

What is the Adventist Health Message?

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- It is more than a set of scientifically established health practices that prolong and preserve life.
- It is profoundly more important than its component parts of balanced nutrition, exercise or rest, etc.
- It can do far more than modern science has discovered.

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- The “health message” when connected with scripture and the God of Scripture can restore the dead to life.
- If we confine any part of the health message only to its scientifically validated facts, we have short-changed our audience of the eternal health benefits that ONLY come from Jesus.

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Physical Activity

“The human body may be compared to nicely adjusted machinery, which needs care to keep it in running order. One part should not be subjected to constant wear and pressure, while another part is resting from inaction. While the mind is taxed, the muscles also should have their proportion of exercise.” -- Signs of Times, 1886, No. 33.

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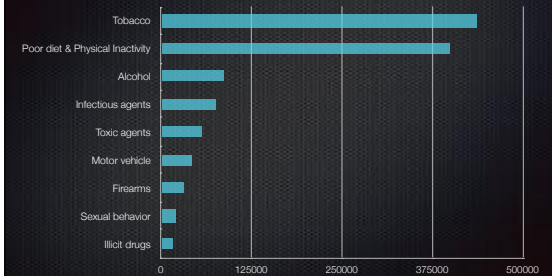


“They should go out and exercise every day...” 2T 931

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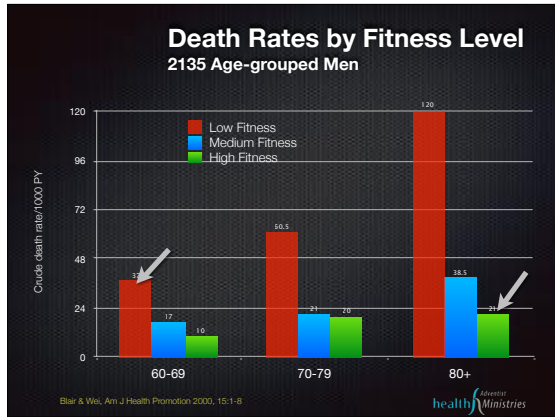
Leading Causes of Death U.S. 2004



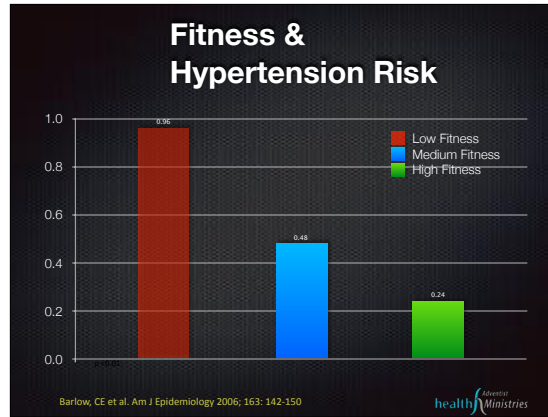
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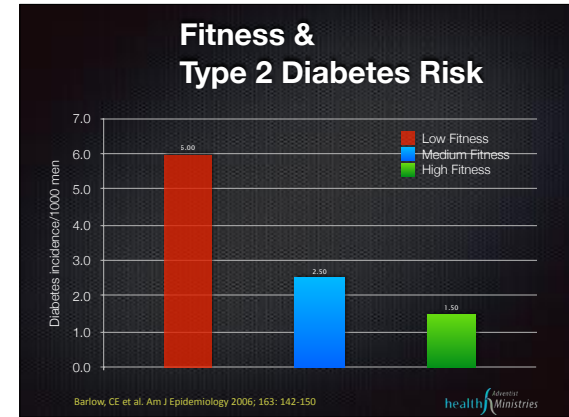
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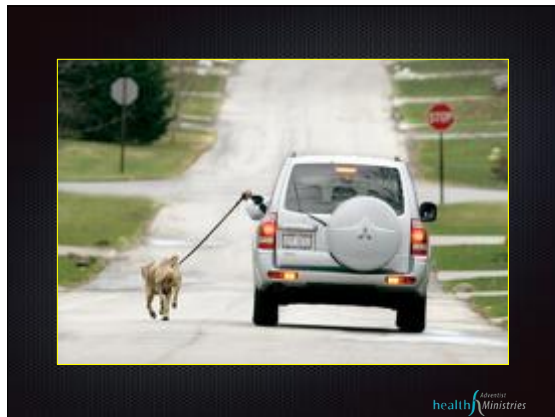
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What is the most frequent reason given for not being more physically active?

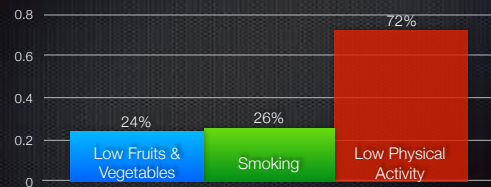
LACK of TIME

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Excess Disability & Lifestyle Choices



BMJ 2013;347:f4240, 2013

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Healthy Behaviors and Cardiovascular Disease



PLOS Medicine 2008; 5(1):39-47

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Healthy Behaviors & Cancer



PLOS Medicine 2008; 5(1):39-47

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Scientific Dietary Recommendations

- ✓ Lower cholesterol and saturated fat intake
- ✓ Increase fiber in the diet
- ✓ Increase use of complex carbohydrates
- ✓ Lower animal fat intake
- ✓ Consume more phytochemicals in the diet
- ✓ Get more antioxidant nutrients
- ✓ Eat adequate amounts of the essential fatty acids
- ✓ Avoid too much protein

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Vegetarian Dietary Advantages

- ✦ Lower heart disease
- ✦ Lower cancer rates
- ✦ Lower diabetes
- ✦ Less obesity
- ✦ Less hypertension
- ✦ Less dementia
- ✦ Less osteoporosis
- ✦ Longer life expectancy!



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Dietary Guidelines

“Use plant foods as the foundation of your meals. ... Eating a variety of grains (especially whole-grains), fruits and vegetables is the basis of healthy eating.”



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SDA Church Position

“The diet God ordained in the Garden of Eden--the vegetarian diet--is the ideal, but sometimes we cannot have the ideal. In those circumstances, in any given situation or locale, those who wish to stay in optimum health will eat the best food that they can obtain.”

Seventh-day Adventists Believe...



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“Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society.” MH 295

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“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”. MH 296

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Church Working Policy

3. The Church advocates that positive steps be taken to develop a healthful life-style, and encourages a balanced vegetarian diet. It requires of its members the abstinence of alcoholic beverages and tobacco. It also requires the abstinence of other drugs, except in a recognized evidence-based therapeutic context. The Church encourages the avoidance of flesh foods. The use of coffee, tea, and other caffeinated beverages and all harmful substances are discouraged. Physical well-being and clarity of mind are usually interdependent; clarity of mind is essential for discernment between right and wrong, between truth and error.

SDA Working Policy, Health Ministries, p. 303

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“We don't make the health reform an iron bedstead, cutting people off or stretching them out to fit it. One person cannot be a standard for everybody else. What we want is a little sprinkling of good common sense. Don't be extremists. If you err, it would be better to err on the side of the people than on the side where you cannot reach them.” 1SAT 12

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The “Geriatric Curve”

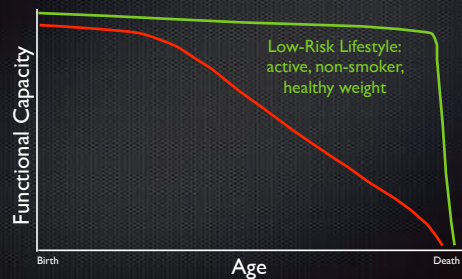


NEM 338:1035-1041, 1998

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“Squaring Off” Life

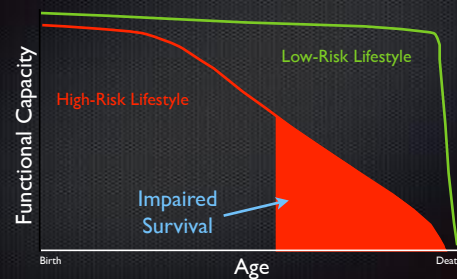


NEJM 338:1035-1041, 1998

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“Squaring Off” Life



NEJM 338:1035-1041, 1998

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Our Mission

- If the Seventh-day Adventist health message is in any degree separated from the gospel message it will lose its power and effectiveness.
- If a person attends a health program in a Seventh-day Adventist church; understands and applies the principles, they will have gained a few years of life.
- If they did not learn that the power to change comes from Jesus, then the church has failed in its mission to the community.

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Jesus is the Life Giver

- This message is not to be separated from the gospel message.
- Today's most skillful and perceptive scientist cannot bring the dead to life.

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What is the Real Problem?

- Poor food choices?
- Lack of exercise?
- Anxiety or depression?
- Too much television?
- Weak experience with God?
- High fructose corn syrup?
- Too much wheat?
- GM foods?

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The Real Answer is JESUS

Ephesians 2:4-7

But God, who is rich in mercy, because of His great love with which He loved us, even when we were DEAD in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus.

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The Real Answer to Health Problems is Jesus

- Jesus Christ is the center and core of the Gospel
- Jesus Christ should be the center and core of all Health Evangelism

Jesus is the Life Giver

- Only the Gospel actually brings the dead to life and the health message expands the Gospel and brings life more abundantly.
- Jesus is the life giver and He is the health giver.

God Works Miracles Today!

"To arouse those spiritually dead, to create new tastes, new motives, requires as great an outlay of power as to raise one from physical death...our Deliverer is able to do this; for He came to destroy the works of the enemy." RH March 12, 1901