



Health For You!

Introduction: It's a Jungle out There!

Navigating the Information Overload

It seems these days, every which-way you look you're seeing information related in some way to health. If you turn on the TV (Actually I hope you don't) about the first thing you see is expensive and impressive ads for some new drug you should pressure your doctor into ordering for you; often for some disease condition you never heard of before but you are told you have it anyhow.

The highlight of a newscast is often some amazing 'medical breakthrough', a scary warning about a new disease outbreak, or the 'good news' that a study has shown something you formerly thought to be bad for your health, actually has a good side that would encourage its use. The fact that these 'studies' are almost always funded by those who profit from the sale of the substance or product is not mentioned but it is heavy on reassurance that all the habits you have been taught were bad for the health are now somehow OK and even good for you.

Media of all types abound with advertisements for various health products, fad diets, or the super-supplement that is bound to solve all your problems. If you surf the internet there are literally thousands of websites trying to sell you the latest supplements; the latest fad diet book; the latest gimmick on health. Everywhere you look you see multitudes of material all focused on health. But the question is why, with this overwhelming health information overload, are we seeing fewer and fewer truly happy, healthy people?

One factor could be that one can't help noticing without even trying, that what we are hearing and seeing and reading is extremely contradictory. One day you will hear that a certain food is good for you and then another day you will hear that it is harmful and should be avoided. There is so much contradiction and confusion that many people come to the conclusion that none of it matters because no one knows for sure, so why bother to try?

All around us are the 'experts' all seeming to try to shout the loudest that their particular product, supplement, or Diet Plan is the ultimate answer to your health or healing needs. When people are brought into confusion they either decide there is no validity to any of it and all too often continue on in the same track; or they move from one diet to another; from one supplement to another; attending or subscribing to new courses, seminars and workshops, spending piles of money, and often ending up worse than before.

Those who don't go the alternative self-help route, keep looking with blind faith for some complex and highly technical answer to come from the medical/chemical industry in the form of a Wonder-Drug; or treatment that will magically zap away all their problems with no necessity to change one's course of action in any way. These folk have no idea that simple remedies and a natural diet and lifestyle plan could be the answer to the 'magic' they are seeking, and they never realize what great benefits are possible just through diet and life style changes.

One observation I have made is if you were to search the internet and gather the names of all foods that someone says you should not eat, you would have absolutely nothing left! Most would agree you should partake of water, however they will not be in agreement of what kind of water; and yes, there are some who say no water, only teas, juices or . . . whatever they are selling. It seems Satan knows that if he can just throw enough contradictory and confusing ideas into the mix, then what people end up doing is nothing. He does the same in religious topics, he gets people convinced of the lie that all religions are the same, there is no authoritative truth, and so just do what you feel like.

Does it all seem hopeless? It is my firm belief that there is a bottom line in religion and also in health; a basic foundation, tested, tried and true. Truth does exist; and it can be found; Truth stands single; while errors swarm.

Above and Beyond

The only answer to the aforementioned dilemma that makes any sense is an answer of faith. What if God were to give Modern Man the bottom-line answers to regaining and keeping our health? Would that not be a wonderful way out? Why, one could take those guidelines like a carpenter's level, and soon decide which claims had validity, which had none, and which had some good points but were lacking here and there.

Well that is exactly what I am here to tell you about. God did do that very thing back in the 19th century. Right at a time when there was a world-wide movement to more natural methods for treatment of disease, there was a young woman who was given a very special gift of Prophecy, and in addition to great guidance into Biblical truths, it also gave a system of diet and healing methods that stand solid even today.

*Truth forever on the scaffold,
Wrong forever on the throne.
But standing somewhere in the shadows,
God keeps watch above His own.*

The special guidance came in the year 1863, when the progress of the Great Advent Movement that started back in 1798 was running into some unforeseen challenges. Some of the preachers and teachers had died and many more were having their work curtailed by illness and disease. God healed many as the result of the prayer of faith, (See James 5) but during a special vision Ellen Gould (Harmon) White was shown that it was God's will that people learn the health laws He had built into the human body, and by living in harmony with them, to reach a state of vital and consistent health.

These next few paragraphs are from the book. 'Prophet of the End' by Vance Ferrell:

"It all began in the early summer of 1863. On the evening of June 6, Ellen arrived in a carriage at a humble pioneer cabin on the outskirts of Oswego, Michigan, the home of Aaron Hilliard and his

family. It was planned that the next morning she would speak at meetings in Oswego. After supper, as twilight neared, all knelt in prayer to begin family worship,—when Ellen was taken off in vision.

“It only lasted forty-five minutes, yet it was destined to change the lives of thousands; for, during that time, Ellen received the basis of her knowledge of health, hygiene, nutrition, and medications. All of her writings in these fields stem from this basic vision, given in the year that Lincoln signed the Emancipation Proclamation.

“God is the author of science. Scientific research opens to the mind vast fields of thought and information, enabling us to see God in His created works . . . True science contributes fresh evidences of the wisdom and power of God. Rightly understood, science and the Written Word agree, and each sheds light on the other. Together they lead us to God by teaching us something of the wise and beneficent laws through which He works.”—Counsels to Parents, Teachers and Students, p. 426.

“The Bible is not to be tested by men’s ideas of science, but science is to be brought to the test of this unerring standard. When the Bible makes statements of facts in nature, science may be compared with the Written Word, and a correct understanding of both will always prove them to be in harmony. One does not contradict the other.” Ellen White, in *Signs of the Times*, March 13, 1884.

So here it seems we find the very thing we are looking for, a measuring rod! Continuing:

“Paul Harvey, the noted syndicated writer and news reporter, has spoken a number of times about the amazing predictions and scientific insights of Ellen White. Here is one of his statements:

“Once upon a time, a hundred years ago, there lived a young lady named Ellen White. She was frail as a child, completed only grammar school [actually, only three grades of education], had no technical training, and yet she lived to write scores of articles and many books on the subject of healthful living .

“Perhaps we should reread what she has taught: ‘The oil as eaten in the olive, is far preferable to animal oil or fat.’ Today we know about cholesterol. She knew: ‘Fine-flour white bread is lacking in nutritive elements to be found in bread made from whole wheat’ . . . She wrote: ‘Do not eat largely of salt.’ Now we know we should keep the sodium intake low. We have come to accept the wisdom of such advice so completely that it is difficult for us to realize how revolutionary her theories were almost a century ago . . .

“She urged: ‘Pure air, sunlight, abstemiousness, rest, exercise.’ She wrote: ‘Tobacco is a slow, insidious, but most malignant poison. It is all the more dangerous because its effects are slow and at first hardly perceptible.’ Ellen White was indeed ahead of her time . . . Are there additional recommendations which this remarkable woman urged upon us which we have, so far, ignored?”

Speaking about the time in which she lived, Paul Harvey adds:

“Remember, this was in the days when doctors were still bloodletting and performing surgery with unwashed hands. This was in an era of medical ignorance bordering on barbarism.”—Paul Harvey, in *Reading, Pennsylvania, Times*, August 11, 1960, reprinted in *Today’s Health* in 1960.

So now you know what makes this Health Seminar special and why I am not going to apologize for speaking openly about Seventh-day Adventists and what they call 'Health Reform'. However I also want to encourage all readers by saying this program knows no national or denominational barriers; those who follow it, will reach good health. The fact that this information was given back in the mid-1800s shows how enduring the simple truth is. I am sure everyone who studies into vegetarian and vegan diets has heard of research that showed that Seventh-day Adventists had some kind of a health advantage; so now I invite all to learn what this advantage actually consists of. The use of this special 'Measuring Rod' is what makes this material unique.

Even though sadly, today's mainline Adventism has largely left it behind, and buried it beneath a load of 'science falsely so called', and many don't even know about it, the fact is, that part of it is coming back into circulation in world-wide scientific studies that have been reported by T. Colin Campbell, Dr. Esselstyne, John McDougall and others. Also we have the actual documents Sister White was guided to write! People can read and apply the instruction and use this guidance freely to plan their own Healing Lifestyles! Truth is truth and can stand on its own feet wherever found.

I believe that Faith in the Guidance that God graciously provided to us in the inspired writings both of the Bible and what we call the 'Spirit of Prophecy' is the bottom line to a truly sustainable and healthy lifestyle. I also believe that Faith without works is dead! (James 2:20)

So I truly believe we **do** have a bottom line to know truth from error. This is why this material will include a lot of deeply spiritual, Bible and Christian references. We can never gain full optimal health without also making consistent spiritual choices. It is only through God and His promises that we can find the help and empowerment to make the lasting changes in habits and lifestyle required, to support our journey to a new and healthier life. A solid spiritual foundation is the key to mental and emotional stability and true happiness.

The Privilege of Learning

In studying anxiety and its effects, researchers have learned that there are two factors that create anxiety: what we don't know, and what we feel we cannot control. By learning more about something we are anxious about, we can reduce anxiety; and the knowledge we gain could very well provide us with more control in any given situation, thus reducing stress both ways.

Did you know that our brains have the capacity to hold more information than the entire library of congress? Yes it is true, but too often we are content with a mere bookmobile. Unleash your LQ—Learning Quotient, and take charge of your journey to health and healing.

Quick Tips to help you Start Your Journey

- 1: Use a variety of Whole Plant based foods: Fruit, Veggies, Whole Grains, Seeds and some Nuts. "In grains, fruits, vegetables, and nuts are to be found all the food elements that we need." {Testimony Studies on Diet and Foods 125.}
- 2: Avoid all artificial sweeteners as well as MSG in its many disguises. Avoid highly salted foods.
3. Use no refined or extracted sugars; if sweetness is really needed, dates or date-sugar is unrefined and by far the most wholesome. If honey is used, let it be natural unpasteurized and

local..

4. Avoid all extracted, refined and processed oils; some advocate using extra virgin olive and virgin coconut oils sparingly in cooking and flax oil on salads. Primarily it is best to cook without any added fats or oils, especially if you have heart disease.
5. Phase out all man-made supplements, with the exception of B12, unless you have a clear indication from blood work that they are needed. Taking in nutrients separated from their natural source, creates imbalance and confusion in the 'Symphony of the Cells'.
6. Make sure you get into the sun for that wonderful D stuff. Use no chemical sun-blockers: use sun hats and clothing as sun-shielding when needed.
7. Exercise is essential; get onto something simple and good, like walking. Start small and work up to a full fitness program that you enjoy and maintain it. Morning stretching exercises are helpful.
8. Ignore the many faddists that try to sell you on any diet that greatly limits your Whole-Food-Plant-Based freedom.
9. Use plenty of raw, but freely use wisely-cooked whole foods as well.
10. Freely use whole, starchy foods; Potatoes, Grains, Sweet Potatoes, Winter Squash, even Whole Grain bread and pasta, which is best to be organic, and find increased energy and freedom from hunger cravings.
11. Eat as much as you want at mealtimes, until you are satisfied, but not stuffed.
12. If cooking, use simple dishes with 2 or 3 main ingredients, prepared as close as possible to their natural state. Avoid eating between meals.
13. Eat a wide variety of foods from day to day but not too great a variety at one meal. It is wise to avoid eating melons or sweet fruits with a heavy, vegetable meal.
14. Find a good source of distilled or reverse osmosis water and drink generously between meals to hydrate your body. Use purified water also in the preparation of your food if possible.
15. Eat Plants not Animals or animal products; nothing with a face or a mother!
16. For the most part, if man made it, don't eat it: break free from cravings by ditching all processed and refined foods and foods with chemical additives; that includes fake-meats that are really only vegetarian junk food.
17. Avoid unnecessary excitement and get enough rest and sleep.
18. The Omega 3 fatty acids are essential for healing. Good sources are Flax or Chia seed. Get whole flax seed, either golden or regular. They need to be fresh ground to absorb the nutrients. A little coffee-grinder to fresh-grind it right when used. Do not buy it ground as it goes rancid once the seed is broken.
19. Discard the belief that you must convince others to do as you do, or that somehow you must have their approval to make life-changes for your own health. As Jesus said about Lazarus, "Loose him and let him go"; do that for yourself and rejoice in your God-given freedom. "If the Son therefore shall make you free, ye shall be free indeed." John 8:36.