

Our Health Legacy: A Remarkable Past, an Amazing Present, and an Eternal Future!

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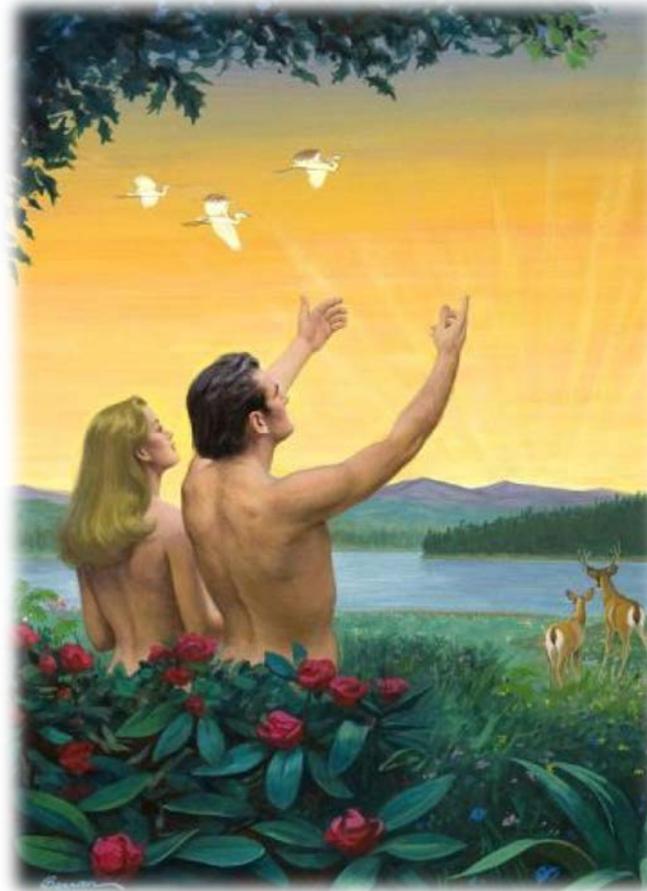
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God demonstrated His interest in the health of His people from creation

- magnificent environment
- nutritious diet
- fresh air
- pure water



God demonstrated His interest in the health of His people from creation



Exercise as our parents tended the garden



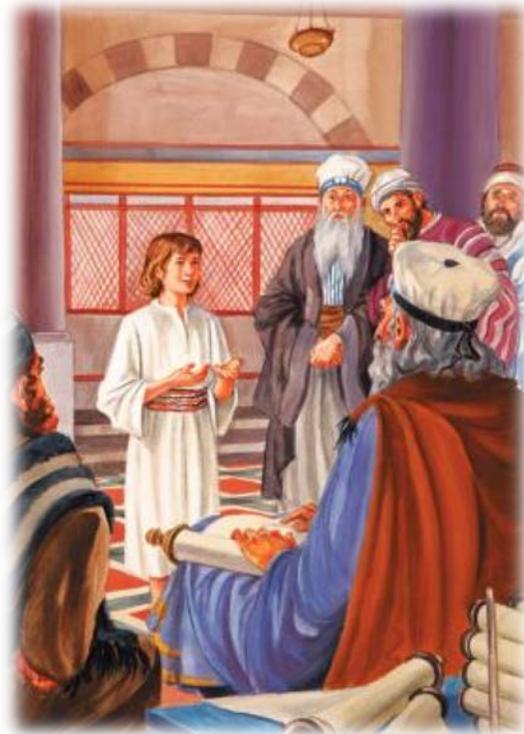
God demonstrated His interest in the health of His people from creation



Spiritual health – He walked and talked with them in the cool of the evening



Luke, the physician



“And Jesus grew in wisdom and stature and in favor with God and man.” Luke 2:52, NIV



Historical background

Health care – late 18th to early 19th century

- Bloodletting
- Mercurials
- Arsenicals
- Alcohol in diverse concoctions
- Tobacco
- Opiates



George Washington's fatal illness



Joseph Bates: Health Reformer



- 1823 – gave up tobacco
- 1824 – gave up alcohol
- 1828 – gave up tea and coffee
- 1844 – gave up meat, butter, grease, cheese



Sylvester Graham: Health Reformer

- fruits and vegetables
- bread should be unrefined
- cream instead of butter
- avoidance of flesh meat and fish
- avoidance of tea, coffee, wine, tobacco
- taking of a daily bath/shower
- exercise in the open air



Ellen White's health reform visions



- 1848 - harmful effects of tobacco, tea, coffee
- 1863, Sabbath, June 6 - “take special care of the health *God has given us*, for our work was not yet done.” 3SM 279
- 1865 - philosophy for operating healthcare institutions



- Toward the latter part of the 20th Century, the World Health Organization emphasized this concept, and included that the definition of health be not only the absence of physical disease, but that mental and emotional well-being are essential to wellness.



- “...fear the Lord your God as long as you live by keeping all His decrees and commands, and so that you may enjoy long life.” (Deuteronomy 6:2)
- Modern science is showing that people who practice religious beliefs and also are involved with the welfare of others have enhanced immune function. Religious involvement and spirituality have been associated with a decrease in cardiovascular disease and hypertension, improved mental health, less depression and anxiety, substance abuse, and suicide. (Mayo Clinic Proc., 2001)



- As early as 1863, Ellen White counseled the Church on healthful living and the important interaction of the physical, mental, emotional, social, and spiritual wholeness.
- She advised against the use of poisonous medicaments, and promoted a balanced vegetarian diet, exercise, rest, sunshine, fresh air, abstemiousness, and trust in God.
- She spoke out against the use of phrenology, mesmerism, and rest cure.
- For her, the main aim and “goal of psychological study and practice would be to reconnect the person with God as the Great Healer of the mind and soul.” (*A Christian Worldview and Mental Health*, page 70)



- Ellen White was wholistic in her approach to healing.
- She rejected the idea that true mental and emotional healing could occur apart from God.
- She supported the appropriate use of counseling, and understood that healing from emotional and mental brokenness is a journey and takes time and support.
- “...a study of her life, writings, and activities suggests that she would be supportive of Christian psychological practice that was in harmony with a biblical philosophy of healing.”
(*A Christian Worldview and Mental Health*, page 73)



Wholistic Health

- Mental
- Emotional
- Social
- Physical
- Relational

It is vitally important to emphasize mental and emotional health in the Church, and to destigmatize these conditions, and those who suffer from them.



“A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance that among the studies selected for childhood, physiology should occupy the first place. How few know anything about the structure and functions of their own bodies and of nature’s laws! Many are drifting about without knowledge, like a ship at sea without compass or anchor; and what is more, they are not interested to learn how to keep their bodies in a healthy condition and prevent disease.”

-Counsels on Health, 38



Adventist Health Study-2

- 40 percent of the 100,000 study subjects are vegetarian.
- Optimistic number – the study group is a selected group (particularly loyal and committed to the Church and health).
- It took 3 to 4 hours to complete the initial form.
- It was a large effort to enlist 100,000 participants in NAD.



Regarding the Use of Flesh Foods

- The Spirit of Prophecy is abundantly clear and the counsel unequivocal to refrain from consumption of meat.
- This advice and admonition has been scientifically proven, showing causal relationships between the consumption of meat with cardiovascular disease and rheumatoid arthritis.
- The plant-based diet is unequivocally the most healthful diet.



Are we listening?

- The 2018 world survey of church members had responses on diet from more than 54,000 church members from across the world and every division. They show that fewer than one in five Seventh-day Adventists have a plant-based diet only: 5% are vegan, and 14% lacto-ovo vegetarians. While one third eat meat once a week or less, 38% eat meat daily or several times a week (and 11% have a plant-based diet with the addition of fish, but no meat).
- Endnote: General Conference Office of Archives, Statistics, and Research, Global Survey of Church Members (2018).
Courtesy Dr. David Trim



What About Fish?

“In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where fish come in contact with the sewage of large cities. These fish may pass into distant waters and may be caught where the water is pure and fresh, but when used as food they bring disease and death on those who do not suspect the danger.”

-The Ministry of Health and Healing, 175.



What About Fish?

- Much is written in the scientific literature about the ubiquitous industrial pollutants, including mercury and polychlorinated biphenyls
- These are toxic to humans
- Found in varying amounts in fish consumed around the world



Milk? Or No Milk?

- Our diets need to include the essential vitamin B₁₂.
- This is found only in foods of animal origin (milk and eggs).
- Foods may be fortified with vitamin B₁₂.
- If the soy drink is not fortified with B₁₂, it is not a dairy equivalent food.
- Supplement vitamin B₁₂.
- Where fortified foods are not readily available, dairy products remain a good source of B₁₂.



Milk? Or No Milk?

- It's best to use low-fat dairy.
- Use it as a “condiment” – not in excessive amounts.
- An additional supplement, which is useful to vegetarians of all stripes, is vitamin D.



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What About Caffeine?

- Has the Church changed its position on drinking tea and coffee? No!
- “The use of coffee, tea, and other caffeinated beverages and all harmful substances is discouraged.”
(2007-08 GC Working Policy, 287)



What About Caffeine?

- “Adventist health care and ministries are to promote only those practices based upon the Bible or Spirit of Prophecy.”
(2007-08 GC Working Policy, 291)
- Ellen White never talked about caffeine *per se*, but as her description of the effects of tea and coffee reflect the actions of caffeine, we can presume that she is speaking against caffeine.



What About Caffeine?

- There are mixed messages coming from the scientific literature.
- Some studies show apparent benefits of caffeine on health.
- The basic pharmacologic characteristics of caffeine have not changed.



What About Caffeine?

- Caffeine is the world's most popular psychoactive drug.
- It is used more widely than alcohol and tobacco, and can lead to physical dependence – which results in a withdrawal syndrome.
- Up to 30 percent of caffeine consumers are estimated to be dependent.



What About Caffeine?

- When the intake of caffeine is stopped suddenly, many and varied symptoms may result – including, but not limited to:
 - Headaches
 - Tiredness
 - Irritability
 - Lack of concentration
 - Nausea
- These symptoms may occur within 12 to 24 hours of cessation, and may last up to 10 days



What About Caffeine?

- Death from caffeine overdose is not common, but it does occur.
- Most likely with the ingestion of caffeine tablets.



What About Caffeine?

- However, with the increasing popularity of caffeinated soft drinks and energy drinks, an increase in caffeine-related problems and symptoms, especially among young people, has been noted.
- In 2006, almost \$4 billion was spent on energy drinks in the United States alone; further, 500 new brands of energy drinks were introduced around the world in the same year.
- Indicative of a world trend.



What About Caffeine?

- Formula used to hook young people:
 - Kids exposed to sugary soft drinks;
 - Caffeine is then added and energy drinks are introduced;
 - Addition of alcohol to energy drinks, which are presented and marketed in a very similar fashion.



What About Caffeine?

- Marketing and product design targets and promotes youth consumption, aiming for the “wide-awake drunk”.
- One in three teens is likely to use energy drinks, compared with one in ten adults.
- Our duty is to inform the youth, set the appropriate example, and lobby against this evil attack on our society.



What About Caffeine?

- It is useful as a component of certain analgesics used in the treatment of migraines as well as some other pain conditions.
- Ellen White alludes to her own use of coffee (presumably referring to the caffeine) on occasion as a medication.
(Selected Messages, Vol. 2, 302)



What About Caffeine?

- Phytochemicals and antioxidants in green tea (for example) may be found in equally beneficial amounts in decaffeinated alternatives.
- However, in a lifestyle rich in fruit and vegetables, adequate exercise, and moderate energy intake, it is uncertain that significant incremental benefits would accrue from such beverages.



Late-Breaking News: ALCOHOL

An article that appeared AUGUST 23, 2018 in *The Lancet*, a highly respected medical journal, examined 83 studies that followed drinkers and nondrinkers during a long time period. About 600,000 individuals were followed in these studies. The large number of subjects, the quality of the research, and the scientific quality of the integration of these 83 studies was considered conclusive by a medical journal that is rated one of the best scientific journals in the world.

Lancet, August 23, 2018 [http://dx.doi.org/10.1016/S0140-6736\(18\)31310-2](http://dx.doi.org/10.1016/S0140-6736(18)31310-2)



Lancet (continued)

- “There is no clear risk threshold below which lower alcohol consumption stopped being associated with lower disease risk.”
- Not drinking, or *abstaining*, appears to be associated with the lowest level of overall disease and mortality risk.
- There really is no safe level of alcohol use.
- Looking at the cancer-causing propensity and properties of alcohol, the compelling message is that no recommendation can be made in favor of alcohol use as regarding safety from cancer of various types (including breast and bowel cancer).

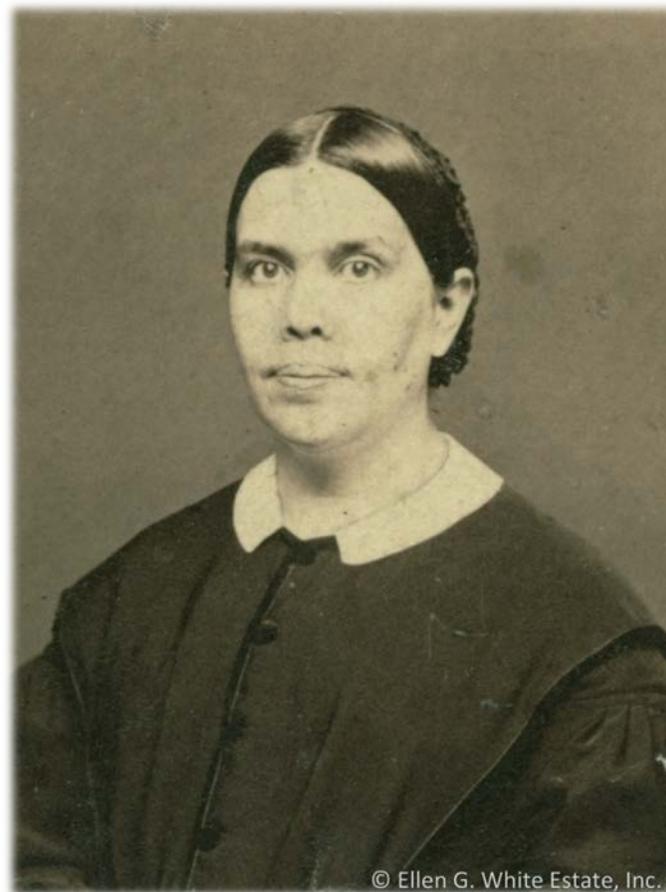
Lancet, August 23, 2018 [http://dx.doi.org/10.1016/S0140-6736\(18\)31310-2](http://dx.doi.org/10.1016/S0140-6736(18)31310-2)



True Temperance

“True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful.”

-Patriarchs & Prophets, 562.



“The world is a Lazar house filled with victims of both physical and spiritual disease. Everywhere, people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the Church are in need of an awakening, that they may realize their responsibility to impart these truths.” 7T 62



“It is one thing to treat the Bible as a book of good moral instruction, to be heeded so far as is consistent with the spirit of the times and our position in the world; it is another thing to regard it as it really is – the word of the living God, the word that is our life, the word that is to mold our actions, our words, and our thoughts. To hold God’s word as anything less than this is to reject it. And this rejection by those who profess to believe it, is foremost among the causes of skepticism and infidelity in the youth.



“An intensity such as never before was seen is taking possession of the world. In amusement, in moneymaking, in the contest for power, in the very struggle for existence, there is a terrible force that engrosses body and mind and soul. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him. ‘Be still and know that I am God.’ Psalm 46:10.



“Many, even in their seasons of devotion, fail of receiving the blessing of real communion with God. They are in too great haste. With hurried steps they press through the circle of Christ’s loving presence, pausing perhaps a moment within the sacred precincts, but not waiting for counsel. They have no time to remain with the divine Teacher. With their burdens they return to their work.



“These workers can never attain the highest success until they learn the secret of strength. They must give themselves time to think, to pray, to wait upon God for the renewal of physical, mental and spiritual power. They need the uplifting influence of His Spirit. Receiving this, they will be quickened by fresh life. The wearied frame and tired brain will be refreshed; the burdened heart will be lightened.





“Not a pause for a moment in His presence, but personal contact with Christ, to sit down in companionship with Him – this is our need.”

-Education, 260, 261.



Our Mandate

“So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble...”

-1 Corinthians 10:31,
New International Version



Our opportunity

“Much of the prejudice that prevents the truth of the third angels message from reaching the hearts of people, might be removed if more attention were given to health reform. When people become interested in this subject, the way is often prepared for the entrance of other truths. ***If they see that we are intelligent with regard to health, they will be more ready to believe that we are sound in Bible doctrines.***”

*Christian Temperance and
Bible Hygiene, page 121*



Our Opportunity and Challenge

- We are saved to serve
- We have been created to enjoy and preserve wholeness for service
- We have been created in the image of our loving God
- Our mission is to bring glory to Him
- We belong to Him
- We need to prioritize, plan, and find the time to live a life of wholeness in service despite our inherent brokenness...



Our Opportunity and Challenge

- We have a wonderful health legacy.
- We have a remarkable past.
- We have an amazing, robustly credible lifestyle we can live here and now.
- We have an eternal future with benefits that are, literally, out of this world!



Sharing My Dream

- That each one here, every leader in God's Church, every member of God's remnant Church "...may enjoy good health and that all may go well with you, even as your soul is getting along well." (3 John 2, NIV)
- This is God's ideal for each of us, too.



Sharing My Dream

- Contemplate in the quietness of your own heart: Are you fit to lead? Are you prospering in body, mind, spirit – and socially?
- God's promises are enablings – make the decision, make the choices, and by God's grace, lead from the front!



“Have faith in the Lord your God and you will be upheld;
have faith in his prophets and you will be successful.”

-2 Chronicles 20:20,
New International Version

May the Lord strengthen our decisions for Him today,
and until He comes.



“Some of our ministers feel that they must every day perform some labor that they can report to the Conference. And as the result of trying to do this, their efforts are too often weak and inefficient. They should have periods of rest, of entire freedom from taxing labor. But these cannot take the place of daily physical exercise.”

-Gospel Workers, 92



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