

Evaluating Health-Nutrition Information

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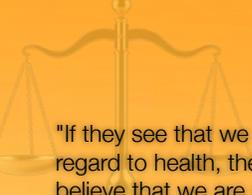


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- 
- Evidence-based information
 - Accurate in our teachings



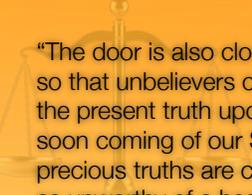
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"If they see that we are intelligent with regard to health, they will be more ready to believe that we are sound in bible doctrines." Counsels on Health p 452



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"The door is also closed in a great measure, so that unbelievers cannot be reached by the present truth upon the Sabbath and the soon coming of our Saviour. The most precious truths are cast aside by the people as unworthy of a hearing. These men are referred to as representatives of health reformers and Sabbathkeepers in general. A great responsibility rests upon those who have thus proved a stumbling block to unbelievers." CD 209



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"These men are doing a work which Satan loves to see go on." PH101 3



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Balance
Accuracy
Integrity



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Science is a systematic attempt to reduce bias.

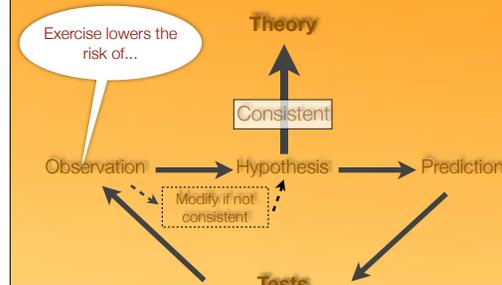
"Science tries to remove the element of unsystematic personal experience from the scientific process. It attempts to use objective measurements, not subjective judgments, whenever possible. It insists on the corroboration of findings by other scientists. It demands public evidence open to public scrutiny, not private data subject to personal confirmation, its facts must not rest on the say-so of some authority but on objective evidence."

How to Think About Weird Things, p. 63



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The Scientific Method



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Observations Trump Everything Else

Scientific knowledge is a body of statements of varying degrees of certainty. Some most unsure, some nearly sure, but none absolutely certain.

—Richard Feynman

1. Hypothesis (guesses, hunches)
2. "Science says..." (some evidence)
3. Scientific Theory (great deal of evidence, multiple scientists) e.g. earth goes around the sun
4. Absolute Fact (never attained)



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Seven Warning Signs of Bogus Science

Park, R. L., The Chronicle Review, January 31, 2003



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1. Discoverer Goes Directly to Media

- Integrity of science rests on the willingness of scientists to expose new ideas and findings to the scrutiny of other scientists.
- Bypassing peer review suggests that the work is unlikely to stand up to close examination by other scientists.
- Maker of some products go directly to paid advertisements or infomercials or presentations to the public.



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2. Discoverer Claims Suppression by a Powerful Establishment

- Establishment suppresses discoveries that might shift the balance of wealth or power. (Car that runs on water!)
- They accuse mainstream science of being part of a larger conspiracy that includes industry and government that doesn't want to upset the status quo.



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3. Scientific Effect Is at the Very Limits of Detection

- No clear photos of a flying saucer.
- No clear photos of the Loch Ness monster.
- All scientific measurements must contend with some level of background noise or statistical fluctuation.
- If the signal-to-noise ratio can't be improved the effect is probably not real and the work is not science. (Para-psychology).



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4. Evidence is Anecdotal

- Anecdotes have a very strong emotional impact.
- They keep superstitious beliefs alive in an age of science.
- The most important discovery of modern medicine is not vaccines or antibiotics, but the randomized double-blind test. We know what works and what doesn't work.
- "Data" is not the plural of "anecdote".



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5. Credible as it Endured for Centuries

- There is a myth that hundreds or thousands of years ago our ancestors had miraculous remedies that modern science can't understand.
- Ancient folk wisdom, rediscovered or repackaged, is unlikely to match the output of modern scientific laboratories.



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6. The Discoverer has Worked in Isolation

- The image of a lone genius who struggles in secrecy in an attic laboratory and ends up making a revolutionary breakthrough has more to do with Hollywood's fiction films than with reality.
- Scientific breakthroughs today are almost always the syntheses of the work of many scientists.



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7. Discoverer Must Propose New Laws of Nature to Explain an Observation

- A new law of nature, invoked to explain some extraordinary result, must not conflict with what is already known.
- If we must change existing laws of nature or propose new laws to account for an observation, it is almost certainly wrong.



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Adventists Are Quick to Espouse Health Claims

- "No Oil Diet"
- Raw vs Cooked Food
- Zone Diet
- Masticate 60+ times per bite
- Wheat Belly
- Vegan Diet as the "Gold Standard"



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Evaluating Scientific Claims Consumers Have the Right to Know

- Carefully evaluate the messenger:
 - Are they really who they claim to be?
 - Did they get the education they claim to have?
 - Do their peers in that field agree with them?
 - Is their life consistent with their message?
- Critically evaluate the information being presented:
 - Is there good research to back up the claims?
 - Are the results consistent?
 - Has this been corroborated by other research?

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Science and the inspired writings are in perfect harmony, when rightly understood.

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Science and the Bible

“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.” CT 426

“Rightly understood, they *[science and the Bible]* are in perfect harmony... All truth, whether in nature or in revelation, is consistent with itself in all its manifestations.” PP 114

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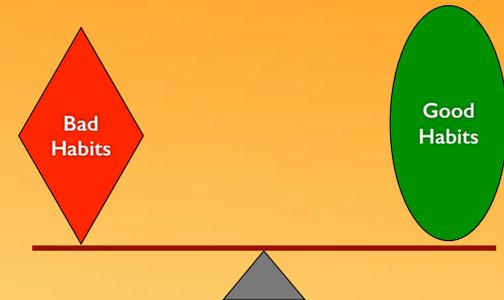
- We do not have to choose between the Bible and science (false dichotomy)
- God is the greatest scientist of all time
- Each sheds light on the other
- *Rightly understood*, they lead us to God
- God’s Word is primary and takes precedent

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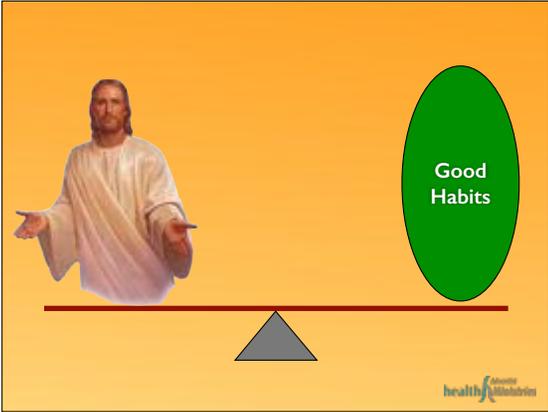
What Can We Accept?

If EGW the only source	Reliable information Follow it for good health
If EGW and CONFIRMED by science	Reliable information Follow it for good health
Popular health advice with NO EGW and NO scientific evidence	Leave it alone
Popular health advice with NO EGW mention but strong scientific support	Maybe OK Must be based on GOOD science
Popular health advice with STRONG scientific support but CONDEMNATION from EGW	Science is wrong Time will prove EGW correct

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