the Spirit of Prophecy teach. We will look at a few of these contrasts, and we will also see how we can use the guidance of God in the Spirit of Prophecy writings to help us sift out error from the confusion of ideas being presented in the health movements of today. For most of them, you only have to scratch the surface a little to find modern spiritualism. We will speak more on this later. Please remember, we are not judging individuals here, we are measuring theories and philosophies by the plummet of inspired writings in the Bible and the Spirit of Prophecy.

Historic Parallel

Back in the late 1800s there was a mighty movement in America called the 'Women's Christian Temperance Union'. Regarding this movement that sought to combat the destructive influence of alcohol on families and society, the counsel from God's messenger was as follows.

"We need at this time to show a decided interest in the workers of the Woman's Christian Temperance Union. None who claim to have a part in the work of God, should lose interest in the grand object of this organization in temperance lines. It would be a good thing if at our camp-meetings we should invite the members of the W. C. T. U. to take part in our exercises. This would help them to become acquainted with the reasons of our faith, and open the way for us to unite with them in the temperance work. If we will do this, we shall come to see that the temperance question means more than many of us have supposed.

"In some matters, the workers of the W. C. T. U. are far in advance of our leaders. The Lord has in that organization precious souls, who can be a great help to us in our efforts to advance the temperance movement. And the education our people have had in Bible truth and in a knowledge of the requirements of the law of Jehovah, will enable our sisters to impart to these noble temperance advocates that which will be for their spiritual welfare. Thus a union and sympathy will be created where in the past there has sometimes existed prejudice and misunderstanding. I have been surprised as I have seen the indifference of some of our leaders to this organization. We cannot do a better work than to unite, so far as we can do so without compromise, with the W. C. T. U. workers." Gospel Workers 384.

Notice the instruction was that the cause was a just one, and that Advent Believers were far behind in the work on temperance as compared to some in this movement. We were told that we were to join in

the efforts in all ways that did not compromise truth. By working with and for them much could be accomplished and many could be brought to see Bible truth.

The Go Vegan—Save the Planet Movement

Now we see in the world today, a vast movement for the promotion of a healthy, whole-food, plant-based diet as an answer to the many problems facing the nation and world caused by skyrocketing disease and health care costs. The vast factory farming of animals and the horrible cruelty and pollution involved; deforestation and chemical agribusiness are also factors that need to be dealt with. By citing clear science and research to back their claims, some of these crusaders are showing that, what Advent believers were told a hundred and fifty years or so ago, is actually and certifiably true, and will provide a healthy, sustainable life for all who will whole-heartedly embrace these principles. This is the Whole-Food Plant-Based dietary revolution; known as the Vegan, or vegetarian movement.

Truly, at a time when (I blush with shame to say it) some professing Adventists have discarded the 'Hygienic Healing Guidance', even to the point of flesh foods being served at pot-lucks in some churches, and even pork and alcoholic wine being indulged in by some professing Adventists; here we see a movement rising that holds up the banner for health reform that Adventism has too frequently cast aside as undesirable; truly the rocks are crying out! It may be helpful if those who still claim to promote 'Health Reform' would selectively gather some of the valuable insight that is to be found in this present day movement and bring new life into their teachings. I have been saddened at times to see what nonsense some self-styled 'health-reformers', even MMs present, and how they frequently promote practices that are not sustained by science or the Spirit of Prophecy Guidance.

That being said, I do want to warn that, sad to say, there is a lot of Satan's sneaky spiritualism mixed in with this modern vegan movement; Hinduism's yoga, transcendental meditation, and the ideas of immortality of the soul, evolution and reincarnation. The whole poison of the so-called 'Age of Aquarius' permeates it to a greater or lesser degree; sometimes even with the doctors and scientists who are leading out in the otherwise worthy work. The emphasis on 'unity' and 'love' is a subtle deception that belies the true results of embracing these spiritualistic errors, which actually lead to great evil and not at all to what they claim or think is the outcome of them. Truly it is to be said of many of these 'gurus' that they "wax worse and worse, deceiving, and being deceived." 2 Timothy 3:13. We shall look a bit deeper into their teachings.

Sheep without a Shepherd

The statement was made by Jesus when He was ministering to the people: "But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd." Matthew 9:36.

As I have listened to interviews with some of these New Age folk who are looked to as 'masters' and leaders in health and healing practices, I have felt saddened by the fact that they have no solid guidance to measure experience by. I have heard some make the statement that after years of searching they have been unable to come to solid conclusions. Like Pilate of old, they ask 'What is Truth?' and then walk away from the only place they could actually get the answer; as the Bible says, they are: "Ever learning, and never able to come to the knowledge of the truth." 2 Timothy 3:7.

It seems most of them have looked everywhere but in one direction, the inspired Word of God. They feel that there are many 'sacred writings' in the world, and they just lump the Bible in with the others.

But did you know that there are a few features that totally separate the Bible from all other so-called 'Sacred Writings'? It is outside the scope of this lesson to delve too deeply into this subject, but the fact is that *only* the Holy Bible actually claims to be the Word of the Living God! *Only* the Bible claims to have been written by the guidance of the Creator of heaven and earth Himself. And only the Bible carries within it the actual proof of its Divine origin. A document making such amazing claims deserves to be thoroughly investigated by any honest mind!

First off, the God of the Bible claims to be the Creator of all things: "I have made the earth, and created man upon it: I, even my hands, have stretched out the heavens, and all their host have I commanded." Isaiah 45:12

What does God Himself say is what separates Him and His Word from all other claimants? It is His inerrant word of Prophecy! Here is His challenge to all those who claim to be gods:

"Let them bring them forth, and shew us what shall happen: let them shew the former things, what they be, that we may consider them, and know the latter end of them; or declare us things for to come. Shew the things that are to come hereafter, that we may know that ye are gods: yea, do good, or do evil, that we may be dismayed, and behold it together." Isaiah 41:22, 23.

Here again: "I am the LORD: that is my name: and my glory will I not give to another, neither my praise to graven images. 9 Behold, the former things are come to pass, and new things do I declare: before they spring forth I tell you of them." Isaiah 42:8, 9.

And in the New Testament Jesus declared: "And now I have told you before it come to pass, that, when it is come to pass, ye might believe." John 14:29

Only the Bible contains the prophetic proof that it is the Word of God Himself! No human mind could have forged the words that describe happenings thousands of years before their time! This is why I choose to weigh all other theories and ideas by the authoritative bottom line of the Living Word, and the gift of the Spirit of Prophecy. By doing this I have found what so many admit they have searched for in vain—truth that does not constantly shift and change, but makes a solid platform for the feet. Through His Word, we can actually get to know our Creator and find out that He is also our Redeemer, and that knowledge brings real joy into the life.

Let's explore some of these pitfalls in which so many grope in darkness. "When a man who is honestly mistaken hears the truth, he will either quit being mistaken or cease to be honest!" Author Unknown.

The Evolution Error

It is truly mind-boggling the prevalence of the belief in evolution taught by almost all New-Age diet-lifestyle gurus. In a day and age when evolutionary scientists often come out and admit that the theory does not have any solid proof, and where most of the formerly pushed 'demonstrations' of evolution have either been shown to be mistaken, or out and out deceptions and hoaxes; these people speak of it as if there were no questioning its truthfulness.

If Darwin's ideas had not been heard of in the past, and he were to get up in front of a gathering of scientists today and present to them now, in the same way as he did back in the 1800s, he would be

laughed right off the rostrum. The discovery of DNA and the amazing complexity of the living cell, have put the skids to the ideas of 'natural selection' creating entirely new species, and everything evolving from some 'simple cell'. Indeed there are no living cells that could honestly be called 'simple'. This false belief in the theory of Evolution has made a great barrier to real scientific understanding both in diet, lifestyle, medicine and also most certainly, morality, in the last 200 years!

There are mountains of diet books, written by people who have made their fortune teaching diets based on the false idea of the evolution of man over thousands or even millions of years. They claim that the really fictional, cave-man scenario of man living almost entirely on flesh, is what we are to look to, for the truly healthy diet of humans. Now if man came from thousands of generations of flesh eating carnivores and aggressive hunters, why would he have 'evolved' teeth and jaws and a digestive system that is *only* adapted to eating fruits, tender plants, seeds, grains and nuts, and has no resemblance to that of the true carnivorous animals such as wolves and lions? Why would he have hands and fingers suitable for picking fruit instead of curved and powerful claws for grasping prey?

Some of these diets would be laughable if it were not for their popularity and that so many are being deceived thereby, and going on to develop the diseases that kill or disable multitudes. People 'eat up' any theory that would seem to give them an excuse to eat the way their lusts and appetites tend to go; and so these false prophets of the dinner plate are able to attract great followings and make much money, selling their actually harmful advice.

The Paleo Diet, in all its variations, puts the emphasis on flesh eating, and even encourages the eating of almost anything that moves or crawls, with the guts, organs and the brains as well. Even many ardent meat eaters would find that idea repulsive.

All of the 'Low-Carb' diets like the Atkins', the Zone and so on, emphasize very highly animal flesh and animal products, while condemning the use of grains and starchy vegetables. These ideas have been demonstrated to be harmful over and over in studies and research these days. These studies correlate high animal product use with the killer diseases, and an unrefined starch and whole plant based diet with health and longevity.

Getting back to our topic of the errors of evolution; I find it very sad when I hear people who advocate a very sensible Plant Strong Diet and many valuable health practices, and yet still can be heard putting forth the idea of hundreds of thousands and millions of years of evolution. The interesting fact is, that even the recent researchers of so-called 'primitive man', who believe in evolution, are proving that far from being principally flesh eaters, humans in history's most successful cultures have always been primarily plant and starchy grain eaters!

Of course, the Bible makes clear the best diet for humans in the 1st and 3rd chapters of Genesis and the 1st chapter of Daniel. There are even some plant based, diet gurus who cite these biblical examples, but I have felt sad that even when using them in a positive way to back what they are teaching, I have yet to hear any of these 'gurus' quote the Bible accounts accurately! One wonders why people, who do so much other research, do not take the time to consult the source and read for themselves what God's Word is actually saying.

Also, you may have noticed, if you listen to anyone talking about evolutionary processes, whether in animals, humans or plants, they will always be referring to some kind of 'entity' which they, directly or indirectly, ascribe to being in charge of the way things are. They usually call it 'Nature', 'Mother

Nature', 'Mother Earth', or the Universe; something like that, and as you listen to them you see that this 'something' is endowed with some kind of power, mind, control and a master plan. And yet, they refuse to accept the simple concept that "In the Beginning God created." Genesis 1:1.

As I said earlier, the claim of the Vegan 'New-Age' movement is to unite all living things in a spirit of respect, love and unity; however the theory of evolution precludes this ever happening. Genuine respect and love is actually the very opposite of evolution's creed 'the survival of the fittest' concept that resulted in the horrible blood-bath of the Third Reich in the Second World War. In fact it has been the catalyst in all modern warfare! The idea that only the 'fittest' deserve to survive, and that progress is only seen when one species dominates and destroys a lesser species, can in no way be made to illustrate 'love, respect, and unity'. True morality is a meaningless concept, to any who believe we are only evolved animals, and got here through chance and the dominance and destruction of lesser life-forms.

It is only the true Christian believer who accepts that God Created all; therefore God owns all; therefore God's authority is ultimate over all; who can practice these virtues for real. When associating with 'New-Age' folk in the past, I was appalled to see how quickly they could change from a 'loving brotherhood' to rejection and persecution, when once they come in contact with a true, fundamental Bible teaching Christian! Satan has the power to make his followers 'good' when it suits his purpose, just as easy as he can make them 'bad'. Hitler's movement, which led to the bloodbath and holocaust, began as a back-to-nature brotherhood, primarily among the youth!

Most evolutionist believers think that either everything has a kind of immortal spark of life in it, or mankind somehow, recently developed this in his evolutionary progression, so that brings us to our next important consideration:

Reincarnation

Did you know that the belief in reincarnation, and/or immortality of the 'soul', and evolution go hand in hand? Yes, unless a person just never allows his or herself to think of what lies beyond death, the idea of evolution without reincarnation, or some kind of 'immortal soul', is absolutely unbearable to the human mind. Evolution in its bareness would tell you that life is just some kind of cosmic accident, and the individual life is virtually meaningless, you are only of any value to 'nature' to reproduce your kind; beyond that you have no purpose or value, and might as well be dead. When you do die, there is nothing beyond, just eternal oblivion.

So the idea of eternal progression through reincarnation, or some other form of 'ladder of ascendancy of the soul' came into being with the first Pagan worshippers, who developed their ideas from the theories of the first murderer, Cain. His religion declared that you don't need a Saviour; you can save yourself by your own great and good works. And if one life-time is not enough to do it, you can come back in another form and try again until you get it right. All religions, except true Bible-based Christianity, are various forms of salvation by works.

From this, the notion easily follows for believing that our lives are controlled by what we were, and did, in the last lifetime; the idea of building up 'good Karma' and lessening 'bad Karma' so that the 'universal forces' (not God mind you, never do they allow for a personal God) will smile on you and bless you with some reward in this life or one to come.

I heard the declaration recently from someone who believed there is absolutely no such thing as freedom of choice, that each and every decision you will ever make is already laid down immovable, and whatever you do is only what was laid out by some force, and you cannot change it. What a slavish idea that is? And yet, if you think for a moment, you can see how it alleviates any accountability for our actions; we do what we do because it is planned that way and we cannot help it.

Briefly, I want to point out, that each and every religious idea that deviates from what the Bible actually teaches, all have to do with some plan to get rid of the concept of a personal God, and our accountability to Him. It seeks to give an excuse for sin, so that man can follow his selfish and wicked ways, and feel alright about it anyway. The Bible says the 'wages of sin is death', but reincarnation and immortality of the soul say that the wages of sin is a learning process that lifts us higher on the ladder of spiritual evolution.

Pagan Spiritualism Today

Modern Spiritualism had its origin in Hydesville, near Rochester, N. Y., in 1847, but as the first public demonstrations were given in Rochester, the occurrence soon took the name of "the Rochester Knockings." Later the general name of Spiritualism was applied to this, and all other manifestations which were supposed to emanate from the spirits of the dead. It was very interesting that this phenomenon came into the public attention at the very time in the 1840s, when Seventh-day Adventism was being raised up by God. Clearly the powers of darkness were running interference, to prevent people's attention from settling on the light of Sabbath reform and other Bible truths, including the non-immortality of man. It is also a fact that more than one false prophet arose in the very times when the Spirit of Prophecy Guidance was being restored to a people that once again were founding their faith entirely on Bible truth.

A little later, when God began to share what we know as the 'Health Message' through Sister White, there arose other movements, led by women who claimed to be prophets, and put forth ideas on health and healing, that were entirely contrary to Bible teachings. It is the way of the powers of darkness to try to obscure God's truth by imitation, counterfeit and confusion.

Of the spiritualist rapping Ellen White wrote in 1850: "It was his (Satan's) work that he accomplished in different ways and the nominal churches and world were so covered up in gross darkness that they thought and held forth that it was the power of God. Said the angel, Should not a people seek unto their God for the living to the dead? Should the living go to the dead for knowledge? For the dead know not anything. For the living God, do ye go to dead? They have departed from the living God to converse with the dead who know not anything."

You will find that the idea of the dead living on and spirits communicating with the living is at the very core of the modern 'New Age' movement. Even those with some fairly good ideas on diet and health, can be heard to speak of the spirits of relatives, or 'departed masters' who have helped them in their learning. The fact that almost all of Protestantism, and certainly all of Catholicism, embrace this pagan error leaves them wide open to being deceived by the powers of darkness, who delight in pretending to be spirits of the dead, or 'ascended masters' or all kinds of disguises. The evil angels have open access to people's attention through this pathway, while the majority of folk have no concrete idea what the Bible actually says on this, and other subjects.

Notice Sister White's now fulfilled prediction as she continues: "I saw it would soon be considered blasphemy to speak against the rapping and it would spread more and more, and Satan's power would increase and some of his devoted followers would have power to work miracles, and to bring fire from heaven and they would claim to accomplish all the miracles that Jesus did when He was upon earth, by the power of spiritualism and mesmerism. I saw that time was soon to come in the future we should have to keep hold of the strong arm of Jehovah, for I saw all these great signs and mighty wonders of the devil were to deceive God's people and to overthrow them, and our minds must be stayed upon God, and we must not fear the wicked, but be bold and valiant for the truth."

This is certainly true today. Just recently I listened to a health presentation by a lady who is honest in her endeavors to bring natural healing into the treatment of diseases like cancer, and other fatal and crippling disorders. She cited false manuscripts, claiming to have been written by 'Jesus' before His public ministry. These claimed that Jesus learned all His healing arts from the Essenes, and wrote about therapies and techniques similar to some used today in the natural healing movement. I have also heard ones who claim that all the powers that Jesus used in His healing work, He had learned through spending time in monasteries in ancient Tibet.

Anyone truly being knowledgeable of what the Bible really does say would know that such things are impossible. Jesus never taught any of these techniques to either His disciples or the public. If He had written such documents, would He not have presented them to His disciples as a precious heritage? The whole idea is foolish to anyone with even a minute biblical understanding. So where did Jesus get His healing power? He says clearly the answer to this:

"Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works." John 14:10

"And if I by Beelzebub cast out devils, by whom do your sons cast them out? therefore shall they be your judges. But if I with the finger of God cast out devils, no doubt the kingdom of God is come upon you." Luke 11:19, 20.

If He had learned His teachings and healing abilities from Buddhists in Tibet—how come there is not any agreement between the Bible and that religion's teachings, and how come Jesus said:

"All that ever came before me are thieves and robbers:" John 10:8

If He had learned some kind of therapies or tricks from these spiritualist sources, then Jesus was a liar and would certainly have been disclosed as such, when the Jews had Him on trial and searched every possible source to accuse and condemn Him.

So the fact that almost all of the people in this health movement accept the concept that the dead are helping them, and their spirits are able to teach and guide the living, is a danger we must be fully aware of when reading or studying their teachings, or following programs outlined by them. I would not cite as safe teachers any who openly declare their connection to the spirit world in any form. The danger of subtle deception is too great.

Necromancy, the supposed science of communicating with the dead, is absolutely forbidden by God! There are some who, as a part of their 'healing' enterprises, claim to channel the spirits of the departed loved-ones of bereaved persons to relieve their grief. The Bible says that "a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer, any that do these things, are an

abomination unto the LORD! (Deuteronomy 18:10-12) I would advise that these people's teachings not even be investigated at all; because God does not want His people to study lies or a mixture of truth and lies.

Some may inquire, "Why is God so mean as this? Why does He forbid us to take part in some of these things that seem to be helping people?" The reason is that He knows it is all a lie; He knows that it is a snare of Satan to bring people into a position where he can control and manipulate their lives to their ruin. God has told us ; "The Dead know not anything" (Ecclesiastes 9:5) and He does not want His children cheated and deceived by lying devils.

I cannot urge enough, that the health guidance legacy that we have from Ellen White, be used as a measuring rod on all theories. Remember, we do not measure the council of God by the findings of so-called medical science; but instead, be sure to measure all these things by the Spirit of Prophecy.

The Meditation Snare

The greatest avenue of Satan's access to the modern human mind, next to masquerading as the spirits of the dead, must surely be the concepts of Eastern Meditation in its various forms. These things are accepted and promoted, just as a matter of fact, by both New Age Gurus and even medical doctors in the movement, as a modality of indisputable benefit, a given. But are they a given? No way! Again look to the oracles of God in the Bible and Spirit of Prophecy, and you will not find any place promoting the concept of sitting in a lotus position and emptying your mind, taught or practiced by patriarchs, prophets or apostles. Contrary to the claim that this is a 'Christian' practice, it is instead purely pagan, and linked with witchcraft and all its kindred teachings.

The rites of Zen, Buddhism, Hinduism, Tai Chi, Chi Kung, Martial Arts and Yoga, are in no way in harmony with Bible truth! On the contrary, they are practices that allow the dark spirits unlimited influence and access to the minds and lives of those who practice them. Most of those who do these things, believe that they are accessing their own inner resources, or else some collective 'cosmic mind'. Sadly, they are greatly deceived as to the source of the flashes of insight that sometimes come to them. These often are actually thoughts planted by spirits, whose aim is deception, and the destruction of human lives and happiness. To carry out these rituals is like putting an 'Open House' sign on your brain, and inviting every passing malignant spirit to come in and party.

Christian meditation in contrast, is the reading, study, and contemplation of the inspired writings of the Bible and God's messenger, with prayer for the enlightenment of the Holy Spirit to guide in understanding the ways of God, and power for putting them into practice in our lives. Truly it is a sad story to relate, that even those who consider themselves the 'very elect', are too often found practicing, promoting and teaching these pagan, spiritualistic ideas in the name of 'health', sometimes in the very churches that ought to be sounding the warning against them. Do you think that all these things could have got the hold on modern society that they have usurped, if God's people would have held up the torch of Bible truth, and showed clearly the deceptions, while standing solidly against them?

Playing Down the Bible and Christianity

We are well aware that most folk in these spiritualistic practices are *not aware* of what God's Word declares in regards to them. They have the idea that Christianity is just another form of worship,

relatively recently 'evolved', and they have never learned of the Great Controversy between the loving Creator God and the rebellious, fallen angels and their cruel leader.

Most have also been told the lie that the Bible is unreliable and obsolete. The *fact is* no skeptic has ever been able to prove the Bible wrong; absolutely none! Far from being outdated, or refuted, it is a Living Book, and still stands inviolate as a tower of strength in a crumbling world! In the last decade or so, amazing light from the prophecies has been unfolding for our day. It is giving those who study into it a perfect description of what is taking place now and in the near future, as this world's history shudders towards a climax.

Nature Worship

Many of the ideas of New-Age healing, center in Pagan, Nature worship concepts. The Bible makes it clear that all nature worship is a form of idolatry, and urges those involved to worship the Creator God, who loves them, instead of the created things of nature. (see Romans 1:20-32) However, it is the true Christian who values the things of nature most; as he knows they were made by the loving Creator he worships, to brighten our lives here on earth.

I have been saddened at times, when I have heard or read folk who declare themselves knowledgeable about health, either quoting the Bible in a very distorted and inaccurate way, or else criticizing it for saying certain things which it never, ever says. It really is a matter of faith in God's Word. Many folk claim to be Christian, or to embrace Christian concepts, and yet the notion that God created us, and therefore knows best what we need to be in health, never seems to dawn on them. They would deny any such idea if it were presented to them.

Fine Tuning with God's Guidance

Dr. John Harvey Kellogg was a world-famous physician at the turn of the 20th century in USA. He always seemed to be on top of the game, and when medical fads came along, he either accepted them right away, or rejected them. He was never seen to get on board with something that later proved wrong; also he would be well ahead on the cutting edge of things, that later were found to be right on. One time someone asked him why this was so and how come he never seemed to fall into any of the common medical pitfalls of the day, or to fail to be on top of actual advances.

He responded with a very interesting piece of information; he explained that in 1863 a young lady named Ellen White was given an amazing vision of information on health, diet and lifestyle. This insight was on-going, until it provided the Seventh-day Adventist people with complete literature on the subject. He said that when any new thing came along, he always checked it out against this data-base of information, if it was in harmony, he embraced it, if not he ignored it. He had never been disappointed.

As you read her instruction it truly parallels what honest, modern researchers are confirming in recent studies regarding the benefits of Vegetarian and Vegan lifestyles. Here are a couple of quotes:

"The testimony of examiners is that very few animals are free from disease, and that the practice of eating largely of meat is contracting diseases of all kinds, cancers, tumors, scrofula, tuberculosis, and numbers of other like affections." Counsels on Diet and foods: 1897, 388.

"The liability to take disease is increased tenfold by meat eating." 1868, Testimonies to the church: Vol. 2, page 64

“The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable.” Counsels on Diet and Foods: 365.

She also warned against tobacco use, at a time when doctors were prescribing it for treatment of lung disorders! She taught to avoid fats, alcohol, tea and coffee, excess sugar or salt; and the poisonous drugs in use at that time. [They are more poisonous now!]

She encouraged the use of fresh fruit and vegetables along with whole grains and other whole plant foods. She taught an ‘8 laws of health’ plan, that included; vegetarian diet; adequate water inside and out; exercise; fresh air; sunshine; temperance; adequate rest; and trust in Divine power.

If we use this guidance like Kellogg did, we can know when some claim of marketing boards or media is not accurate. So when I now see studies that say drinking coffee is good for you, I don’t run out and buy a coffee pot! I know that any ‘benefits’ of this beverage, are more than offset by the negative effects.

What about those who claim that Ellen White’s Health information came only from reading journals put out by doctors of that time, who were into natural healing, and it did not come from visions from God? Well, this is wrong on many counts; one being that the visions came in front of audiences that observed the supernatural occurrences, including the fact she would not be breathing at all during them, and some lasted for hours. They even wrote at times legal affidavits to confirm they had witnessed this. Also, she made it a point *not* to read what had been written by others, until she had written out what God had shown her. Another fact is, on many significant points, she differed widely from what was being taught by the natural healing practitioners arising in those times.

Of course, some claim that it was all lies, and she lied, and the people lied, the affidavits lied, and on and on, yes, it is a matter of faith in the clear evidence presented; but one is always able to find a hook to hang doubts on; even Jesus was called Beelzebub by people who did not want to accept what He taught.

Hygienic Healing Guidance and methods Adventists were given so long ago, provide a gold-mine of knowledge, which, if it had been fully practiced, would have made them the marvel of the world today. But although false ways are lauded to the heights, and the true Spirit of Prophecy seems ‘hidden amongst the stuff’, we *do* still have access to it and with prayer for God’s assistance, we can use this treasure to lighten our pathway to a truly workable and sustainable healing and healthful living plan.

Some Distinctive Insights Differing from Today’s Vegan Movement: Here are some specific concepts not commonly taught by today’s online diet gurus:

Not using Sweet Fruits with a heavy, cooked, Vegetable Meal:

The common practice in serving what is thought a ‘healthy meal’ is to serve a dish of fruit as a desert. This creates fermentation in the stomach, because the fruits take much less time to digest, but they are held back by the heavier foods eaten at the meal. If fruit is to be eaten, it should be eaten first, a little before the heavier foods, this is much less troublesome to the stomach; but the better way is to have fruits at one meal and vegetables at another. It is not necessary to follow the strict botanical definition of ‘fruit’, it is the ‘fruit-bowl’ definition we need here. Also lemon and lime juice can be added to salads and sprinkled on vegetables without a problem, and raw leafy greens seem to mix well with certain fruits.

Avoiding irritating Spices:

Anything that is 'hot when it is cold', is best left out of our food and our stomachs. Although it is true that some of the spices, like ginger and cayenne, do have medicinal uses, it does not mean they should be every-day fare.

Avoiding Vinegar and Spicy Condiments:

Vinegar, and condiments containing it, mixed with spices, irritates the stomach and liver, while the acidic quality of vinegar interferes with the digestion of starches. It is better to stick to simple non-irritating herbs and use lemon or lime juice instead of vinegar.

Eating no more than Three times a Day and not between meals:

"Three meals a day and nothing between meals, not even an apple, should be the utmost limit of indulgence. Those who go further violate nature's laws and will suffer the penalty." Counsels on Diet and Foods: 182.

The Two Meal Plan:

Two meals a day, one in the early morning, and one just after noon, is a plan advocated by Inspired Guidance, especially for people who primarily work with their brains rather than their brawn.

"Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supper-time; but this meal should be very light. Let no one think himself a criterion for all, that every one must do exactly as he does." Christian Temperance and Bible Hygiene 58.

Not Drinking with Meals: Importance of Drinking before Meals:

"Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate 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 first be absorbed." Counsels on Diet and Foods: 106.

Salt is not to be Eliminated:

Remember, it was unrefined salt that was used back then; refined salt is not as good. "Food should be prepared in such a way that it will be appetizing as well as nourishing. It should not be robbed of that which the system needs. I use some salt, and always have, because salt, instead of being deleterious, is actually essential for the blood." Counsels on Diet and Foods: 344.

Here are more insightful items:

- Not to use Baking Powder or Soda in cooking
- Mixtures of milk and sugar particularly hurtful
- "Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place."
- Indulging in rich and spicy foods makes it harder to live a Spiritual Life.

- Properly cooked, Whole Grains are indeed good for the health. Grains require several hours cooking.
- Eating a hearty Breakfast, rather than a heavy evening meal
- The use of much sweet, sugary food affects the brain, and emotional stability.
- Fats and Oils added to food interfere with its wholesomeness
- Nuts are good if used in moderation.
- Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.

Insights that Science confirms; that we were told a Century ago:

- Cancer, Heart Disease, and TB show a correlation to the use of Animal Products
- Disease in Animals was going to Increase
- Most Chronic diseases have their roots in the use of animal flesh and products
- Disease in an animal can spread to humans who eat that animal.
- It is very important that dairy product or eggs, if used at all, be obtained from healthy animals
- Many Cancers are caused by 'germs' (viruses).
- Smoking is harmful to heart and lungs.
- The Mother's physical and mental condition in Pregnancy affects the constitution of the Child.
- The early training of a child affects its whole life.

For those searching for the answer to the Puzzle of Health and Healing, I truly urge that the legacy of writings we have on these subjects, be deeply studied and put into practice. No healing or dietary plan that is not in agreement with these guidelines should be adopted. Certainly there may be therapies which have value, which are not actually mentioned in these writings, but the principles behind them should be scrutinized under the Lord's magnifying glass, and wise and discerning choices be made.

A Few Thought-provoking Quotes

"It is impossible for those who give the reins to appetite to attain to Christian perfection. The moral sensibilities of your children cannot be easily aroused, unless you are careful in the selection of their food. Many a mother sets a table that is a snare to her family. Flesh-meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious. Fine-flour bread does not impart to the system the nourishment that is to be found in unbolted wheat bread. Its common use will not keep the system in the best condition. Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. The mother should study to set a simple yet nutritious diet before her family." Christian Temperance and Bible Hygiene 46.

"God has furnished man with abundant means for the gratification of an un-perverted appetite. He has spread before him the products of the earth, a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of

endurance and a vigor of intellect that are not produced by a stimulating diet.” [Note: we can use nut cream these days.]

“Those who use flesh-meats freely, do not always have an unclouded brain and an active intellect, because the use of the flesh of animals tends to cause a grossness of body, and to benumb the finer sensibilities of the mind. The liability to disease is increased by flesh-eating. We do not hesitate to say that meat is not essential to the maintenance of health and strength.”

“Those who subsist largely upon meat, cannot avoid sometimes eating flesh which is more or less diseased. In many cases the process of fitting animals for market produces an unhealthy condition. Shut away from light and pure air, inhaling the atmosphere of filthy stables, the entire body soon becomes contaminated with foul matter; and when such flesh is received into the human body, it corrupts the blood, and disease is produced. If the person already has impure blood, this unhealthful condition will be greatly aggravated. But few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat-eating, when the real cause is scarcely suspected by themselves or others. Some do not immediately feel its effects, but this is no evidence that it does not hurt them. It may be doing its work surely upon the system, yet for the time being the victim may realize nothing of it.” Christian Temperance and Bible Hygiene 47.

“Pork, although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine's flesh merely to show his authority, but because it is not a proper article of food for man. God never created the swine to be eaten under any circumstances. It is impossible for the flesh of any living creature to be healthful when filth is its natural element, and when it feeds upon every detestable thing.” Christian Temperance and Bible Hygiene 48.

“Last Sabbath, as I was speaking, your pale faces rose distinctly before me, as I had been shown them. I saw your condition of health, and the ailments you have suffered under so long. I was shown that you have not lived healthfully. Your appetites have been unhealthy, and you have gratified the taste at the expense of the stomach. You have taken into your stomachs articles which it is impossible to convert into good blood. This has laid a heavy tax on the liver, for the reason that the digestive organs are deranged. You both have diseased livers. The health reform would be a great benefit to you both, if you would strictly carry it out. This you have failed to do. Your appetites are morbid, and because you do not relish a plain, simple diet, composed of unbolted [whole] wheat flour, vegetables and fruits prepared without spices or grease, you are continually transgressing the laws which God has established in your system. While you do this, you must suffer the penalty; for to every transgression is affixed a penalty. Yet you wonder at your continued poor health. Be assured that God will not work a miracle to save you from the result of your own course of action. . . .” Counsels on Diet and Foods: 123.