

## **Health for You:**

### **9. The Whole Food Plant Based Diet**

Both Divine Guidance and Science uphold it!

#### **Rats! Report on an exciting experiment!**

Rats fairly accurately reflect dietary effects on humans as they will eat anything people will. In this study there were three groups:

1st group fed natural, raw food diet of fruit, veggies, nuts, seeds etc.

2nd group fed SAD diet (Standard American Diet)

3rd group we'll discuss later.

1st group rats grew into healthy specimens and never suffered any diseases. They grew rapidly but never got fat, their temperament was gentle, affectionate, playful, and they lived together happily. They mated with enthusiasm and produced healthy offspring.

At what would be equivalent in humans of 80 years old, they were sacrificed and autopsied and found to be entirely free from aging, disease or degeneration in any organ or tissue.

2nd group fed white bread, cooked food, meat, cakes, candy, soft drinks, vitamins and medicines for their ailments, etc.

During their life became fat; from earliest age contracted colds, pneumonia, arthritis, diabetes, heart disease, cancer and most common American health problems. Most died prematurely at early ages. Their temperament was vicious, fighting with one-another, stealing one-another's food, they had to be kept separated to prevent destruction of the entire group!

Offspring were all sick and exhibited the same general characteristics of the parents. As these rats died one by one or in epidemics or of vicious diseases, they were autopsied and showed extensive degenerative disorders in every part of their bodies. The few who survived until the end of the study were physical and nervous wrecks and when autopsied showed disease all through their bodies.

Group 3 was fed the SAD diet until the equivalent age of 40 and showed the same problems, and characteristics as group 2; but then they were put on a water fast for a few days, then changed to the natural, raw diet of group 1, alternating with short fasts for 1 month. The exciting thing is after 1 month they never suffered any more illness. Their temperament became gentle, playful, friendly creatures that lived together in harmony.

Rats sacrificed and autopsied at the end of first part of the program showed the same degeneration and disease as group 2. But when the rest lived out their lives and were autopsied at end of 80 years equivalency, they showed no sign of aging, disease or degeneration. The disease evident in the 1st part of their lives was reversed and perfect health restored!

Good News! It's not too late; we can change our diet and our ways and disease can be eliminated!

#### **The Whole Food Plant Based Diet**

There are factors that are very important to having a successful diet, for while a diet can be Vegan and consist of refined and processed foods, even junk food, the Whole Food foundation eliminates these.

“In grains, fruit, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat.” MS 27, 1906

### **Are Animal Foods Needed?**

“The food that we eat has much to do with the question of temperance. Parents should take into account the relation of food to morals. The use of flesh-meat animalizes the nature. There needs to be an awakening on this point. How can anyone desire to live on the flesh of dead animals, when they have the privilege of using the fruit, grains, vegetables, and nuts that God has given us in such abundance?” 2 Sermons and Talks 196.

“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.” Ministry of Healing p. 298.

### **Different Diets for each Disease?**

Poor health and disease doesn't just inevitably happen. The Bible clues us into this fact:

“As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.” Proverb 26:2

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” Galatians 6:7

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.” Exodus 15:26

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.”

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in Divine Power; these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

“The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well.

“Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.” Ministry of Healing p. 127

### **The Basic Plan is the same for all, but details may vary**

It certainly is clear that the same health program that will heal and rejuvenate one body system will do the same for all; the body operates as a whole unit. So even though there can be some details that differ, not from disease to disease; but from person to person; the basic program is the same for all. For example Sister White shares her own situation here:

“I leave each one to follow his own ideas as to what is best for him. I bind no one else's conscience by my own. One person cannot be a criterion for another in the matter of eating. It is impossible to make one rule for all to follow. There are those in my family who are very fond of beans, while to me beans are poison. Butter is never placed on my table, but if the members of my family choose to use a little butter away from the table, they are at liberty to do so. Our table is set twice a day, but if there are those who desire something to eat in the evening, there is no rule that forbids them from getting it. No one complains or goes from our table dissatisfied. A variety of food that is simple, wholesome, and palatable, is always provided.” Counsels on Diet and Foods 491.

### **Further Guidance on Dietary Variation**

“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.

“But not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. **Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow.** Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and **each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.**” Ministry of Healing p. 296

It is important to notice that although variations in individual diets are declared needful, it is to be selected mainly from the Whole Food Plant Based materials. We are not told that certain persons' genetic makeup requires flesh meats, or other items declared as injurious, to subsist upon; rather the variations are always within the central theme; Whole Foods from the Plant kingdom, sensibly prepared and eaten in wise combinations.

### **Variety Available.**

The counsel we have here was penned in early 1900s, and as it was saying, they had then a greater variety of plant-based foodstuffs to select from than they had in earlier years in the mid 1800s. Truly we can say that we have, in most areas, a selection greater, especially in fresh produce, than ever before seen on earth, except in the Garden of Eden.

“Nature's abundant supply of fruits, nuts, and grains is ample, and year by year the products of all lands are more generally distributed to all, by the increased facilities for transportation. As a result many articles of food which a few years ago were regarded as expensive luxuries are now within the

reach of all as foods for everyday use. This is especially the case with dried and canned fruits.” Ministry of Healing p. 298

### **Nuts, Seeds and Olives**

Some of the Whole Food, Vegan presenters forbid the use of nuts, avocados, and olives even in their raw, natural state. Thankfully we do have guidance on this subject as well; the divine counsel condones the use of nuts etc. but also has stipulations about how they are to be used.

“Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

“When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.

“Persons who have accustomed themselves to a rich, highly stimulating diet have an unnatural taste, and they cannot at once relish food that is plain and simple. It will take time for the taste to become natural and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and it will be eaten with greater enjoyment than can be derived from unwholesome dainties. And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task.” Ministry of Healing p. 298

“In order to maintain health, a sufficient supply of good, nourishing food is needed.

“If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats.” Ministry of Healing 299.

### **The Other Side of the Germ Theory**

From infancy, we are educated to look upon disease and health according to the prevailing medical outlook of our culture. Mark Twain is credited with writing: “It is not what we don’t know that is a problem, it is what we know, that t’ain’t so!” There are many things that we are taught in our culture that “t’ain’t so.” Notice this quote from health-educator and healthful-living pioneer, Norman Walker:

“We look on sickness and disease as something mysterious and dreadful and we blame germs and bacteria. As a matter of fact, germs and bacteria are the scavengers of nature and are everywhere. When we breathe, we inhale millions of these little natural scavengers and it is their function to keep the debris in our body neutralized and to stir it up so that it can be eliminated from the body. It is our job, however, to keep our body in such condition that this elimination can be completed to perfection.

“Due to the excessive quantity of inorganic food that we eat, food in which the life principal has been destroyed by cooking, canning, and other processes, this debris, or end-product of the digestion of this

food, in the body, accumulates faster than we, and these natural scavengers, can remove it. The result is that germs and bacteria find a feeding ground within us in which to propagate. In this process of their propagation the sewage of their colonies is added to the debris and the result is what we call sickness or disease.

“Whenever germs and bacteria enter a body which is thoroughly clean and healthy, within and without, they find no feeding ground of waste or morbid matter therein on which to colonize and therefore pass out of the system in the natural course of events.

“Likewise, when all debris and accumulated morbid matter is removed from a sick or diseased body, then only is established the first step toward a recovery to a normal chemical balance.” Dr. Norman Walker.

### **What about Salt?**

Many Vegan advocates forbid the use of salt, especially refined table salt. I agree that the salt we use should be an unrefined, natural type, to avoid aluminum and other additives. Real Salt and Celtic Sea Salt are two brands to consider. Remember though, that while salt should be present in our diets; it needs to be used with moderation so as not to upset the body’s sodium-potassium balance.

“Those who take an extreme view of health reform are in danger of preparing tasteless dishes, making them so insipid that they are not satisfying. 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 207.

“I use some salt, and always have, because from the light given me by God, this article, in the place of being deleterious, is actually essential for the blood. The whys and wherefores of this I know not, but I give you the instruction as it is given me.” Counsels on Diet and Foods 344 (Note: the salt she used back then was natural and unrefined.)

### **Diet Delirium**

It is not only in the realm of mainstream medicine that we see a deluge of different diets all supposed to be meeting the needs of persons with particular conditions, while no one stops to ponder that some of these very diets have caused the problem to begin with. In the popular media, and on the internet today, you can find every kind of diet imaginable, most claiming to be the answer to the obesity epidemic. Some claim there are literally thousands of books on diet and more coming out all the time.

I am quite sure that with a little searching in popular media and the internet you can find someone who forbids, or someone who advocates highly, every possible known foodstuff! This is why I value the inspired guidance very much, as it lays down guidelines but leaves a broad field open for variety and innovation.

With a balanced approach to the Whole Food Plant Based diet, allowing for slight variations, all bases are covered and there seems to be no condition where it is not of benefit. What will cure one body system will cure all, as the body acts as a unit rather than as a loosely knit bunch of separate systems and organs.

What needs to be avoided for success is narrowing the field too much; making the whole deal a burden rather than a delight. When diet gurus advocate a vegan diet and then eliminate grains; or nuts and

seeds even in their raw state; avocados and olives; potatoes and naturally starchy vegetables—you can end up quitting in utter dismay just to escape the confusion, not to mention feeling like you are starving all the time.

The two basic questions to be asked are, is it whole or refined and processed; with the second qualifier being, is its source animal or plant? This is all laid out in the title Whole-food Plant-based Diet, and can make food choices delightfully simple. Sure there can be some other fine tuning, but don't fine tune to the point you make a burden out of something simple.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame and in the cause of and prevention of disease." Thomas A. Edison

"Bless the Lord . . . Who healeth all thy diseases; who redeemeth thy life from destruction . . . Who satisfieth thy mouth with good things, so that thy youth is renewed like the eagles." Psalm 103:1-5

"If we plan wisely, that which is most conducive to health can be secured in almost every land. The various preparations of rice, wheat, corn, and oats are sent abroad everywhere, also beans, peas, and lentils. These, with native or imported fruits, and the variety of vegetables that grow in each locality, give an opportunity to select a dietary that is complete without the use of flesh meats." Ministry of Healing 299.

### **What about Weight Loss?**

Refined and Processed foods with their addicting chemicals, high in sugar and fats and low in vital nutrients, are among the main culprits in weight problems. Then animal products, also addicting and high in fats, pack on the pounds as well. When a diet consists mainly of these items and very little fresh and raw fruits and veggies are used, the body is stuffed and yet craving, because no matter how much you eat, your nutrient levels are not being met, so you feel hungry and unsatisfied even, with a full stomach.

There are two kinds of calories; an acid calorie and an alkaline calorie. Only acid calories get stored as fat! On 1,000 acid calories you will gain weight but on 5,000 alkaline calories you will lose excess weight! Animal products are the foods that are most highly acidic.

The principles for weight loss are essentially the same as for a healthy diet. The truly natural, healthy diet promotes weight normalization and is a good plan for overweight, but also underweight folk as well. Once on a natural, whole food diet, calorie counting becomes a thing of the past. If you are careful about what you eat, you don't have to worry how much, as that will control itself.

Lots of water *between meals* (Distilled or demineralized is best. Avoid mineral water and tap water) Plain herb teas without caffeine, and diluted, fresh, raw fruit and vegetable juices help flush fat-holding toxins from the body! 8-10 glasses daily recommended. Take your fluids between meals not at meal times.

2 glasses of water 1/2 hour before each meal aids digestion and eliminates the need to drink with meals. Looking well to hydration greatly assists weight-loss. We often misread the signals from a chronically dehydrated body and think we are hungry, when we really need water.

### **Making the Change**

“Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted they have no appetite for a wholesome diet of fruits, plain bread, and vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. That fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet.

“It will take time for the taste to recover from the abuses which it has received and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater satisfaction than the epicure enjoys over his rich dainties. The stomach is not fevered with meats and overtaxed, but is in a healthy condition and can readily perform its task. There should be no delay in reform. Efforts should be made to preserve carefully the remaining strength of the vital forces, by lifting off every overtaxing burden. The stomach may never recover health, but a proper course of diet will save further debility, and many will recover more or less, unless they have gone very far in gluttonous self-murder.” *Spiritual Gifts*, vol. 4, pp. 130, 131 (1864).

### **Ellen White’s Relish Recipe**

This secret makes the plainest meal a sumptuous delight; do you want the recipe? OK, here it is. If you are not thrilled with healthy whole food, simply prepared, leave the table and wait until the next meal. In the meantime, drink water; get some sunshine and fresh air and a bit of exercise. Then at the next meal the relish will be doing its work—Yummy!! If you don’t know just what it is you want to eat, and you feel picky and fussy, wait until the next day, drinking just water. In the morning even plain oat cereal will taste great—even without sugar and moo added to it.

### **Deceptive Decadence**

Friends, you will never find health by focusing mainly on finding ‘healthy’ ways to prepare your favorite appetite indulgences! Don’t fool yourself; it isn’t going to happen! You will not find real health until you eat to live, and not live to eat; until your spiritual life occupies your mind ever so much more than does your plate, and God’s counsel is your delight.

The hygienic healing treatments and diet reform given to us was very simple. It required the overcoming of appetite and the use of natural foods. The foods were to be simply but tastefully prepared and although they would seem unstimulating to the lustful pallet, they would be enjoyed greatly as the palate became re-educated. Dishes should have only two or three ingredients and there should be only two or at the most, three dishes at a meal. Deserts were to be a rarity and then only simple ones; no cakes, puddings, rich pastries, spicy condiments or rich sauces and gravies were to compose the fare placed on the tables of health reformers.

For some the diet reform message was to try to learn to make all the unhealthy indulgences by using vegetarian ingredients and this was all that was needed. Someone discovered that you could make the ‘Image of the Beast’ producing meat analogues that come very close to the real thing. Even the forbidden pig is imitated and served up on Adventist plates. People coming into the church were taught to just eat these analogues and otherwise continue as before. This is not the true whole food plant based regime.

When this writer was a child, the vegetarian meats available were simple patties, mostly gluten; some nut loafs that could be sliced and served hot or cold; things of that nature. I recall the first time we were introduced to foods made to look like the real fleshly thing, sausages made by stuffing a plastic tube came on the scene. The fun was trying to get them out of the tube to eat them. But with the dawn of the mega-soy oil industry in North America, there came on the scene a huge amount of the soy meal waste and some enterprising person discovered it could be processed to have a meat-like texture; after that simplicity in diet was lost to sight in the halls of vegetarians.

Somewhere along the way, the real health message has fallen down and instead the message has come to be you need to make the vegetarian diet look so much like the standard diet that people won't notice the difference. They can have all their favorite indulgences—just make them with soy. You can have all the sweet stuff you want, just make it with organic sugar or maple syrup—both of which are just as harmful as regular sugar. Sucrose is sucrose and it is a brain clogging, body destroying substance; it needs to be out of one's life. Yes, maple syrup etc. is sucrose, it may have some bits of trace elements from the tree, but it is not a natural product and the sugar involved is sucrose.

Soy as being eaten so much these days is not a natural and healthful product. It is refined and processed and people are using just too much of it! The so-called Veggie-meats are a real fiasco these days. Loaded with chemicals, MSG in its many aliases and highly processed, it bears no resemblance to the simple, natural diet we were given by God to use and teach. They are decidedly harmful, cancer causing foods. The 'Image of the Beast' has sure done its damage to our thinking. Meat eaters laugh at our 'rubber meat' and we can't show them any evidence that it is good for us. Even a well-balanced flesh-meat diet is better for health than too much of these chemical ridden time-bombs. And now we have the additional threat that most of the soy is GMO.

So what if you make your own, without the garbage? Somewhat better, but from what I have seen, cook books abound in things like Bragg's aminos: Natural you say? No it is not natural at all—it is a fermented product and the effect is the same as the excito-toxic MSG. Braggs is a brain-poison; Soy sauce is the same. So are 'chicken-like' and 'Beef-like' seasonings—even the ones that say no MSG on the label. Did you know that Braggs was sued and forced to remove the 'No MSG' from their labels a while back? It is true.

I once called a manufacturer of a chicken-like seasoning and asked him why the product said 'no MSG' when I got the same MSG reaction from it. What he told me was very intriguing; first, they are not required to always list MSG as an ingredient, especially if it comes from so-called 'natural' sources. Second; where-ever you see the ingredients, Disodium Insolate and/or Disodium Guanylate, MSG is always present. He told me that food producers do not use these without added MSG in some form. So there is a clue for you. He gave me a full refund without me even returning the product. Basic foods, nicely prepared, with natural herbs and a little salt do not need to be laced with additives to make them tasty.