



ESSENTIALS

OF HEALTH EVANGELISM

TRAINING MANUAL



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This manual is for general educational purposes only. It is not intended as a substitute for the diagnosis, treatment, and advice of a qualified licensed professional. The authors hereby assume no responsibility for how this material is used or misused.

Chapter 1— Introduction to LIGHT

Every Member Called to Health Evangelism

Isaiah 60:2. “Behold, the darkness shall cover the earth, and gross darkness the people: but the LORD shall arise upon thee, and his glory shall be seen upon thee.”

Testimonies, vol. 7, p. 62. “We have come to a time when every member of the church should take hold of medical missionary work. 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.”

Christ, Our Example

Ministry of Healing, p. 143. “Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’”

Matthew 4:23,24. “And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.”

Ministry of Healing, p. 19. “During His ministry, Jesus devoted more time to healing the sick than to preaching.”

Ministry of Healing, p. 20. “The Saviour made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace.”

Jesus Commissions The Twelve Disciples

Luke 9:1. “Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases. And he sent them to preach the kingdom of God, and to heal the sick.”

They were simply following Jesus method of reaching people.

Jesus Commissions The Seventy

Luke 10:9. “And heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you.”

Nothing new – they were to simply follow Jesus method.

Jesus Gives The Great Commission to all Christians

Mark 16:15, 18. “Go ye into all the world, and preach the gospel to every creature ... They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.”

9 Testimonies, p. 168. “Christ is no longer in this world in person, to go through our cities and towns and villages, healing the sick; but He has commissioned us to carry forward the medical missionary work that He began.”

7 Testimonies, p. 62. “We have come to a time when every member of the church should take hold of medical missionary work.”

Why Health Evangelism?

1. People are dying because of ignorance

7 Testimonies, p. 62. “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. Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today is: ‘Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.’”

Orientation

“For Such a Time as This”

2. It shows Jesus character

Ministry of Healing, p. 143. “The world needs today what it needed nineteen hundred years ago--a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental, and spiritual, can be accomplished.”

3. It is a front-line work

Medical Ministry, p. 239. “Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it. God grant that the importance of medical missionary work shall be understood, and that new fields may be immediately entered.”

4. It purifies God’s people

3 Testimonies, p. 161. “I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body. The law of Ten Commandments has been lightly regarded by man, but the Lord would not come to punish the transgressors of that law without first sending them a message of warning. The third angel proclaims that message. Had men ever been obedient to the law of Ten Commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not be.”

5. It opens many closed doors

Medical Ministry, p. 238. “The right hand is used to open doors through which the body may find entrance. This is the part the medical missionary work is to act. It is to largely prepare the way for the reception of the truth for this time.”

7 Testimonies, p. 80. “In one hand they are to carry remedies for the relief of physical suffering, and in the other the gospel for the relief of sin-burdened souls. Thus they are to work as true medical missionaries.”

Relation of health reform to the gospel

6 Testimonies, p. 327. “But while the health work has its place in the promulgation of the third angel's message, its advocates must not in any way strive to make it take the place of the message.”

Counsels on Diet and Foods, p. 44. “A large proportion of all the infirmities that afflict the human family, are the results of their own wrong habits, because of their willing ignorance, or of their disregard of the light which God has given in relation to the laws of their being. It is not possible for us to glorify God while living in violation of the laws of life. The heart cannot possibly maintain consecration to God while lustful appetite is indulged. A diseased body and disordered intellect, because of continual indulgence in hurtful lust, make sanctification of the body and spirit impossible.”

Short Training Courses Needed

9 Testimonies, pp. 171, 172. “Workers-gospel medical missionaries-are needed now. You cannot afford to spend years in preparation. Soon doors now open to the truth will be forever closed. Carry the message now. Do not wait, allowing the enemy to take possession of the fields now open before you. Let little companies go forth to do the work to which Christ appointed His disciples. Let them labor as evangelists, scattering our publications, and talking of the truth to those they meet. Let them pray for the sick, ministering to their necessities, not with drugs, but with nature’s remedies, and teaching them how to regain health and avoid disease.”

Every Church a Community Health Center

The Ministry of Healing, p. 148, 149. “The church of Christ is organized for service. Its watchword is ministry... The monotony of our service for God needs to be broken up. Every church member should be engaged in some line of service for the Master. Some cannot do so much as others, but everyone should do his utmost to roll back the tide of disease and distress that is sweeping over our world. Many would be willing to work if they were taught how to begin. They need to be instructed and encouraged.

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Many would be willing to work if they were taught how to begin. They need to be instructed and encouraged. Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors. Let the teachers lead the way in working among the people, and others, uniting with them, will learn from their example. One example is worth more than many precepts.”

LIGHT – Lay Institute for Global Health Training

Identity – The Lay Institute for Global Health Training (LIGHT) is a supporting ministry of the Seventh-day Adventist church devoted to provide health evangelism training worldwide.

Vision – To see a global movement of God’s people sharing the light of His love through ministering to the needs of humanity.

History – LIGHT was organized as a result of collective desire to see more lay-members around the world actively sharing the wonderful message of health and salvation. With the understanding that many will work if they are only taught how to begin, we knew the greatest need was to make short training courses available to everyone. In 2005, two experimental training programs were field-tested in a Western European and a Central Asian country to see what would result. The success of these programs encouraged us to organize LIGHT to better facilitate the expansion of health evangelism training schools worldwide. Through the help of various ministry leaders in Outpost Centers International, ASI, and Wildwood Lifestyle Center and Hospital, LIGHT was developed. In 2008, LIGHT was accepted as an official member organization of ASI (see www.asiministries.org). Since that time LIGHT has trained over 15,000 lay-members in over 85 countries of the world with the help of its now over 40 affiliate training schools.

Mission

- To provide excellence in health evangelism training to church members worldwide through short courses, workshops and online studies
- To assist our graduates in the establishment of vibrant community health outreach programs, health evangelism training schools, city missions and rural lifestyle centers
- To develop quality health evangelism training materials in multiple languages
- To create a unified global network of health ministries

Method

Step 1 – The Essentials

We begin entering new territories by offering both short workshops in churches and 4-week intensive courses covering the “Essentials of Health Evangelism”. These courses help local church members and conferences become acquainted with our program and see the effectiveness of medical missionary work in the community. Through these short courses thousands have the opportunity to receive the fundamentals of health evangelism - combining health education with gospel work. Accompanied with daily spiritual classes participants receive instruction in the principles of healthful living, common diseases, natural remedies, and community health evangelism. This first step puts us in touch with many dedicated souls with the desire to be a part of God's closing work.

Step 2 – The Standard

As we inspire many lay-members through our “Essentials” training, we look for potential leaders and dedicated missionaries that desire to expand the influence of medical missionary work. For these missionaries we work to begin our longer course of study, normally six-months in length, providing the “Standard” in health evangelism training, our Health Evangelism Certificate course. Participants in this course gain an understanding of God's methods in the treatment of the sick, while at the same time preparing the student to share the truths of the gospel. Instruction is given in preventive lifestyle education, natural remedies, Bible, Spirit of Prophecy, and other aspects of God's healing way.

Orientation

“For Such a Time as This”

This course lays the solid foundation needed for the work of establishing centers of health, healing, and education around the world.

Step 3 – The Projects

The ultimate goal for LIGHT is to work with our graduates to establish permanent centers of training and healing. We look to work with those graduates that have proven themselves faithful to the Lord, balanced in the ministry and easy to work with. LIGHT will give guidance in how to establish the right kind of organization for the ministry and help to locate property in a rural setting. We hope in each of these ministries to maintain a consistent six-month Health Evangelism Course and to establish practical businesses that will help provide financial support for the project and practical work training for the students. Agriculture and the health food industry are our primary business models. LIGHT will do everything we can to support these young projects especially in the early years of growth. Support LIGHT offers comes in the area of curriculum, counsel, leadership training, fund-raising, promotion and recruitment of LIGHT missionaries to help at the projects.

Keep these steps in mind as you train and participate in various LIGHT projects!

Chapter 2 – Guidelines

Keeping Christ The Center

Evangelism, p. 190. “The Sacrifice of Christ as an atonement for sin is the great truth around which all other truths cluster. In order to be rightly understood and appreciated, every truth in the word of God, from Genesis to Revelation, must be studied in the light which streams from the cross of calvary, and in connection with the wondrous central truth of the Saviour’s atonement.”

Heaven’s Educational Plan

John 6:45. “It is written in the prophets, And they shall be all taught of God.”

Counsels to Parents, Teachers, and Students, p. 447. “The first great lesson in all education is to know and understand the will of God. . . . The confusion in education has come because the wisdom and knowledge of God has not been exalted.”

1 Corinthians 3:19. “For the wisdom of this world is foolishness with God. . . .”

Counsels to Parents, Teachers, and Students, p. 423. “Man’s words, if of any value, echo the words of God.”

6 Testimonies, p. 131. “Above all other books, the word of God must be our study, the great textbook, the basis of all education. . . .irrespective of previous habits and customs.”

Ministry of Healing, p. 453. “Often the education and training of a lifetime must be discarded, that one may become a learner in the school of Christ.”

Education, p. 296. “‘Something better’ is the watchword of education, the law of all true living. Whatever Christ asks us to renounce, He offers in its stead something better.”

Education, p. 77. “Jesus followed the divine plan of education. The schools of His time, with their magnifying of things small and their belittling of things great, He did not seek. His education was gained directly from the Heaven-appointed sources; from useful work, from the study of the Scriptures and of nature, and from the experiences of life—God’s lesson books, full of instruction to all who bring to them the willing hand, the seeing eye, and the understanding heart.”

5 Testimonies, p. 214. “Jesus is the only true pattern. Everyone must now search the Bible for himself upon his knees before God, with the humble, teachable heart of a child, if he would know what the Lord requires of him.”

Schedule

Evangelism, p. 649. “God has entrusted His sacred work to men, and He asks that they shall do it carefully. Regularity in all things is essential. Never be late to an appointment.”

Education, p. 205. “The importance of regularity in the time for eating and sleeping should not be overlooked.”

Ministry of Healing, p. 208. “If every moment were valued and rightly employed, we should have time for everything that we need to do for ourselves or for the world.”

Ministry of Healing, p. 456. “We must turn away from a thousand topics that invite attention.”

Meals

Counsels on Health, p. 67. “Wrong habits of eating and drinking lead to errors in thought and action.”

Ministry of Healing, p. 296. “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. . . .”

Sleep

7 Testimonies, p. 247. “Proper periods of sleep and rest and an abundance of physical exercise are essential to health of body and mind.”

Orientation

“For Such a Time as This”

Counsels to Parents, Teachers, and Students, p. 297. “In regulating the hours for sleep, there should be no haphazard work. Students should not form the habit of burning the midnight oil, and taking the hours of the day for sleep. If they have been accustomed to doing this at home, they should correct the habit, going to bed at a seasonable hour. They will then rise in the morning refreshed for the duties of the day. In our schools the lights should be put out at half past nine.”

Dress

Since proper dress helps create an atmosphere for learning, we ask that students attend class with appropriate and dignified clothing in harmony with the admonition of the apostle Paul, “in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array” - 1 Timothy 2:9.

Dress and grooming should be modest, neat, and clean. When participating in community outreach, a professional or professional-casual look is expected.

Classroom Order

Counsels on Health, page 101. “Order is heaven's first law.”

To preserve order, please raise your hand when you wish to speak to the class, or ask the teacher a question. Be respectful if you do not agree with what is being said.

The Object Of Education

Patriarchs & Prophets, p. 595. “The true object of education is to restore the image of God in the soul.”

Counsels to Parents, Teachers, and Students, p. 68. “The great aim of the teacher should be the perfection of Christian character in himself and in his students.”

Our Special Place

Education, p. 263. “To every household and every school, to every parent, teacher, and child upon whom has shone the light of the gospel, comes at this crisis the question put to Esther the queen at that momentous crisis in Israel's history, ‘Who knoweth whether thou are come to the kingdom for such a time as this?’”

Will Your Experience Be A Waste Of Time?

Ministry of Healing, p. 402. “It is the use they make of knowledge that determines the value of their education. To spend a long time in study, with no effort to impart what is gained, often proves a hindrance rather than a help to real development.”

Principles of Health and Healing

“Life More Abundantly”

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Principles of Health and Healing

“Life More Abundantly”

Chapter 1 – God’s Plan for Health and Restoration

God’s Original Plan

Isaiah 43:7. “I have created him for my glory. I have formed him; yea, I have made him.”

Education, p. 15. “When Adam came from the Creator's hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. "God created man in His own image" (Genesis 1:27), and it was His purpose that the longer man lived the more fully he should reveal this image--the more fully reflect the glory of the Creator.”

Review and Herald, February 11, 1902 par. 1. “All heaven took a deep and joyful interest in the creation of the world and of man. Human beings were a new and distinct order. They were made "in the image of God," and it was the Creator's design that they should populate the earth. They were to live in close communion with heaven, receiving power from the Source of all power. Upheld by God, they were to live sinless lives.”

Genesis 1:31. “And God saw every thing that he had made, and, behold, it was very good.”

Man was perfect as he came from His Creator’s hand—without the slightest taint of the curse. He was never sick, never experienced pain, and had no knowledge of aging or death. After sin entered, things changed for the worse—spiritually, mentally, and physically.

Results of Sin

Death - *Genesis 2:17.* “In the day that thou eatest thereof thou shalt surely die.”

Curses - *Genesis 3:16-18.* “Unto the woman he said, I will greatly multiply thy sorrow and thy conception ... And unto Adam he said ... cursed is the ground for thy sake; in sorrow shalt thou eat ... thorns and thistles shall bring forth unto thee.”

God’s Image Marred - “Through sin the divine likeness was marred, and well-nigh obliterated. Man's physical powers were weakened, his mental capacity was lessened, his spiritual vision dimmed. He had become subject to death.” *Education, p. 15.*

God could have rightfully destroyed humanity immediately after their rebellion, but His love was so great that He gave Himself for our redemption. However, He does not only desire to redeem us spiritually, but also physically, mentally, and emotionally.

Complete Restoration Planned

John 10:10. “I am come that they might have life, and that they might have it more abundantly.”

3 John 2. “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”

1 Thessalonians 5:23. “And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”

Reflecting Christ, p. 137. “Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health promotes the development of a strong mind and a well-balanced character. Without health, no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character.”

My Life Today, p. 141. “The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things.”

Ministry of Healing, p. 130. “The body is the only medium through which the mind and the soul are developed for the upbuilding of character.”

Revelation 21:4. “And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.”

Principles of Health and Healing

“Life More Abundantly”

Isaiah 65:17. “For, behold, I create new heavens and a new earth: and the former shall not be remembered, nor come into mind.”

Education, p. 15. “To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and soul, that the divine purpose in his creation might be realized--this was to be the work of redemption.”

Our Reasonable Service is to Glorify God

Romans 12:1. “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”

1 Corinthians 10:31. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

1 Corinthians 6:19-20. “What? know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? ²⁰ For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”

Counsels on Diet and Foods, p. 21. “God requires the body to be rendered a living sacrifice to Him, not a dead or a dying sacrifice. The offerings of the ancient Hebrews were to be without blemish, and will it be pleasing to God to accept a human offering that is filled with disease and corruption? He tells us that our body is the temple of the Holy Ghost; and He requires us to take care of this temple, that it may be a fit habitation for His Spirit. The apostle Paul gives us this admonition: “Ye are not your own; for ye are bought with a price; therefore, glorify God in your body and in your spirit, which are God's.” All should be very careful to preserve the body in the best condition of health, that they may render to God perfect service, and do their duty in the family and in society.” -- *Christian Temperance and Bible Hygiene, pg. 52,53.*

Our First Duty

We know that there are basic laws that govern the universe (gravity, motion, thermodynamics, etc.) There are also laws that govern our body and therefore our health. Notice what Ellen White writes:

3 Testimonies, p. 164. “Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health.”

Prevention of Disease is Our First and Most Important Goal

9 Testimonies, p. 161. “Teach the people that it is better to know how to keep well than how to cure disease.”

Review and Herald, April 2, 1914. “I have been shown that a great amount of suffering might be saved if all would labor to prevent disease, by strictly obeying the laws of health.... Many have expected that God would keep them from sickness merely because they have asked him to do so. But God did not regard their prayers because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no effort to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health.”

Remedies for Illness

The laws of health not only preserve our health and protect against diseases but they are also powerful remedies to restore health.

5 Testimonies, p. 443. “God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense.”

Principles of Health and Healing

“Life More Abundantly”

Chapter 2 – Laws Of Life I

Optimal Nutrition

Why is Diet Important?

- a) **Scientific Research** - Many diseases are directly connected to certain dietary choices. Diets that include large amounts of refined foods (those that are high in free fats, cholesterol, free sugars, refined grains, and sodium while very low in fiber) have been linked to lifestyle diseases such as cardiovascular disease, cancer, diabetes, obesity, etc.¹
- b) **Our Creator Cares** – Jesus loves us very much and knows our bodies even better than we do. He has given clear instructions in regard to diet through the Bible and writings of Ellen White.

5 Diets In The Bible

1. Garden of Eden Diet – fruits, grains, nuts and seeds (Genesis 1:29)
2. Diet after sin – herb of field added (Genesis 3:18)
3. Post-flood Diet – permission to eat clean meat (Genesis 9:3; 7:2; distinction made in Lev. 11 and Deut. 14)
* Remember, in this diet blood and fat were prohibited (Genesis 9:4; Leviticus 3:17; 7:23)
4. Exodus Diet - manna from heaven (Exodus 16:35)
5. New Earth Diet - (Isaiah 65:21, 25)

Note: Could it be that the Lord’s ideal is to bring us back to a simple diet in which no animal life is lost?

Counsels on Diet and Foods, p. 81, 82. “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. . . . They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. . . . various roots will also be used.”

Important Principles to Remember:

- a) **Simplicity** – “If ever there was a time when the diet should be of the most simple kind, it is now.”
2 Testimonies, p. 352.
- b) **Should be Suited for our Circumstances** – “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.*
- c) **Adequacy, and Taste** - “There must be placed upon the table nicely cooked dishes, and an abundance of good, palatable food... We want to have good dishes nicely prepared.” *Counsels on Diet and Foods, p. 289.*
- d) **Variety** – “The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied.” *Ministry of Healing, p. 300.*
- e) **No Abrupt Changes in Diet** – “In some countries where poverty abounds, flesh is the cheapest food. Under these circumstances the change will be made with greater difficulty; but it can be effected. We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly. None should be urged to make the change abruptly. The place of meat should be supplied with wholesome foods that are inexpensive. In this matter very much depends on the cook. With care and skill, dishes may be prepared that will be both nutritious and appetizing, and will, to a great degree, take the place of flesh food.” *Ministry of Healing, p. 316.*
- f) **Avoid Extremes** – “Those who understand the laws of health and who are governed by principle, will shun the extremes, both of indulgence and of restriction. Their diet is chosen, not for the mere gratification of appetite, but for the upbuilding of the body. They seek to preserve every power in the best condition for highest service

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to God and man. The appetite is under the control of reason and conscience, and they are rewarded with health of body and mind. While they do not urge their views offensively upon others, their example is a testimony in favor of right principles. These persons have a wide influence for good.” Ministry of Healing, p. 319

Points to Ponder:

Healthful Living, p. 161. “Anything which is taken into the stomach and converted into blood becomes a part of the being.”

LIGHT has a separate class during this training in which we will deal more directly with the topic of nutrition.

Invigorating Exercise

Along with poor dietary choices lack of exercise is a major cause of disease and disability.² God’s original design was for us to enjoy an active, outdoor lifestyle.

Genesis 2:15. “And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.”

Action, a Law of our Being – “Action is a law of our being. Every organ of the body has its appointed work, upon the performance of which its development and strength depend. The normal action of all the organs gives strength and vigor, while the tendency of disuse is toward decay and death.” *Ministry of Healing, p. 237.*

Counsels on Temperance and Bible Hygiene, p. 96. “A life of useful labor is indispensable to the physical, mental, and moral well-being of man.”

2 Testimonies, p. 530. “Brisk, yet not violent, exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthy glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.”

Essential for Recovery of Health – “If those who are sick would exercise their muscles daily, women as well as men, in outdoor work, using brain, bone, and muscle proportionately, weakness and languor would disappear. Health would take the place of disease, and strength the place of feebleness.” *Medical Ministry, p. 297.*

Healthful Living, p. 133. “The diseased stomach will find relief by exercise... Exercise is important to digestion, and to a healthy condition of body and mind.”

Exercise Needed for Students and Brain Workers – “Mental effort without corresponding physical exercise calls an undue proportion of blood to the brain, and thus the circulation is unbalanced. The brain has too much blood, while the extremities have too little. The hours of study and recreation should be carefully regulated, and a portion of the time should be spent in physical labor...” *My Life Today, p. 144.*

Counsels on Temperance and Bible Hygiene, p. 100. “When the weather will permit, those who are engaged in sedentary occupations, should, if possible, walk out in the open air every day, summer and winter. The clothing should be suitable, and the feet well protected. Walking ... brings all the muscles into exercise. The lungs also are forced into healthy action, since it is impossible to walk in the bracing air of a winter morning without inflating them.”

Morning Exercise Strengthens Immunity – “Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.” *Review and Herald, April 14, 1868.*

Other Benefits of Exercise:²

- Strengthens the heart
- Lowers blood pressure and resting heart rate, protecting the heart and blood vessels
- Lowers LDL cholesterol levels in the blood and often raises HDL or “good” cholesterol
- Strengthens bones by helping retain calcium and other minerals
- Lifts depression
- Relieves anxiety and stress

Chapter 3 – Laws Of Life II

Pure Water

Ministry of Healing, p. 237. “In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease.”

Importance of Water in the Body ¹

Nearly all of the bodies major systems depend upon water. Water helps to:

1. Regulate body temperature
2. Lubricate joints
3. Lessen the burden on the kidneys and liver by flushing out waste products
4. Carries nutrients and oxygen to cells
5. Dissolve minerals and other nutrients to make them accessible for the body
6. Prevent constipation
7. Protect organs and tissues
8. Moisten tissues (eyes, nose, mouth, etc.)

How Much Do We Need? ²

When we were born about 75% of our total weight was water. As we age this percentage decreases. The average adult of 154 pounds (70kg) contains about 40 liters of water (approximately 57% of total body weight). Blood is about 92% water. The kidneys process approximately 180 liters (47.5 gallons) of blood per day. If all the water in the blood was lost in the process we would need to drink about 2 gallons (7.5 liters) of water per hour to replenish all the water. Our Creator made us in a remarkable way so that 99% of the filtrate gets reabsorbed leaving only 50 to 67 ounces (1.5 to 2 liters) that is lost in the urine. We also lose water through respiration, feces, and perspiration – in total about 10 to 12 cups. Depending on our dietary choices food can provide between 2 to 4 cups of water. Therefore we should drink about 8 to 10 cups of water per day (or about one ounce for every kilogram we weigh) to keep well hydrated. The best way to determine if we are drinking enough water is to drink enough to keep the urine pale.

How to get our water intake during the day? Our suggestion is: upon rising drink 2 glasses of water (warm water will help with regular bowel function). Wait 2 hours after breakfast and drink 3 glasses before lunch (stop drinking about 30 minutes before lunch so your gastric juices are not diluted when you eat). Wait 2 hours after lunch and drink 3 glasses before the light evening meal. (Again, remember to stop 30 minutes before eating.)

Drinking with meals? - “The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest, for the liquid must first be absorbed. Do not eat largely of salt; give up spiced pickles; keep fiery food out of the stomach; eat fruit with the meals, and the irritation that calls for so much drink will cease to exist. But if anything is needed to quench the thirst, pure water is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquor.” *Counsels on Health, p. 120.*

Dehydration

Most people are probably not getting enough water and are chronically dehydrated. Severe dehydration is very serious and potentially life threatening.

Signs of Mild Dehydration ³

- Dry, sticky mouth
- Sleepiness or tiredness — children are likely to be less active than usual
- Thirst
- Decreased urine output — no wet diapers for three hours for infants and eight hours or more without urination for older children and teens
- Few or no tears when crying

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- Dry skin
- Headache, Constipation, Dizziness or lightheadedness

Use of Water Externally

Healthful Living, p. 192. “Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath, and to rub them until their bodies are in a glow. This brings the blood to the surface, relieving the brain.”

3 Testimonies, p. 70. “Bathing frees the skin from the accumulation of impurities, which are constantly collecting, and keeps the skin moist and supple, thereby increasing and equalizing the circulation.”

Is it clear that water is vitally important to our very existence?

Water is a Precious and Limited Resource.

Nearly 70% of the Earth’s surface is covered with water but nearly 97% of the water is undrinkable salt water found in oceans, seas, and bays. Of the freshwater reserves 68% is locked up in ice and glaciers and 30% is in the ground. Of the remaining freshwater, rivers are the main source of water that people use but this water only makes up 0.006% of the total amount of freshwater.⁴

At the United Nations Program of Action in 1992 it was estimated that “80% of all diseases and over one-third of deaths in developing countries are caused by consumption of contaminated water.”⁵

How to Protect our Water Supplies

1. Dispose of personal waste properly.
 - a. Garbage: Reduce, Reuse, and Recycle as much as possible. Trash and chemicals disposed of on the ground can end up in our storm drains, ditches, and streams. Dispose of them properly. Never burn plastic. “Burning even small amounts of plastic or rubber releases toxic chemicals such as dioxins, furans, and PCBs that cause many health problems.”⁶
 - b. Unwanted Medications: There are many dangers of flushing medications down the toilet or the drain. “It can cause pollution in wastewater, which has been demonstrated to cause adverse effects to fish and other aquatic wildlife.”⁷
 - c. Human Waste: “Every day, 2 million tons of human waste are disposed of in water courses.”⁸ Instead of polluting our water and other improper methods of waste disposal it would be well if all human waste is properly disposed of (sewage treatment plants, latrines, or simply burying it according to Deuteronomy 23:13.
2. Encourage industries to develop good strategies for dealing with waste products.
 - a. “In developing countries, 70 percent of industrial wastes are dumped untreated into waters where they pollute the usable water supply.”⁸
3. Adopt good agricultural techniques (organic)
 - a. Many chemical fertilizers, manure spreading techniques, pesticides, and runoff from feedlots/animal corrals contaminate our water supplies. Clear-cut logging also damages watersheds and may cause devastating erosion and sediment pollution. “Agriculture is also cited as a leading cause of groundwater pollution in the United States.”⁹

Adequate Sunshine

Healthful Living, p. 142. “If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented.”

Bible Echo, February 23, 1903. “By playing in the sunshine and the fresh air, children will gain health and strength of mind and body. They will be benefited both spiritually and physically.”

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7 *Testimonies*, p. 76. “ Nature is God's physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving--the elixir of life. Outdoor life is the only medicine that many invalids need. Its influence is powerful to heal sickness caused by fashionable life, a life that weakens and destroys the physical, mental, and spiritual powers.”

Sunlight Facts ²

- Daily exposure to natural sunlight boosts melatonin output (the rest-and-rejuvenation hormone)
- It strengthens the immune system
- It alleviates pain from swollen arthritic joints
- It relieves certain symptoms of PMS
- It lowers blood cholesterol levels
- It aids in the manufacture vitamin D

Getting the Right Amount ²

- A few minutes of sunlight on your face and hands each day will produce all the vitamin D you need
- Moderate tanning is protective against skin damage
- Individuals with darker skin need more sunshine than those with lighter skin
- WARNING! Excessive sunlight and burning may increase risk of skin cancers

Highlight on Vitamin D

- Vitamin D is a fat-soluble vitamin that promotes calcium absorption and is important in the development of strong bones.
- Other roles in the body include: modulation of cell-growth (it helps reduce the incidence of cancer), proper neuromuscular and immune function, and reduction of inflammation ¹⁰
- Several studies have also shown its importance in the prevention of heart disease, diabetes, cancer, infections, and autoimmune diseases. ¹¹
- Very few foods contain Vitamin D. It is mainly found in the flesh of fatty fish. Some mushrooms contain a small amount. The best way to get Vitamin D is through the miraculous reaction of UV radiation from the sun. “It has been suggested by some vitamin D researchers, for example, that approximately 5–30 minutes of sun exposure between 10 AM and 3 PM at least twice a week to the face, arms, legs, or back without sunscreen usually lead to sufficient vitamin D synthesis.” ¹⁰
- If blood levels are low (<30 nmol/L or <12 ng/mL) supplementation is suggested. Work with your healthcare provider to determine the adequate dosage to raise your levels.

1 Mayo Clinic. (2012). Functions of water in the body. Retrieved from <http://www.mayoclinic.com/health/medical/1M00594>

2 Diehl, H. & Ludington, A. (2000). *Health Power*. Hagerstown, MD: Review and Herald.

3 Mayo Clinic. (2011). Dehydration: Symptoms. <http://www.mayoclinic.com/health/dehydration/DS00561/DSECTION=symptoms>

4 <http://ga.water.usgs.gov/edu/earthhowmuch.html>

5 Yassi, A., Kjellstrom, T., de Kok, T. & Guidotti, T. (2001). *Basic Environmental Health: Water and Sanitation*. New York: Oxford University Press.

6 Conant, J. and Fadem, P. (2008). *A Community Guide to Environmental Health: Getting Rid of Trash Safely*. California: Hesperian Foundation.

7 Minnesota Pollution Control Agency. (2012). *Pharmaceutical Waste: Disposing of Unwanted Medications*. Retrieved from <http://www.pca.state.mn.us/index.php/living-green/living-green-citizen/household-hazardous-waste/pharmaceutical-waste-disposing-of-unwanted-medications.html>

8 United Nations Water Development (2012). *Water Pollution, Environmental Degradation and Disasters*. Retrieved from http://www.unwater.org/statistics_pollu.html

9 Natural Resources Management and Environment Department. (2012). *Chapter 1: Introduction to Agricultural Water Pollution*. Retrieved from <http://www.fao.org/docrep/W2598E/w2598e04.htm>

10 Office of Dietary Supplements: National Institutes of Health. (2012). *Dietary Supplement Fact Sheet: Vitamin D*. Retrieved from <http://ods.od.nih.gov/factsheets/vitamind-HealthProfessional/>

11 Manson, J. (2010). *New IOM Report on Vitamin D Intakes: What Clinicians Need to Know*. Retrieved from <http://www.medscape.com/viewarticle/733856?src=ptalk>

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Chapter 4 – Laws of Life III

Temperance

1 Corinthians 9:25. “And every man that striveth for the mastery is temperate in all things.”

1 Corinthians 10:31. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

How much of our world eats and drinks with God’s glory in mind? True temperance is little talked of and rarely practiced. Most people today are suffering from over-abundance, not lack. Notice what Ellen White says:

Counsels on Diet and Foods, p. 29. “Our danger is not from scarcity, but from abundance. We are constantly tempted to excess. Those who would preserve their powers unimpaired for the service of God, must observe strict temperance in the use of His bounties, as well as total abstinence from every injurious or debasing indulgence.”

What is True Temperance?

Patriarchs and Prophets, p. 562. “True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.”

Specific Areas of Life that Demand Temperance

A. Eating, Drinking, Sleeping, and Dressing – “Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life.” *6 Testimonies, p. 375.*

B. Labor – “We should practice temperance in our labor. It is not our duty to place ourselves where we shall be overworked. Some may at times be placed where this is necessary, but it should be the exception, not the rule. We are to practice temperance in all things.” *Child Guidance, p. 397.*

C. Appetites, Passion, Drugs - “Abstain from fleshly lusts, which war against the soul,’ (1 Peter 2:11) is the language of the apostle Peter. Many regard this warning as applicable only to the licentious; but it has a broader meaning. It guards against every injurious gratification of appetite or passion. It is a most forcible warning against the use of such stimulants and narcotics as tea, coffee, tobacco, alcohol, and morphine. These indulgences may well be classed among the lusts that exert a pernicious influence upon moral character. The earlier these hurtful habits are formed, the more firmly will they hold their victim in slavery to lust, and the more certainly will they lower the standard of spirituality.” *Counsels on Diet and Foods, pp. 62-63.*

Example of Daniel - “The history of Daniel and his companions has been recorded on the pages of the Inspired Word for the benefit of the youth of all succeeding ages. What men have done, men may do. Did those youthful Hebrews stand firm amid great temptations, and bear a noble testimony in favor of true temperance? The youth of today may bear a similar testimony.” *Counsels on Diet and Foods, p. 28.*

Remember: Man failed the test of temperance in the Garden of Eden but Christ gained the victory! (Matt. 4:2-4)

“Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” –Matthew 4:4

Highlight on Addictive Substances

1. Tobacco

Sobering Statistics: ^{1,2}

- a. Tobacco kills up to half of its users yet studies show most people do not understand the health risks of tobacco use.
- b. Tobacco kills nearly six million people each year, of whom more than 5 million are users and ex users and more than 600,000 are nonsmokers exposed to second-hand smoke.
- c. Between 1964 and 2004, cigarette smoking caused an estimated 12 million deaths, including 4.1 million deaths from cancer, 5.5 million deaths from cardiovascular diseases, 1.1 million deaths from respiratory diseases, and 94,000 infant deaths related to mothers smoking during pregnancy.
- d. Tobacco caused 100 million deaths in the 20th century. If current trends continue, it will cause up to one billion deaths in the 21st century.
- e. Nearly 80% of the world's one billion smokers live in low- and middle-income countries.

Health Risks: ³

- a. Smoking causes an estimated 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women.
- b. Smoking causes lung diseases (e.g., emphysema, bronchitis, chronic airway obstruction) by damaging the airways and alveoli (i.e., small air sacs) of the lungs
- c. An estimated 90% of all deaths from chronic obstructive lung disease are caused by smoking.
- d. Smoking increases the risk of coronary heart disease.

People need help to quit break this habit. Consider conducting a stop smoking seminar in your area. ⁴

2. Alcohol

Key Facts: ⁵

- a. The harmful use of alcohol results in 2.5 million deaths each year.
- b. 320,000 young people between the age of 15 and 29 die from alcohol-related causes, resulting in 9% of all deaths in that age group.
- c. Alcohol is the world’s third largest risk factor for disease burden; it is the leading risk factor in the Western Pacific and the Americas and the second largest in Europe.
- d. Alcohol is associated with many serious social and developmental issues, including violence, child neglect and abuse, and absenteeism in the workplace.

Long-Term Health Risks: ⁶

- a. Neurological problems, including dementia, stroke and neuropathy.
- b. Cardiovascular problems, including myocardial infarction, and more
- c. Psychiatric problems, including depression, anxiety, and suicide.
- d. Social problems, including unemployment, lost productivity, and family problems.
- e. Cancer of the mouth, throat, esophagus, liver, colon, and breast.
- f. Liver diseases, including cirrhosis, alcoholic hepatitis
- g. Other gastrointestinal problems, including pancreatitis and gastritis.

See *Ministry of Healing chapter 27, Liquor Traffic and Prohibition* for practical ideas of how to influence the world for truth.

3. Marijuana

Description and Key Facts: ⁷

- a. It is the most common abused illegal drug in the United States. It is a dry, shredded green and brown mix of flowers, stems, seeds, and leaves derived from the hemp plant *Cannabis sativa*. The main active chemical in marijuana is delta-9-tetrahydrocannabinol, or THC for short.
- b. Marijuana is usually smoked but can also be used in food preparations and tea.
- c. When marijuana is ingested the THC quickly enters the bloodstream and is carried throughout the body. “THC acts upon specific sites in the brain, called cannabinoid receptors, kicking off a series of cellular reactions that ultimately lead to the “high” that users experience when they smoke marijuana.”
- d. “Marijuana intoxication can cause distorted perceptions, impaired coordination, difficulty with thinking and problem solving, and problems with learning and memory.”
- e. Studies have shown it increases the risk of heart attacks and arrhythmias.
- f. Marijuana smoke contains 50-70 percent more carcinogenic hydrocarbons than tobacco smoke.

4. Cocaine

Description and Key Facts: ⁸

- a. Cocaine is a powerfully addictive stimulant drug. It over stimulates the central nervous system by increasing levels of dopamine, a brain chemical (or neurotransmitter) associated with pleasure and movement, in the brain’s reward circuit.

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- b. The powdered hydrochloride salt form of cocaine can be snorted or dissolved in water and then injected. Crack is the street name given to the form of cocaine that has been processed to make a rock crystal, which, when heated, produces vapors that are smoked. The term “crack” refers to the crackling sound produced by the rock as it is heated.
- c. Cocaine is normally snorted, injected, or smoked.
- d. Cocaine constricts blood vessels, dilates pupils, and increases body temperature, heart rate, and blood pressure. It can also cause headaches and gastrointestinal complications such as abdominal pain and nausea. Because cocaine tends to decrease appetite, chronic users can become malnourished as well.
- e. Snorting may lead to nosebleeds, loss of smell, and more. Injecting may lead to severe allergic reactions and increased risk of HIV/AIDS and other blood borne diseases from infected needles. Ingesting cocaine may cause bowel gangrene due to a marked reduction in blood flow.

5. Methamphetamine

Description and Key Facts: ⁹

- a. Methamphetamine is a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol and is taken orally, intranasally (snorting the powder), by needle injection, or by smoking.
- b. Methamphetamine works on the brain similarly to cocaine.
- c. Even small amounts of methamphetamine can result in many of the same physical effects as those of other stimulants, such as cocaine or amphetamines, including increased wakefulness, increased physical activity, decreased appetite, increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and hyperthermia.
- d. Long-term methamphetamine abuse has many negative health consequences, including extreme weight loss, severe dental problems (“meth mouth”), anxiety, confusion, insomnia, mood disturbances, and violent behavior. Chronic methamphetamine abusers can also display a number of psychotic features, including paranoia, visual and auditory hallucinations, and delusions (for example, the sensation of insects crawling under the skin).

6. Betel Nut

Description and Key Facts:

- a. Some say Betel Nut is one of the most addictive substances in the world. It is estimated that nearly 10 percent of the world’s population chew the leaves and/or nuts of this plant. It is mainly consumed in Asia with or without tobacco.
- b. It is an addictive stimulant and has a number of adverse health affects including DNA damage, fetal injury, and links to metabolic syndrome
- c. “There is sufficient evidence in humans for the carcinogenicity of betel quid with tobacco. Betel quid with tobacco causes oral cancer and cancer of the pharynx and oesophagus. There is sufficient evidence in humans for the carcinogenicity of betel quid without tobacco. Betel quid without tobacco causes oral cancer.” ¹⁰

Ministry of Healing, chapter 12, Working for the Intemperate contains timeless principles in dealing with those suffering with addictions.

Pure Air

Healthful Living, p. 177. “The strength of the system is, in a great degree, dependent upon the amount of pure air breathed. ...Air is the free blessing of Heaven, calculated to electrify the whole system.”

Fundamentals of Christian Education, p. 73. “And work performed in the open air is tenfold more beneficial to health than in-door labor.”

We can live weeks without foods, days without water, but only minutes without air. The composition of air (at sea level) is approximately 78% nitrogen, 20% oxygen, 1% water vapor, .97 % inert gases – mainly argon, and .03%

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carbon dioxide and other gases. Of these elements oxygen is essential for every cell in our bodies – for cellular respiration. In fact 65% of our bodies mass is made up oxygen.

The average adult breathes over 3,000 gallons of air every day. Therefore it is very important that the air we breathe is pure and clean.

Benefits of Clean Air (Negative Ions)

1. **Improves Appetite and Induces Good Sleep** – “Pure, fresh air. . . excites the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep.” *Healthful Living, p. 170.*
2. **Purifies, destroys and renders inactive bacteria and viruses, as well as other harmful substances**
3. **Enhances cellular resistance to viruses and retroviruses that cause cancer and other diseases**

Air Pollution ¹¹

Air pollution (dirty air) can damage everything from buildings and automobiles to trees, plants, waterways, animals, and humans. Billions of people live in areas where smog, particle pollution, and toxic pollutants pose serious health risks. When exposed to high enough levels of certain air pollutants individuals may experience burning in their eyes, an irritated throat, or breathing difficulties (asthma). Long-term exposure to air pollution can cause cardiovascular problems, cancer, cataracts and long-term damage to the immune, neurological, reproductive, and respiratory systems. In extreme cases, it can even cause death.

Six Common Pollutants and Their Sources

1. Particle pollution (often referred to as particulate matter) - includes the very fine dust, soot, smoke, and droplets that are formed from chemical reactions, and produced when fuels (gasoline, coal, wood, or oil) are burned.
2. Ground-level ozone – is made up primarily of volatile organic compounds (VOCs) and nitrogen oxides (NO_x). They are produced by cars burning gasoline, petroleum refineries, chemical manufacturing plants, and other industrial facilities.
3. Carbon monoxide (CO) – Indoors the sources may include: tobacco smoke, unvented kerosene and gas space heaters; leaking chimneys and furnaces; back-drafting from furnaces, gas water heaters, wood stoves, and fireplaces; gas stoves; generators and other gasoline powered equipment, Outdoors the major source of CO is automobile exhaust.
4. Sulfur oxides - The largest sources of SO₂ emissions are from fossil fuel combustion at power plants (73%) and other industrial facilities (20%).
5. Nitrogen oxides - nitrogen dioxide (NO₂) and nitric oxide (NO) are the most common and are produced during combustion. Sources include gas stoves, vented appliances with defective installations, welding, and tobacco smoke. Outdoors (NO₂) forms quickly from emissions of automobiles and power plants.
6. Lead – The major sources of lead emissions to the air today are ore and metals processing and piston-engine aircraft operating on leaded aviation gasoline. Lead has also been used in paints, pipes, and automobile gasoline. WHO includes lead on the list of hazardous chemicals and many countries prohibit its use.

These pollutants can harm your health and the environment, and cause property damage. Of the six pollutants, particle pollution and ground-level ozone are the most widespread health threats.

Note: Another pollutant to consider is the carcinogenic effect of the fumes from unrefined oils (particularly mustard/rapeseed) at high temperatures and the heterocyclic amines that have been identified in cooked meat, and also in fumes generated during frying or grilling of meats. ^{12, 13}

Poor Ventilation – “Many families suffer from sore throat, lung diseases, and liver complaints, brought upon them by their own course of action. . . They keep their windows and doors closed, fearing they will take cold if there is a crevice to let in the air. They breathe the same air over and over, until it becomes impregnated with the poisonous impurities and waste matter thrown off from their bodies, through the lungs and the pores of the skin.” *Healthful Living, p. 173.*

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Fresh Air for The Sick – “If pure air is ever necessary, it is when any part of the system, as the lungs or stomach, is diseased. Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. Brisk, yet not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.” *2 Testimonies*, p. 530.

Deep Breathing Needed – “Stomach, liver, lungs, and brain are suffering for want of deep, full inspirations of air, which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure, and give tone and vigor to every part of the living machinery.” *Healthful Living*, p.173.

Air Inventory ¹⁴

Right now, without changing anything about the way you are sitting or breathing, answer the following questions:

- How am I sitting right now? Is my spine straight, or am I slouching? Are my shoulders rolled forward?
- Is my breathing shallow or deep ?
- Do the clothes I am wearing, or the chair I am sitting in, restrict my breathing?
- Is the room well ventilated with fresh air, or is it closed and stuffy?
- Have I (or will I) exercise today?
- Have I eaten a high-fat meal today? (A high-fat meal reduces your blood’s ability to carry oxygen.)
- When was the last time I got up and moved around? Have I taken a break or done some deep breathing during the past couple hours?

Proper Breathing Test – Place one hand on your chest and the other on your stomach. Breathe normally for a few moments, noting the movement of each hand as you inhale. Which hand rises more dramatically? If it is the one on your belly, take it off and pat yourself on the back. You have excellent respiratory technique. But if it is the hand on your chest, you are not breathing properly.

¹ World Health Organization. (2011). *Tobacco (Fact Sheet N°339)*. Retrieved from <http://www.who.int/mediacentre/factsheets/fs339/en/index.html>

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³ Centers for Disease Control and Prevention. (2012). *Health Effects of Cigarette Smoking*. Retrieved from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

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¹³ Epidemiology. 1999 Sep;10(5):488-94. *Lung cancer and indoor air pollution arising from Chinese-style cooking among nonsmoking women living in Shanghai, China*.

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Chapter 5 – Laws of Life IV

Rest

We live in a fast-paced, busy society and people everywhere are craving rest. People are staying up late and waking up early to rush to work. Stores are commonly open 24 hours per day, 7 days a week. Entertainment and amusements, coupled with technology tempt us to stay busy all the time with the Internet and email. Jesus foresaw the demands of 21st century living and knew that we would need rest. Consider His words:

Matthew 11:28. “Come unto me, all ye that labour and are heavy laden and I will give you rest.”

3 Types of Needed Rest

1. Daily Rest.

- a. **Sleep** - The average person will spend about 1/3 of their life sleeping. Is it a waste of time? No! Why? Because during the day our bodies deal with lots of stressors and need quality sleep to restore, rejuvenate, and re-energize for another day. Consider the following statement from Dr. James Maas, professor at Cornell University:

“Sleep is not a vast wasteland of inactivity. The sleeping brain is highly active at various times during the night, performing numerous physiological, neurological, and biochemical housekeeping tasks. These are essential for everything from maintaining life itself to reorganizing and enhancing thinking and memory.”¹

b. Benefits of Proper Rest²

- It gives the body time to rejuvenate. Waste products are removed, repairs are effected, enzymes are replenished, energy is restored.
- It aids in the healing of injuries, infections and other assaults on your body, including stress and emotional traumas.
- Rest strengthens your body’s immune system, helping protect you from disease.
- Proper rest can lengthen your life. Several studies have shown that people who regularly slept seven to eight hours each night had lower death rates than those who averaged either less than seven hours or who slept longer.

c. How Much Sleep do we Need?²

- i. Newborn babies: 16-20 hours
- ii. Young children: 10-12 hours
- iii. Adults: 7-8 hours

- d. **Sleep Debt:**³ For each hour of sleep we miss per night we accrue a sleep debt that must be repaid or health consequences may follow.

Effects of Sleep Debt: 1) Decreased endurance, 2) weakened immune system, 3) decreased mental efficiency, 4) difficulty concentrating, 5) short-term memory loss, 6) emotional disturbances, 7) increased irritability, 8) more accident-prone, 9) weight gain, increased risk of 10) diabetes, 11) heart disease, 12) and stroke.

Causes of Sleep Debt: 1) Television and Internet surfing, 2) entertainment and sports, 3) overwork and night-shifts, 4) stress and anxiety, 5) noisy environments, 6) use of certain medications, 7) stimulants such as caffeine, 8) sedentary lifestyle

e. How to Sleep Better:

- Take frequent breaks during the workday. Walk around, get a drink of water, take some deep breaths.
- Daily engage in 30 to 60 minutes of active exercise. Exercise relaxes, restores energy, helps banish depression, and combats nervous tension.

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- Maintain as regular a schedule as possible for going to bed, getting up, eating, and exercising. The body flourishes on regular rhythms.
- Try to get to bed well before midnight.
- Eat the evening meal at least four hours before bedtime. An empty, resting stomach is more conducive to quality rest.
- Try a lukewarm (not a hot) bath. It is helpful relaxation technique.
- Count your blessings. Fill the mind with gratitude and thanksgiving.
- A clear conscience and a grateful mind are the pillows to sleep on.

Inspired Counsel:

Healthful Living, p. 46. “Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated.”

Daughters of God, p. 177. “Make it a habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the brain and then there is restlessness and wakefulness, and the precious sleep that should rest the body does not come when desired.”

7 Manuscript Releases, p. 224. “I know from the testimonies given me from time to time for brain workers, that sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . .”

2. Weekly Rest.

- a. “Just as the body has a natural daily clock (circadian rhythm), it also has a weekly clock (circaseptan rhythm). . . . Medical research has demonstrated such rhythms in connection with a variety of physiological functions.”⁴
- b. Our loving Creator and Savior instituted the Sabbath at the creation of the world for us to enter into special communion with Himself every Seventh-day. Let us praise Him for this wonderful gift of rest. (see Genesis 2:2, 3; Exodus 20:8-11; Mark 2:27, 28; and Ezekiel 20:20).

Desire of Ages, p. 207. “Heaven's work never ceases, and men should never rest from doing good. The Sabbath is not intended to be a period of useless inactivity. The law forbids secular labor on the rest day of the Lord; the toil that gains a livelihood must cease; no labor for worldly pleasure or profit is lawful upon that day; but as God ceased His labor of creating, and rested upon the Sabbath and blessed it, so man is to leave the occupations of his daily life, and devote those sacred hours to healthful rest, to worship, and to holy deeds.”

3. Change of Pace (Recreation).

- a. For those with sedentary job a few hours of outdoor labor may be just what they need to rejuvenate.
- b. For outdoor workers a few hours of mental diversion (reading a book, etc.) may be just what they need to rejuvenate.
- c. Regular days for vacation are also important.

Education, p. 211. “In this age, life has become artificial, and men have degenerated. While we may not return fully to the simple habits of those early times, we may learn from them lessons that will make our seasons of recreation what the name implies--seasons of true upbuilding for body and mind and soul.”

Trust in God

Research has shown that individuals with an active, firm trust in God had significantly better health than their non-believing counterparts.⁴

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Some of the benefits are lower incidences of: 1) high blood pressure, 2) cardiovascular problems 3) several cancers, 4) depression, 5) medical complications, 6) any disease process, 7) all causes of mortality.⁵

Several studies indicate that religious faith increases physical health. For example, one study of centenarians (people who live to be 100) showed that those with more “religiosity” (active faith) experienced significantly better overall health.⁶ A Duke University study⁷ highlighted that those who have strong religious faith have “higher levels of life satisfaction, greater personal happiness, and fewer psychosocial consequences of traumatic life events.”

Proverbs 3:5-8. “Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”

Ministry of Healing, p. 119. “Gratitude and trust open the heart to the healing power of God, the energies of the whole being are vitalized, and the life forces triumph.”

Counsels on Health, p. 382. “The human agent should have faith and should cooperate with the divine power, using every facility, taking advantage of every thing that, according to his intelligence, is beneficial, working in harmony with natural laws; and in doing this he neither denies nor hinders faith.”

Attitude

Proverbs 17:22. “A merry heart doeth good like medicine: but a broken spirit drieth the bones.”

Ministry of Healing, p. 281. “Gratitude, rejoicing, benevolence, trust in God's love and care--these are health's greatest safeguard. To the Israelites they were to be the very keynote of life.”

Negative Attitudes Lead To Disease⁸

Negative emotions and attitudes promote inflammatory processes that are associated with:

1. Aging
2. Cardiovascular Disease
3. Osteoporosis
4. Arthritis
5. Type 2 Diabetes
6. Certain Cancers

Cleanliness

Leviticus 11:44. “For I [am] the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I [am] holy:

Christian Temperance and Bible Hygiene, p. 105. “One of the most prolific sources of disease is the transgression of the laws of life in regard to personal habits. Order and cleanliness are laws of heaven.”

Ministry of Healing, p. 276. “Scrupulous cleanliness is essential to both physical and mental health.”

Review and Herald, February 28, 1907. “Cleanliness is next to godliness.”

What should be clean? (see Ministry of Healing, p. 276).

- 1) our skin, 2) our clothing, 3) outside our homes, 4) inside our homes

Proper Dress

Does what we wear have a direct effect upon our physical health? Consider the following quotes from Ellen White:

3 Testimonies, p. 164. “Knowledge must be gained in regard to how to eat and drink and dress so as to preserve health. Sickness is caused by violating the laws of health; it is the result of violating nature's law.”

Healthful Living, p. 123. “Half the diseases of women are caused by unhealthful dress.”

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Dressing for Health

1. Wear clothes to encourage good circulation.

Ministry of Healing, p. 293. “The feet and limbs, being remote from the vital organs, should be especially guarded from cold by abundant clothing. It is impossible to have health when the extremities are habitually cold; for if there is too little blood in them there will be too much in other portions of the body. Perfect health requires a perfect circulation; but this cannot be had while three or four times as much clothing is worn upon the body, where the vital organs are situated, as upon the feet and limbs.”

2. Wear clothing to allow full respiration.

Ministry of Healing, p. 292. “It is essential to health that the chest have room to expand to its fullest extent in order that the lungs may be enabled to take full inspiration. When the lungs are restricted, the quantity of oxygen received into them is lessened. The blood is not properly vitalized, and the waste, poisonous matter which should be thrown off through the lungs is retained. In addition to this the circulation is hindered, and the internal organs are so cramped and crowded out of place that they cannot perform their work properly.”

3. Wear clothing that encourages proper posture.

Ministry of Healing, p. 293. “In order to secure the most healthful clothing, the needs of every part of the body must be carefully studied. The character of the climate, the surroundings, the condition of health, the age, and the occupation must all be considered. Every article of dress should fit easily, obstructing neither the circulation of the blood nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised the clothing will be correspondingly lifted.”

Purity of Life

Many conscientious people around the world are concerned about the basic morality of humanity. It seems that we are bombarded by temptations to the sensual and impure. In spite of this onslaught meditation meditate upon God and His wonderful plan to help His people remain pure in the midst of impurity. Consider the following verses:

1 John 3:3. “And every man that hath this hope in him purifieth himself, even as he is pure.”

Philippians 4:8. “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

5 Testimonies, p. 443. “Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying.”

How can we obtain this purity?

Signs of the Times, April 21, 1881. “Purity of heart will lead to purity of life.”

Therefore, we need to have the experience that Ezekiel speaks of in chapter 36:

Ezekiel 36:26. “A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.”

¹ Maas, J. (2001). *Power Sleep: The Revolutionary Program That Prepares Your Mind For Peak Performance*, p. 6. New York: Villard.

² Diehl, H. & Ludington, A. (2001). *Health Power*. Hagerstown, Maryland: Review and Herald Publishing Association.

³ Harvard Medical School. (2007). *Repaying Your Sleep Debt*. Retrieved from <http://www.health.harvard.edu/fhg/updates/Repaying-your-sleep-debt.shtml>

⁴ Nedley, N. (1999). *Proof Positive: Chapter 20. Beyond The Leading Causes Of Death*. Oklahoma, Nedley Publishing.

⁵ Seeman, T., Dubin, L. & Seeman, M. (2003). *Religiosity/spirituality and health: A critical review of the evidence for biological pathways*. *American Psychologist*, Vol 58(1), 53-63. doi: 10.1037/0003-066X.58.1.53

⁶ Nedley, N. (1999). *Proof Postive: Beyond The Leading Causes Of Death*. Oklahoma, Nedley Publishing.

⁷ Ellison, C. (1991). *Religious Involvement and Subjective Well-being*. *J Health Soc Behav*. Mar; 32(1): 80-99.

⁸ Kiecolt-Glaser, J., McGuire, L., Robles, T. & Glaser, R. (2002). *Psychoneuroimmunology: Psychological influences on immune function and health*. *Journal of Consulting and Clinical Psychology*, Vol 70(3), 537-547.

Chapter 6 – In Case of Sickness or Injury

6 Steps in Case of Sickness or Injury

1. Pray.

Psalm 50:15. “Call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.”

James 5:14, 15. “Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.”

Medical Ministry, p. 12. “The sick are to be healed through the combined efforts of the human and the divine.”

Counsels on Health, p. 247. “I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He could not be glorified in so doing while they were violating the laws of health. And I also saw that He designed the health reform and Health Institute to prepare the way for the prayer of faith to be fully answered. Faith and good work should go hand in hand in relieving the afflicted among us, and in fitting them to glorify God here and to be saved at the coming of Christ.”

2. Seek to Understand the Cause.

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

Ministry of Healing, p. 127. “In case of sickness, the cause should be ascertained.”

Although much is known in regard to the causes of many diseases, there is still much that is not yet known. Often, people get sick even though no apparent causes are found. A typical example is found in breast cancer, where women without any known genetic predisposition and with a healthy lifestyle since childhood may get the disease.

Living in a sinful world has brought much pain and suffering. Genetic changes affect the human body making it more likely to become sick. Microorganisms, insects, animals, malnutrition, accidents, degeneracy, environmental poisons, war, etc also contribute to disease and suffering. Other important causes of disease include:

a) Violation of God’s natural and spiritual laws

3 Testimonies, p. 164. “Sickness is caused by violating the laws of health.”

Healthful Living, p. 24. “Every misuse of any part of our organism is a violation of the law which God designs shall govern us in these matters; and by violating this law, human beings corrupt themselves. Sickness, disease of every kind, ruined constitutions, premature decay, untimely deaths,—these are a result of a violation of nature's laws.”

Consider how many people may be sick today because of breaking the spiritual and physical laws of God.

b) Poor lifestyle choices (such as poor dietary and health habits, tobacco and alcohol use, inappropriate sexual behavior, illicit drugs, etc.)

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

Education, p. 146. “Terrible is this truth, and deeply should it be impressed. Every deed reacts upon the doer. Never a human being but may recognize, in the evils that curse his life, fruitage of his own sowing. Yet even thus we are not without hope.”

c) Imagination / Disordered thought processes

5 Testimonies, p. 444. “Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating

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to the very soul and weakening the life-forces. Remorse for sin sometimes undermines the constitution and unbalances the mind. There are erroneous doctrines also, as that of an eternally burning hell and the endless torment of the wicked that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds.”

Ministry of Healing, p. 241. “Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.

3. Personal consecration to God

Exodus 15:26. “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.”

To love and obey God brings restoration to humankind. It always brings spiritual healing and in many cases, physical healing as well. At times, God’s people suffer illness in spite of their love for Him and obedience to His laws of health. This is exemplified in Elisha’s life. He suffered and died from a chronic illness. In spite of this, God never left him.

II Kings 13:14 “Now Elisha was fallen sick of his sickness whereof he died.”

Prophets and Kings 264 “He upon whom had fallen in full measure the spirit resting upon Elijah, had proved faithful to the end. Never had he wavered. Never had he lost his trust in the power of Omnipotence...It was not given Elisha to follow his master in a fiery chariot. Upon him the Lord permitted to come a lingering illness. During the long hours of human weakness and suffering his faith laid fast hold on the promises of God, and he beheld ever about him heavenly messengers of comfort and peace. As on the heights of Dothan he had seen the encircling hosts of heaven, the fiery chariots of Israel and the horsemen thereof, so now he was conscious of the presence of sympathizing angels, and he was sustained. Throughout his life he had exercised strong faith, and as he had advanced in a knowledge of God’s providences and of His merciful kindness, faith had ripened into an abiding trust in his God, and when death called him he was ready to rest from his labors. “Precious in the sight of the Lord is the death of His saints.” Psalm 116:15.

4. Improve lifestyle habits

God endowed the human body with amazing systems designed to fight disease and restore health. However, much of this depends on how we live - our physical, emotional, social and spiritual habits. To disregard God’s laws of health certainly incapacitates our defense mechanisms and makes us more susceptible to illness; this is a well-studied and proven fact. On the other hand, to live according to His health and spiritual principles, strengthens the body and mind and helps fight disease.

Ministry of Healing, p. 127. “In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected.”

Medical Ministry, p. 224. “If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments.”

How Can We Make Lifestyle Changes?

1. Realize we cannot change on our own

Zechariah 4:6. “Not by might, nor by power, but by my spirit, saith the LORD of hosts.”

John 15:5. Jesus says, “without me ye can do nothing.”

2. Seek God’s help

Hebrews 7:25. “Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them.”

3. Begin forming positive lifestyle habits today

Deuteronomy 30:19. "I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live."

5. Use Simple Natural Remedies.

Ministry of Healing, p. 127. "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. . . . 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."

Ministry of Healing, p. 127. "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."

2 Selected Messages, p. 346. "Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy."

a. Hydrotherapy (Water Treatments)

Medical Ministry, p. 227. "Water treatments, wisely and skillfully given, may be the means of saving many lives."

Ministry of Healing, p. 237. "Many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness."

b. Herbs (please see notes under “Medications and Herbal Treatments”)

2 Kings 20:7. "And Isaiah said, Take a lump of figs. And they took and laid it on the boil, and he recovered."

2 Selected Messages, p. 294. "The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication."

c. Charcoal And Clay

John 9:6, 7. "When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing."

Ellen White writes the following concerning this healing episode:

Desire of Ages 284 "The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature.

2 Selected Messages, p. 294. "One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy."

d. Massage

Paulson Collection, p. 15. "Some matters have been deeply impressed upon my mind, and one is the necessity for much better facilities. We must have conveniences in these rooms--massage tables, and a cot on which to give packs."

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6. Use Life Saving Interventions When Appropriate.

1. **Emergencies and Surgery** – Life is a precious gift of God. There are times when accidents or other health problems occur which may necessitate life-saving interventions or surgery may be necessary to save life or prevent illness and disability. Is it a denial of faith to utilize the powerful medications used in surgery or undergo other lifesaving interventions?

2 Selected Messages, p. 284. “It is our privilege to use every God-appointed means in correspondence with our faith, and then trust in God, when we have urged the promise. If there is need of a surgical operation, and the physician is willing to undertake the case, it is not a denial of faith to have the operation performed.”

2 Selected Messages p. 284. “Before performing a critical operation, let the physician ask for the aid of the Great Physician.”

Here we can see the principle of doing the best that we know, of saving life and preventing disability when possible, rather than losing our lives and our usefulness in sharing God’s love with others simply because we refuse to utilize the medication or undergo the surgical procedure.

2. **Hormonal Abnormalities** - Certain abnormalities such as early removal or dysfunction of organs which may lead to inadequate endocrine function (for example: hypothyroidism, diabetes type 1, etc.) may make the use of medications necessary for the duration of the individual’s lifetime if they wish to live a healthy, normal life. In most cases, medication merely replaces what the body should be producing in normal circumstances.
3. **Potentially Life-Threatening or Disabling Illnesses**—These may need to be treated aggressively by medications to preserve life or prevent long-term disability and/or suffering. Around the world malaria can be a very serious disease and delay in treatment could be fatal. Notice the quotation below that gives us a good principle in the judicious use of drug medication:

2 Selected Messages, p. 281. “Drugs need seldom be used. [In harmony with these words was Mrs. White's counsel when asked concerning the use of quinine in the treatment of malaria. Her son, who traveled with her and assisted her, reports the following: "One time while we were in Australia, a brother who had been acting as a missionary in the islands, told mother of the sickness and death of his first-born son. He was seriously afflicted with malaria, and his father was advised to give him quinine, but in view of the counsel in the testimonies to avoid the use of quinine he refused to administer it, and his son died. When he met sister White, he asked her this question: 'would I have sinned to give the boy quinine when I knew of no other way to check malaria and when the prospect was that he would die without it?' In reply she said, 'no, we are expected to do the best we can.'" W. C. White letter, September 10, 1935. compilers

2 Selected Messages, p. 303 X-ray Treatment (presently known as radiotherapy) at Loma Linda - “For several weeks I took treatment with the X-ray for the black spot that was on my forehead. In all I took twenty-three treatments, and these succeeded in entirely removing the mark. For this I am very grateful.”

2 Selected Messages, p. 303 Blood Transfusions—“There is one thing that has saved life—an infusion of blood from one person to another...” Medical Ministry, 286, 287 (To Dr. D. H. Kress)

2 Selected Messages, p. 303 Vaccination—Vaccination for Smallpox: D. E. Robinson, one of Mrs. White’s secretaries, under date of June 12, 1931, wrote as follows concerning Mrs. White’s attitude toward vaccination: “You will be interested to know, however, that at a time when there was an epidemic of smallpox in the vicinity, she herself was vaccinated and urged her helpers, those connected with her, to be vaccinated. In taking this step Sister White recognized the fact that it has been proven that vaccination either renders one immune from smallpox or greatly lightens its effects if one does come down with it. She also recognized the danger of their exposing others if they failed to take this precaution. “[Signed] D. E. Robinson.”

Medication and Herbal Treatments

Far too many people resort to the use of pharmaceutical drugs and herbal treatments without giving proper consideration as to the cause of their health problems. While medications may be necessary to treat some of today’s serious health problems, we should not forget that God’s original plan for humankind, in a world without sin, was a life without sickness and free from the need of any medication or herbal treatments.

Herbal and other treatments have been available since humans fell in sin. Common practices thought to improve health have been passed on from generation to generation through oral and written means. Most of these practices have derived from simple observation while others have their roots in stories, tales and even mystical ideas concerning the spiritual world and its effects on the body. The use of chemical and mineral substances also became widespread. Chemists, filled with a rudimentary knowledge of science and very little insight into physiological principles, often introduced chemical substances into the treatment of disease. Most of these substances were highly toxic to humans, causing suffering and death; often, their negative effects were only seen months or even years later.

The principles written in God’s Word and the inspired writings of Ellen White are timeless and are as important today as they were in the past; however, to be understood accurately, they should be studied in their appropriate context. Various aspects need to be considered when dealing with this important issue in the context of biblical teaching, the counsel found in the Spirit of Prophecy and sound scientific knowledge:

1. Most health problems at the time of Ellen White resulted from lifestyle habits that were harmful to the body and mind. Science confirms that the same is true today. For these, the counsel is given

Medical Ministry 222 “Right and correct habits, intelligently and perseveringly practiced, will be removing the cause for disease, and the strong drugs need not be resorted to. Many go on from step to step with their unnatural indulgences, which is bringing in just as unnatural [a] condition of things as possible.

At that time, it was common practice to put more emphasis on treating the sick with unsafe chemicals (such as mercury, arsenic, strychnine etc) and other practices (bleeding, etc) than to help them improve their habits. This approach did not and still does not lead to better health. In fact, were it not for the body’s built-in restorative systems, most, if not all, of the sick would die, especially after being inflicted severe damage by most of the known medications of the time.

Ministry of Healing, p. 127 – “Let physicians teach the people that restorative power is not in drugs, but in nature. 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.”

2. Having a good understanding of physiology will help us make the right choices in health.

Counsels on Health, 38 “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.

2 Selected Messages, pp. 283, 284. “When you understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs.”

3. Most medications used in the late 1800’s and beginning of the 1900’s were used without evidence that they were safe and effective, and there was no knowledge as to what their effects on the body and mind were, or what risks people ran when using them. Physiology was a growing science but not much was known about how the body worked. Today we know with certainty that most of those medications were poisonous and without any beneficial effects to the body and mind.

In answering some questions presented by a medical student, Ellen White wrote:

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2 Selected Messages, pp. 279, 280. “Drug poisons mean the articles which you have mentioned (mercury, strychnine, arsenic, and such poisons, as well as potassium, iodine, squills, etc.) The simpler remedies are less harmful in proportion to their simplicity; but in very many cases these are used when not at all necessary. There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. I do not think that I can give you any definite line of medicines compounded and dealt out by doctors, that are perfectly harmless. And yet it would not be wisdom to engage in controversy over this subject.”¹

4. Ellen White did not state that all medications should be discarded, even at her time when most of them were indeed poisonous. In a few instances she used them and advised others to do the same. She condemns the use of drug medication in the manner it was “*generally practiced*” in her time. This implies the possibility of appropriately using (some) medications.

2 Selected Messages, p. 283. “Our institutions are established that the sick may be treated by hygienic methods, discarding almost entirely the use of drugs.”

2 Selected Messages, p. 282. “Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear conscience.

5. At times, Ellen White’s statements and practices often seem, at first glance, to contradict themselves. Statements need to be evaluated in their proper context.

Spiritual Gifts 4a, 139 “Mercury, calomel, and quinine have brought their amount of wretchedness, which the day of God alone will fully reveal.”

W. C. White letter, September, 1935. Counsels on Health, 261 “One time while we were in Australia, a brother who had been acting as a missionary in the Islands, told mother (Ellen White) of the sickness and death of his first-born son. He was seriously afflicted with malaria, and his father was advised to give him quinine, but in view of the counsel in the testimonies to avoid the use of quinine he refused to administer it, and his son died. When he met Sister White, he asked her this question: ‘Would I have sinned to give the boy quinine when I knew of no other way to check malaria and when the prospect was that he would die without it?’ In reply she said, ‘No, we are expected to do the best we can.’”

This passage indicates that when quinine was considered harmful by Ellen White it had its place in the treatment of disease, when appropriately used. This has been confirmed by science. The same is not true for most of the others (mercury, calomel, strychnine etc.) which are now known to be poisons without any beneficial effect on the body.

Present knowledge of physiology has led to the discovery as well as manufacture of substances that may help in specific health problems. Specific molecules are made to interfere with certain steps in disease processes. Here are some examples:

¹The reader must keep in mind that until the second decade of the twentieth century, physician training was largely unregulated and was often meager. In many instances it was on an apprentice basis, supplemented at best by a short period of training in a more or less orthodox medical school. The medical profession was without well-established standards. The mainstay in the medications of the ordinary doctor was poisonous drugs, often prescribed in large doses. 2SM 290 The following facts show clearly that Mrs. White’s statement should not be used to depreciate the labors of the carefully trained conscientious physician: 1. Her many statements relative to the high calling and weighty responsibilities of the physician; 2. Her practice of consulting qualified physicians as attested by the published record and by those who were members of her family; 3. Her counsel to an associate worker who was ill, to “let the physicians” “do those things” for her “that must be done” (See page 251 of this volume), and urging her to eat, “because your earthly physician would have you eat” (Page 253); 4. Her many counsels addressed to practicing physicians presented in *The Ministry of Healing, Counsels on Health, and Medical Ministry* 5. The guidance from her pen in the establishment of a Seventh-day Adventist medical college at Loma Linda, designed to provide “a medical education that will enable” its graduates “To pass the examinations required by law of all those who practice as regularly qualified physicians.”—Ellen G. White Manuscript 7, 1910 (published in *Pacific Union Recorder*, February 3, 1910 *Words of Counsel*).

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- i. Some chemotherapy treatments – Until a few decades ago, Acute Lymphoblastic Leukemia (ALL) in children was virtually an incurable disease. Children often died within 6 months of diagnosis and less than 5% were cured. In the 1950s and 60s, new medications were discovered that gave hope to these children. Amongst those was vincristine, a compound present in the Periwinkle plant. This medication, combined with other treatments, have completely changed the treatment of this terrible disease. Today, according to the American Society of Hematology, cure rates for ALL are around 80%. Like quinine, vincristine and other medications are potentially very toxic but their intelligent use has given life and hope to millions of people.
- ii. Cardiovascular medications – some diseases affecting the rhythm of the heart can be life-threatening and difficult to treat. The discovery of certain chemicals such as digoxin (from the foxglove plant) has helped to treat millions of people who would otherwise suffer and die from these diseases. Their use complements, but does not replace, good lifestyle habits.

Many people are already using medication in the treatment of chronic diseases such as diabetes, hypertension, heart problems, asthma, psychiatric disturbances, autoimmune disorders and endocrine diseases. Great care should be exercised when making changes to their medication without proper medical supervision as this may have potentially life-threatening results. Careful education and a stepwise approach with close monitoring is the only safe path to follow.

Very important: The use of medications should not replace the need to follow God’s laws of health.

6. Herbal medications – herbs contain natural chemicals, which affect body functions and therefore should not inherently be viewed as safe under all circumstances. Some herbs are toxic to humans, even in small amounts, while most of the commonly used ones are generally considered safe when taken in small to moderate amounts. Care should still be taken when using them, as indicated by Ellen White and confirmed by present medical knowledge.

2 Selected Messages, p. 294. “The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication.”

Note the use of the words “simple herbs”, “at times” and “used intelligently”. Herbs are not to replace good lifestyle practices and their use should be consistent with knowledge of health and disease in order to be “used intelligently”.

Herbs, even those generally considered safe, may interact with medications. Health care providers should be informed of their use. A typical example is the use of warfarin/coumadin with garlic. Using the two together increases the risk of bleeding.

Some Reasons Why Medications Are Overused

People Want Quick Solutions – “The sufferers in such cases can do for themselves that which others cannot do as well for them.... But generally the persons who suffer pain become impatient. They are not willing to use self-denial, and suffer a little from hunger. Neither are they willing to wait the slow process of nature to build up the overtaxed energies of the system. But they are determined to obtain relief at once, and take powerful drugs, prescribed by physicians. Nature was doing her work well, and would have triumphed, but while accomplishing her task, a foreign substance of a poisonous nature was introduced. What a mistake! Abused nature has now two evils to war against instead of one. She leaves the work in which she was engaged, and resolutely takes hold to expel the intruder newly introduced in the system. Nature feels this double draft upon her resources, and she becomes enfeebled.”

To Continue Living Intemperately – “Those who will gratify their appetite, and then suffer because of their intemperance, and take drugs to relieve them, may be assured that God will not interpose to save health and life which is so recklessly periled. The cause has produced the effect. Many, as their last resort, follow the directions in the word of God, and request the prayers of the elders of the church for their restoration to health. God does not see fit to answer prayers offered in behalf of such, for He knows that if they should be restored to health, they would again sacrifice it upon the altar of unhealthy appetite.” *Counsels on Diet and Foods, p. 26.*

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Easier to use – “It is easier to employ drugs than to use natural remedies”.— *Healthful Living*, 247. *Temperance* 85

Popularity “Some will have medicine at all events.” *4 Spiritual Gifts* 139

Over prescription for minor illnesses - “Physicians who profess to understand the human organism, prescribe for their patients, and even for their own dear children, and their companions, slow poisons to break up disease, or to cure slight indisposition.” *4 Spiritual Gifts* 137

Ignorance in regard to God’s plan - “Men and women should inform themselves in regard to the philosophy of health. The minds of rational beings seem shrouded in darkness in regard to their own physical structure, and how to preserve it in a healthy condition. *Counsels on Health*, pp. 37, 38.

Some risks associated with taking medications (and unsafe herbal treatments)

There are risks associated with taking any medication, herb or in doing any medical procedure to treat a health problem. However, the risk of having a negative effect resulting from a specific treatment needs to be compared with the risk for the person if nothing is done to help treat the problem.

To educate people to adopt lifestyle habits that will address their health problems is our main goal. However, as we have seen, the use of medication, herbs and other treatment modalities such as surgery, radiotherapy and hydrotherapy, may be necessary in treating specific diseases. In these cases, not treating with these appropriate means, carries a much higher risk, even death, to the person. Two examples:

1. Acute appendicitis, a sudden infection of the appendix, can get worse very quickly. It may rupture, spreading pus inside the abdomen and resulting in a severe infection (peritonitis) with a very high risk of death. Treatment of appendicitis involves emergency surgery and there may be a need for antibiotics. Not treating it this way usually means that the person will die from the disease or, if he or she survives, will have serious complications.
2. Meningitis caused by an organism called *Neisseria meningitidis* is a very serious disease. It may rapidly lead to death or serious disability. The best known treatment for this disease includes antibiotics – given early and in appropriate doses, intravenously. The small risk to the person, associated with the use of antibiotics is much lower than the risk of death and permanent disability. For this reason, treating this disease with antibiotics is the best choice.

Adverse Drug Reactions - It is in this context that we need to consider the topic of Adverse Drug Reactions (ADRs). These are a major problem worldwide. In the USA, for example, it has been estimated that “in 1994, 2,216,000 hospitalized patients had serious ADRs [adverse drug reactions] and 106,000 had fatal ADRs, making these reactions between the fourth and sixth leading cause of death.” *JAMA*. 1998 Apr 15;279(15):1200-5.

Medical Ministry, pp. 224, 225. “Physicians should have wisdom and experience, and be thorough health reformers. Then will they be constantly educating by precept and example their patients from drugs; for they well know that the use of drugs may produce for the time being favorable results, but will implant in the system that which will cause great difficulties hereafter, which they may never recover from during their lifetime.”

Unfortunately, far too many people use medication when there is little or no need for it. This practice is common worldwide and increases the risk of adverse drug reactions. Some medications can produce adverse effects even years after being taken.

In summary

1. God’s laws of health provide our bodies and minds with the best environment for disease protection and the restoration of health.
2. It is important to find the nature as well as the causes of disease. In the majority of cases, lifestyle habits that are hurtful to the body and mind are the cause of most health problems. God gives us strength to improve these practices.
3. Simpler treatments such as hydrotherapy and charcoal can be helpful in many health problems and should be used whenever indicated. Safe herbal treatments may be beneficial when used wisely.
4. Procedures such as (but not limited to) surgery, blood transfusions, vaccination and radiotherapy, as well as the careful and appropriate use of medication play an important role in combating disease.
5. In all things, God’s counsel and help should be earnestly sought. Healing comes from Him alone.

Chapter 7 – Dealing with Suffering

Have you ever experienced intense physical or emotional suffering? How should we relate to these challenging times? Consider how the apostle Paul dealt with his “thorn in the flesh” - 2 Corinthians 12:7-10

Desire of Ages, pp. 224, 225. “God never leads His children otherwise that they would choose to be led, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as coworkers with Him.... And of all the gifts that Heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and the highest honor.”

Ellen White experienced intense suffering throughout her life:

This Day With God, p. 45. “For eleven months after going to Australia, I suffered from inflammatory rheumatism. I was unable to lift my feet from the floor without suffering great pain....During those eleven months of suffering....I would not give up. My right arm, from the elbow down, was whole, so that I could use the pen, and I wrote twenty-five hundred pages of letter paper for publication. During this period, I had the most terrible suffering of my life....But to all this there is a cheerful side. My Saviour seemed to be close beside me. I felt his sacred presence in my heart, and I was so thankful. These months of suffering were the happiest months of my life, because of the companionship of my Saviour....His love filled my heart. All through my sickness, His love, His tender compassion, was my comfort....Look unto Jesus, your pitying, loving Saviour. If you cast your helpless soul on Christ, He will bring joy and peace to your soul. He will be your crown of rejoicing, your exceeding great reward.”

Causes of Sickness and Suffering

1. Living on a sinful planet in the middle of a great controversy between Christ and Satan
2. Poor choices others make
3. Poor choices we make

Things we Can Learn Through Sickness and Suffering

1. To Trust in God More Personally.

2 Selected Messages, p. 239. “The question forces itself upon me, Why do I not receive the blessing of restoration of health? Shall I interpret these long months of sickness as evidences of the displeasure of God because I came to Australia? I answer decidedly, No, I dare not do this...When I pray earnestly for restoration, and it seems that the Lord does not answer, my spirit almost faints within me. Then it is that the dear Saviour makes me mindful of His presence. He says to me, Cannot you trust Him who has purchased you with His own blood?”

2. To Come to a Saving Relationship with Jesus.

Counsels on Diet and Foods, p. 459. “We are to encourage the sick and suffering to look to Jesus and live. Let the workers keep Christ, the Great Physician, constantly before those to whom disease of the body and soul has brought discouragement. Point them to the One who can heal both physical and spiritual disease. Tell them of the One who is touched with the feeling of their infirmities. Encourage them to place themselves in the care of Him who gave His life to make it possible for them to have life eternal. Talk of His love; tell of His power to save.”

3. To Learn Sympathy for Others.

2 Selected Messages, p. 237. “Some among our friends know nothing of human woe or physical pain. They are never sick, and therefore they cannot enter fully into the feelings of those who are sick. But Jesus is touched with the feeling of our infirmity. He is the great medical missionary.”

4. To Learn of God’s Power

John 9:2,3. “And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? (3) Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.”

Signs of the Times, February 21, 1900. “Because a man is sick, God does not lay him aside; He makes use of the sickness. The man who exercises unshaken faith under suffering, exercises a more telling influence than he could possibly do in health. Often the afflicted one can preach a more effectual sermon from his sick-bed than

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ever he preached from the pulpit. And it is on the sickbed that the sustaining power of God is magnified. When we are pressed by suffering or bereavement, God sends the needed help. His promises are proved to be steadfast and unfailing.”

5. To Remind us that Sickness and/or Suffering is NOT an Excuse to be Un-Christlike

This Day With God, p. 177. “During the past night I have slept but little. I tried to look to Jesus, to place myself in the hands of the Great Physician. He has said, ‘My grace is sufficient for thee’ (2 Cor. 12:9). The grace of Christ leads men to speak right words under all circumstances. Bodily suffering is no excuse for un-Christlike actions....During these sleepless hours, the subject of overcoming has been the burden of my thoughts....The grace of God is declared to be sufficient for all the ills and trials against which human beings have to contend. Is it powerless then against bodily infirmity? Shall divine grace stand back, while Satan takes the field, holding the victim in the power of his evil attributes?”

6. Helps to Reveal Errors in Lifestyle that May Have Led to The Sickness/Suffering

3 Testimonies, p. 164. “Sickness is caused by violating the laws of health.”

7. A Possible Warning to Others

2 Selected Messages, p. 238. “I am assured that this lesson of suffering will be to the glory of God, a means of warning others to avoid continuous labor under trying circumstances so unfavorable to health of the body.”

Examples: lung cancer due to smoking tobacco, liver damage due to alcohol consumption

8. Reasons Behind Sickness and Suffering Not Always Understood

E.G. White Letter, July 3, 1892. “While I am passing through this ordeal of physical suffering, I devote many sleepless hours to earnest prayer that I may be restored to health. For six months I have been nearly helpless. . . . Emma White writes saying, ‘Mother, if you are no better, take the next boat back to America.’ But this is not my way to back out of the situation. My sickness may be in the Lord’s plan as a part of the arrangement to accomplish purposes which we do not discern. I expect to remain here my allotted time and do whatever I can though compassed with infirmities.”

Chapter 8 – Counterfeit Healing

Satan’s Miracles of The Last Days

2 Thessalonians 2:8,9. “And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming: Even him, whose coming is after the working of Satan with all power and signs and lying wonders.”

Revelation 13:14. “And deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast.”

Apparent Healings – “Wonderful scenes, with which Satan will be closely connected, will soon take place. God’s Word declares that Satan will work miracles. He will make people sick, and then will suddenly remove from them his satanic power. They will then be regarded as healed. These works of apparent healing will bring Seventh-day Adventists to the test. Many who have had great light will fail to walk in the light, because they have not become one with Christ. His instruction is not palatable to them.” *Last Day Events p. 166.*

Satan Works to Deceive the Elect – “Satan, surrounded by evil angels, and claiming to be God, will work miracles of all kinds, to deceive, if possible, the very elect. God’s people will not find their safety in working miracles, for Satan will counterfeit the miracles that will be wrought.” *9 Testimonies, p. 16.*

Satan’s Work Through Mind Control and Manipulation

Danger of Mind Control - “The theory of mind controlling mind was originated by Satan to introduce himself as the chief worker, to put human philosophy where divine philosophy should be. Of all the errors that are finding acceptance among professedly Christian people, none is a more dangerous deception, none more certain to separate man from God, than is this. Innocent though it may appear, if exercised upon patients, it will tend to their destruction, not to their restoration. It opens a door through which Satan will enter to take possession both of the mind that is given up to be controlled by another and of the mind that controls.” *Ministry of Healing, p. 243.*

Avoid Hypnotism. “Men and women are not to study the science of how to take captive the minds of those who associate with them. This is the science that Satan teaches. We are to resist everything of the kind. We are not to tamper with mesmerism and hypnotism --the science of the one who lost his first estate and was cast out of the heavenly courts.” *Medical Ministry, pp. 110, 11. (MS 86, 1905)*

Invasion of Spiritualism

Spiritualism: Modern Day Witchcraft – “The very name of witchcraft is now held in contempt. The claim that men can hold intercourse with evil spirits is regarded as a fable of the Dark Ages. But spiritualism, which numbers its converts by hundreds of thousands, yea, by millions, which has made its way into scientific circles, which has invaded churches, and has found favor in legislative bodies, and even in the courts of kings-- this mammoth deception is but a revival, in a new disguise, of the witchcraft condemned and prohibited of old.” *Great Controversy, p. 566.*

Beliefs of Spiritualism – “Spiritualism asserts that men are unfallen demigods; that “each mind will judge itself;” that “true knowledge places men above all law;” that “all sins committed are innocent;” for “whatever is, is right,” and “God doth not condemn.” The basest of human beings it represents as in heaven, and highly exalted there. Thus it declares to all men, “It matters not what you do; live as you please, heaven is your home.” Multitudes are thus led to believe that desire is the highest law, that license is liberty, and that man is accountable only to himself.” *Education, p. 227.*

Spiritualism and Mind Power – “There are many who shrink with horror from the thought of consulting spirit mediums, but who are attracted more pleasing forms of spiritism, such as the Emmanuel movement. Still others are led astray by the teachings of Christian Science, and by the mysticism of theosophy and other Oriental religions.” *Evangelism, p. 606.*

1. The Emmanuel Movement - was a psychologically based approach to religious healing introduced in 1906 as an outreach of the Emmanuel Church in Boston, Massachusetts. In practice, the religious element was de-emphasized and the primary modalities were individual and group therapy. (Dubiel, Richard M. (2004). *The Road to Fellowship: The Role of the Emmanuel Movement in the Development of Alcoholics Anonymous*)

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2. Christian Science - Christian sect founded by Mary Baker Eddy in 1879. Members hold that only God and the mind have ultimate reality, and that sin and illness are illusions that can be overcome by prayer and faith. (Oxford)

3. Theosophy – “any of a number of philosophies maintaining that a knowledge of God may be achieved through spiritual ecstasy, direct intuition, or special individual relations, esp. the movement founded in 1875 as the Theosophical Society by Helena Blavatsky and Henry Steel Olcott.” (Oxford)

Helena Blavatsky (1831-1891) – A well-known spiritualist of the 19th century and cofounder of the Theosophical Society in New York. Throughout her career she claimed to have demonstrated physical and mental psychic feats which included levitation, clairvoyance [the alleged ability to gain information about an object, person, location or physical event through means other than the known human senses, i.e. paranormal psychic abilities], out-of-body projection, telepathy, and clairaudience. (Dictionary of National Biography, Oxford University Press)

Her writings connecting esoteric spiritual knowledge with new science may be considered to be the first instance of what is now called New Age thinking, “the hippy movement of the last quarter of the twentieth century”. (Pearsall, Ronald (1972), *The Table-Rappers*, p. 217, Michael Joseph)

4. Oriental Religions (or Eastern Religions such as Buddhism, Hinduism, Chinese Religion, etc.) –belief in God is generally polytheistic or nontheistic, and commonly accepts a variety of beliefs such as life after death, oneness with the universe, reincarnation, human potential, spiritual ecstasy, and communication with spirit entities and nature.

Spiritism’s Healing Power– “The apostles of nearly all forms of spiritism claim to have the power to cure the diseased. They attribute their power to electricity, magnetism, the so-called “sympathetic remedies,” or to latent [hidden] forces within the mind of man. And there are not a few, even in this Christian age, who go to these healers, instead of trusting in the power of the living God and the skill of well-qualified Christian Physicians.” – *Evangelism*, p. 606

Satanic Casts His Spell – “They attribute their power to electricity, magnetism, or the so-called “sympathetic remedies,” while in truth they are but channels for Satan’s electric currents. By this means he casts his spell over the bodies and souls of men.” *Evangelism*, p. 609.

Sympathetic – (def. 4) relating to, producing, or denoting an effect that arises in response to a similar action elsewhere. ORIGIN mid 17th cent. (in the sense [relating to an affinity or paranormal influence,] as in sympathetic magic (Oxford American Dict.)

Magnetism and other components of nature have been used in natural magic for healing since the 17th century (Francis Barrett, *The Magus*, 1801), were highly used in the 19th century, and are still used today in various forms of healing practices not labeled as ‘magic’.

No Safety In Venturing On Satan’s Ground

5 Testimonies, p. 191. “And Ahaziah fell down through a lattice in his upper chamber that was in Samaria, and was sick: and he sent messengers, and said unto them, Go, enquire of Baal–zebul the god of Ekron whether I shall recover of this disease. But the angel of the LORD said to Elijah the Tishbite, Arise, go up to meet the messengers of the king of Samaria, and say unto them, Is it not because there is not a God in Israel, that ye go to enquire of Baal–zebul the god of Ekron? Now therefore thus saith the LORD, Thou shalt not come down from that bed on which thou art gone up, but shalt surely die. And Elijah departed. (*2 Kings 1:2-4*) This narrative most strikingly displays the divine displeasure against those who turn from God to satanic agencies.”

Evangelism, p. 607. “Angels of God will preserve His people while they walk in the path of duty; but there is no assurance of such protection for those who deliberately venture upon Satan’s ground.”

Prophets and Kings, p. 211. “The mother, watching by the sickbed of her child, exclaims, “I can do no more. Is there no physician who has power to restore my child?” She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hand of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power which it seems impossible to break.”

Chapter 9 – New Age – Old Lie

Definition

The New Age movement¹ is a Western social and spiritual movement that seeks “Universal Truth” and the attainment of the highest individual human potential. It includes aspects of Occultism, astrology, esotericism [inner enlightenment], metaphysics [a branch of philosophy that investigates principles of reality transcending those of any particular science], alternative medicine, music, sustainability, and nature. New Age spirituality is characterized by an individual approach to spiritual practices and philosophies, and the rejection of religious doctrine and dogma.

Beliefs

The New Age movement is not an organized religion but a free-flowing spiritual movement which includes elements of older spiritual and religious traditions ranging from atheism and monotheism to pantheism and polytheism, combined with science, philosophy and psychology. New Age practices and philosophies draw from major world religions, especially Eastern religions (Hinduism, Buddhism, Chinese religions, etc.), spiritualism, theosophy and the occult.¹

A number of fundamental beliefs² are held by many New Age followers. Individuals are encouraged to "shop" for the beliefs and practices that they feel most comfortable with:

Reincarnation – it is taught that humans are reborn and live another life as a human or animal. This cycle repeats itself many times. This belief is similar to the concept of transmigration of the soul in Hinduism.

Spiritualism - based on supposed communication with the spirits of the dead, esp. through mediums.

Karma - belief that the good and bad deeds that we do adds and subtracts from our accumulated record, our karma. At the end of our life, we are rewarded or punished according to our karma by being reincarnated into either a painful or good new life. This belief is linked to that of reincarnation and is also derived from Hinduism.

Personal Transformation - a profoundly intense mystical experience which often leads to the acceptance and use of New Age beliefs and practices. Guided imagery, hypnosis, meditation, and (sometimes) the use of hallucinogenic drugs are useful to bring about and enhance this transformation. Believers hope to develop new potentials within themselves: the ability to heal oneself and others, psychic powers, a new understanding of the workings of the universe, etc. Later, when sufficient numbers of people have achieved these powers, a major spiritual, physical, psychological and cultural planet-wide transformation is expected.

Deification of Humanity – a belief that humanity is God and people need to be enlightened.

Universal Religion - a belief that since all is God, then only one reality exists, and all religions are simply different paths to that ultimate reality. The universal religion can be visualized as a mountain, with many sadhanas (spiritual paths) to the summit. Some are hard; others easy. There is no one correct path. All paths eventually reach the top. They anticipate that a new universal religion, which contains elements of all current faiths, will eventually evolve and become generally accepted worldwide.

New World Order - a belief in a utopia in which there is world government, and end to wars, disease, hunger, pollution, and poverty. Gender, racial, religious and other forms of discrimination will cease. People's allegiance to their tribe or nation will be replaced by a concern for the entire world and its people.

Environmentalism - a broad movement concerning environmental conservation and improvement because the earth is seen as a goddess.

Feminism - aimed at establishing equal rights for women through lessening gender differences

Holistic health - a concept in medical practice upholding all aspects of people's needs, psychological, physical, social and spiritual.

Origins

The fundamental tenets of the New Age were first promulgated in the Garden of Eden by Satan when he said, “Ye shall not surely die” (Genesis 3:4). There are many similarities of ancient Gnosticism with New Age teachings.

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In the early 1830's and 1840's Ralph Waldo Emerson and other transcendentalists promoted ideas that opened the way for further New Age doctrines.³ (Transcendentalism teaches that the ideal spiritual state 'transcends' the physical and is only realized through intuition rather than through the doctrines of established religions.)⁴

In the mid to late 19th century the metaphysical elements began to be arise through Spiritualism, Theosophy, and New Thought. The term 'New Age' was used in this context in Helena Blavatsky's book 'The Secret Doctrine', published in 1888.⁵ During this time healing modalities with a strong religious and philosophical basis such as chiropractic and naturopathy were also promoted.⁶

The modern New Age movement emerged in a distinct form in the late 1960's and early 1970's and now has tens of millions of adherents in the United States and many more around the world.³

Four Types Of Involvement:

1. Highly visible, practicing New Agers - crusaders of the New Age movement.
2. Closet New Agers - believe, sympathize with and support, but keep a low profile.
3. Compromisers - those who suspect spiritual dangers to be involved with New Age practices and philosophies, but believe they can select some elements without being adversely affected.
4. Unsuspecting Christians - get involved in some healing practice or concept without realizing its foundation in the New Age movement.

How New Age Concepts are Commonly Spread:

7. **Entertainment** – there has been an explosion of movies, books, and DVD's promoting New Age concepts
8. **Education** – several major universities are now offering courses in New Age philosophies
9. **Music** – popular music, plus music designed to inspire a mystical meditation or achieving some sort of altered consciousness
10. **Eco-Feminist movement** - “save the planet” combined with equality for women
11. **Holistic health** - is one of the most successful avenues that New Age teachings find to enter the minds and hearts of people. In a sense it serves as the right arm of the New Age movement. Although several of its methods are similar to God's plan it mingles truth and error. Consider the following list from the The National Center for Complementary and Alternative Medicine (NCCAM) concerning the five categories of complementary and alternative therapies (some are good and some are bad):⁷
 1. **Energy Therapies:** magnetism, reiki, acupuncture, acupressure, Shiatsu, therapeutic touch, yoga
 2. **Mind-body Intervention:** meditation, guided imagery, visualization, biofeedback, hypnosis
 3. **Manipulative and Body-Based Therapies:** reflexology, rolfing, chiropractic, massage
 4. **Biologically Based Therapies:** herbal medicine, fasting, diet fads, dietary supplements, ozone therapy, and other scientifically unproven therapies such as shark cartilage
 5. **Alternative Medical Systems:** Naturopathy, Homeopathy, Traditional Chinese Medicine

Testing Validity

Seventh-day Adventists have been given special light in regard to natural remedies such as massage, hydrotherapy, and herbal medicine that find themselves among this list. Yet, many of the above therapies are not supported by inspiration and in many cases are condemned for the following reasons:

1. They have origins linked to oriental religions and pagan/occult worldviews and philosophies.
2. They do not function according to physiological and anatomical structure and function of the body.
3. There is a strong emphasis on the metaphysical or supernatural.
4. Much attention is given to energy balancing and control.

In addition, the general medical community (using an evidence-based approach) has considered many of the above therapies as pseudoscience (a methodology, belief, or practice that is claimed to be scientific, or that is made to appear to be scientific, but which does not adhere to an appropriate scientific methodology, lacks supporting

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evidence or plausibility, or otherwise lacks scientific status) and quackery due to their lack of scientific validity and testability.

“The New Age model of holistic health is based primarily on its conception of energy, rather than matter.”⁸

“The editors of the New Age Journal report: “All of the healing systems that can be called ‘holistic’ share a common belief in the universe as a unified field of energy that produces all form and substance... This vital force, which supports and sustains life has been given many names. The Chinese call it ‘chi,’ the Hindus call it ‘prana,’ the Japanese call it ‘ki,’ and the American Indians name it ‘the Great Spirit.’”⁹

“This energy is not a visible, measurable, scientifically explainable energy... but a “cosmic” or “universal” energy based on a monistic (all is one) and pantheistic (all is God) worldview.”⁹

To enhance the flow of “healing energy” in the body, we are told that one must “attune” to it and realize one’s unity with all things. Many New Age health therapies are based on this premise.

In addition, this concept of universal healing energy is also found in the origins of several other therapies:

- Franz Anton Mesmer, father of modern hypnotism, referred to it as ‘animal magnetism’.
- D.D. Palmer, founder of chiropractic, called it ‘The Innate.’
- Wilhelm Reich, founder of Orgonomy, used the term ‘Orgone energy.’
- Samuel Hahnemann, founder of homeopathy, called it the ‘vital force.’

Yin and Yang - “are the greatest of chi” (Zhuang Ai, 25:67/682). These two matching symbols in a circular motion are used to describe how polar or seemingly contrary forces are interconnected and interdependent in the natural world, and how they give rise to each other in turn. The concept lies at the heart of Traditional Chinese philosophy:

Harmony requires balance of good and bad
Good and bad must go together
There are no absolutes

Yin - (black) corresponds to night, cold, moon, left, negative, evil, weakness, female; symbolized by water and earth
Yang - (white) corresponds to day, warmth, sun, right, positive, goodness, strength, male; symbolized by and air
Vital organs are considered either yin or yang.

Meridians - are also central to traditional Chinese medical techniques such as acupuncture. According to these practices there are channels along which the energy or ‘chi’ of the psychophysical system is considered to flow. Such techniques are said to achieve their effects by manipulation and, ideally, balancing of the energy running through a network of complex bodily patterns. “There is no physically verifiable anatomical or histological basis for the existence of acupuncture points or meridians.”¹⁰

¹ Lewis, J. (1992), *Perspectives on the New Age*, pp. 15-18

² Religious Tolerance (2012). *New Age Spirituality*. Retrieved from <http://www.religioustolerance.org/newage.htm>

³ Rhodes, R. (1995). *New Age Movement*. Grand Rapids, Zondervan Publishing House.

⁴ Gura, Philip F. *American Transcendentalism: A History*.

⁵ Spencer, N. (2000). *True as the Stars above: Adventures in Modern Astrology*.

⁶ Melton, G. *New Age Transformed*, Director Institute for the Study of American Religion)

⁷ National Center for Complementary and Alternative Medicine. (2012) *What is Complementary and Alternative Medicine?* Retrieved from <http://nccam.nih.gov/health/whatiscom>

⁸ Rhodes, R. (1995). *New Age Movement*. Grand Rapids, Zondervan Publishing House.

⁹ Rhodes, R. (1997). *What Does the Bible Say About...?* p. 341. Oregon: Harvest House Publishers.

¹⁰ Yanli Cao et al 2010 J. Phys.: Conf. Ser. 224 012066 doi:10.1088/1742-6596/224/1/012066

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Chapter 10 – Common New Age Practices

The material found in this section was taken from the following resources:

Noyes, Edwin A. (2009). *Spiritualistic Deceptions in Health and Healing*. Hagerstown, Maryland: Review and Herald Publishing.

Noyes, Edwin A. (2011). *Exposing Spiritualistic Practices in Healing*. Forest Grove, OR: Forest Grove Publishing.

Peters, Warren. (1995). *Mystical Medicine*. Brushton, New York: TEACH Services.

<http://www.fit4heaven.com/presentations/The+Many+Faces+of+Healing%3A+Unmasked>

Acupuncture / Acupressure: Uses needles/physical pressure to stimulate the flow of chi along meridians. There are hundreds of specific points that are said to correspond to vital organs to balance one's “universal energy” thereby relieving pain (analgesia) or curing illness. Its origins are strongly linked to astrology.¹

Applied Kinesiology: Kinesiology is the study of the function, structure, and action of muscles and is very beneficial to help people regain health. Applied kinesiology on the other hand was reinvented in 1963 when George Goodheart combined acupuncture, massage, acupressure, Kundalini yoga, and polarity therapy is to find energy imbalances in the body and relieve them. It is done either by using simple muscle resistance testing or expensive equipment. Once the practitioner believes they have found a problem they will prescribe a treatment that will best balance the patient's muscles. This is done by using various modalities: specific joint manipulation or mobilization, various myofascial therapies, meridian and acupuncture skills, nutritional supplementation, and counseling. There may be certain techniques that are helpful but the origin and philosophy is incorrect.

Aura Reading: The “aura” is a supposed to be a subtle field of luminous multicolored radiation surrounding a person, animal, or other object as a halo. It is stated to be the eighth chakra. The New Age teaches that this aura represents or is composed of soul vibrations may reflect the moods or thoughts of the person it surrounds.

Biofeedback: Electronic monitoring equipment is used to show patients their bodily functions and then they are guided by a therapist to learn to trust their own internal control. There is no problem with thinking about slowing your breathing and heart but this healing method is usually accomplished by relaxation while focusing the mind on repetitive sights, sounds, and/or thoughts. The techniques are very similar to yoga and transcendental meditation.

Chakra: Eastern medicine states that “the body is made up of centers of energy called *chakras* that are not visible to most of us. Those who can see chakras say that these fields of energy are like fluid whirlpools of light, each with its own color, that are constantly moving and changing in complex patterns. They say that chakras function as intake organs for energy from the universal life force that is all around us (prana and chi).”²

Chinese food therapy: The ideas of yin and yang are used in the sphere of food and cooking as well. Yin foods are believed to decrease the body's heat (example: lower the metabolism), while yang foods are believed to increase the body's heat (example: raise the metabolism).

Chinese traditional herbal medicine: In traditional Chinese herbal medicine each herb is assigned one or more of “The Five Tastes” (pungent, sweet, sour, bitter and salty), each of which has a different set of functions and characteristics, and one of “The Five Temperatures” of chi, pertaining to the degree of yin and yang ranging from cold (extreme yin) to cool, neutral, warm and hot (extreme yang). After the herbalist determines the energetic temperature and functional state of the patient's body, he or she prescribes a mixture of herbs tailored to balance disharmony.

Chiropractic: “a system of complementary medicine based on the diagnosis and manipulative treatment of misalignments of the joints, esp. those of the spinal column, which are held to cause other disorders by affecting the nerves, muscles, and organs.” (Oxford Amer. Dict.) Traditional chiropractic philosophy assumes that a spinal joint dysfunction interferes with the body's function and its “innate intelligence”(a term coined by Daniel David Palmer, the founder of chiropractic philosophy). This vitalistic concept (where “the origin and phenomena of life are dependent on a force or principle distinct from purely chemical or physical forces.” -Oxford Amer. Dict.) states that all life contains “innate intelligence” and that this force is responsible for the organization, maintenance and healing of the body. It is stated that by removing the interference to the nervous system (by way of spinal adjustment), Innate Intelligence can act to heal disease within the body.

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Outside of the chiropractic realm, scientific research has discovered that each cell produces its own energy and even when the spinal cord is severed the cells and tissues continue to function. In addition, it has been demonstrated that a few chiropractic movements may be helpful in some cases to relieve muscle spasms, improve blood circulation to the muscles, increase the motion of joints, and the repositioning of bony structures and joints to their proper positions.

Color Therapy: or chromotherapy, claims to use color and light to balance energy wherever a person's body be lacking, be it physical, emotional, spiritual, or mental.

Energy flow: There are many New Age concepts that employ energy flow/currents to diagnose and treat disease. Many New Age supporters clearly reject the standard models of anatomy and physiology. They state that we really need a model of healing based on energy flow rather than physical matter.

Homeopathy: attempts to treat patients with heavily diluted preparations which are claimed to cause effects similar to the symptoms presented. The underlying idea is that “like heals like.” For example, if a person had diarrhea homeopaths would be given an herb or another substance to cause diarrhea. The treatments are prepared by diluting the substance supposedly to cure the disease by hundreds and thousands of times, resulting in a solution in which generally not even one molecule of the original substance is left. Any effectiveness would then violate fundamental principles of science. Many modern homeopaths have proposed that water has a memory that allows homeopathic preparations to work without any of the original substance; however, there are no verified observations nor scientifically plausible physical mechanisms for such a phenomenon.

Hypnotism: The hypnotist will use various objects (lights, music, and repetitive sounds) to put their patient into an altered state of consciousness that is characterized by extreme openness to suggestion. There is a marked loss of one's own will power and sensation during the hypnotic session.

Iridology: Certain diseases cause physiological changes of the eye. In contrast, iridology is based on a different philosophy. Iridology divides the eye into 96 zones that are supposedly associated to various parts of the body. The iridologist discovers the person's ailment by looking for pigmentation in these zones. The blue is said to be healthy while brown implies disease. When put to a true scientific test, iridology misdiagnosed 75% of those who had a serious disease. Iridology, in general, has strong ties with the occult world. Stone slabs that were carved by the Babylonians (soothsayers) have been found in Asia Minor illustrating the strong connection between the iris and the rest of the body. The 96 zones correspond to the 96 petals in the third-eye chakra of Hinduism.

Magnets: Modern healing magnets come in all shapes and sizes; including rings, watches, bracelets, belts, shoe inserts, and even special inserts for your bed. Those promoting this therapy say that up to 90% of various diseases can be helped in only 10 minutes. Much of what is said regarding magnets deals with balancing energy flow in the meridians of the body and overcoming the “magnetic deficiency syndrome” we supposedly all suffer from. Magnets are not all bad – in fact they may be very useful in diagnosis of disease (using an MRI) and some studies have shown that static magnetic fields may induce analgesia and help with pain control.

Reflexology: While it is true that there are certain reflex arcs in the body reflexology is based on the same meridian lines as acupuncture. Again, the main premise is energy flow. The big toe and the palm of the hand are very important in this healing method. The idea is that these are energy centers that correspond with different organs of the body. According to the reflexologist there are areas of congested energy that need to be broken up (by massage or a special touch) so the energy can flow properly. Despite the claims of this theory, under microscopic evaluation of the skin and nervous system these areas of congested energy have never been demonstrated!

Reiki: a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

Tai-chi: a series of 19 movements and 1 pose that together make up a meditative form of exercise to which practitioners attribute physical and spiritual health benefits including the developing and balancing of “chi”.

Transcendental Meditation (TM): According to the official website of TM “There is a rich, unbounded field of creativity, energy, and intelligence within each of us. To the degree we're able to draw from this inner field of life, we grow in health, happiness, and success in our outer life. Transcendental Meditation technique is a simple, natural procedure to gain deep rest—and contact that inner reservoir of creativity, energy and intelligence—to gain its support in all you do and to enrich your life day by day... Everyone can learn to practice the Transcendental Meditation technique successfully. It's easy and enjoyable—just 20 minutes twice a day sitting comfortably with the eyes closed. It

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requires no effort or concentration, no special skills or change of lifestyle. You don't even have to believe that it works!”

Witchcraft and divination: This practice, which is condemned in the Bible (see Deuteronomy 18:10-12), is found in all civilizations, both ancient and modern. By using this practice people claim to decipher the hidden significance or cause of events, and oftentimes predicting the future. The techniques include: astrology, augury (the flight of birds), tarot or other cards, palm reading, crystal balls, the entrails of animals, feng Shui (earthen harmony), numerology, dreams, names, Ouija board, rods, reflective objects, necromancy, and much more.

Yoga: Although yoga has become one of the most accepted forms of exercise with adherents numbering in the millions it is not as innocent as it appears. There are at least nine major forms of yoga but the underlying principles are the same throughout these different techniques. Consider the basic philosophy of yoga as stated by one of yoga's most well known teachers:

There are many paths on which people travel to God-Consciousness, Self-Realization. Yoga is one such path. Within itself, Yoga encompasses various paths and techniques and each has its own *Gurus*. Yoga is the mergence of what, at this moment, you regard as “I” with that which is your Reality, which we have designated “Self.” The word “Yoga” is used to describe both the means and then end. When it is said that you are practicing Yoga, it means you are using the techniques of Yoga to achieve Yoga (Self-Realization). These techniques include the practice of *Hatha*, observation and control of the breath, selfless action, meditation, self-surrender, tracing the mind to its source, and others. In a sense, everything can be considered as an avenue to Self, but because successfully taught and applied for many centuries, these are emphasized in the Yoga practice.³

A Warning for God's People

5 Testimonies, pp. 192, 193. “Though we do not pay homage to heathen gods, yet thousands are worshipping at Satan's shrine as verily as did the king of Israel. The very spirit of heathen idolatry is rife today, though under the influence of science and education it has assumed a more refined and attractive form...”

The heathen oracles have their counterpart in the spiritualistic mediums, the clairvoyants, and fortunetellers of today. The mystic voices that spoke at Ekron and En-dor are still by their lying words misleading the children of men. The prince of darkness has but appeared under a new guise. The mysteries of heathen worship are replaced by the secret associations and seances, the obscurities and wonders, of the sorcerers of our time. Their disclosures are eagerly received by thousands who refuse to accept light from God's word or from His Spirit. While they speak with scorn of the magicians of old, the great deceiver laughs in triumph as they yield to his arts under a different form.

His agents still claim to cure disease. They attribute their power to electricity, magnetism, or the so-called ‘sympathetic remedies.’ In truth, they are but channels for Satan's electric currents. By this means he casts his spell over the bodies and souls of men.”

2 Selected Messages, pp. 53-54. “I am instructed to say that in the future great watchfulness will be needed. There is to be among God's people no spiritual stupidity. Evil spirits are actively engaged in seeking to control the minds of human beings. Men are binding up in bundles, ready to be consumed by the fires of the last days. Those who discard Christ and His righteousness will accept the sophistry that is flooding the world. Christians are to be sober and vigilant, steadfastly resisting their adversary the devil, who is going about as a roaring lion, seeking whom he may devour. Men under the influence of evil spirits will work miracles. They will make people sick by casting their spell upon them, and will then remove the spell, leading others to say that those who were sick have been miraculously healed. This Satan has done again and again.

The way in which Christ worked was to preach the Word, and to relieve suffering by miraculous works of healing. But I am instructed that we cannot now work in this way, for Satan will exercise his power by working miracles. God's servants today could not work by means of miracles, because spurious works of healing, claiming to be divine, will be wrought.

For this reason the Lord has marked out a way in which His people are to carry forward a work of physical healing, combined with the teaching of the Word. Sanitariums are to be established, and with these institutions are to be connected workers who will carry forward genuine medical missionary work. Thus a guarding influence is thrown around those who come to the sanitariums for treatment. This is the provision the Lord has made whereby gospel medical missionary work is to be done for many souls.”

Guidelines For Any System Of Healing, Or Any New Remedial Agent:

Use if:

1. Suggested by Inspiration, or
2. In harmony with all applicable true science

Do not use if:

1. Spoken against by Inspiration, or
2. Not in harmony with best of known science

Watchful waiting: (neither espouse unequivocally nor condemn it)

1. Not mentioned specifically or in principle by Inspiration
2. Its relationship to (harmony with) true science not yet known
3. Pray for discernment
4. Seek help from wise, godly counselors

8 Testimonies, p. 290. “We are living in an age of great light; but much that is called light is opening the way for the wisdom and arts of Satan. Many things will be presented that appear to be true, and yet they need to be carefully considered with much prayer; for they may be specious devices of the enemy. The path of error often appears to lie close to the path of truth. It is hardly distinguishable from the path that leads to holiness and heaven. But the mind enlightened by the Holy Spirit may discern that it is diverging from the right way. After a while the two are seen to be widely separated.”

Conclusion

5 Testimonies, p. 443. “There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense, but drugs are expensive, both in the outlay of means and in the effect produced upon the system.”

Steps in God's Plan for Restoring Health:

1. Seek God's help through prayer and Bible study
2. Ascertain the cause of sickness
3. Adjust the lifestyle
4. Use simple remedies
5. Use life-saving interventions when necessary
6. Avoid new age therapies not in harmony with biblical principles and/or science
7. Leave results with God; trust His love, power and wisdom
8. Search for all blessings possible out of pain and suffering
9. Rejoice in the Lord – ALWAYS!!!

¹ Kavoussi, B. (2009). *Astrology with Needles*. Retrieved from <http://www.sciencebasedmedicine.org/index.php/astrology-with-needles/>

² Khalsa, Shakta Kaur. (2001). *K-I-S-S Guide to Yoga*. New York: DK Publishing.

³ Hittleman, Richard. (1983). *Yoga For Health: The Total Program*. New York, Ballantine Books.

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Hydrotherapy

“A Most Powerful Remedy”

Chapter 1 - Introduction To Hydrotherapy

The word **hydrotherapy** can be divided into two parts: **hydro** = water + **therapy** = treatment. It is defined by the dictionary as the “External use of water in the medical treatment of certain diseases.”¹ Hydrotherapy utilizes water in any of its three forms—**solid, liquid, or vapor**—in the treatment of disease or injury.

Water is a valuable therapeutic agent because of nine remarkable properties:²

1. Nearly always available, abundant, and cheap
2. Solvent properties, water being the one universal solvent
3. Non-irritating (even internally)
4. Water gives up heat rapidly, yet it does not cool too rapidly
5. Exists in three states at useful temperatures
6. Great power for absorbing and releasing heat
7. Easy to apply
8. Proper density for buoyancy
9. Proper viscosity (fluidity)

Hydrotherapy and the body: The body is very sensitive to changes in temperature. Hydrotherapy may be used to:

1. Move blood from one area of the body to another (ex. Hot Foot Bath)^{2,3}
2. Relieve congestion^{2,3}
3. Increase circulation (generally and to specific areas)^{2,3}
4. Stimulate the immune system (white blood cells multiply and become more active)²
5. Raise the body temperature^{2,3}
6. Help release heat from the body in case of fever²
7. Help remove toxins from the body (through sweating)^{2,3}
8. Promote relaxation and rest²
9. Reduce pain³
10. Enhance the supply of oxygen and nutrients to the tissues³
11. Promote rapid healing of tissues^{2,3}

There are many more beneficial results from hydrotherapy (see specific treatments)

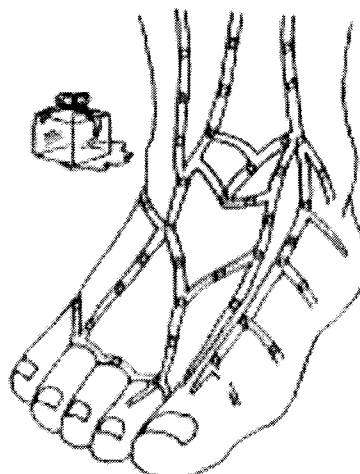
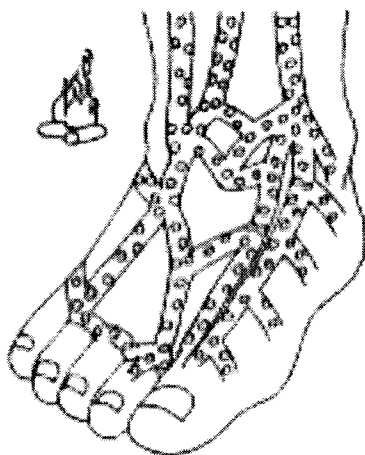
PHYSIOLOGICAL EFFECTS OF HOT AND COLD WATER TREATMENTS³

HEAT

- Increases blood flow
- Increases the inflammatory response
- Increases edema production
- Increases hemorrhage
- Decreases muscle pain and spasm
- Decreases stiffness in arthritis

COLD

- Decreases blood flow
- Decreases the inflammatory response
- Decreases edema production
- Decreases hemorrhage
- Decreases muscle pain and spasm
- Increases stiffness in arthritis



Chapter 2 - Spirit of Prophecy Comments on Hydrotherapy

Ministry of Healing, p. 237. “There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments.”

Who Should Know How to Give Hydrotherapy Treatments?

Ministry of Healing, p. 146. “All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease. “

Ministry of Healing, p. 237. “In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage, which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.”

7 Manuscript Releases, p. 378. “Many suffering from fever have died as the result of the drugs administered. They might have been alive today had they been given water treatment by those competent to administer it.”

Medical Ministry, p. 227. “Our people should become intelligent in the treatment of sickness without the aid of poisonous drugs... Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves.”

Does Daily Use of Hydrotherapy Promote Good Health?

Child Guidance, pp. 108, 109. “Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible; the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion.”

God Blesses Efforts to Use Simple Methods of Treatment He Has Provided

9 Testimonies, p. 164. “When in faith the human agent does all he can to combat disease, using the simple methods of treatment that God has provided, his efforts will be blessed of God.”

Carefulness in Application of Hydrotherapy Essential

1 Testimonies, p. 604. “I had for four weeks suffered much with my lungs, and it was with difficulty that I spoke to the people. Sabbath evening a fomentation was applied over my throat and lungs; but the head cap was forgotten, and the difficulty of the lungs was driven to the brain.”

Medical Ministry, p. 212. “Everything connected with the Sanitarium should be neat and orderly. Neatness and order will often have more influence than mere words. In the bathroom everything should be so arranged as to make a favorable impression upon those who visit the institution.”

Patriarchs and Prophets, p. 376. “God is a God of order. Everything connected with heaven is in perfect order; subjection and thorough discipline mark the movements of the angelic host. Success can only attend order and harmonious action. God requires order and system in His work now no less than in the days of Israel. All who are working for Him are to labor intelligently, not in a careless, haphazard manner. He would have His work done with faith and exactness, that He may place the seal of His approval upon it.”

For further study: *2 Selected Messages, pp. 279-308, 2 Kings 5:1-14, 1 Corinthians 14:40.*

Hydrotherapy

“A Most Powerful Remedy”

Chapter 3 - History Of Hydrotherapy

The use of water in the treatment of disease dates into the distant past. Records of the writings of Hippocrates (460-377 BC) indicate its early use.⁴ It was used extensively in the Roman baths, by the Chinese several centuries before Christ, and by the Japanese for the past 900 years. The Spartans of ancient Greece even made the cold bath mandatory by law.⁵ During the early middle ages, the use of hydrotherapy throughout much of the European continent decreased dramatically due to negative sentiment towards the baths from the religious leaders in power at the time.⁴ However, during this time, Arabic physicians enthusiastically recommended hydrotherapy in the treatment of disease.⁵ Towards the late middle ages and into the Renaissance, interest in hydrotherapy again began to rise, with baths again being opened across Europe and a rising awareness regarding the importance of hygiene.⁴ A small French book was written on the use and benefits of cold in the treatment of disease in 1675.⁵ Then in 1747 John Wesley wrote a booklet entitled *Primitive Physick* on use of water in the treatment of many diseases.⁵

Vincent Priessnitz (1799-1851) was an uneducated, Austrian peasant who helped to attract the attention of peasants, physicians, and scientists to the use and scientific study of hydrotherapy. When he was a young man, he received a serious injury while working on the farm. Being given no hope of recovery by the physicians, he tried to find healing by utilizing hydrotherapy on himself, as he had previously used on farm animals. He made a rapid recovery. He began experimenting more widely with the use of hydrotherapy, gained a reputation, and treated thousands of people successfully through the use of water treatments.^{4,5}

Sebastian Kneipp (1821-1897) also made a significant contribution to the growth of hydrotherapy. He was a Bavarian priest who cured himself from tuberculosis through hydrotherapy and diet. He promoted the use of hydrotherapy, diet, herbs, exercise, fresh air, and emotional treatments in his “nature cure.” He became renowned, treating royalty, a pope, and many peasants. His book, *My Water Cure*, was well received, and it went through 50 printings in the first 5 years after it was first released to the public. He influenced many people to establish institutes of hydrotherapy in their own countries and communities.^{4,20}

Louis Fleury published the first scientific work on hydrotherapy in 1852 under the title of *Traté Pratique et Raisonné d'Hydrothérapie*. Liebermaster, Brand, and Ziemssen of Germany and Wilhem Winternitz further researched, reviewed, and compiled more scientific data on the scientific basis of hydrotherapy. Winternitz helped to establish hydrotherapy on a sound scientific basis and wrote a very thorough work on the subject, which was translated into English in 1883.^{5,21}

After the 1830's interest in hydrotherapy grew in the United States, and 213 hospitals treating patients primarily with hydrotherapy were opened in the US between 1840-1900. A popular magazine entitled *The Water Cure Journal* grew to over 100,000 subscribers in the 1850's.⁴ This and other similar magazines did much to educate the lay people regarding the cause of disease and encouraged them to utilize simple measures instead of drugs.

Dr. James Jackson conducted an institute that specialized in hydrotherapy in Danville, New York, USA. After twenty years of practicing as a physician, he wrote: “In my entire practice I have never given a dose of medicine... I have used in the treatment of my patients the following—air, food, water, sunlight, dress, exercise, sleep, rest, social influences, and mental and moral forces.”⁶

Ellen White received a vision on health reform on June 6, 1863, in Otsego, Michigan, USA.⁷

In 1865 James White became a patient at Dr. Jackson's place in Dansville, New York. He and Ellen were both benefitted from the treatments they received there during their three-month stay.⁸

In 1866 Adventists opened their first health facility (The Western Health Reform Institute) in Battle Creek, Michigan, USA.⁹

In 1876 Dr. J.H. Kellogg, at the age of 24, became superintendent of the institute. The name was soon changed to “Medical and Surgical Sanitarium” and was defined as a place where people “learn to stay well.”^{4,10} It rapidly became world famous. Dr. Kellogg wrote many books such as *Rational Hydrotherapy*.^{4,5}

Soon after the turn of the century, an Adventist medical college was established at Loma Linda, California, USA. Dr. George Abbot was the first president. He wrote a number of books on hydrotherapy,^{11,12} some of which are still available. Some people find his books easier to understand than Kellogg's.

In 1918 the great influenza pandemic killed an estimated 50 million people.¹³ Dr. Abbot believed that those who received hydrotherapy and judicious nursing were the ones who survived the ordeal.^{2, 4}

About 1920 Simon Baruch (another pioneer hydrotherapist) wrote: “Of all the remedial agents in use since the dawn of medicine, water is the only one that has survived all the vicissitudes of doctrinal changes because its rise or fall was always contemporaneous with the rise and fall of intelligence among medical men.”¹⁴

Today only a few lifestyle centers still practice hydrotherapy extensively. Hospitals utilize a few hydrotherapy procedures (for example: ice bags, whirlpools in physical therapy, etc.), but do not practice hydrotherapy as extensively as they did in the past. You are privileged to be among the few who will learn the art and science of hydrotherapy. Will you learn it well?

Chapter 4 - Points To Remember

General:

- Have prayer with the person (if they are willing) before beginning a hydrotherapy treatment.
- Simply and clearly explain each step of the treatment to the person as you progress.
- Keep the treatment room warm and free from drafts.
- Give the person water to drink during the treatment (if treatment is prolonged or causes sweating).
- Cold towels and washcloths should not be dripping wet. Water dripping over ears and down the body can be uncomfortable and also may lead to chilling.
- The wetter a towel or washcloth is left after wringing from ice water, the colder it feels.
- Be careful not to burn the person. If the person says the fomentation, water, or steam is too hot, add more protection, cool the water, lower the steam, etc. Each person is different and has a different heat tolerance.
- Be especially careful with thin or aged persons and children. They generally tolerate less heat.
- Be careful not to spread infections. Wash your hands before and after treatments. Wear gloves and/or a mask if you or the person receiving the treatment is contagious.
- Do not apply fomentations where there is danger of hemorrhage or suspected malignancy.
- If a treatment is not skillfully given, the person’s condition can be worsened.
- Clean equipment with bleach or another disinfectant after each treatment.
- The person should be rested before a treatment. If he has just had exercise, let him rest long enough to reach his resting heart rate for at least ten minutes before his treatment.
- Avoid giving hydrotherapy immediately before or after the person has eaten a meal. For best results finish the treatment no sooner than one hour before a meal or wait two hours after a meal.
- Insist that the person rest after the treatment (if the treatment is vigorous, extended, or causes sweating) – from 15 minutes after a mild treatment and up to 1 hour after a vigorous treatment.

Possible Problems During Treatment:

- The person cannot warm up enough or sweat: Give warm water to drink, apply more covers, apply a warm fomentation to the back, or place the feet in a hot foot bath (as long as the person does not have contraindications listed under “hot foot bath” later in the syllabus).
- Hyperventilation may occur on rare occasions when the person is losing too much carbon dioxide by breathing too rapidly or too deeply. He may feel light-headed, experience numbness and tingling in his extremities, feel short of breath, and experience other symptoms associated with hyperventilation. Explain to the person the cause of the symptoms, as this often relieves the anxiety, and the hyperventilation goes away on its own. You may have the person breathe slowly and deeply with you, or breathe into a paper bag until the tingling disappears.
- A sudden drop in blood pressure or blood sugar can cause dizziness, faintness, or weakness. If the person just stood up suddenly, have them sit down immediately and wait a few moments before SLOWLY standing again, waiting a few moments before walking anywhere. The person giving the treatment should always stay nearby to watch for dizziness and help if needed. A cold mitten friction (described later in handout) can also be helpful to

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prevent dizziness or faintness after a vigorous sweating treatment—if done before the person stands up—since it helps to return some of the blood from the skin to the major blood vessels, thereby raising the blood pressure slightly, and often preventing a feeling of faintness. After the person sits back down, take the pulse and blood pressure if the dizziness or faintness continues. If dizziness or faintness occur during the treatment or does not resolve after the treatment after the person sits back down, and if the blood pressure is 80/60 or below, discontinue heat applications, elevate the legs, and give a salty broth to drink. If diabetic or fasting, you may give a cup of orange juice and crackers. If there is still no improvement, contact your healthcare provider.

- When giving a treatment to a person with diarrhea, encourage adequate water intake (so person urinates regularly, and urine is clear or pale yellow in color). If diarrhea is severe, they may also need a Rehydration Drink to replenish the electrolytes (see Appendix A).

Counsels on Health, pp. 363, 364. "The light given me of the Lord regarding this matter is that as far as possible lady physicians should care for lady patients, and gentleman physicians have the care of gentlemen patients... Delicate treatments should not be given by male physicians to women in our institutions. Never should a lady patient be alone with a gentleman physician, either for special examination or for treatment... Women should be thoroughly educated to work for women, and men to work for men."

Chapter 5 – Vital Signs

Vital signs¹⁵ include the heart beat, breathing rate, temperature, and blood pressure. These signs may be watched, measured, and monitored to check an individual's level of physical functioning. Normal vital signs change with age, sex, weight, exercise tolerance, and condition.

Normal vital sign ranges for the average healthy adult while resting are:

- Blood pressure: 90/60 mm/Hg to 120/80 mm/Hg
- Breathing: 12 - 18 breaths per minute
- Pulse: 60 - 100 beats per minute
- Temperature ranges: 97.8 - 99.1 °F (36.5 – 37.3 °C) Average: 98.6 °F (37 °C)

Blood Pressure Basics¹⁶

Before you take your blood pressure:

- Do not eat, smoke, or exercise for at least 30 minutes before you take your blood pressure.
- Do not use any medicines that can raise blood pressure, such as certain nasal sprays.
- Rest at least 5 minutes before you take a reading. Sit in a comfortable, relaxed position with both feet on the floor. Don't move or talk while you are measuring your blood pressure.
- Try not to take your blood pressure if you are nervous or upset.
- If you can, use the same arm for every reading. Readings may be 10 to 20 mm Hg different between your right arm and your left arm.

Remember that blood pressure readings vary throughout the day. They usually are highest in the morning after you wake up and move around. They decrease throughout the day and are lowest in the evening.

Using a Manual Blood Pressure Monitor

1. Sit with your arm slightly bent and resting comfortably on a table so that your upper arm is on the same level as your heart.
2. Wrap the blood pressure cuff around your bare upper arm. The lower edge of the cuff should be about 1 in. (2.5 cm) above the bend of your elbow.
3. Close the valve on the rubber inflating bulb. Squeeze the bulb rapidly with your opposite hand to inflate the cuff. Keep squeezing until the dial or column of mercury reads about 30 mm Hg higher than your usual systolic pressure. (If you don't know your usual pressure, inflate the cuff to 180 mm Hg.) The pressure in the cuff will temporarily stop all blood flow in your arm.
4. Put the stethoscope over the large artery slightly above the inside of your elbow. You can find this artery by feeling for its pulse with the fingers of your other hand. If you are using a cuff with a built-in stethoscope, be sure the part of the cuff with the stethoscope is over the artery.
5. Open the valve on the bulb just slightly. The numbers on the pressure dial or mercury tube should fall gradually - about 2 to 3 mm Hg per second. Some devices automatically control the fall at this rate.
6. Listen through the stethoscope. If you hear heart sounds when you begin listening, you should increase the pressure until heart sounds disappear. As you watch the pressure slowly fall, note the number on the dial or tube when you first start to hear a pulsing or tapping sound. The sound is caused by the blood starting to move through the closed artery. This is your systolic blood pressure.
7. Continue letting the air out slowly. The sounds will become muffled and finally will disappear. Note the number when the sounds completely disappear. This is your diastolic blood pressure. Finally, let out all the remaining air to take the cuff off.

Using an Automatic Blood Pressure Monitor

Follow the instructions that came with the unit as directions vary.

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Chapter 6 - Hydrotherapy Treatment Procedures

Contrast Baths and Shower

(See references 3, 17, 18, 19)

Definition: The immersion of a body part alternately in hot and cold water (the hot and cold water may be applied with cloths to body areas that cannot be easily immersed in water).

The blood vessels expand (dilate) with heat and contract (constrict) with cold. This increases the flow of blood to the region being treated (and reflexively to other regions as well in some cases). It can relieve congestion in other parts of the body (derivative effect) as well. The increased blood flow helps to [1] enhance the supply of oxygen and nutrients to the body cells, [2] hasten removal of the cell's waste products, and [3] increase white blood cell activity. Increased local cell metabolism and immune system mobilization results, which aids in more rapid healing of the treated body part.

Treatment Indications

- Localized infections (give treatment 2-6 times per day to stimulate the body's local defenses to help fight the infection)
- Sprains, strains, and other injuries to the muscles and joints (however, treat injury only with ice-water for first 24-48 hours, depending on severity)
- Hastening healing of fractures (wait for a few days after the fracture occurred before beginning hydrotherapy)
- Arthritis
- Headaches (contrast bath to the extremities—esp. the feet and legs)
- Edema (swelling of a body part due to fluid retention)
- Poor blood circulation to the legs and feet, causing skin breakdown, skin ulcers, etc.

Treatment Precautions

- Do NOT use very hot or very cold water in cases of loss of feeling (numbness) or blood vessel disease of the legs and feet (for example: diabetics). In such cases, use only mildly warm and cool water, very gradually increasing the temperature of the warm water, and decreasing the temperature of the cool water as the condition improves. Carefully observe the person to see how they are tolerating the temperatures.
- Be careful not to spread infection. Use gloves if possible when infections or wounds are present, and disinfect the hydrotherapy equipment after treating an open sore or wound.
- Avoid treating any area where there is a tendency to bleed or hemorrhage.
- In cases of malignancies, do not use this treatment unless under guidance of a physician skilled in hydrotherapy.

Equipment Needed

- 2 large basins – 1 for hot and 1 for cold water (large enough to submerge the part to be treated)
- 1 tea kettle or pitcher containing very hot water
- 1 bucket with extra ice cubes
- 1 towel
- Optional equipment: Sheet or light blanket (as needed for modesty or warmth—depending on part being treated), small basin with ice water and 2 wash cloths (for cool compress if sweating occurs), Disinfectant for cleaning equipment after the treatment

Treatment Procedure

1. Preparation for Treatment

- Have the room warm and all equipment assembled.
- Explain the procedure and assist the person in preparation for treatment.

2. Treatment

- Pray!

- Begin with the hot water bath. Start with milder heat; increase the temperature as tolerated (do NOT increase over 102° F (39° C) in peripheral vascular disease or diabetes).⁴ After 3 minutes—or the specified time for the specific condition—transfer to the cold water bath and keep part immersed for 30 seconds.
- During the treatment, keep the hot and cold baths at the desired temperature by adding hot or cold water as needed.
- Place a cold compress on the head if sweating occurs.
- Make 5 to 8 changes per treatment.
- Treat 1 to 4 times per day (up to 6 times for infections).

3. Completion of Treatment

- If the treatment is to be followed by massage to the body part or when treating rheumatoid arthritis, end the treatment with hot. Otherwise, end treatment with cold.
- After the last change, thoroughly dry the treated body part.
- Note: If sweating occurs (uncommon)—remove damp clothing, dry body, and dress in clean dry garments. Then rest for 20 to 30 minutes.

Specific Treatment Recommendations

1. Localized Infections, Muscle and Joint Injuries

- Treat acute muscle and joint injuries with ice water or cold packs, rest, and elevation of the affected body part, and immobilization for the first 24-48 hours (depending on severity). A supportive bandage (such as an Ace bandage) may be helpful. See your physician if injury is severe or does not improve as would be expected.
- After 24-48 hours, begin the contrast bath treatment with water as hot as can be tolerated.
- Alternate from hot to cold water 5 to 7 times. End with the *cold* water bath.
- Repeat the above treatment 2 to 6 times per day.

2. Arthritis

- Begin the treatment with warm water (3 to 5 minutes); then change to cool water for 1 minute. Gradually *increase* the hot water temperature and *reduce* the cold water temperature as tolerated.
- Alternate from hot to cold water 5 to 7 times. End with the *hot* water bath.
- Repeat the above treatment 1 to 2 times per day.

3. Decreased Circulation (Blood Flow) to the Extremities

- Treat with *mild* heat (102° F / 39° C for 3 minutes and *cool* water (no ice) for 60 seconds.
- Test the hot water with your elbow to be certain that it is not too hot.
- Alternate from warm to cool water 5 to 7 times. End with the *warm* water bath.
- Repeat the above treatment 1 to 2 times per day.

4. General Immune Booster (Contrast Shower)

- Take a hot shower for 3 minutes.
- Switch to cold for 30 seconds.
- Do 3 to 5 cycles, increasing the hot and decreasing the cold temperature, 1 or 2 times per day.

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Hot Foot Bath

(See references 3, 11, 15, 16, 17)

Definition: A local bath which covers the feet and ankles—with temperatures generally ranging between 100-115° F (38-46° C).

This treatment may be used alone or combined with another treatment such as fomentations or the heating compress. The hot footbath affects the circulation of the entire body. Heat expands (dilates) the blood vessels of the feet, thereby moving excess blood from other body parts to the feet and relieving congestion in the brain (headache), lungs, and pelvic organs. It is also helpful in stimulating the activity of the white blood cells.

Treatment Indications

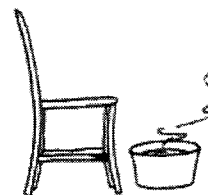
- Prevent or shorten colds, flu, or coughs
- Relieve congestion (congestive headaches, stopping nosebleeds, chest congestion, pelvic congestion, etc.)
- Pelvic cramps or prostate disorders
- Diminish pain anywhere in the body (from toothache to backache)
- Relieve fatigue and nervous tension
- Warm the body in preparation for massage or some other treatment

Treatment Precautions

- CAUTION: Use only mild heat in diabetics and others with loss of feeling (numbness) or decreased (or otherwise impaired) blood flow to the legs and feet (no greater than 102° F (39° C)).⁴
- When adding hot water, keep your hand between the hot water and the person’s feet to avoid burning them.

Equipment Needed

- 1 Chair
- 1 Large bucket or deep dishpan
- 1 Basin of cold water (add ice to cold water if available) for the cold compress to the head
- 1 Tea kettle or pitcher of very hot water
- 2 Washcloths (for the cold compress to the head)
- 2 Large towels
- 1 Sheet
- 1 Blanket
- 1 Glass of water (and a drinking straw—optional (makes drinking easier))
- 1 Towel or bath mat to place under bucket (so small spills will be absorbed and person will not put their feet on the cold floor after completion of the treatment)
- Thermometer: If you cannot get a thermometer, do not raise temperature higher than is comfortable for the elbow or back of wrist.
NOTE: If the individual has diabetic neuropathy do not do the treatment if you cannot find a thermometer. (Even an oral thermometer will work for the lower temperatures used with diabetics).
- Optional: 1 Pitcher of very cold water to pour over feet to end treatment (add ice to cold water if available)
⇒ Note: may also use the cold water used for the cold compress to the head to pour over the feet instead.
- Optional: 1 Large piece of plastic to put on floor under the foot tub (to keep bed or floor dry) if desired or needed



Treatment Procedure

1. Preparation for Treatment

- This treatment may be given with the person sitting on a chair or lying on a flat surface.
- Have the room warm, free of cold drafts, and all equipment assembled before beginning.
- Explain the procedure to the person, and assist the person in preparation for treatment.
- This treatment will be described with the person sitting on a chair.
- Place a blanket over the chair, and cover the blanket with a sheet. Put a piece of plastic under the basin, and cover the plastic with a dry towel.
- Prepare the footbath with enough warm water to cover the ankles.

2. Treatment

- Pray!
- Test the water with your elbow or back of wrist to determine the comfort level (the hands can often tolerate temperatures that are too hot for the feet). Put your hands under the person's feet and carefully immerse them in the warm water bath. Ask the person if the temperature is comfortable, too hot, or too cool. Adjust the temperature as needed by adding hot or cold water.
- Completely wrap the person and the foot tub in the sheet and blanket.
- Leave the head and neck exposed. May wrap a towel around the lower neck and shoulders to help prevent loss of heat.
- When sweating occurs, put cold, wet washcloths on the forehead. May also wipe perspiration from the face as desired.
- Have the person drink water freely throughout the treatment to replace the water lost in sweating. (Note: If you are checking the temperature with an oral (mouth) thermometer, make certain to give water AFTER checking the temperature, as drinking may falsely lower the oral temperature reading.)
- Periodically add hot water to the footbath to maintain the desired temperature. Place your hand between the hot water being poured and the person's feet (to avoid burning the feet). Stir water while pouring. Typically continue treatment 15 to 20 minutes, depending on the goal of the treatment (see below).

3. Completion of Treatment

- Lift the feet out of the hot water and point the toes upward. Quickly pour *cold* water over the feet.
- Remove tub and place feet on the dry towel. Thoroughly pat dry the feet and toes (do not rub vigorously as you may remove skin). Immediately after drying, put on warm socks or slippers to avoid chilling.
- If a mild treatment was given (congestion, relaxation, pain, cramps, etc.), and no sweating occurred, person may wish to rest for a few minutes before resuming activities.
- If a moderate treatment was given (congestion, relaxation, pain, cramps, etc.), and mild sweating occurs, briskly rub the skin with a cold washcloth, and then dry the skin with a towel. Remove damp garments and replace them with clean, dry clothing. The person should ideally rest for 20 to 30 minutes after the treatment. If further sweating occurs during rest, take a cool bath or shower to finish the treatment.
- If a vigorous treatment was given (colds, flu, mobilizing immune system, etc.) and significant sweating occurs, after putting on warm socks, wrap the sheet and blanket around person, walk with them to their bed, tuck them in bed (may wish to keep the sheet and blanket around them to prevent chilling if the regular bed sheets are cold), and let them continue sweating for an hour. If they feel chilled from the dampened clothes, quickly replace wet clothing with dry clothes, and return promptly to bed. The person may wish for a cool cloth to be placed on their forehead while they rest. After resting for an hour, and their temperature returns to normal, the person may then get up and take a shower to remove wastes secreted by the body during the treatment.

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Specific Treatment Recommendations

1. Congestive headaches, congestion of the lungs, congestion of the pelvic organs, other cases where mild treatment is desired.

- In this case, movement of the congested blood, relaxation, or relief of pain is the primary goal of the treatment. As such, typically the blanket and the towel around the neck and shoulders are not required, and the goal should not be to cause the person to sweat. Instead, the goal is to equalize the circulation and bring relaxation. Therefore, the water should be maintained at a constant, but very warm temperature. The treatment should be continued for a few minutes after the goal has been reached (for example: relief of headache), and generally should last 15-20 minutes. May be repeated as needed.

2. Colds, Flu, and Other Infectious Processes

- Note: Only use these recommendations for a person that does not have diabetes, numbness, or impaired circulation in their feet and legs.
- Wrap the person snugly in the sheet and blanket, wrapping a towel around the lower neck and shoulder to keep as much warmth in as possible. Make sure there are no drafts around the feet.
- Begin with warm water to the feet; then continue adding hot water as frequently as the person can tolerate it without burning their feet or ankles.
- Give hot herb tea or plain hot water if tolerated to help raise the core body temperature faster.
- After person begins sweating, place a cold cloth on their forehead, changing as desired.
- Continue the treatment for as long as the person can tolerate it—up to 20 minutes after they start sweating.
- If the person has a fever already, monitor their temperature so it does not climb excessively high.
- Finish as listed above for a “vigorous treatment.”

Ice Massage

(See references 2, 4, 16)

Definition: A local application of ice to a portion of the body.

When the entire body becomes thoroughly chilled its various functions slow down. However, if only a portion of the body is chilled for a prolonged period of time, its activities are heightened (in that region).

Physiologic Effects

Blood flow to the treated region is greatly decreased at first but then greatly increased with continuation of the ice massage. Exercise afterward may further heighten blood flow. The person will normally experience four stages during the ice massage:

- Cold, uncomfortable sensation
- Burning or sensation of “prickling”
- Aching
- Relative numbness

Treatment Indications

- To decrease localized swelling, inflammation, pain, and spasms after injuries (such as bruises, muscle strain, joint sprains, etc.)
- Acute neck or other muscle spasms
- Acute neck or low back pain
- Joint pain such as bursitis
- Myositis (muscle inflammation—with symptoms including pain, tenderness, possible spasms)
- Reduce soreness after deep massage

Contraindications

- Person is cold
- Stroke
- Rheumatoid arthritis

Equipment Needed

- One or two pieces of ice the size of an 8-ounce glass (small to medium-sized drinking cup). One convenient method is to utilize a Styrofoam cup. Fill the cup with water, freeze until solid, and then peel the top of the cup away as needed to expose the ice. The Styrofoam cup will provide insulation between the ice and the hand of the person giving the massage. However, any similar cup or container will work, but will need to run the cup under water to remove the ice from the container, then hold the ice with a washcloth to protect the hand of the person giving the massage.
- One washcloth to hold cube of ice
- One thick towel to catch water from the melting ice

Treatment Procedure

1. Important Considerations:

- Do not prolong a rub directly over a bony prominence.
- Avoid holding ice in one place too long to prevent frostbite or extreme discomfort.
- Be certain person is warm; give a hot foot bath or have them take a warm shower before giving the treatment, if necessary.

2. Treatment

- Explain treatment, purpose, and the four stages of the treatment to person.
- Pray.
- Drape thick towel around area to be treated.
- Hold the ice block firmly (with washcloth or Styrofoam cup).
- Rub ice in a circular motion over painful area/spasm/inflamed area and slightly beyond on all sides.
- For the first few strokes, alternate rubbing with the ice and with your bare hand to reduce the shock of the cold on the skin.
- When stage 4 (numbness) is reached, the treatment may be terminated if acute pain relief is the object, or treatment may be continued for 12-15 minutes if healing a sprain or strain is needed.

3. Completion of the Treatment

- Dry the treated area.
- Immediately following the ice massage, if desired for the particular condition, the person may do carefully planned, resistive exercise involving every muscle around the painful part.
- A second ice rub may be necessary for further relief.

Note: When treatment is to be given to the back it may be helpful to have the person lie face down with one pillow under the abdomen, another pillow under the feet, and a small towel under the head.

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Russian Steam Bath

(See references 2, 4, 15, 17)

Definition: Heating treatment in which the body is surrounded by moist, warm air, while the head is outside of the warm, moist environment.

Physiologic Effects

- Generalized heating effect causing profuse sweating
- Increase in metabolism, pulse rate, blood pressure
- Increases circulation to the skin
- Increases number of circulating white blood cells
- Sedative (15-20 minutes)

Treatment Indications

- Generalized heating effect, leading to sweating and detoxification
- Detoxification from addictive substances, for example: alcohol, drug abuse, and nicotine withdrawal
- May be used for fever therapy, but is not as vigorous as the hot tub bath
- Rheumatoid arthritis, gout
- Symptoms of onset of colds, flu
- Relaxation (15-20 minutes)
- Obesity

Treatment Precautions

- High blood pressure
- Heart problems (including valvular disease and atherosclerosis)
- Diabetes, poor sensation to heat.
- Emaciation (extremely thin)

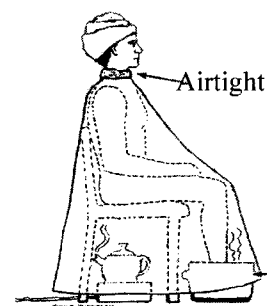
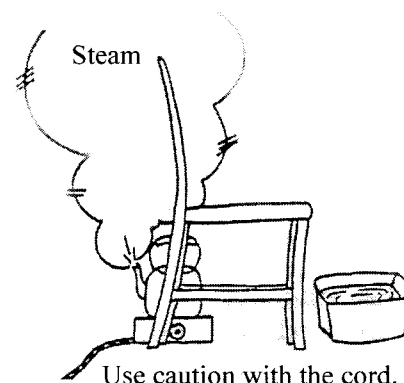
Equipment Needed

- 1 Wooden or strong plastic chair
- 1 Steam producing device (ie. Electric skillet, coffee pot, teakettle, large pot over hotplate, etc.)
- 1 Large bucket or deep dishpan
- 1 Basin of cold water (add ice if available) for the cold compress to the head
- 1 Pitcher (or tea kettle) of very hot water
- 1 Pitcher of cold water (with ice added if available)
- 2 Washcloths (for the cold compress to the head)
- 2 to 3 Large towels
- 1 Sheet
- 1 Blanket
- 1 Glass of water (and a drinking straw—optional, but nice)
- Optional but very nice: 1 Large piece of plastic (shower curtain works well)
- Optional: 1 Large piece of plastic to put under the foot tub (to keep bed or floor dry—if needed)
- Optional: Cloth bag filled with crushed ice

Treatment Procedure

1. Preparation for treatment

- Have the room warm, free of cold drafts, and all equipment assembled.
- Explain the procedure to the person.
- Assist the person to prepare for treatment (may wear shorts and a t-shirt—cotton is generally more comfortable, or just underwear, or no clothes—depending on personal preference).
- Place steam-producing source under chair (if using a teakettle, place so spout points towards the back of the chair). Make sure the heat source will not start a fire.



- Drape 1 or 2 towels over the chair so the steam does not burn the person.
- Prepare the foot bath with enough warm water to cover the ankles (see cautions under “Hot Foot Bath”).

2. Treatment

- Pray!
- Carefully immerse the person’s feet into the hot foot bath.
- Completely wrap the person and the foot tub in the sheet and blanket (you may use the shower curtain between the sheet and blanket to keep the steam inside).
- Wrap a towel around the top of the blanket to keep the steam from escaping around the neck.
- Leave the head and neck exposed.
- When sweating occurs, put cold compresses on the head (and neck if desired).
- Have the person drink water freely throughout the treatment to replace the water lost in sweating.
- Periodically add hot water to the foot bath to maintain heat. Place your hand between the hot water being poured and the person’s feet (to avoid burning the feet). Stir water while pouring.
- Adjust steam as needed to a tolerable level throughout the treatment.
- Check pulse frequently and if it rises above 120 beats per minute, decrease steam production or apply an ice bag to the heart.
- Continue treatment 15 to 20 minutes, as tolerated.

3. Completion of treatment

- Remove steam-producing source.
- Lift the feet out of the hot water and point the toes upward. Quickly pour *cold* water over the feet.
- Remove the tub and place the feet on a dry towel. Thoroughly dry the feet and toes. Put on warm socks or slippers to avoid chilling.
- May conclude the treatment with a cold mitten friction followed by resting, or may alternately wrap warmly with a sheet and blanket and let the person rest for a minimum of 30 minutes—if extended sweating is desired. Keep a cool cloth on the forehead while the person is resting.
- Take a shower after resting to complete the treatment.

Salt Glow

(See references 2, 4, 15, 16)

Definition: The application of wet salt with friction to a person’s skin to make the skin glow and bring a fresh supply of blood to the surface.

Physiologic Effects

- Peripheral vasodilation by mechanical stimulation of the skin without heating or cooling.
- Stimulation of circulation.
- Increased nerve activity. * Improved sense of well-being.

Treatment Indications

- As a peripheral vasodilator for persons who do not react well to heat or cold.
- To improve circulation.
- For frequent colds. * For low blood pressure.
- For general weakness and low endurance. * Diabetes, cancer, muscle wasting.
- Chronic indigestion.

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Contraindications

- Skin lesions. * Significant high blood pressure.
- Too weak to sit or stand.
- Repeating treatment so frequently that skin irritation is produced.

Equipment Needed

- Two to four pounds of coarse salt (pickling salt, kosher salt, sea salt, Epsom salt, etc.). Table salt may be used if coarser salt is not available.
- Stool set in shower or bathtub. Person may stand for treatment instead, if desired.
- Basin or bucket (to hold salt/water mixture).
- Warm water.
- One towel (to dry body)
- Optional: Drape sheet (for modesty if giving treatment to someone else).
- Optional: Foot tub filled with water at about 105-110° F (40.5-43° C) if room is cool or person could potentially become chilled from application of moistened salt.

Treatment Procedure

1. Important Considerations

- Have room warm and work quickly so person will not chill.
- Salt should be just wet enough to stick to the skin. If it is too dry, it will irritate, if it is too wet, the friction will be diminished.
- Be sure to wash off all the salt at the completion of the treatment.

2. Preparation for Treatment

- Moisten salt just enough to stick to the skin.
- Assemble everything needed for the treatment.

3. Treatment

- Explain treatment to person.
- Pray.
- The person receiving the treatment should either stand or sit with feet in the tub of water if risk for chilling exists (see precautions under “Hot Foot Bath” above).
- Wet the person’s legs with water from the tub.
- Apply wet salt and rub vigorously until skin is pink. Be careful not to remove living skin cells.
- Proceed in this order: legs, arms, chest and abdomen, back, hips, and buttocks.

4. Completion of Treatment

- a. Rinse thoroughly to remove all salt (shower, etc.).
- b. Dry the person with friction rubbing. Be sure the person stays warm.

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Wet Sheet Pack

(See references 2, 15, 17, 18)

A procedure in which the person is wrapped snugly in a cool, wet sheet, covered by a dry blanket. The reaction causes increased blood circulation and warms the skin.

Physiologic Effects

- Regulation of heating and cooling in the body to control body temperature
- Relieve internal congestion
- Calm the nerves/nervous system

Treatment Indications

- First stage (cooling): Cooling of a heated (feverish) body
- Second stage (neutral): Insomnia, mania, delirium, restlessness, nervous exhaustion
- Third stage (heating and sweating): Nicotine poisoning, alcoholism, gout, bronchitis, common cold, influenza, jaundice, psoriasis, pemphigus, eczema, generalized dermatitis, generalized tonic in chronic illness, measles, scarlet fever

Treatment Precautions

- Diabetics (if the hot foot bath is used)
- People with severe colds or influenza
- Feeble persons
- Skin eruptions

Equipment Needed

- 1 Pail of water at 60-70° F (15-21° C)
- 1 sheet
- 1-2 blankets
- 1 pillow
- 1 large piece of plastic
- 2 wash cloths
- 1 bath towel
- Optional: material for a hot foot bath
- Optional: source for heating, for example: fomentations, hot-water bottle, infrared lamp

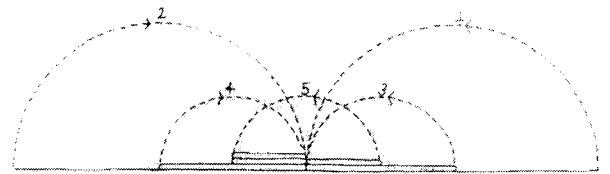
Treatment Procedure

1. Preparation for Treatment

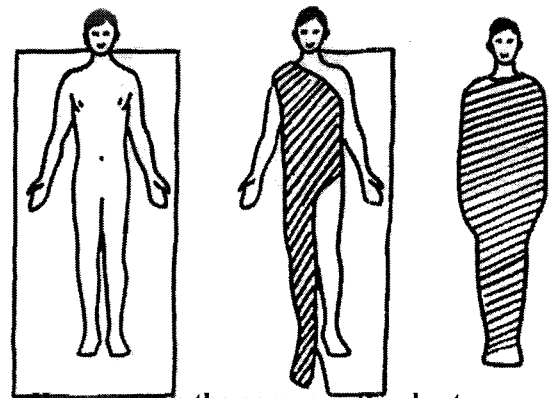
- Have the room warm and free of cold drafts.
- Have all equipment assembled.
- Fold sheet as described in illustration. After folding, submerge sheet in pail containing 60-70° F (15-21° C) water.
- Cover the bed with a large piece of plastic. Place a blanket over the plastic covering. Have the upper edge of the blanket about 8 inches from the head of the bed, and covering the lower third of the pillow. Have the edge of the blanket on the far side hang further down than near edge.
- Explain the treatment procedure. Assist person to disrobe and prepare for the treatment.
- Make sure that the feet and entire body are warm at the beginning of the treatment. If needed, may give a warm shower, fomentations, or a brief hot foot bath (see cautions under "Hot Foot Bath") while preparing for the treatment.
- Have person void (urinate) prior to beginning treatment.

2. Treatment

- Pray!



How to fold the sheet: fold lengthwise as instructed by the numbers above. Dip in cold water and wring out. Lay the sheet on blanket lengthwise and unfold it.



How to wrap the person in the sheet

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- Wring sheet from cold water as dry as possible. Spread on blanket with upper edge of sheet a little below upper edge of blanket.
- Have person lie on wet sheet, with shoulders 3 or 4 inches below upper edge of sheet.
- With person’s arms raised, wrap sheet around body, tuck in under opposite side (see illustration).
- Wrap sheet around leg of the same side.
- Lower arms, wrap opposite side of sheet over body and tuck in (see illustration). Make sure to wrap sheet snugly enough to come in contact with skin in all places—especially over the shoulders and neck. It is essential to prevent drafts of air—which may impair effectiveness of treatment.
- Draw narrower edge of blanket over body and tuck in. Then wrap wider edge around in a similar manner.
- Tuck the foot end under the feet.
- Place a Turkish towel around the neck.
- Make sure that the wet sheet is well covered with the dry blanket in all places to exclude air and protect skin from contact with the air.
- Cover with another blanket.
- Note: May place hot foot bath or fomentation to feet if necessary.

3. Completion of Treatment

- If sweating occurs, briskly rub the skin with a cold washcloth, then dry the skin with a towel.
- Remove damp garments and replace them with clean, dry clothing.
- The person should typically rest for 20 to 30 minutes after each treatment.
- If further sweating occurs during rest, take a cool bath or shower to finish the treatment.

Note: According to the degree of warming the pack undergoes, it passes through 3 stages:

1. Cooling or evaporating
2. Neutral
3. Heating and sweating

It is often desirable to prolong the effect of one stage. This may be done as follows:

1st stage—Cooling

Occurs before the sheet has been warmed to body temperature (approximately 5-12 minutes). To prolong this stage, the blanket may be folded back and cold water sprinkled on the sheet over the person. The person may be fanned to hasten evaporation and more water sprinkled on as needed.

Effect: A powerful antipyretic.

2nd stage—Neutral

Begins when the temperature of the pack reaches or slightly exceeds that of the skin. May be prolonged by removing some of the dry coverings after the person has warmed up, being careful to not cause chilling. To conclude, uncover one part at a time, dry thoroughly, and cover with a dry sheet.

Effects: Marked sedative effect, induces relaxation and sleep.

3rd stage—Heating and Sweating (eliminative)

This stage begins when the skin temperature rises slightly. Applying cold water to the head and neck continuously to check excessive sweating may prolong tonic and heating effects. For tonic effects the pack should continue about 20 minutes. If sweating (elimination) is desired, additional coverings may be added, and hot water bottles or fomentations may placed within the folds of the dry blanket. The person may also be offered hot water or lemonade to drink. To encourage sweating, cold compresses on head should not be very cold or renewed too frequently.

Effects: Mild tonic and derivative effects when treatment is continued just to the point of sweating. When prolonged so sweating occurs, this can be used as a very valuable eliminative treatment.

Heating Compress

(See references 3, 15, 17, 20)

Definition: A mild, prolonged, moist heat application to a specific region of the body, generally lasting several hours in duration.

The use of a heating compress involves the application of a thin, cold, wet cloth directly to the skin surface. This cloth is then covered snugly and completely by a dry cloth. As the compress warms up, the heat causes the blood vessels in the skin to expand or dilate. The increased blood flow to the skin surface relieves congestion in the tissues below the surface of the treated area, and, overall, increases blood circulation in the region.

Treatment Indications

Throat	Tonsillitis, pharyngitis, laryngitis, earache
Joints	Pain and inflammation from arthritis, rheumatic fever
Chest	Coughs, congestion from chest colds or the flu, bronchitis, pneumonia, croup, whooping cough, asthma
Abdomen	Constipation, hepatitis, inflammation of the small or large intestines, insomnia, nausea of pregnancy, colic, nervous conditions
Feet	Use for the same indications as for the hot footbath

Treatment Precautions

- Do *not* use the cold, wet compress if the person is not vigorous enough to warm it up; use a *dry* compress instead.
- Do not make the compress so tight that it is uncomfortable or interferes with the circulation (flow of blood).

Equipment Needed

- An inner cloth wide enough to completely cover the area to be treated and long enough to wrap completely around the body part, made of thin cotton flannel or other loosely woven material of one or two thicknesses.
- An outer cloth (made of wool or other tightly woven material) wider than the inner, wet cloth by ½ to 1 inch (1 to 2 centimeters) on each side.
- Safety pins to hold the outer part of the compress in place.

Treatment Procedure

1. Preparation for Treatment

- Have the room warm and free from cold drafts. The person must be warm before applying the heating compress (give a hot foot bath or warm shower, if needed, to warm the body before applying the cold cloth).
- Explain to the person that the compress will be cold at first, but will warm up in a short time.

2. Treatment

- Pray!
- Immerse the inner cloth in cold water; squeeze out *all* excess water.
- Quickly apply the cold, wet, inner cloth directly to the body part being treated.
- Cover inner, moist cloth with a dry outer cloth. Pin the outer cloth securely in place. The outer cloth must be snugly applied, but should not be excessively tight, and it must completely cover the inner cloth in order to exclude air movement and heat up the compress.
- Inquire (of person receiving treatment) in a few minutes to be sure that cold, inner cloth is warming up.
- The cold, wet, inner cloth may be replaced with a dry cloth if the moist cloth does not warm up within a few minutes (however, should make sure there are no drafts around outer cloth which may allow air to reach the moist cloth, and cause chilling to occur).
- Leave the compress in place for several hours or overnight. If the compress is left on overnight, it should be dry by morning.

3. Completion of Treatment

- In the morning, remove the compress and briskly rub the treated area with a cold washcloth.
- Dry the area thoroughly. Keep the person warm and comfortable.

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Note: Some authors promote utilizing a plastic barrier between the wet and dry layers, to lengthen the effects of the warm, moist application. Other authors feel it diminishes the benefit of the treatment. Inquiries amongst current hydrotherapy providers give about equally split opinions regarding the benefits/drawbacks from the use of the plastic, with both finding good results from the method they have utilized. May wish to avoid plastic in heating compresses applied to the neck in individuals with hyperthyroidism as it may excessively stimulate the thyroid (per one experienced hydrotherapist).

Alternative Treatment Procedures

Throat - The cold, wet, inner cloth may be replaced with a charcoal poultice. For an earache, apply the heating compress up close to the ears. Half of a steamed, warm onion wrapped in a loosely woven cloth may be placed directly over the ear.

Joints - The cold, wet, inner cloth may be replaced with a charcoal poultice or a poultice of grated raw potato or cabbage.

Chest -

1. First, have the person put on a cool, moist, sleeveless cotton undershirt (wrung out really well). If the person does not have a sleeveless shirt, may use a t-shirt, but should just avoid moistening the sleeves.
2. Completely cover the moist compress with a dry wool or tightly woven sweater or sweatshirt. Apply extra sweaters as needed to warm the moist shirt rapidly. Avoid air spaces by using a snug, long-sleeved garment to completely cover the moist undershirt.
3. Apply a heating compress to the throat.

Note: The cold, wet inner cloth may be replaced with a raw grated or steamed onion poultice.

Note: If you wish to utilize plastic between the two layers of cloth, you may find it easiest to use a plastic garbage bag with holes cut into it for the arms and neck.

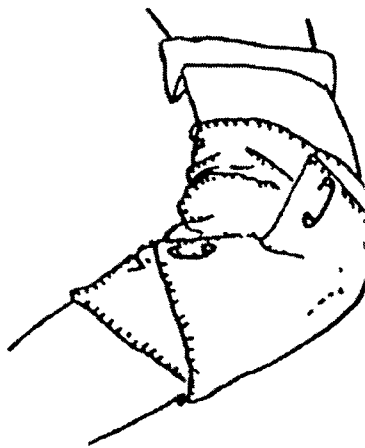
Abdomen - Place the dry outer cloth on the bed. Lay the cold, wet inner cloth on top of the dry outer cloth. Have the person lie on top of the compress with its lower edge below the person's hipbones.

Wrap the compress snugly over the abdomen. The inner cloth may be replaced with a charcoal poultice.

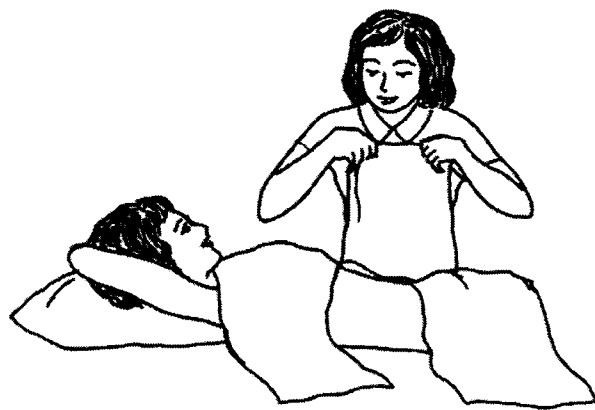
Feet - Before going to bed, put on a pair of thin, wet cotton socks. Cover them completely with a pair of dry wool socks. The feet must be warm before applying this treatment! (CAUTION: This could potentially worsen athlete's foot)



Throat



Elbow



Abdomen

Steam Inhalation

(See references 2, 4, 16, 18)

Definition: Warm moist air directed toward the mucous membranes of the upper respiratory tract will often help to loosen a dry cough or congestion.

Physiologic Effects

- Mucous membranes are moistened, relieving irritation and congestion.
- Loosens secretions and stimulates discharge of mucus from throat and lungs.
- Increases blood flow to nose, throat, and lungs.

Treatment Indications

- Nasal and chest congestion (helps loosen dry or thick secretions so the body can get rid of them more effectively)
- Acute or chronic irritation and inflammation of mucous membranes (tickling or pain in throat) of nose and throat due to colds, bronchitis, allergies, etc. (helps by moistening mucous membranes).
- Coughing (warms, soothes, relaxes muscles).
- Sinus headache

Contraindications

- Congestive heart failure
- Use caution with persons with asthma as breathing hot, moist air may make them uncomfortable

Equipment Needed

- Teakettle or pot with boiling water
- Sheet
- Optional: Hotplate
- Optional: Newspaper cone
- Optional: Essential oils and/or herbs: pine, mint, wintergreen, or eucalyptus oil
- Optional: Umbrella

Important Considerations

- Check person receiving treatment frequently
- Be careful to not burn person receiving treatment
- Be very careful when treating children!

Treatment Procedure

1. Preparation for Treatment

- Assemble necessary equipment.
- Bring water to a boil.
- Be sure the treatment room is warm and free from drafts.
- Add essential oils/herbs if desired.
- Explain treatment to person and then pray with them.

2. Treatment

- Place source of steam (teakettle or pot) on table or beside bed (May place hotplate under pot or teakettle if available to keep steam production more consistent for a longer period of time, but ONLY if the person receiving the treatment can carefully ensure that hair, sheet, etc. do NOT come in contact with the hotplate and cause a fire).
- Place an umbrella (optional when sitting to receive treatment) over the person being treated and the source of steam. Cover the umbrella and person with a sheet—letting it hang on all sides to create an enclosed tent to capture the steam for the person to breathe (Note: If person desires to lie down, have them lie at the side of the bed, then place the umbrella and sheet over the person's head and the source of steam, so person may have their head under the side of the “tent” and breathe in the steam).

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- If a more intense treatment is desired, cover spout of teakettle or top of pot with a paper cone to carry the steam directly to person's mouth or nose, being very careful not to burn the person.
 - Treatment generally should last for 30-60 minutes two or three times a day.
 - Have tissues easily available in case the person needs to blow nose or cough out loosened secretions.
 - For continuous inhalation, place teakettle on hot plate without the paper cone and let steam fill the room.
3. Completion of Treatment
- Dry face gently.
 - Be sure person is warm and dry.
 - Encourage the person to rest for about 30 minutes, depending on intensity and duration of treatment.
-

Postural Drainage

(See references 21, 22)

Definition: Treatment in which the person gets into a position that helps drain fluid and mucus from the lungs. The treatment is often used in conjunction with chest percussion and is helpful for:

1. Enhancing expectoration of sputum lessening the obstruction of the airways
2. Improves ventilation and gas exchange

Treatment Indications

- Bronchitis
- Chest Congestion
- Chronic Obstructive Pulmonary Disease (COPD)

Treatment Precautions/Contraindications

- Aged, confused, or anxious patients that do not tolerate position changes
- Rib fracture
- Surgical wound or healing tissue
- Recent spinal surgery or acute spinal injury

Important Considerations

- Make sure the individuals stomach is empty – either before a meal or 1 ½ hours after a meal

Treatment Procedure

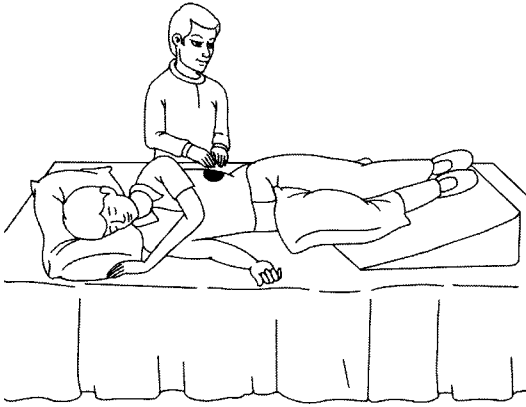
1. Explain the treatment and pray.
2. Have the individual get into loose-fitting, comfortable clothing.
3. Follow the steps outlined below.

Note: This treatment is especially useful and effective when done after a hydrotherapy treatment, such as a steam inhalation or fomentations:

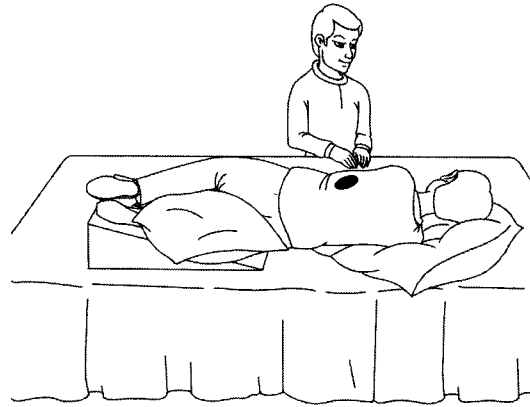
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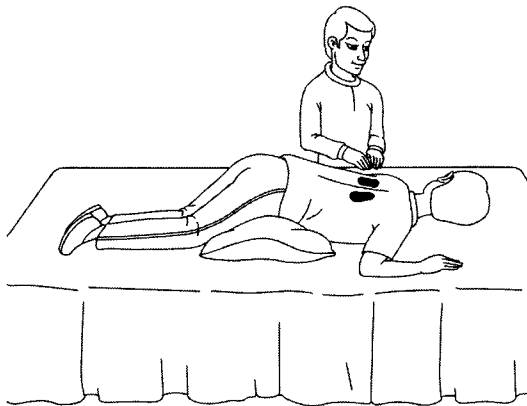
#1 - The sick person lies on a bed with head turned to the right side and their legs should be elevated as high as possible (a pillow may be placed between the legs for comfort). The caregiver cups and vibrates over the lower lungs for 3-5 minutes. Repeat on the other side.



#2 - The sick person lies on their right side, leaning ¼ of a turn with their legs elevated and a pillow between their legs for comfort. The caregiver cups and vibrates the lower part of the lungs for 3-5 minutes.



#3 - The sick person lies on their stomach with two pillows under their hips. The caregiver should cup and vibrate over the bottom part of the shoulder blades, on both the right and left sides of the spine (staying above the kidney region).



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Fomentations (General Revulsive) to Chest or Abdomen

with Cold Mitten Friction

(See references 2, 3, 15, 16, 17)

Definition: A fomentation consists of the application of a hot, moist cloth or towel to a body part. Each hot application is usually followed by a brief, cold application to the treated body part (the cold may be omitted when treating pleurisy, kidney stones, and painful menstruation). Fomentations may benefit the body in the following ways:

- Increase the number and circulation of white blood cells (to help fight infections more effectively).
- Help remove body wastes through the skin by increased sweating.
- Relieve pain in the nerves, muscles, joints, and internal organs.
- Promote relaxation of muscles.
- Equalize the circulation throughout the body, thus relieving congestion of internal organs.
- Shift pH (increasing acidity) of mucus membrane secretions, thus enabling lysozymes to kill more bacteria.

Treatment Indications

- Chest congestion in colds or flu, bronchitis, pneumonia, asthma, and pleurisy
- To assist in promoting improvement in function and healing of the internal organs
- Painful nerves (neuralgia)
- Pain and inflammation of the muscles and joints (back injuries, arthritis)
- Difficulty sleeping and nervousness (use prolonged, mild heat to the spine)
- To warm a body part in preparation for massage
- To seek for relief of muscle spasms, relaxation of tight muscles
- To produce sweating
- To stimulate and increase the number of white blood cells in the circulation to fight local and systemic infections

Treatment Precautions

- Use extreme caution in severe vascular (blood vessel) disease (give mild treatment and use cautions as listed under hot foot bath):
 - heart disease
 - poor blood circulation in the legs and feet
 - diabetes
 - hypertension
- Contraindicated in:
 - Cancer (unless under physician’s supervision)
 - Unconsciousness
 - Appendicitis
- Be careful not to burn a person who is paralyzed, edematous (swollen tissues due to fluid retention), diabetic or otherwise has loss of feeling (numbness) and decreased blood flow to the legs and feet
- Body areas where the bone lies close to the skin surface may need extra padding to prevent burning
- Avoid chilling—change fomentations quickly; keep the body covered
- Be careful not to spread infection; clean the equipment thoroughly
- Do not apply fomentations if there is bleeding or hemorrhage

Equipment Needed

- Bed or place for the person to lie down for the treatment
- 1 Table or other place for assembling fomentations
- 1 Pillow and pillow cover (many use a second pillow, if desired, under knees)
- 2 Sheets (one to cover mattress, one to cover person)
- 2 Blankets to cover person
- 4-6 Large bath towels (depending on whether applying fomentations to one side of body (for example: back) or both sides (for example: back and chest))
- 3-4 Fomentation packs (or thick towels may be used)

Hydrotherapy

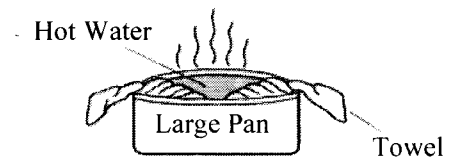
“A Most Powerful Remedy”

- 2-4 Fomentation covers (or thick towels may be used)
- 1 Basin of cold water (add ice to cold water if possible)
- 2 Wash cloths (one for cold cloth to forehead, and one cloth for cold mitten friction)
- Glass of water and a drinking straw
- Large pot of boiling water or a canning kettle with rack or microwave (depending on how you will heat fomentations)
- Optional: plastic to protect bed from spills
- Optional hot foot bath supplies:
 - 1 large basin for a hot foot bath with enough warm water to cover ankles
 - 1 Tea Kettle or Pitcher of hot water

Fomentation Preparation:

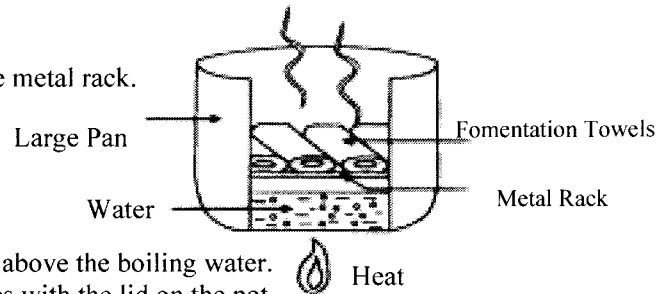
Boiling Water Method (better with towels than fomentation packs)

1. Fill a large, covered pot or canning kettle with water. Heat the water until it boils.
2. Fold a towel lengthwise twice. Hold the towel at both ends and twist it tightly.
3. Immerse the twisted towel in boiling hot water. Hold the ends of the towel out of the water.
4. Lift the hot towel out of the water and stretch the ends of the towel apart to squeeze out all excess water.
5. Quickly drop one end of the towel to untwist it, and fold the towel widthwise twice.
6. Place the folded towel on top of a fomentation cover or thick towel. Wrap the fomentation cover around the hot towel.
7. Roll up the fomentation (to conserve heat), and carry it to the person promptly.



Steaming Method

1. Place a metal rack in a large covered pot or canning kettle.
2. Pour hot water into the container. Keep the water level just *below* the metal rack.
3. Take 3-4 large towels and fold each one widthwise twice or use fomentation packs.
4. Wet each folded towel (or fomentation pack), roll it up, and squeeze out all excess water.
5. Place the rolled, wet towels (or fomentation pack) on top of the rack above the boiling water. Heat the towels (or fomentation packs) for approximately 30 minutes with the lid on the pot.
6. Remove the first towel (or fomentation pack) from the canning kettle with tongs or protective gloves.
7. Quickly unroll the heated towel (or fomentation pack) on the center of a fomentation cover (or thick towel). Wrap the fomentation cover around the hot towel (or fomentation pack).
8. Roll up the fomentation (to conserve heat), and carry it promptly to the person.



Microwave Method

1. Wet towel (or fomentation pack) thoroughly, wring out so towel (or fomentation pack) does not drip.
2. Place in plastic bag and place in microwave.
3. Heat in microwave until fomentation is steaming hot (about 4 minutes, but time depends on the power of the microwave).

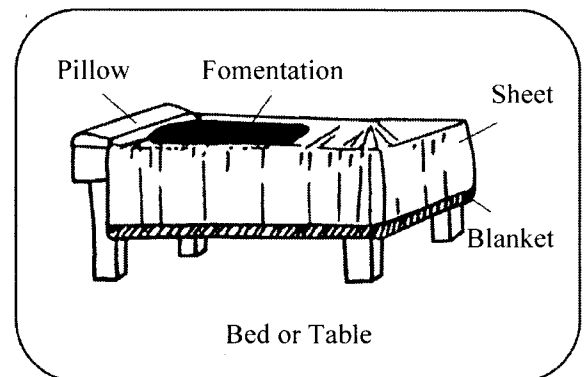
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Treatment Procedure

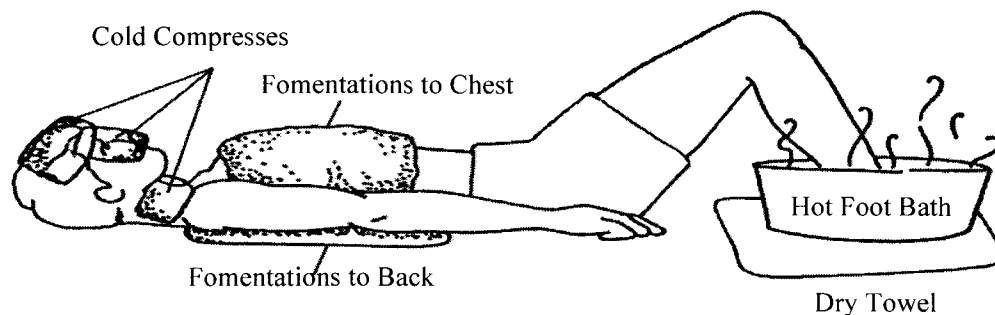
1. Preparation and Administration of Treatment

- Have the room warm and free of cold drafts.
- Have all equipment assembled. Cover the bed with a large piece of plastic (nice, but optional). Place a blanket (nice, but optional) and sheet (needed) over the plastic covering.
- Explain the treatment procedure in a quiet, pleasant manner. Assist the person to disrobe and prepare for treatment as needed.
- Pray.
- Place fomentation on bed parallel to spine with top edge reaching to the top of person’s cervical spine, but NOT under their head. Cover with two bath towels (folded in half or thirds—depending on temperature of fomentation and its thickness) and may possibly need another towel doubled under the coccyx since it may need more protection (especially for very thin and obese individuals).
- Have person lay down on fomentation and place feet in hot foot tub.
 - If person receiving treatment is able-bodied, may step out of room and allow the person to disrobe and cover themselves with the sheet and blanket before person giving treatment re-enters room.
 - If the person requires assistance, hold top sheet between yourself and the person as they lie down to preserve modesty. Cover with sheet and blanket quickly. Tuck around person to avoid air drafts.
- Place necessary towels (1-4 thicknesses—depending on temperature of fomentation—may fold towel in half or thirds as needed) on chest (or abdomen) and then place the fomentation perpendicular to the spine over the doubled towel. Cover with a towel to keep in warmth. Tuck in snugly around chest (if person has an upper respiratory infection) or tuck around neck (if throat is sore) and leave for three to five minutes (six to ten minutes for relieving muscle spasms or nervous conditions).
- Stay with the person receiving the treatment, and be prepared to add another towel quickly to the top or bottom fomentation if it becomes too hot for the person or to remove a layer if it is not hot enough.
- Prepare a hot footbath (HFB) with enough warm water (102° F (39° C)) to completely cover the ankles, and place a dry towel under the footbath. Make sure the water is not too hot by testing it with the elbow (read cautions under “Hot Foot Bath”).
- Carefully place the person’s feet in the water.
- Make sure that both the person and the HFB are completely covered with the sheet and blanket; however, leave the head and neck exposed.
- While waiting, add hot water from the pitcher to the HFB as tolerated, tucking covers behind HFB before pouring to avoid drafts. Have person leave feet in water, placing one foot on top of the other and moving them to one side as you pour and mix the water. Keep your hand between the water you are adding and the person’s foot. Keep adding hot water until person says it is as hot as he/she can take without burning. (Note: Moving the person’s feet to one side, holding hand between person’s feet and water being added, and mixing the water are measures to prevent burning the person’s feet.)
- The hot fomentation should remain on the person for 3-6 minutes (a shorter time for a more vigorous treatment, a longer time for relaxing effects). Near the end of the time, immerse a washcloth in ice water, then squeeze it out until it no longer drips. Remove the fomentation and dry towel quickly; then begin gentle, but brisk, friction immediately. Continue for 30 seconds.
- Repeat the hot fomentations and cold contrast 2-6 more times, depending on how vigorous of a treatment is desired. Each time change the cold compress to forehead and/or neck. Add more hot water to HFB if desired and tolerated.
- When the person begins sweating or asks for cold applications to their forehead, place a cold washcloth (wash cloth wrung from ice-water) on the forehead. You may apply another one to the anterior neck if desired.



2. Completion of Treatment

- At the end of the last fomentation, remove the fomentation and set it aside. Replace blanket and sheet snugly around the neck and shoulders. Cold mitten friction (CMF) the arm farthest from you (will explain after this treatment). Dry, replace under the cover. CMF abdomen. Make sure the chest remains covered. Dry and cover the abdomen. CMF the chest. Dry and cover.
- Lift the feet out of the hot water, and point the toes upward. Quickly pour cold water over the feet.
- Remove the footbath and place the feet on the dry towel. Thoroughly dry the feet and toes. Put warm socks or slippers on the feet to avoid chilling.
- CMF legs and thighs. Tuck sheet around person's thighs for modesty. CMF first one leg and thigh. Dry and be very gentle between toes. Cover leg and thigh. Repeat the same to other leg. Lastly, CMF the person's back.
- If person chills easily, be especially careful to dry well; cover adequately and guard against drafts at all times during treatment. Some may need extra blankets. Offer them a glass of water. Person should rest 20-60 minutes after treatment (until well after they stop sweating).
- End with a shower if further sweating occurs during rest.



How to Make Fomentation Packs and Fomentation Covers²

A. Fomentation packs may be made of one of the following:

1. 50% cotton and 50% wool or synthetic (3 thicknesses)
2. Thick terry cloth or Turkish towels (4 thicknesses)

Fold or cut the material so the final dimensions are 12" by 30" (30.5 cm x 76 cm) and sew together.

B. Fomentation cover should be wool or acrylic and measure 34" by 34" (86 cm x 86 cm).

They should be made of moisture-resistant material that is lightweight and easily laundered.

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Cold Mitten Friction

(See references 16, 17, 18)

Definition: An application of cold water with friction from a thick washcloth, towel, friction mitts, or Loofa sponge.

A cold mitten friction (CMF) is an effective way to stimulate circulation in the skin. It is beneficial to help boost the immune system.

Physiologic Effects

- Stimulates circulation and metabolism.
- Increases white blood cell activity and the production of antibodies.
- Tonic to the nerves and muscles.
- Tonic to the muscles that cause the blood vessels to constrict and expand.

Treatment Indications

- Colds, flu, infections, reduced immunity, cough. Is usually given to complete a heat treatment.
- To build up the body's general resistance
- To improve circulation, metabolism
- For generalized weakness and lack of endurance
- Convalescence after illnesses and fever
- Multiple sclerosis

Contraindications

- Person is chilled.
- Skin lesions on area to be treated, which could be spread or worsened by the treatment.

Equipment Needed

- Two wash cloths
- Pail or basin of cold water at about 40-70° F (4.5-21°C)
- Bath towel
- Optional (use only if needed): Supplies for hot foot bath
- Optional (use only if needed): Sheet or blanket

Treatment Procedure

1. Important Considerations
 - Be sure the person is warm, especially the feet. Use a warm shower, hot footbath, or fomentations to warm up before beginning treatment—if needed.
 - Avoid chilling by exposing only the area under immediate treatment. Wrap in sheet or blanket if giving cold mitten friction to entire body.
 - Avoid friction to skin lesions.
 - Person must be kept warm and dry after the treatment.
 - Success of the treatment depends on the speed and vigor of the treatment.
 - “Best of all means for training to react to cold!” (Kellogg. J.H., *Rational Hydrotherapy*, 1928. pp. 308. 642-647.)
2. Treatment
 - Do one part at a time, extremities first, chest and abdomen, then back. Keep all other parts covered.
 - Wring mitts from cold water and vigorously rub the area for 5-8 seconds.
 - Quickly dry with friction rubbing, then cover the treated area.
 - Leave area covered and proceed to next area.
 - Tonic or stimulating effects depend on the following:
 - The temperature of the water (colder water gives a stronger reaction).
 - Repeated dipping of mitts 1 to 4 times (only use once to each area after a heating treatment).
 - The duration of the application (longer gives a stronger reaction, but should not continue excessively long. See time recommendations above under “b”).
 - The vigor of friction applied (more friction gives a stronger reaction).

Hot Tub Bath (Hot Half Bath)

(See references 2, 4, 15, 16, 17, 18)

Definition: Tub bath utilizing elevated water temperatures.

Physiologic Effects

- Peripheral circulation is increased, relieving internal congestion.
- Metabolic processes are increased.
- Body temperature is increased if bath is prolonged.
- Perspiration is induced, wastes removed.
- Increased number of white blood cells in blood.
- Increased white blood cell activity (phagocytic activity).

Treatment Indications

- Pain (muscular, joint, lower back, migraines, sciatica, other)
- Muscle or joint stiffness
- Fatigue
- Flu or colds
- Arthritis
- Stimulate immune system function
- Warm a chilled person

Contraindications

- Great obesity
- Severe hypertension
- Tendency to hemorrhage
- Disturbance of heat sensation
- Extreme feebleness or debility
- Impaired circulation
- Heart disease
- Diabetes (may use this treatment only if water is kept under 102°F (39° C))
- Cancer (unless under supervision of a physician)
- Significant edema in the legs (unless under supervision of a physician)

Equipment Needed

- Bath thermometer
- 2-4 bath towels and bath mat (bath mat optional, may use towel instead)
- Basin of ice water
- Two washcloths or compresses
- For prolonged treatment, cool water to drink
- Optional: Shower cap to keep hair dry
- Optional: Folded bath towel to use as a head pillow

Treatment Procedure

1. Important Considerations

- If the person is taking medications, they should consult their physician in regard to the use of the hot half bath.
- Young children, aged or frail persons do not tolerate hot baths well. If used, shorten the duration and lessen the intensity.
- Do not leave the person alone. If dizziness and weakness develop, and/or the pulse becomes rapid and weak, discontinue the treatment immediately.
- Do not give a hot half bath within a short time after a full meal.
- Use a bath thermometer to check the temperature; the hand is not a safe guide.
- For use of hot tub baths for children, in general: keep in warm water of about 106° F (41° C) (can be raised to 110° F (43° C) within 30 seconds) for one minute per year of life (beginning with 3 minutes

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minimum exposure to warm water). The duration should be reduced somewhat if the fever is elevated. For example, an 8 year-old child would receive a hot tub bath lasting for 8 minutes.

2. Preparation for Treatment

- The treatment room should be warm and free of drafts.
- Assemble the necessary equipment.
- Fill the tub approximately halfway to two-thirds with water at 101-104° F (38-40° C).

3. Treatment

- Check oral (mouth) temperature and record.
- Pray.
- Assist the person into the tub, making him comfortable with a towel behind the head for cushioning—if desired.
- Cover the person with a bath towel, or, if desired, a sheet may be draped over the entire tub (except for the head and neck). The person might alternatively choose to wear a t-shirt and shorts.
- For a young or vigorous adult, the temperature may be increased to as much as 108-112° F (42-44° C) shortly after the treatment is begun—as tolerated, and depending on goal of treatment.
- Keep the head cool with a washcloth soaked in ice water, wrung out, and place on forehead—once person begins sweating or requests the use of the cool cloth.
- May give sips of water to drink if desired (but give right after checking temperature so it does not interfere with temperature measurements).
- If giving a vigorous treatment, check pulse and temperature every 5 minutes. If pulse goes above 140, or person is feeling very uncomfortable, add some cold water to the bath to bring pulse down promptly and relieve discomfort. If temperature reaches to 103° F (39.5° C), adjust the temperature of the water so the oral temperature does not go higher. If treating colds, flu, or spasms in the back; stop treatment after temperature reaches 102-103° F (39-39.5° C). However, if treating more chronic conditions, may wish to maintain the temperature for up to 20 minutes, depending on the person’s tolerance.

4. Completion of Treatment

- Follow the bath with a cold mitten friction. Dry briskly.
- Assist the person out of the tub slowly. The exertion of getting out of the tub may make the person feel dizzy or faint (also, much of the blood is in the peripheral circulation—thus the CMF helps to constrict the vessels on the surface of the skin and will often help to prevent dizziness).
- Rest for an hour in bed (keep a cool cloth on forehead while person is resting, if desired), being careful to avoid chilling. Continue to give fluids. After one hour of sweating, the person may arise and take a shower—being careful to prevent chilling.

Sitz Bath

(see reference 23, 24, 25)

Definition: A water bath (usually warm) used for cleansing and healing. The water covers only the hips and buttocks. The water may contain herbal teas or essential oils.

Physiologic Effects

- Increases blood flow.
- Relaxes the internal anal sphincter.

Treatment Indications

- * Itching
- * Chronic constipation
- * Relieves pain after an episiotomy (surgical procedure to facilitate childbirth)
- * Pain relief
- * Skin infections
- * Hemorrhoids

Contraindications

- Person is chilled.
- Skin lesions on area to be treated, which could be spread or worsened by the treatment.

Equipment Needed

- Plastic sitz bath (available from many drugstores) or a plastic bucket

Treatment Procedure

1. Pray.
2. Fill the sitz bath with warm water.
3. Add charcoal, medicinal plants, or oils to the water. (optional)
4. Sit comfortably in the sitz bath for 15 to 20 minutes.
5. Refill the water to keep the water as warm as possible.
6. When finished get up slowly – occasionally the dilation of the blood vessels may cause dizziness.
7. Dry the area carefully.
8. Repeat once or twice a day.

Note: A contrast bath can also be useful when done as a sitz bath, and it will give the benefits of the contrast bath to this region of the body.

Chapter 7 – Treatment of Fevers

There are many causes of fevers, including infections (bacterial, viral, parasitic, and fungal), cancer, tissue death, foreign proteins in the blood (poisonous bites, mastitis, etc.), dehydration, increased thyroid activity, extreme physical exertion, and fever therapy, to list a few.²

In most cases, fever is your friend. It is the endeavor of the body (through the hypothalamus “thermostat”) to rid itself of an unhealthful condition. For example, in the case of an infection, the body may respond to the invaders by changing the “thermostat” from the normal level (98.6° F (37° C)) to a higher level (for example, 103° F (39.5° C)). When this happens, all the heat-promoting mechanisms for increasing body temperature operate at full force, such as peripheral vasoconstriction (blood moves from skin to core of body), increased metabolism, and shivering. This continues until the body temperature reaches the thermostat set level. The temperature generally remains high until the infection is overcome, or the cause is removed. When this happens, the person’s skin becomes warm and the person begins to sweat. The temperature then typically begins to drop.

Many bacteria and viruses do not survive well at high temperatures. Fever enables the white cells to move faster, capture the germs quicker, and destroy them more efficiently. Fever generally is not detrimental unless it becomes excessively high, lasts too long, or the person’s cardiovascular system is too weak to tolerate it.

It is difficult to give simple recommendations regarding the treatment of fever that will be most effective in all cases; however, general guidelines may be helpful:²

- All individuals with a fever should be kept well hydrated, since fever can actually be caused and/or worsened by dehydration, and dehydration can occur quickly from the sweating caused by a high fever.

For a Mild Fever (99-103 °F (37.2 – 39.4 °C)):

- It may be helpful to produce an artificial fever with one of the following methods:
 - Hot half bath—raising the oral (mouth) temperature to 102-104 °F (39-40 °C). Finish with a cold mitten friction.

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- Russian steam bath—raising the oral (mouth) temperature to 102-104 °F (39-40 °C). Finish with a cold mitten friction.
- Hot foot bath—finish with a cold pour over feet.
- Hot fomentations to chest and spine, ending with a cold mitten friction
- Additionally, it will be helpful in most cases to use the following:
 - Hot water or herbal tea to promote sweating (give room temperature water if person does not tolerate the hot water)
 - Cold washcloth to head and neck
 - Fresh, cool air in the sick person’s room

For a Moderate Fever (103-105 °F (39.5-40.5° C)):

- Use one of the following treatments:
 - Short hot bath or repeated hot sponging to bring blood to surface
 - Hot fomentations to the abdomen or spine for 5-7 minutes
 - Hot mitten friction (if person feels cold) or cold mitten friction (if person feels really hot (from their perspective) and is sweating)
- An abundance of cool or room-temperature water
- Cold washcloth to head and neck
- Fresh, cool air in the sick person’s room
- Obtain medical help if the fever does not come down within a fairly short time

For a High fever (106 °F (41° C) or above):

- Seek medical help, in the meantime may do the following:
 - Give a tepid or cool tub bath
 - Wet sheet pack (first stage only-may wish to prolong this stage)
 - An abundance of cool or room-temperature water
 - Cold washcloth to head and neck
 - Fresh, cool air in the sick person’s room

A person should seek to ascertain the cause of the fever, and focus on treating the cause. Some conditions and diseases which cause fevers can be deadly and may require prompt medical attention, such as peritonitis, appendicitis, malaria, dengue fever, etc. Seek medical help immediately if the fever goes very high, does not respond favorably to simple measures, or the person’s condition worsens. With elderly adults, young children, and those with compromised health conditions, a fever can become deadly far more quickly. Caregivers of these individuals should be more vigilant and not allow a fever to rise excessively high or continue for a long time unchecked.

Generally, heat is more beneficial when the temperature is rising, when a person demonstrates signs and symptoms including: cool skin, clammy skin, cyanosis (bluish coloration to skin), goose bumps on skin, chilly sensations, and/or shivering. A person may find cooling treatments helpful when a person expresses that they feel really hot, face is flushed, have a full and rapid pulse, and are hot and dry or have sweaty skin.

20 Manuscript Release, p. 278. “I feel that the ice used is a mistake. The light which has been given me in reference to several critical cases has been represented to me as a sick child I had in charge, and in every case the directions given were, Do not apply ice to the head but cool water; but apply hot fomentations to the bowels, stomach and liver. This will quell the fever sooner even than cold. The reaction after the cold applications raises the fever, in the place of killing it. This direction has been given me again and again. In some cases, the ice applications may be warrantable, but in most cases they are not advisable. If the invalid has any vitality, the system will send the blood to where the cold is, and very often, the system has not power for this taxation. Bro. _____ has low vitality. Some cases may endure other kind of treatment, but I greatly fear for Bro. _____ if it is continued. Use hot water; in nine cases out of ten it will do a more successful work than the cold ice would do...”

Chapter 8 – Charcoal

(See References 3, 26)

Charcoal is formed when wood is burned in the absence of oxygen. Charcoal has the unique ability to *adsorb* or remove poisonous gases, many drugs, toxic chemicals, infectious bacteria, and viruses. A good quality of charcoal can be made from coconut shells and most types of wood such as oak, eucalyptus, willow, and pine. If harder types of wood are used (for example: oak), a greater quantity of charcoal will be produced. Charcoal can be easily made at home. Cut dry wood to a uniform size. Stack the wood tightly together in a hole in the ground and start a fire. After the wood begins to burn, cover it with earth or a piece of tin (if tin is used, pile earth on top of the tin). Leave a small vent or opening for admitting limited amounts of air in order to maintain a slow burning process over several days. After the burning process is completed, leave the charcoal inside the covered hole until it cools, as heated charcoal will burst into flames when exposed to the air. For medicinal use, break the charcoal into coarse pieces. Sterilize the charcoal by heating it in a clay pot or in an oven for 20 to 30 minutes. Grind the sterilized pieces into fine powder and store in a dry, tight container.

Advantages of Charcoal

- It is simple to make and to use.
- It is inexpensive and easily available.
- It is harmless (unless it adsorbs needed medication) but highly effective for many problems.

METHODS OF USE

Oral

Charcoal has no toxic effects. Charcoal may generally be used freely and as often as it is needed. Carefully stir 1 to 2 large spoonfuls (tablespoons) of charcoal powder into a small amount of water; then fill the glass with additional water. Charcoal is best taken between meals. If food is the cause of the ailment, or if need for charcoal arises when the stomach is already full of food, take the charcoal as needed, but may need to use a larger quantity of charcoal to give the same effects as when the charcoal is ingested on an empty stomach. Caution should be observed with individuals taking medications—as the charcoal may adsorb the medications. If adsorption of the medication could lead to deadly consequences, check with your healthcare provider before taking the charcoal. For some individuals constipation may occur when taking charcoal, but drinking more water and eating more fiber can generally alleviate this.

Poultice

Charcoal powder can be mixed with water and used as a poultice. Directions for preparing a charcoal poultice are as follows:

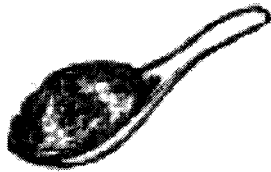
1. Mix a little water slowly into the charcoal powder until the mixture has the consistency of a paste.
2. Ground flaxseed or cornstarch may be added to the charcoal mixture to keep the poultice from becoming too dry or messy. Mix 1-3 large spoonfuls of charcoal powder with 3 large spoonfuls of ground flaxseed or 2 large spoonfuls of cornstarch. Add boiling water until desired consistency is reached.
3. Spread the charcoal paste on one half of a cloth or paper towel. Fold the other half of the cloth or paper towel over the charcoal paste.
4. Place the poultice on top of the affected skin area. Cover the entire poultice with a piece of plastic to keep it from drying out. The edges of the poultice may be folded or taped to keep it in place.

Caution: It is best not to put charcoal directly onto freshly cut or broken skin, since the charcoal can sometimes cause a tattooing effect to the skin in recent injuries. A very low risk of tattooing exists with old or infected wounds.

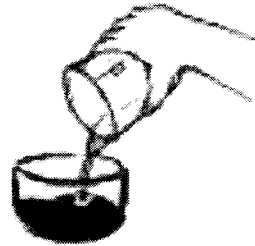
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1.



Activated Charcoal

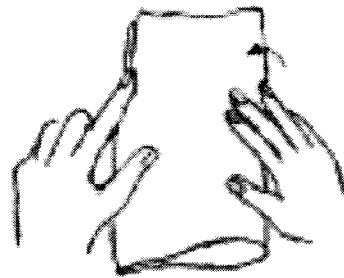


Add Enough Water to
Make a Paste

2.



Spread Paste on Half of the
Cloth

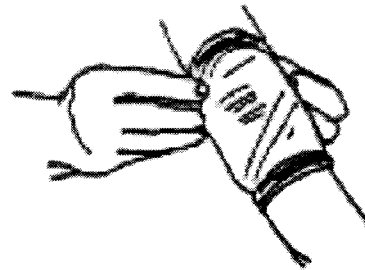


Fold Other Half Over the
Charcoal Paste

3.



Position Poultice Over the
Afflicted Area



Cover Poultice With Plastic

Common Uses of Charcoal

1. Poisoning or Drug Overdose

- Charcoal is generally a very effective treatment for poisoning or drug overdose.
- Induce vomiting unless petroleum products (gasoline, kerosene), alkali (lye), or strong acids have been swallowed. In these cases do not induce vomiting. Attempt to neutralize strong acids with baking soda in water. Neutralize strong alkalis with vinegar in water.
- Stir in 1 to 2 large spoonfuls of charcoal in a small amount of water and swallow quickly. (Then study table below for more specific instructions.)

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Estimated Amount of Poison or Drug Taken	Amount of Charcoal if No Food Has Been Eaten Within 2 Hours	Amount of Charcoal if Food Has Been Eaten Within 2 Hours
1 small spoonful 1 to 2 tablets 1 to 2 capsules	1-2 large spoons of charcoal stirred into a glass with a little water Rinse out the glass and drink the rest of the charcoal Drink 2 more glasses of water	4-10 large spoons of charcoal stirred into a glass with a little water Rinse out the glass and drink the rest of the charcoal Drink 2 more glasses of water
1 large spoonful 3 to 5 tablets 2 to 5 capsules	3-4 large spoons of charcoal stirred into a glass with a little water Rinse out the glass and drink the rest of the charcoal Drink 2 more glasses of water	6-15 large spoons of charcoal stirred into a glass with a little water Rinse out the glass and drink the rest of the charcoal Drink 2 more glasses of water
Unknown	1-5 large spoons of charcoal stirred into a glass with a little water Rinse out the glass and drink the rest of the charcoal Drink 2 more glasses of water	5-15 large spoons of charcoal stirred into a glass with a little water Rinse out the glass and drink the rest of the charcoal Drink 2 more glasses of water

* repeat dosage as needed

2. Diarrhea

- Charcoal is one of the most effective treatments for diarrhea.
- Treat severe diarrhea in an adult by adding 2 large, heaping spoonfuls of powdered charcoal to a glass of water.
- Drink one glass of charcoal water plus one glass of plain water 4 times per day. Drink one more glass of charcoal water followed by one glass of water for each additional, watery stool.
- For a child, use one half of the adult dose.
- Watch for signs of dehydration—especially in babies and young children—thirst, dry mouth, scant dark yellow urine, loss of skin elasticity, and a sunken soft spot on top of the infant’s head.
- Prevent dehydration by giving lots of liquids to drink—for mild diarrhea may give fluids such as clean water, vegetable broth, or boiled rice water. For more severe cases of diarrhea, it would be safer to give a rehydration drink (such as found in Appendix A or purchased from a clinic/pharmacy/chemist’s shop/etc.) to help prevent electrolyte imbalances.
- Give fluids in small sips every 5 minutes—even if vomiting occurs—until there is a normal output of urine.

2. Nausea and Vomiting

- Take 1 to 2 large spoonfuls of charcoal in ½ glass of water each time vomiting occurs (for a child use ½ the adult dose). If the charcoal is vomited, give another dose immediately.
- Always follow the dose of charcoal with a full glass of water.

3. Intestinal Gas or Bloating

- Take 1 to 2 large spoonfuls of charcoal in ½ glass of water as needed to control symptoms.

4. Eye and Ear Infections

- Infections of the eyes and ears can be treated with a charcoal poultice. Put the poultice over the infected eye or ear (if applying the charcoal directly, place cotton over ear canal to prevent entrance of charcoal into the ear canal), and leave it in place for at least 4 hours or overnight. Applying heat to the poultice increases its effectiveness.

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5. Skin and Joint Infections

- A charcoal poultice can help many infections of the skin and joints. Leave the poultice on for several hours or overnight.

6. Bee Stings and Spider Bites

- For single bee stings and inflamed mosquito, ant, or chigger bites, apply a charcoal poultice directly over the affected area. Multiple bee stings and venomous spider, scorpion, or insect bites may be treated as follows:
 - Immediately wash the area of the bite or sting thoroughly with soap and cold water.
 - Submerge the bitten area in cool charcoal water for 30 minutes to one hour (prepare the cool charcoal bath with ½ cup of charcoal in 8 liters (2 gallons) of water).
 - After soaking in cool charcoal water, apply a charcoal poultice. (See table below for continued treatments—which differ between the bee sting and spider bite treatment.)

Treatment Schedule for Multiple Bee Stings and Spider Bites

Multiple Bee Stings	Spider Bites
Change poultice every 10 minutes for 1 hour	Change poultice every 30 minutes for 8 hours
Leave poultice on for 8 hours	Change poultice every 2 hours for 8 hours
	Change poultice every 2 -4 hours until healed

7. Snake Bites

- If pain and swelling occur within 10 minutes of a poisonous snakebite, venom has entered the body.
- Immediately wash the bite area thoroughly with soap and water.
- Submerge the bitten area in cool charcoal water for 30 minutes to one hour (1/2 cup of charcoal to 8 liters or 2 gallons of water).
- Apply a very large charcoal poultice covering almost the entire extremity that has been bitten. Center the poultice directly over the bite. Keep the poultice moist by covering it with plastic. Remove the old poultice and place a new poultice over the snakebite every 10 to 15 minutes until swelling and pain are gone.
- Add ice packs if pain and swelling continue.
- Take charcoal powder by *mouth* as well. Take about 2 large spoonfuls in ½ glass of water every 2 hours for 3 doses, then 1 small spoonful every 4 hours for the next 24 hours. Each charcoal dose should be followed by 2 glasses of water.

8. Jaundice in Newborns

- If the newborn baby is very yellow, give a small spoonful of charcoal stirred in enough clean water to pass through a nipple every 2 to 3 hours.
- Place the undressed baby in the sunlight before 10 a.m. or after 3 p.m. (avoid hot, midday sun to prevent burning the skin). Cover the baby’s eyes to protect them from the sun’s rays. Continue treating the infant until the jaundice decreases or disappears.

9. Liver and Kidney Disease

- Give charcoal by mouth to help prevent toxins from accumulating in the body. Apply a large charcoal poultice to the mid-back for kidney disorders and to the abdomen for liver disorders.

10. Toothaches and Gum Infections

- For gum infections, mix charcoal powder with enough water to make a paste. Brush the charcoal paste between the infected gums and the teeth. Leave the charcoal on the gums all night. Rinse the teeth and gums in the morning.
- For toothaches, spread the charcoal paste on a piece of gauze; roll up the gauze and place it between the cheek or tongue and the infected tooth (do NOT go to sleep with the gauze in the mouth—to prevent swallowing gauze while asleep).

11. Mushroom Poisoning

- “Activated charcoal is an effective combatant of **mushroom poisoning**. Simple charcoal powder or tablets taken with water will do more good in cases of mushroom poisoning than the established therapeutic will. More than 95% of all fatal mushroom poisonings are caused by the green amanita phalloides, the notorious ‘death angel’.” (*Life and Health*, p. 6, March 1973.)

*** Seek professional medical help the person’s condition is not improving, or is worsening. ***

Charcoal Brings Relief

2 Selected Messages, p. 295. “On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground. . . she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, “Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.” I replied, “Send to a blacksmith’s shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.” The doctor hastened away to follow out my instructions. Soon he returned, saying, “Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days...”

I have ordered the same treatment for others who were suffering great pain, and it has brought relief and been the means of saving life.”

Benefits of Charcoal

2 Selected Messages, p. 294. “One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient slept, the turning point came, and recovery was the result. To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm.”

Charcoal Destroys Inflammation and Removes Poison

2 Selected Messages, p. 299. “This man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. . . the sick man’s son went to a blacksmith’s shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used.”

2 Selected Messages, p. 298. “Pulverized charcoal from eucalyptus wood we have used freely in cases of inflammation.”

Charcoal and Olive Oil

2 Selected Messages, p. 298. “I will tell you a little about my experience with charcoal as a remedy. For some forms of **indigestion**, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent.”

For further reading: *2 Selected Messages*, p. 295, *Loma Linda Messages*, p. 267, *Letter 119, 1896, Letter 37, 1898, Letter 182, 1899, Letter 84, 1898, Letter 72, 1898, The Paulson Collection*, p. 15. (Charcoal helpful for pain, snake bites, reptilian bites, poisonous insect bites, bruising, severe inflammation, boils, eye problems, intestinal inflammation, stomach difficulties, and healing of old injuries)

Hydrotherapy

“A Most Powerful Remedy”

Appendix A – Rehydration Drink

Dehydration can be deadly, and is especially dangerous in young children. Two main causes of dehydration are diarrhea and vomiting, with diarrhea being more common. When a person has watery diarrhea, or diarrhea and vomiting, do not wait for signs of dehydration. Rehydration drinks are very important (can be lifesaving in some cases) in the treatment of diarrhea and vomiting as they help rehydrate the body and provide sodium, glucose, and potassium to balance the body’s electrolytes. Indicators that a person is hydrated adequately include 1) being able to urinate regularly and 2) pale yellow or clear coloration to the urine. Below are two recipes:

Rehydration Drink #1

1 liter clean water
½ level teaspoon salt
8 level teaspoons sugar
½ cup of coconut water, OR juice from 2 oranges OR 1 mashed ripe banana

Rehydration Drink #2

1 liter clean water
½ level teaspoon salt
8 heaping teaspoons powdered cereal
Boil for 5-7 minutes to form a liquid gruel
Add ½ cup coconut water, OR juice from 2 oranges, OR 1 mashed ripe banana

Give the dehydrated person sips of the Rehydration Drink every 5 minutes, day and night, until he begins to urinate normally. Continue even if the person vomits. A large person may need 3 or more liters a day. A small child often needs at least 1 liter a day, or 1 glass for each watery stool.

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“The work of Christ in cleansing the leper from his terrible disease is an illustration of His work in cleansing the soul from sin. The man who came to Jesus was "full of leprosy." Its deadly poison permeated his whole body. The disciples sought to prevent their Master from touching him; for he who touched a leper became himself unclean. But in laying His hand upon the leper, Jesus received no defilement. His touch imparted life-giving power.”

Desire of Ages, p. 266.

Massage

Healing Touch

Chapter 1 – Introduction and History of Massage

- Definition- systematic manual or mechanical manipulations of the soft tissues of the body by:
 - * Rubbing
 - * Kneading
 - * Pressing
 - * Rolling
 - * Slapping
 - * Tapping
- Massage is used therapeutically for such purposes as:
 - promoting circulation of the blood and lymph
 - relaxation of the muscles and relief from pain
 - restoration of metabolic balance and more...
- Origin of the word, “Massage”

Greek - <i>masso</i> or <i>massein</i>	Latin - <i>massa</i>	Arabic - <i>mass 'h</i>	Sanskrit - <i>makeh</i>
means to touch, handle, knead or squeeze		means to press softly	

- Fast Facts about Massage:
 - It is one of earliest remedial practices known to man.
 - Most natural and instinctive means of relieving pain and discomfort.
 - Practiced in nearly all ancient cultures and developed and taught primarily by physicians.
 - Written about extensively in medical books since 500 B.C.
 - Used by Chinese starting around 3000 B.C. - It is found in Hindu books around 1800 B.C.
 - Used by Greeks well before 300 B.C. - Discovered by Japanese around 6th century A.D.
 - Declined severely during Dark Ages (along with the Bible), but revived in Renaissance era
 - Has fluctuated in popularity through time until now.
 - Continues to be a powerful ministry tool to win people’s hearts and confidence.

Note the following quote from: "*The American Woman's Home*," by C. E. Beecher and Harriet Beecher Stowe
Quoted by Ellen G. White in the *Health Reformer*, June 1, 1873.

“Would it not be quite as cheerful, and a less expensive process [than paying for a massage], if young girls from early life developed the muscles in sweeping, dusting, starching, ironing, and all the multiplied domestic processes which our grandmothers knew of? A woman who did all these, and diversified the intervals with spinning on the great and little wheel, did not need ... the Swedish movement cure, which really ...[is] a necessity now. does it not seem poor economy to pay servants for letting our muscles grow feeble, and then to pay operators to exercise them for us? I will venture to say that our grandmothers went over, in a week, every movement that any gymnast has invented, and went over them with some productive purpose, too.”

Chapter 2 - Posture

Education, p. 198. “Among the first things to be aimed at should be correct position both in sitting and standing. God made man upright and He desires them to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote...”

Posture Definition #1: refers to the relationship and alignment of body parts to one another

Posture Definition #2: is the correct alignment of body segments habitually maintained by muscles

- “Normal” posture varies with the person and it does not necessarily mean good posture
- Good posture = body balanced between left and right, front and back, and properly aligned parts
- Benefits of Good Posture:
 - All joints of the body are less susceptible to restriction and strain.
 - The organs of the body are permitted to function more efficiently.
 - Less effort and energy are required to maintain the body in balance.
 - Muscular efficiency is improved.
 - Personality is expressed through good posture.
 - Personal appearance is improved.
 - Poor posture habits cause fatigue and strain on the muscles, joints, and spinal column.

Chapter 3 – Terms and Definitions

Anatomical Position

The erect position of the body with the face directed forward, the arms at the side, and the palms of the hands facing forward, used as a reference in describing the relation of body parts to one another. *The American Heritage® Medical Dictionary Copyright © 2007.*

Supine: The body is lying face upward

Prone: The body is lying face downward

Anatomical Directions

1. **Superior:** toward the head
2. **Inferior:** toward the feet
Example: The lungs are superior to the stomach.
3. **Anterior:** in front of
4. **Posterior:** in back of
Example: The nose is on the anterior surface of the body; the scapula is on the posterior surface
5. **Medial:** toward the midline of the body
6. **Lateral:** toward the side of the body or away from its midline
Example: The great toe is at the medial side of the foot.
7. **Proximal:** toward or nearest the trunk of the body, or nearest the point of origin of one of its parts
8. **Distal:** away from or farthest from the trunk or the point of origin of a body part.
Example: The elbow lies at the proximal end of the lower arm, and the hand lies at the distal end.
9. **Superficial:** nearer the body surface
10. **Deep:** farther away from the body surface
Example: The skin is superficial to the muscles below it; the bone is deep to the muscles that cover it.

Bursa - a fluid filled sac that cushions movement (for example: tendons slide over bones)(bursitis)

Hematoma - a crush injury in which many small blood vessels are broken. Blood seeps into the surrounding tissue and a bruise or lump appears

Inflammation - irritation, swelling, reddening, and heat combined

Joints - where any two bones meet

Ligaments - tough, fibrous tissue that connects bone to bone

Rupture - complete tearing apart of a muscle, tendon or ligament

Sprain - an irritation, slight swelling, or microscopic tearing of a ligament

Strain - an irritation, slight swelling, or microscopic tearing of a muscle or tendon

Tendon - tough, fibrous tissue that connects bone to muscle

Tendinitis - an irritated, swollen and strained tendon

Massage

Healing Touch

Chapter 4 - Benefits, Effects, Contraindications

Benefits

Physical Benefits:

- Circulation (of blood and lymph) is improved, improving skin tone (especially facial massage to help prevent blemished skin)
- Mildly high blood pressure may be temporarily reduced
- Helps with headache and eyestrain
- Relaxes and refreshes the muscles. (muscle soreness from overexertion can be reduced or prevented)
- Helps to prevent and relieve muscle cramps and spasms
- Often aids in inducing sleep (good for individuals with insomnia)
- Effective in pain management
- Joint mobility can be increased
- Increases metabolism
- Digestion, assimilation, and elimination are often improved
- Speeds healing
- Improves the detoxifying functions of the lymphatic system

The immediate effects of massage are noticeable on the skin. Friction and stroking movements increase blood circulation to the skin and increase activity of the sweat and oil glands. Accompanying the increased flow of blood, there is a slight reddening and warming of the skin. Nutrition to the skin is also improved. Massage treatments over a period of time impart a healthy radiance to the skin. The skin tends to become softer, more supple, and of finer texture. The physiological effects of massage are not limited to the skin. The stimulation of muscular, glandular, and vascular activities through massage give an overall benefit.

Physiological Benefits:

- Relieves fatigue
- Reduces stress, tension and anxiety
- Stimulates muscles and immune system*
- Calms the nervous system*
- Promotes a sense of relaxation and renewed energy*

*These various effects depend on the type of stroke you use with the person.

!!NOTE!! Under no circumstances should massage be applied so vigorously that it causes the patient to feel exhausted or result in bruised or injured tissues.

Effects

Effects on the Musculoskeletal System:

Massage encourages the nutrition and development of the muscular system by stimulating its circulation, nerve supply, and cell activity. Regular and systematic massage causes the muscles to become firmer and more elastic. Massage is also an effective means of relaxing tense muscles and releasing muscle spasms.

The supply of blood to the muscles is proportionate to their activity. It is estimated that blood passes three more times as rapidly through muscles being massaged than muscles at rest. Petrissage or kneading and compression movements create a pumping action that forces the venous blood and lymph onward and brings a fresh supply of blood to the muscles. Massage aids in the removal of metabolic waste products and helps nourish tissues.

Massage prevents and relieves stiffness and soreness of muscles. Muscles fatigued by work or exercise will be more quickly restored by massage than by passive rest of the same duration. Muscle tissue that has suffered injury heals more quickly due to consistent treatments, and friction massage, when properly applied, prevents and reduces the development of adhesions and excessive scarring following trauma.

It also:

- Improves muscle tone
- Helps prevent or delay muscular atrophy resulting from forced inactivity
- Encourages the retention of nitrogen, phosphorus and sulfur necessary for tissue repair in persons convalescing from bone fractures
- Lessens pain in conditions such as arthritis, neuritis, labor and delivery, whiplash, muscular lesions, sciatica, headache, muscle spasms, and many other conditions

Effects on the Nervous System:

- May have a sedative, stimulating or even exhausting effect on the nervous system depending on the type and length of massage treatment given
 - The effects of massage on the nervous system depend on the direct and reflex reaction of the nerves stimulated
1. Stimulating massage techniques:
 - a. Friction (light rubbing, rolling, and wringing movements) stimulates nerves
 - b. Percussion (light tapping and slapping movements) increases nervous irritability. Strong percussion for a short period of time excites nerve centers directly. Prolonged percussion tends to anesthetize the local nerves.
 - c. Vibration (shaking and trembling movements) stimulates peripheral nerves and all nerve centers with which nerve trunk is connected
 2. Sedative massage techniques:
 - a. Gentle stroking, especially over reflex areas, produces calming and sedative results
 - b. Light friction and petrissage (kneading movements) produce marked sedative effects

Effects on the Circulatory System:

- Massage procedures affect the quality and quantity of blood coursing through the circulatory system. With the increased flow of blood to the massaged area, better cellular nutrition and elimination are favored. The work of the heart is lessened due to the improvement in surface circulation. Under the influence of massage, the blood-making process is improved, resulting in an increase in the number of red and white blood cells. Increases blood supply and nutrition to muscles without adding to their load of toxic lactic acid, produced through voluntary muscle contraction. Thus, it helps to prevent buildup of harmful "fatigue" products resulting from strenuous exercise or injury.
- Can compensate, in part, for lack of exercise and muscular contraction in persons who, because of injury, illness, or age, are forced to remain inactive. In these cases, massage helps return venous blood to the heart and so eases the strain on this vital organ.
- By improving the general circulation, increases nutrition of the tissues. It is accompanied or followed by an increased interchange of substances between the blood and tissue cells heightening tissue metabolism.
- Increases the excretion (via the kidneys) of fluids and waste products of protein metabolism, inorganic phosphorus and salt in normal individuals.
- Stretches connective tissue, improves its circulation and nutrition and so breaks down or prevents the formation of adhesions and reduces the danger of fibrosis.
- Improves the circulation and nutrition of joints and hastens the elimination of harmful deposits. It helps lessen inflammation and swelling in joints and so alleviates pain.
- Helps to reduce edema (or dropsy) of the extremities.
- Disperses the edema following injury to ligaments and tendons, lessens pain and facilitates movement.

**An important principle to remember in massage is to always massage toward the heart. Massage movements should be directed upward along the limbs and lower parts of the body and downward from the head, thereby facilitating the flow of venous blood and lymph back toward the heart and other eliminatory organs.

Massage

Healing Touch

Effects on the Blood and Lymph Channels:

1. Light stroking produces an almost instantaneous, though temporary, dilation of the capillaries, while deep stroking brings about a more lasting dilation and flushing of the massaged area
2. Light percussion causes a contraction of the blood vessels, which tend to relax as the movement is continued
3. Friction hastens the flow of blood through the superficial veins
4. Petrissage or kneading stimulates the flow of blood through the deeper arteries and veins
5. Friction, kneading, and stroking stimulate lymph circulation
6. Compression produces an increase in the amount of blood stored in the muscle tissue

Psychological Effects:

The psychological effects of massage should not be underestimated. If the patient feels healthier, invigorated, and more energetic, the massage has been worth the effort. People have regular massages as much as for psychological as for physical benefit.

****Many people suffer from stress and find that massage promotes relaxation as it soothes away minor aches and pains. For some, regular massage keeps them feeling more youthful and encourages them to pay more attention to proper nutrition, exercise, and good health practices.**

Massage helps people to become more aware of where they are holding tension, and where they have tight muscles or painful areas. You may discover areas that the patient may not have been aware of previously. By understanding these conditions, the patient can begin to focus on relaxing them both during the massage and on a daily basis. The patient should be told that when muscles are tight there is constriction in the circulation to the restricted area. Becoming aware of these trouble spots and responding to them is considered a part of preventative medicine.

Contraindications

A general rule for contraindications is do not massage if:

1. Fever is present
2. Blood clots may be dislodged
3. There is organ (system) failure
4. Tissue damage will result
5. Contagious disease is present (in client or massage therapist)
6. Conditions may be spread (for example: poison ivy)

Massage contraindications can be divided into two categories: systemic and local. Systemic contraindications are conditions where massage should not be used on any part of the patient. Local contraindications are conditions in which massage should not be used in that area.

Systemic (affecting the entire body)

In some cases massage should NOT be done at all, such as:

- Severe, uncontrolled hypertension (high blood pressure 180/110)
 - Do not massage an individual with uncontrolled hypertension
- Shock.
- Acute pneumonia.
- Toxemia during pregnancy.
- Intoxication – massage can spread toxins and overstress the liver.
- Abnormal body temperature
 - 98.6 F or 37.0 C is considered normal body temperature although it may vary slightly from 96.4 to 99.1 F.
 - Take patient's temperature if they feel abnormally hot.
 - Fever generally indicates body is trying to isolate and eliminate an invading and massage could add extra an extra burden and distraction to disease-fighting processes.

- Acute infectious disease (massage will intensify the illness and expose the therapist to the virus)
 - Typhoid.
 - Malaria.
 - Diphtheria.
 - Severe colds.
 - Influenza, etc.
- Osteoporosis – deterioration of bone
 - Advanced stages bones become brittle; are sometimes easily broken.
 - Prevalent in elderly and in certain kinds of diseases.
 - Best to obtain advice of client's physician before giving massage.
- Fatigue
 - In cases of chronic fatigue, the excretory system is already over-burdened and there is little to nourish those overworked and exhausted tissues.
 - Massage should be extremely light and superficial to induce rest and relaxation.

Local (affecting a single part of the body, other areas of the body may still be massaged)

- Skin problems – anything that affects the skin
 - Usually only the affected areas are of concern.
 - Examples include: Acne, broken vessels, Burns, Blisters, Boils, Bruises, Carbuncles, Eczema, Moles, Skin Tags, Pimples, Sores, Impetigo, Rashes, Stings, Bites, Inflammation, Scaly spots, Tumors, Lacerations, Scratches, Warts, Lumps, Skin Cancer & Open Wounds.
- Hernia - a protrusion of an organ or part of an organ; for example: intestine poking through abdominal wall
 - Also referred to as a rupture.
 - Massage is not recommended over or near the afflicted area.
- Inflammation – Massage could further irritate the area or intensify the inflammation (lymph drainage massage is okay).
 - Therapeutic touch, simply placing your hands on or near the inflamed area, may be helpful.
 - Listen for diseases that end in -itis. For example: arthritis
- Inflammation due to tissue damage - body's natural response to protect and speed tissue healing
 - Characterized by swelling, redness, heat, and pain.
 - Any reddening is a sign of inflammation.
- Varicose veins - valves in veins break down because of back pressure in circulatory system
 - Veins bulge and rupture, usually in legs.
 - Usually result from crossing legs or standing daily for long periods of time.
 - In women pressure on large veins in pelvic area during pregnancy can cause varicose veins.
 - Extensive back pressure in veins causes veins to enlarge and stretch to the point that the valves become incompetent.
 - The weight of the blood further distends the veins and more valves then become dysfunctional.
 - When veins become abnormally dilated due to excessive back pressure, they rupture and are called varicose veins.
 - Blood then accumulates in the enlarged portion of the vein.
 - If the flow of blood becomes obstructed, clotting may occur.
 - Appear bluish, protruding, thick, bulbous, distended superficial veins usually in lower legs.
 - Use caution around small reddish groupings of broken blood vessels that often surround a small, protruding vein.
 - Deep massage on these areas may set blood clot loose in general circulation and cause a serious problem.
- Phlebitis - inflammation of a vein accompanied by pain and swelling

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- May be result of surgery, secondary to infection or injury, or have no apparent cause.
- Aneurysm - localized dilation of a blood vessel or an artery
 - It can be caused by arteriosclerosis, hypertension, or trauma and is generally located in the aorta, thorax, and abdomen and sometimes the cranium.
- Hematoma - is a mass of blood trapped in some tissue or cavity of the body
 - Is the result of internal bleeding. Examples: contusions or bruises.
 - Contusions usually occur as a result of a blow that is severe enough to break a blood vessel.
 - Escaping blood leaves familiar black and blue spot.
 - Blood quickly clots; in time, body naturally reabsorbs cellular debris.
 - Bruise changes color to greens and yellows and eventually disappears.
 - In acute phase, massage is contraindicated because of risk of re-injuring the tissue.
 - Once bruise has changed colors, light massage enhances circulation to area; aids healing.
- Edema - Excess accumulation of fluid in tissue spaces; Is a circulatory abnormality
 - Appears as puffiness in extremities; sometimes more widespread.
 - Massage and mild exercise may be helpful if edema is result of back pressure in veins due to immobility.

Endangerment Sites (areas of caution) When working on an endangerment site either avoid the area or use light pressure.

- Areas in which the nerves or blood vessels are close to the surface of the skin (eyes, facial nerve, lymph nodes, axillary area, etc.)
- Areas that contain bony projections that could be broken off by pressure (zyphoid process)
- Loosely suspended organs (kidneys)

Cautions:

- Frail elderly people:
 - May have fragile bones and very sensitive skin.
 - Do a gentle massage if necessary.
- Scoliosis - a crooked spine
 - Massage must be recommended by their physician.
 - Use caution.

Specific Conditions or Diseases:

- In case of severe asthma, diabetes, or any type of heart or lung disease massage should not be given without the physician's knowledge and advice.

Chapter 5 -Basic Massage Strokes

Overview of Swedish Massage Strokes

- These strokes can be performed in any combination on the different parts of the body.
- The therapist must understand the movement to be applied to a particular part of the body. For example,
 - Light movements are applied over the thin tissues or over bony parts.
 - Heavy movements are indicated for thick tissues or fleshy parts.
 - Gentle movements are applied with a slow rhythm.
 - Vigorous movements are applied in a quick rhythm and stimulate.

When applying the movements, the therapist must pay close attention to the overall response of the client as well as the response of the tissue or body part to which the manipulation is being applied and adjust the application accordingly.

An important rule in Swedish massage is that most manipulations are directed toward the heart (centripetal). Many massage techniques are intended to enhance venous blood and lymph flow and therefore are directed towards the heart and other eliminative organs. Only strokes light enough that they do not affect fluid flow may be directed away from the heart.

The duration of a treatment should be regulated. Usually a therapeutic full-body massage takes about one hour, but some therapists like to take more or less time. A prolonged massage can be fatiguing to some clients. While learning, a student might take up to a maximum of two hours. It takes practice for the movements to become smooth and efficient. Knowledge and experience will help regulate the massage based on the patient's need.

1. Touch

This is the first technique you will use in developing a therapeutic relationship with your patient. This is the primary communication used by the massage therapist.

Light or superficial touch is purposeful contact in which the natural and evenly distributed weight of the therapist's finger, fingers, or hand is applied on a given area of the patient's body. Touch can be remarkably effective in the reduction of pain lowering of blood pressure, control of nervous irritability, or reassurance for a nervous, tense client. If a person has signs of contraindications for a basic massage, or is in fragile condition, a complete treatment using light touch exclusively is acceptable.

Deep touch using pressure is performed with one finger, thumb, several fingers, or the entire hand, knuckles, or elbow. This is used when calming, relaxing, or stimulating effects are desired. Deep pressure may be used with other techniques such as cross-fiber friction, compression, or vibration. Deep pressure is useful in soothing muscle spasms and relieving pain at reflex areas, stress points in therapy, and trigger points in muscles. When using deep pressure, caution must be used to stay within the pain tolerance of the patient. *Body mechanics are used in such a way that the "pressure" is delivered through body movement rather than simply hand and upper-body strength.

2. Gliding Movements (Effleurage)

These strokes may be done using a varying amount of pressure and length of strokes. These glide over the patient's entire body, body part, or a specific area.

Feather stroking: use very light pressure of the fingertips or hands with long flowing strokes. The application of feather stroking, sometimes called "nerve stroking," is usually done from the center outward and is used as a final stroke to individual areas of the body. Two or three such strokes will have a slightly stimulating effect on the nerves, while many repetitions will have a more sedating response.

Gliding or effleurage: is the succession of strokes applied by gliding the hand over a somewhat extended portion of the body. There are two varieties of effleurage: superficial and deep. These techniques are accomplished either with the fingers, thumbs, the palm of the hand, the knuckles, or the forearm.

3. Kneading Movements (Petrissage)

...is used on all fleshy areas of the body. Like gliding, kneading enhances the fluid movement in the deeper tissues. Skillfully applied, kneading helps reduce adhesions and stretch muscle tissue fascia. In this movement, the

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skin and muscular tissues are raised from their ordinary position and then squeezed, rolled, or pinched with a firm pressure, usually in a circular direction.

Fulling: is a kneading technique in which the therapist attempts to grasp the tissue and gently lift and spread it out, as if to make more space between the tissue or muscle fibers. The fleshy body part is gathered up between two hands, then raised and separated by the thumbs and gently separated.

Skin rolling: is a variation of kneading in which only the skin and subcutaneous tissue is picked up between the thumbs and fingers and rolled. Skin rolling warms, stretches, and begins to separate adhesions between fascial sheaths; in particular, this movement is excellent for eliminating skin ischemia. Use no lubricant for this technique. Gather up a roll skin between the thumbs and fingers. Continue to gather up more skin with the fingers as you slowly progress along the surface of the body. The thumb supports the roll of skin and slowly slides along as more skin is picked up by the fingers.

4. Friction

...involves moving more superficial layers of flesh against the deeper tissues. Friction presses one layer of tissue against another layer in order to flatten, broaden, or stretch the tissue. Friction is done in such a way that it also increases heat. As heat increases, the metabolic rate increases. Friction also increases the rate at which exchanges take place between cells and the interstitial fluids (fluids situated between the cells and vessels in the tissues of an organ or body part.) The added heat and energy also affect the connective tissue surrounding the muscles, making them more pliable so they function more efficiently. Friction movements may be circular or directional.

Circular friction: the fingers or the palm of the hand contact the skin to move it in a circular pattern over the deeper tissues. This is intended to produce heat and stretch and soften the fascia. This is used as a general stroke to warm the area in preparation for more specific or deeper work. Also, circular friction is valuable for palpating an area when assessing the condition of the underlying tissues.

Cross fiber friction: is applied in a transverse direction across the muscle, tendon, or ligament fibers. It is usually applied with the tips of the fingers or the thumb directly to the specific site of lesion. The intention of cross fiber friction is to broaden, separate, and align the fibrous tissue. When massaging a fibrous band, this friction stroke is not so broad that it snaps across the fiber. The fingers do not move over the skin but move the skin and superficial tissues across the target tissue.

Compression: is rhythmic pressing movements directed into muscle tissue by either the hand or fingers.

Palmar compression: is done with the whole hand (palm side) or the heel of the hand over the large area of the body. Compression movements cause increased circulation and a lasting hyperemia in the tissue.

Rolling: is a rapid back and forth movement with the hands, in which the flesh is shaken and rolled. The intention of rolling is to warm and relax the tissue, and to encourage deep muscle relaxation.

Chucking: is accomplished by grasping the flesh firmly in 1 or 2 hands, and moving it up and down along the bone.

Wringing: is a back and forth movement in which both of the therapist's hands are placed a short distance apart on either side of the limb. It resembles wringing out a washcloth. The hands work in opposing directions, stretching and twisting the flesh against the bones in opposite directions. Pressure is not so excessive as to cause pinching or burning (irritation) of the skin. Wringing gently stretches and warms the connective fascia.

Shaking: is a movement that allows the client to release tension and at the same time indicates to the therapist where the client may be storing tension in a part of the body. The relaxed body part is gently yet forcefully shaken laterally or horizontally so that the relaxed flesh flops around the bone. The therapist observes where the body moves freely and where it seems to be stiff. Rigidity indicates body areas that are tense and require more attention.

Vibration: is a continuous shaking or trembling movement transmitted from the therapist's hand and arm or from an electrical appliance to a selected area from the body. Vibration is usually done with the pads at the ends of the fingers or the palm of the hand. Light contact is made and the hand shaken back and forth as quickly as possible without moving over the skin where contact is being made. The effect of this technique depends on the rate of vibration, the intensity of pressure, and the duration of the treatment. This form of massage is soothing and brings about relaxation and release of tension when applied lightly. It is stimulating when applied with pressure. A numbing effect is experienced when vibrations are applied for a prolonged period of time.

5. Percussion Movements (Tapotement)

...include quick, striking manipulations such as tapping, beating, and slapping, which are highly stimulating to the body. Percussion movements are executed with both hands simultaneously or alternately. They do not use much force, as each blow to the body is a glancing contact wherein the therapist's wrists remain very relaxed. The general effects of percussion movements are to tone the muscles and impart a healthy glow to the part being massaged. With each striking movement, the muscles first contract then relax as the fingers are removed from the body. In this way, muscles are toned.

Tapping or tapotement: is the lightest, most superficial of the percussion techniques. Tapping is used over delicate, sensitive area such as the face. Only the fingertips are used for tapping.

Slapping: is very stimulating and must be used sparingly. It encourages peripheral circulation and creates a "glow" to the area. It is applied with the palmar surface of the fingers and the hand. Heavy pressure is avoided.

Cupping: is most often employed over the rib cage. To perform cupping, form a cup by keeping the fingers together and slightly flexed and the thumb held close to the side of the palm. Only the perimeter of the hand touches the body. The resulting sound is a hollow popping.

Hacking: encourages relaxation and local circulation. Some theories claim that hacking stimulates the nerve responses in muscles and helps to firm the muscles. Hacking is a rapid striking movement that can be done with one or both hands. When both hands are used the hands may strike alternately or together. A quick glancing strike is made with the little finger and the ulnar side of the hand. The wrist and fingers remain loose and relaxed and the fingers are slightly spread apart.

Beating: is the heaviest and deepest form of percussion and is done over the thicker, denser, and fleshier areas of the body. The hands are held in a loose fist. Contact is made with both hands either together or alternately. The wrists are relaxed so the contact is the result of a rebounding, whiplike action of the hand and wrist. The force is never heavy or hard. Instead it is firm and quick.

6. Joint movements

The basic classifications of joint movements are passive and active. Passive joint movements (PJM) are done while the client remains quietly relaxed and allows the therapist to stretch and move the part of the body to be exercised. Passive joint movements can be used as an assessment tool to determine normal movement (ROM without restriction or pain). PJMs gently stretch the fibrous tissue and move the joint through its range of motion. They are used therapeutically to improve joint mobility and range of motion. Active joint movements (AJM) are done with the client actively participating in the exercise by contracting the muscles involved in the movement. This type of treatment is usually used as a therapeutic technique to restore mobility, flexibility, or strength to a limb that has been injured. (In particular, 'active resistance joint movements').

To be most effective, joint movements should be applied through the full ROM. ROM = Range of Motion, which is the movement of a joint from one extreme of the articulation to the other. Joint movements have a great therapeutic benefit as an assessment tool and as a treatment to enhance function and mobility.

Massage

Healing Touch

Chapter 6 –Back Massage

Preliminary Steps:

- Obtain all necessary supplies and arrange as needed.
- Perform a consultation to determine the client's needs and contraindications.
- See that the client has all items needed to prepare for the massage.

Therapist's Preparation for Massage:

- Wash and sanitize your hands.
- Assist the client onto the massage table.
- Drape the client's body with a sheet or towel.
- Pray.

Skin Roll: Pick up the skin between the thumbs and fingers and roll forward slowly, lightly applying pressure between the thumbs and fingers.

Butterfly Stroke: Standing at the top of the table with hands resting on either side of the spine, effleurage up the neck applying slight traction to occiput, then effleurage down neck and shoulders, pivot at deltoids, over scapula, and down mid back, and include fan strokes to the lower back area, and smoothly return to neck area. May include light traction to lower back region during sequence.

Erector Compression: Standing at top of table, place thumbs on both sides of the spine. Apply pressure, and slowly glide the thumbs down the erector muscles, until you reach the sacrum, then slowly bring hands back up to neck, and repeat.

Racking Intercostals: Rake with the pads of fingers along intercostal spaces in between the ribs in a pulling motion from opposite side of table. May use hand over hand sequence.

Petrissage: Use kneading movements over the entire back and shoulder regions, and back of neck.

Scapula Release: Gently place client's forearm across their lower back, and place your upper hand under the same shoulder where it can be lifted to further expose the scapula. Use gentle to deep effleurage to warm up tissue under the scapula.

Forearm Stroke: Standing at client's side, effleurage up back using your forearm. Pivot elbow to follow around medial side of the scapula. Apply pressure by gently leaning over the working arm.

Wringing: Consists of full horizontal wringing strokes across muscle fibers moving up and down entire back. Therapist should be standing on side of table.

Sacral Heel Press: Apply gentle yet firm pressure with palm of hands on either side of the spine over sacral region. Slowly with continued pressure slide out away from spine along sacrum. Come back up by pulling skin in upward direction toward sacrum.

Fan Strokes: Standing at the side of the table facing toward the head of the client, place hands on either side of spine and effleurage up and out in a fan-type movement. Continue moving up the back covering only a section of the back at a time as you go. May also use wider and longer strokes to cover entire back more quickly, or stand at head of client, and begin at upper back.

Tapotement: May use hacking or cupping in shoulders and upper back. Avoid spine and kidney areas. Percussion (tapping) is beneficial to loosen secretions in the lungs of congested clients.

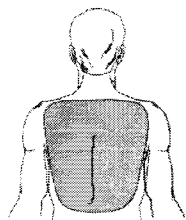
Nerve Strokes: Light even strokes made with the fingertips starting at the lower back, pulling toward the head.

Chapter 7 – Five Minute Chair Massage

Health Expo Massage

The Procedure

The massage subject should remove all extra clothing such as a jacket, sweater or tie. Seat them where they can be comfortable, preferably in a chair where the head and upper back are in easy access. Both feet should be flat on the floor. If possible, the head should be supported by some kind of face rest.

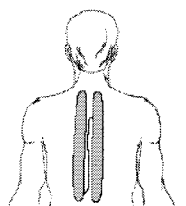
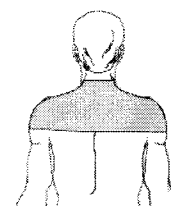


1. Posterior Effleurage of the Entire Back (Five Times)

Begin by standing behind your subject, placing your hands on their shoulders. Lean your body forward and press firmly, yet gently, gliding your hands over their entire back (being careful not to pull the shirt or blouse.). This warms the muscles and introduces the patient to your touch.

2. Shoulder and Neck Petrissage (Kneading)

With one hand on each shoulder, knead the nape of the neck, moving hands laterally to the shoulders, and then back. This motion is similar to that of kneading dough.

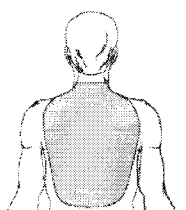
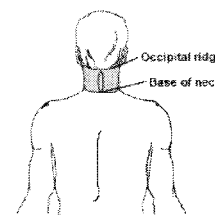


3. Palm Friction

Then, using the heel of your hand, move in a circular motion alongside the spine from the bottom to the top. Work one side first, then the other, and repeat.

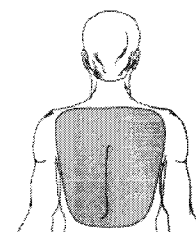
4. Digital Friction

With your thumb on one side of the neck and your index and middle fingers on the other, rub the neck muscles with a circular motion (friction). Rub from the base of the skull to the base of the neck.



5. Posterior Percussion (Tapotement)

Now, using the sides of your hands and with fingers extended and together, hack to the back on either side of the spine, and on the shoulders and neck.



6. Nerve Vibration

We end the routine with fingertip vibration all across the back, shoulders and neck.

There are a few other important points you'll want to remember.

- Once you touch the person, do not remove your hands until the massage is completed.
- In all massage strokes, maintain equal rhythm and pressure.
- Be friendly and sociable, but be careful not to over talk.
- Be attentive to the body language of the person.
- Ask the individual several times throughout the massage if the level of pressure is comfortable.

Massage

Healing Touch

Chapter 8 – Flexibility Exercises

Stretching can improve blood flow to muscles, improve flexibility, and decrease the risk of activity based injuries.¹

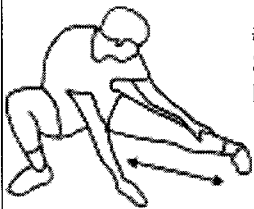
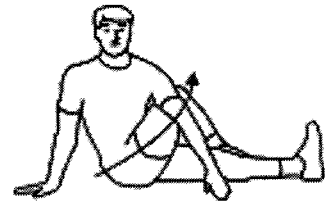
General stretching guidelines^{1, 2}:

- Before stretching warm up the muscles by light activity (walking, jogging, biking) for 5 to 10 minutes
- Stretch the muscle fully but not until it hurts
- Breathe out into the stretch
- Do not hold your breath
- Hold the stretch for 10-30 seconds
- Shake out the limbs between stretches
- Complete 3-4 stretches before doing the next stretch
- Stretch regularly – 2 to 3 times per week

Lower Body Flexibility Exercises

#1 – Glute Stretch

Sit on the floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.

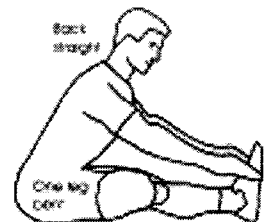


#2 – Adductor Stretch

Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.

#3 – Single Leg Hamstring

Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.

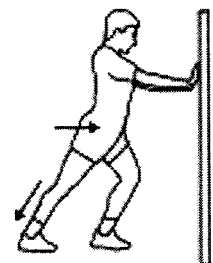


#4 – Standing Quadriceps

Standing on one leg grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.

#5 – Standing Calf

Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Push against a wall to increase the stretch. Hold and repeat with other leg.



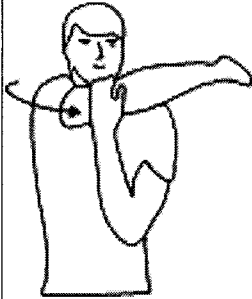
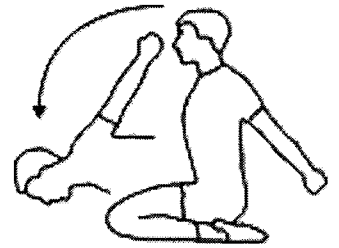
¹ <http://www.mayoclinic.com/health/stretching/HQ01447>

² <http://www.sport-fitness-advisor.com/flexibility-exercises.html>

Upper Body Flexibility Exercises

Stretch #1 – Shoulder & Chest

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.

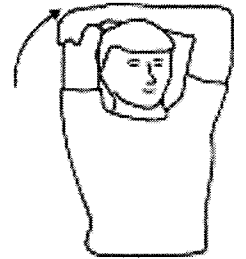


Stretch #2 – Arm Across Chest

Place one arm straight across chest. place hand on elbow and pull arm towards chest and hold. Repeat with other arm.

Stretch #3 – Triceps Stretch

Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



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Medical Missionary Work

Medical Ministry, p. 24. “True medical missionary work is of heavenly origin. It was not originated by any person who lives. But in connection with this work we see so much which dishonors God that I am instructed to say, The medical missionary work is of divine origin and has a most glorious mission to fulfill. In all its bearings it is to be in conformity with Christ's work. Those who are workers together with God will just as surely represent the character of Christ as Christ represented the character of His Father while in this world.”

7 Testimonies, p. 59. “Medical missionary work is the right hand of the gospel. It is necessary to the advancement of the cause of God. As through it men and women are led to see the importance of right habits of living, the saving power of the truth will be made known. Every city is to be entered by workers trained to do medical missionary work. As the right hand of the third angel's message, God's methods of treating disease will open doors for the entrance of present truth.”

Counsels on Health, p. 538. “The purest example of unselfishness is now to be shown by our medical missionary workers. With the knowledge and experience gained by practical work, they are to go out to give treatments to the sick. As they go from house to house, they will find access to many hearts. Many will be reached who otherwise would never have heard the gospel message.”

Christ's Object Lessons, pp. 233, 234. “Christ's servants are to follow His example. As He went from place to place, He comforted the suffering and healed the sick. Then He placed before them the great truths in regard to His kingdom. This is the work of His followers. As you relieve the sufferings of the body, you will find ways for ministering to the wants of the soul. You can point to the uplifted Saviour and tell of the love of the great Physician, who alone has power to restore.”

9 Testimonies, p. 167. “Henceforth medical missionary work is to be carried forward with an earnestness with which it has never yet been carried. This work is the door through which the truth is to find entrance to the large cities.”

6 Testimonies, p. 113. “In every city where we have a church, there is need of a place where treatments can be given....A place should be provided where treatments may be given for common ailments. The building might be inelegant and even rude, but it should be furnished with facilities for giving simple treatments.”

Ministry of Healing, p. 147. “Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work. Of this work there is great need, and the world is open for it.”

Health Evangelism

“Pioneer Work of the Gospel”

Introduction to Health Expos

A Health Expo is a positive way to respond to human suffering in this age of increased knowledge and technology. Every day we are witnesses to an increase in the number of deaths directly related to unhealthy lifestyles. Most of these premature deaths could have been prevented and quality of life increased if simple lifestyle changes had been implemented.

Many are looking for meaning in life but with increased skepticism to all traditional forms of religiosity. This skepticism often leads to an attitude of self-protection, saving one from the heartache of meaningless solutions but also reducing the chances of interaction with those who may carry the message of God’s Love.

Jesus revealed His method to reach those in need. He spent much of His time caring for the physical and emotional needs of the people, and while doing this He had access to their hearts. Centuries later, God counseled us that only His method would have long lasting success. He also said that Medical Missionary Work would break down prejudice and be the right arm of the Gospel for the finishing of the work on earth.

Christ’s example shows us five steps for effective ministry:

1. Mingle with those whom we want to help
2. Get acquainted with their needs and show a genuine interest in them
3. Look for means and ways to help
4. Keep their friendship and trust
5. Invite them to get acquainted with the Word of God

With this in mind, we believe that the Health Expo concept follows the Gospel commission.

Science supports the health principles promoted at the Health Expos and the Seventh-day Adventist Church. This is important in an age of evidence-based medicine. Organizers and participants are encouraged to base their counseling and activities on solid principles of the health message and scientific evidence.

Weimar Institute, Wildwood Lifestyle Center and Hospital and H.E.R.- Health Education Resources, have developed the Health Expo concept throughout the years. These organizations have successfully conducted hundreds of Health Expos around the world.

Health Expos – A Timely Program

Promoting a Healthy Lifestyle

Governments around the world are becoming increasingly active in fighting risk factors of the most common causes of death. Cardiovascular diseases, cancer and diabetes are the most common causes of death in industrialized nations but their importance is rapidly rising in developing countries. Transmissible diseases are the major cause of death in developing countries. Of these, HIV/AIDS is also a major health problem in industrialized nations. Other medical problems such as anxiety/depression, are becoming more common and even these may have an indirect relationship with an increase risk of death, reduce quality of life and affect interpersonal relationships.

There are eight main factors related to disease prevention and physical, emotional and spiritual health. These are: nutrition, exercise, water, sun, temperance, air, rest and trust in divine power. Each factor is addressed in detail at the Health Expo using a combination of attractive health banners with up-to-date medical information, medical tests and health counseling.

Most health systems face budget restrictions in the area of preventive medicine, due to the high priority of curative services to meet the needs in immediate care. As a result, there are few health professionals working in the area of preventive medicine, leaving others with little time and expertise to educate patients on healthful living.

The Health Expo involves health professionals and non-medical volunteers from the community who are interested in healthful living. There is a short training program on the principles of a healthy lifestyle and the different activities offered at a Health Expo.

It is estimated that if communities adopted the health principles promoted at the Health Expo, their death rates for cancer and cardiovascular diseases, for example, could drop by 60-70% and 70-80% respectively. Longevity could be

increased by 6-12 years, and with better quality of life. Medical costs would be greatly reduced and people could live better, healthier lives.

Health Expo – Which Approach?

Jesus longed to share with people the blessings of physical well-being as well as the solution to their emotional and spiritual needs. Many however, did not accept His offer of a new life and went away having only been helped physically. This did not prevent Jesus from continuing to help people. In the same way, our work in the Health Expos should be motivated by a desire to share not only the physical benefits of a healthy lifestyle, but also the knowledge of God, the source of Total Health. As with Jesus, we should be sensitive to people’s needs, respectful of their opinions and never force religious knowledge upon them.

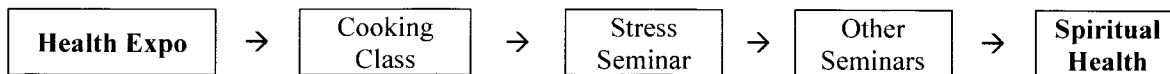
With this in mind, there are several different but effective ways in which to use the Health Expo depending on the cultural sensitivities and the amount of time available, these are:

1. Building friendships and confidence through a “cycle of friendship” over a period of months.
2. A direct approach for cultures more open to spiritual and physical concepts mingled together from the beginning.
3. Conducting short one-day or one-event programs.

1. Health Expos – the Beginning of “Cycle of Friendship”

The Health Expo is an opportunity to come in contact with many people with problems. Many will receive immediate benefits from putting into practice what they have learned at the Expo but for others the Expo may be the beginning of a process or “cycle of friendship” that may lead them to attend other health/family related seminars which may in turn lead them to meet God.

Health Expos can be organized as the first of a series of programs that will address the various aspects of health.



With this in mind, before the Health Expo begins, it is important to strategize and plan specific follow-up meetings and have them advertised during the Expo. Cooking schools, Stop Smoking Programs, Coping with Stress seminars and Weight Management programs are a few good choices. After one or two such seminars, one might transition into seminars that address the mental/emotional aspects of health (such as Stress Management or Depression Recovery).

It is important to keep in mind that in all seminars we should gently work with the audience, slowly (and naturally) introducing spiritual concepts and integrating them into our presentations. For example, in your cooking schools you might include a short talk addressing topics such as positive attitude, trust, and forgiveness as they relate to physical and mental health. Introducing spiritual concepts in this way will serve to awaken a greater interest when we transition into the second phase of meetings targeting the mental/emotional realm.

These seminars provide an opportunity to speak on spiritual themes more openly. Over time this approach will gradually lead to the development of either personal Bible studies or solid contacts for spiritual meetings.

There should not be a long time between the Expo and the first seminar. Other seminars should also be conducted every 4-6 weeks, to keep the interest and address people’s needs when they need help.

The benefits of this method are many. It breaks down prejudice, allows for time to build relationships and the public gets to know the Adventist volunteers as people who genuinely care. This method requires some degree of persevering effort. The key factors for its success are the proper use and follow up of the interest cards at the Health Expos. These should be properly filled in and collected at the screening stations, especially from the Health Age Questionnaire. If you are conducting health lectures each night with the expo, announce the follow up seminars during the health lectures.

Health Evangelism

“Pioneer Work of the Gospel”

Health Seminars with the Expo

Health seminars are often conducted in conjunction with the Health Expos. Seminars increase the interest of the public and provide an opportunity to present practical health information in detail and to further build confidence and contacts.

Seminars on preventive medicine topics, simple remedies and cooking classes are among the most popular. These seminars are approximately one hour long. The most presented topics have been: How to prevent a Heart Attack, How to prevent Cancer, Diabetes – Keys to Success, and High Blood Pressure. A good idea to make the program more interesting is to split the lecture time into a few short segments with two or three presenters. You could start with a 15 minute presentation on Heart Disease, followed by a practical demonstration on cooking heart healthy meals (10-15 min.), then concluding each evening with a series of presentations on family life (improving relationships) or how to succeed in making lasting lifestyle changes. A moderator will make some appropriate transitions. Many people will appreciate the variety of such a program and in addition, the shorter lectures will make it easier for less experienced speakers to keep the interest of the audience.

Schedule

The actual time will depend very much on the country you are working in and the time of year. Each Health Expo usually runs for 3 to 5 nights, typically including a weekend. Here is a typical schedule:

Time	Activity	Comments
5:00 p.m.	Daily preparation (if necessary)	Depending on your location you may need a considerable time for set-up. In locations where you can leave your set-up overnight, you probably do not need more than an hour daily. Ideally a coordinator for each booth should be present at this time.
5:45 p.m.	Organizational Meeting and Group Prayer	All volunteers should be present at this time (with Vest or designated attire, name tag – whatever is used). After the prayer the volunteers should go immediately to their respective booths. Five minutes before opening the Expo coordinator checks that every booth is ready.
6:00 p.m.	Opening of the Expo Screening Stations	Once the Expo coordinator has checked the booths he gives the approval to the greeter to open the door.
7:00 p.m.	Closing of doors	At this time no more visitors are admitted to the screening station, but those present may continue. However, be sure that people not present at the Expo have access to the lecture hall.
7:20 p.m.	Closing of the Screening Stations	An announcement is made ten minutes before closing the screening stations. Ask everybody to move to the lecture hall.
7:30 p.m.	Health Lecture	In this time volunteers may take down and clean up the screening stations. Valuable testing equipment should be stored away.
8:30 p.m.	Closing of Health Lecture	Give some time for questions from the audience

2. Health Expos Directly with an Evangelistic Meeting

Health Expos have been effectively used in conjunction with evangelistic meetings in the USA, Eastern Europe, Latin America, Asia and Africa. In these countries, the Expo preceded the evangelistic campaigns by 2-3 days and spiritual meetings were held either simultaneously or after the Expo ended.

In some countries, especially in Western Europe, there may be a negative attitude towards this method. People may feel “tricked” into attending spiritual meetings through a health program. So it is important to take into account the culture you are working with.

The following example illustrates the more direct approach. In this case, the Health Expo starts on a Wednesday evening (for example 7:00-8:00 p.m. in the summertime). A large foyer works well. The closer the expo is held to the lecture auditorium the less people you will lose. Keep the expo to just one hour, we prefer that the people not get all the

Health Evangelism

“Pioneer Work of the Gospel”

screening procedures in one night, but need to return so that we can get better acquainted. You can also offer them to repeat their massage, double check their blood pressure – our goal is to get to know them and transition them into the evangelistic series. After operating 45 minutes, announce to the group that in just 15 minutes the expo will close for the evening and that they can start finding a good seat in the auditorium for the evening health lecture. During this hour, if you have other rooms and good presenters, you can also offer a simple remedies class, a cooking class, stop smoking program or other seminars. People like choices.

Then in the main auditorium, from 8:00-9:15 p.m. present a health talk with a topic like “How Your Family Can Have the Best Health and Longevity.” On Thursday, repeat the same schedule. The second health lecture could be “Why So Much Cancer and Heart Disease” or “How to Reverse Diabetes.” During this meeting you announce your topic for Friday night, and explain that you will share the time with the Bible lecture speaker, who will be emphasizing the spiritual aspects of healthful living. Follow the same schedule on Friday night, 7:00-8:00 p.m. Health Expo; then 8:00 to 9:15 p.m., starting with a 10-15 minute Health Nugget (like the HER Abundant Living illustrated health nugget series), followed by the first evangelistic topic. It’s good to have the evangelist helping with the expo each night, and introducing the health speaker nightly (unless he is doing both the health lectures and sermons) so that the audience is familiar with him before he begins his series. His first sermon would be well to have a health slant to it, like Daniel 1, “Diet For Success.”

Example: Three-Week Health Expo Evangelism Series

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
7-8:00 8:00-9:15				Expo & Cooking class Health lecture-1	Expo & Cooking class Health lecture-2	Expo & Cooking class Nugget-1 Sermon-1	Expo & Cooking class Nugget-2 Sermon-2
7-8:00 8:00-9:15	Expo/CC Nugget-3 Sermon-3	Expo/CC Nugget-4 Sermon-4	Expo/CC Nugget-5 Sermon-5	Expo/CC Nugget-6 Sermon-6	Expo/CC Nugget-7 Sermon-7	Expo/CC Nugget-8 Sermon-8	Expo/CC Nugget-9 Sermon-9
7-8:00 8:00-9:15	Expo/CC** Nugget-10 Sermon-10	No meeting	Nugget-11 Sermon-11	Nugget-12 Sermon-12	Nugget-13 Sermon-13	Nugget-14 Sermon-14	Nugget-15 Sermon-15
8:00-9:15	Nugget-6 Sermon-16	No meeting	Nugget-17 Sermon-17	Nugget-18 Sermon-18	Nugget-20 Sermon-20	Baptism Nugget-21 Sermon-21	Nugget-22 Sermon-22 Baptism

3. One Day Events

The Health Expo may also be successfully adapted for one-day events. For example, it can be utilized as an effective community outreach program. With the participation of local church members an Expo can be planned and the public invited for 3-4 hours on a Sunday afternoon. It is advisable to find a large public place for this event, as experience has shown that nearly twice the number of people will attend if the Expo is held in a location that is familiar and easily accessible to the public. Some options include shopping malls, universities or even as part of another event (Town festivals, Health Fairs, etc.). You can offer to conduct a Health Expo in a public school or at a large company as a service to their employees.

Regardless of just how or where you conduct your Expo, be sure to include follow-up programs as part of your overall strategy. As an aid to help you determine felt needs in your community, take a look at which seminars individuals have shown an interest in as they filled out their Health Age Questionnaire form.

The Order of the Screening Stations

There are eight standard health screening stations. Each screening station is made up of one or two full-color health panels, which create an attractive backdrop for the different screening tests or other activities.

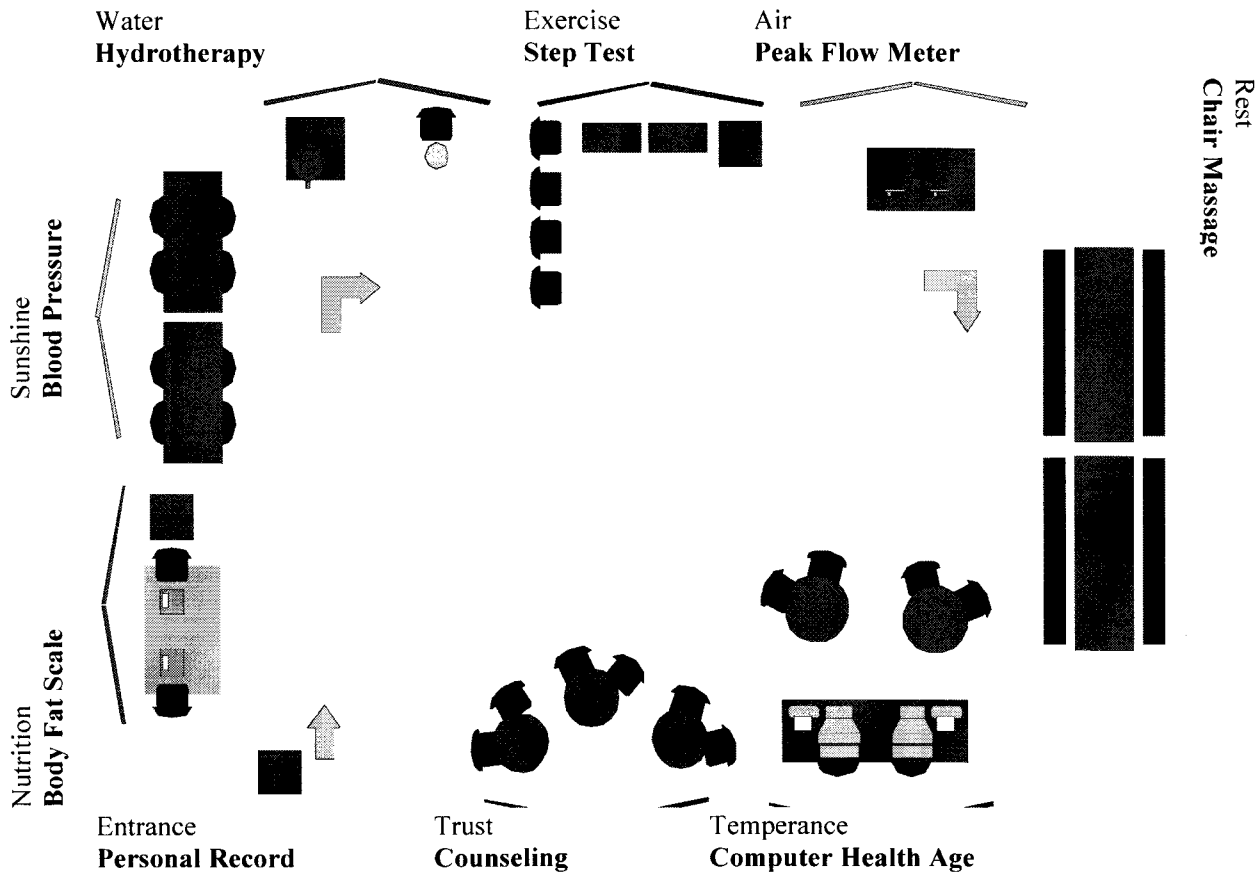
The eight screening stations should be arranged in a way that facilitates the flow of large numbers of people and must take into account the physical characteristics of the hall. Below are the two arrangements we most often use, 1) The Basic Arrangement, or 2) The Plus Arrangement.

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1. The Basic Arrangement

We like to have the health screening stations arranged in a manner to facilitate the most logical flow for screening. Hence we start in the nutrition station with height and weight/body fat percentage, then in Sunshine their blood pressure and pulse. Having this information first is necessary later when they do the Step Test or Computer Health Age Appraisal. Also, having the Temperance and Trust booths side by side has the advantage that when people finish the computer health age evaluation they can step directly over to the next booth for health and spiritual counseling.



Order	Health Screening Station	Activity
1	Nutrition	Height and Body Fat Percentage
2	Sunshine	Blood Pressure Check for malignant characteristics of naevi (moles) if dermatologist available Bone Densitometry (wrist) if available
3	Water	Hydrotherapy demonstration
4	Exercise	Harvard Step Test
5	Air	Peak Flow Meter. Spirometry if available. CO measurement
6	Rest	Anti-stress back massage
7	Temperance	Computerized tests: Health Age and Your Coronary Risk
8	Trust	Health Counseling

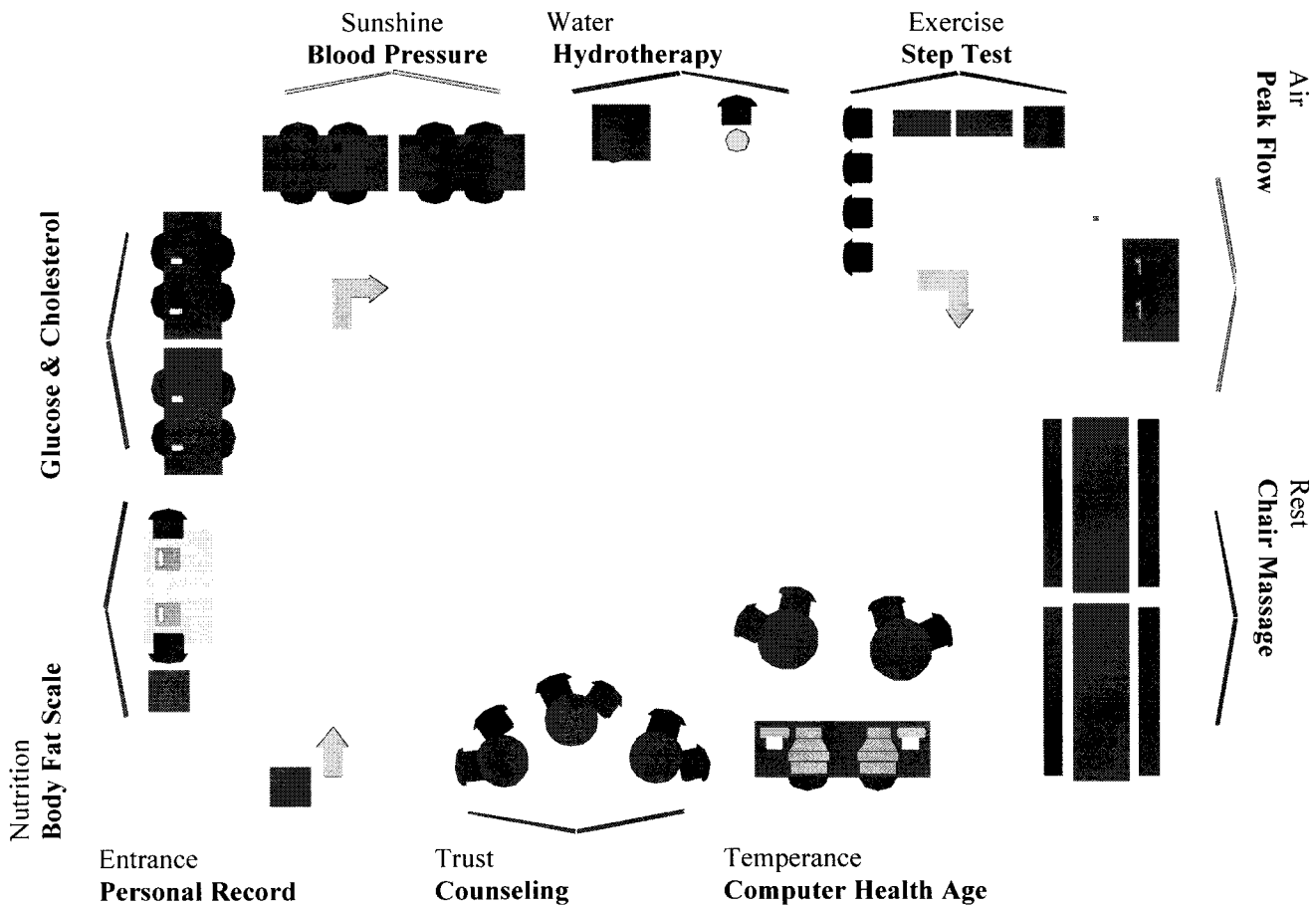
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It is important to note here that the key to a good health expo is multiple screening options. In the two arrangements we are showing you here, there are 8 options in the Basic Arrangement and 9 options in the Plus Arrangement (by adding cholesterol and glucose screening). However, if you can add other interesting screening options it can significantly increase your attendance. Other options we have used successfully are:

- * Kids Corner – with special youth activities
- * Glaucoma Screening
- *Dental Screening
- * Carotid Doppler Ultrasound Screening
- * Dermatology Screening

2. The Plus Arrangement



Order	Health Screening Station	Activity
1	Nutrition	Height and Body Fat Percentage
2	Special Table (Optional)	Blood Glucose (finger prick) Total Cholesterol (finger prick)
3	Sunshine	Blood Pressure Optional skin check and bone density
4	Water	Hydrotherapy demonstration
5	Exercise	Harvard Step Test
6	Air	Peak Flow Meter. Spirometer if available. CO2 measurement
7	Rest	Anti-stress back massage
8	Temperance	Computerized Discover Your Health Age Program
9	Trust	Health Counseling

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It normally takes 45 people each day to conduct a medium size health expo (around 200 people per day for screening). A small expo can run with 15-25 people (screening 100 people or less).

Since each Health Expo is dependant on local church members, it is important that an organizing team be established, led by a church member who serves as the overall Expo Coordinator. Furthermore, each health screening station should have a person responsible for its activities, and supplies. This person will also be responsible to see that all the trained volunteers come on time each day so that the Expo runs smoothly.

Equipment and Volunteers

Basic Program

Station / Activity	Personnel	Equipment & Forms	Furniture
Entrance Welcome	2-3 greeters	Personal Health Record Forms	Table
Nutrition Measurement of height, weight and body fat %	2-3 persons to take measurements	Height Chart 1-2 body fat scales Alcohol wipes to clean the scales Replacement batteries Waste basket 2 rugs Handout on Body-Fat Literature on Nutrition Conversion chart feet to inches	2 chairs 1 literature table
Sunshine Blood Pressure	2-3 persons to take blood pressure	2-3 blood pressure cuffs Handout on blood pressure Handout on Sunshine	1-2 medium size tables 4-8 chairs
Water Hydrotherapy	1 person demonstrate 1 “patient” 1 person handing out water	Bottled water or dispenser and cups Equipment for hot foot bath demonstration Handout on Water	2 chairs 1 table
Exercise Step Test	2-4 persons to facilitate exercise and monitor pulse	2 steps (8”H x 14”W x 24”L) or one long step (8” x 14” x 38”L) Stops watches Handout on Spanish	4 chairs 1 literature table
Air Peak Flow Meter	1-2 persons to demonstrate peak flow meter use	1-2 peak flow meters Disposable mouthpieces Handout on Air	2 chairs 1-2 tables
Rest Chair Massage	6-12 trained persons; 1/3 male and 2/3 female	Alcohol & paper towels Headrests (optional) Massage chairs (optional) Handout on rest	6-12 chairs without arms 2 long tables
Temperance Computer Health Age	2 computer operators 1-2 people to help participants fill out forms 1-2 people to refer participants to the health counseling station	2-4 computers / tablets 2-4 printers Extension cords Health Age Questionnaire forms Pencils or pens Spare printer ink Handout on Temperance	1-2 tables 1-2 small round tables 6-12 chairs
Trust Counseling	2-4 health counselors	Variety of health and spiritual literature Handout on Trust	3-9 chairs 1-3 small round tables

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Plus Program

Station / Activity	Personnel	Equipment & Forms	Furniture
Entrance Welcome	2-3 greeters	Personal Health Record Forms	Table
Nutrition Measurement of height, weight and body fat %	2-3 persons to take measurements	Height Chart 1-2 body fat scales Alcohol wipes to clean the scales Replacement batteries Waste basket 2 rugs Handout on Body-Fat Literature on Nutrition Conversion chart feet to inches	1 literature table 2-4 chairs
Glucose and/or cholesterol screening (optional charge or free)	2-8 nurses, doctors, or phlebotomists	Glucose and/or Cholesterol testers Glucose strips, Cholesterol Strips Calibrating strips Disposable lancets Cotton swabs & alcohol Biohazard waste box Disposable gloves Handout on glucose / cholesterol	1-2 tables 4-8 chairs
Sunshine Blood Pressure	2-3 persons to take blood pressure	2-3 blood pressure cuffs Handout on blood pressure Handout on Sunshine	1-2 medium size tables 4-8 chairs
Water Hydrotherapy	1 person demonstrate 1 “patient” 1 person handing out water	Bottled water or dispenser and cups Equipment for hot foot bath demonstration Handout on Water	2 chairs 1 table
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Trust Counseling	2-4 health counselors	Variety of health and spiritual literature Handout on Trust	3-9 chairs 1-3 small round tables

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Health Expo Banners

These attractive health expo banners are a key component to an effective health expo. Pictures convey powerful messages and will reinforce the information that individuals will learn at the expo.

Handouts

There are many professionally prepared handouts for you to use at the health expo. See <http://www.healthexpobanners.com> for a complete list of the material that is available for you to use.

Advertising

Advertising is usually expensive but if you work hard it can be FREE. It is important to determine what methods bring the best results in that area and choose the best ones within the budget. Handbills usually attract many. Posters are also effective for display in store windows and other public places. Most TV and Radio stations and newspapers will do free

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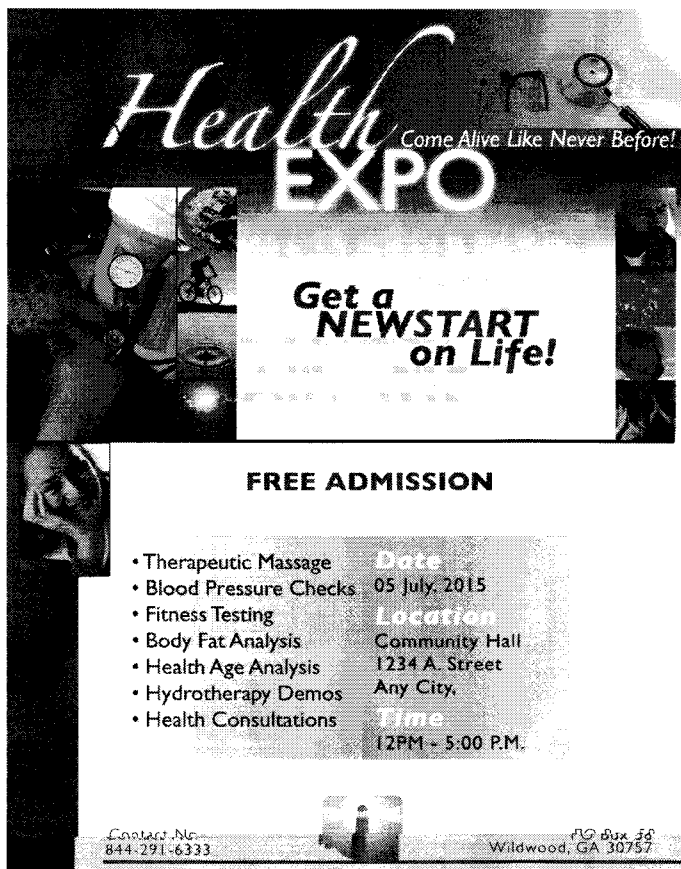
public service announcements but you must plan four weeks ahead. Some sample ads are provided in the next few pages. It is important to contact newspapers, radio and TV stations and ask them to promote the program. Present it always as a service to the community, by non-paid volunteers, and emphasize the non-profit characteristics of the event.

Hall Location

Most cities and towns have a municipal town hall, centrally located and at affordable price; but often must be reserved months in advance. It is important to present the project as a community service and this may greatly reduce costs or at no cost. A public building or school is always a better alternative that using our own church facility, many people are reluctant to come to a church location.

For more information contact Health Education Resources by email: cleveland@healthexpobanners.com or visit the website: <http://www.healthexpobanners.com> to see all the products.

Sample Posters and Handbills



Health EXPO
Come Alive Like Never Before!

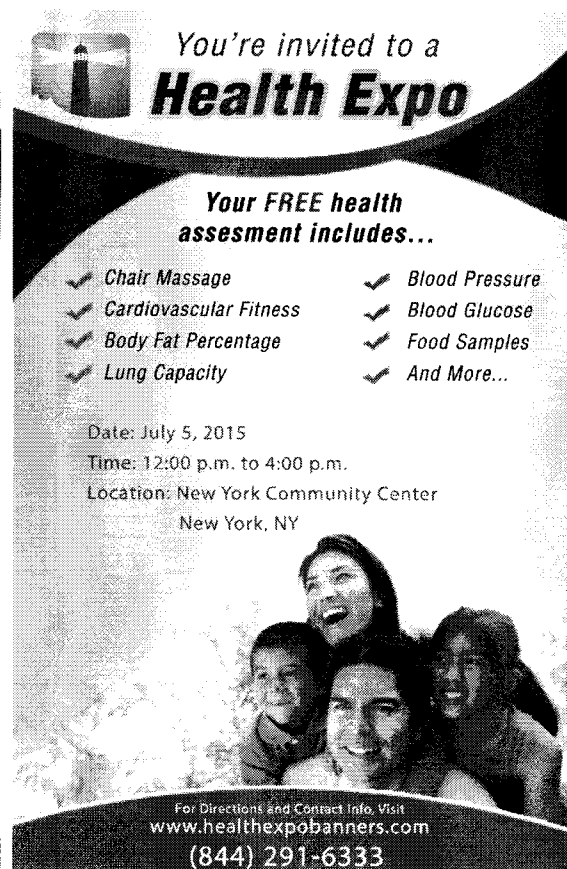
Get a NEWSTART on Life!

FREE ADMISSION

- Therapeutic Massage
- Blood Pressure Checks
- Fitness Testing
- Body Fat Analysis
- Health Age Analysis
- Hydrotherapy Demos
- Health Consultations

Date: 05 July, 2015
Location: Community Hall
1234 A. Street
Any City.
Time: 12PM - 5:00 P.M.

Contact No. 844-291-6333
PO Box 38
Wildwood, GA 30757



You're invited to a **Health Expo**

Your FREE health assesment includes...

- ✓ Chair Massage
- ✓ Cardiovascular Fitness
- ✓ Body Fat Percentage
- ✓ Lung Capacity
- ✓ Blood Pressure
- ✓ Blood Glucose
- ✓ Food Samples
- ✓ And More...

Date: July 5, 2015
Time: 12:00 p.m. to 4:00 p.m.
Location: New York Community Center
New York, NY

For Directions and Contact Info, Visit
www.healthexpobanners.com
(844) 291-6333

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Follow Up Programs

Health Emphasis Weekends

Health Emphasis weekends are a great way to introduce your church to healthy living in a winsome and practical way. The goal of the program is to share the basic principles of health and capture their interest to learn more, without provoking controversy and arguments. It can be organized in many ways but here is an example of a program that has been successful around the world:

Friday Evening: Principles of Health and Healing (NEWSTART Principles)

Sabbath School: LIGHT Mission Report / LIGHT OCI Video / Personal Experience in Health Evangelism

Sabbath Sermon: Why Health Evangelism?

Sabbath Afternoon: Lectures on Common Diseases (Cancer, Heart Disease, Diabetes, etc.)

Sunday Morning: Hydrotherapy Demonstrations, Chair Massage, and Cooking Class

Health Week

We often have weeks of prayer, and following a similar pattern, health weeks are a great way to introduce healthy living to your church/conference and to the community. Here is an example that has worked well:

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
30 minute lecture	Water	Rest	Exercise	Sunshine	Air	Temperance	Trust
30 minute lecture	Hypertension & Heart Disease	Nutrition (Sugar and Breakfast)	Diabetes	Nutrition (Fats and Refining)	Cancer Prevention	Nutrition (Phytochemicals)	Immune System
30 minute Demonstration	Hydrotherapy (Hot Foot Bath, Ice Massage)	Cooking Class	Exercise (Stretching routine)	Hydrotherapy (Contrast Bath, Heating Compress)	Cooking Class	Charcoal	Chair Massage

Dinner with the Doctor

This is a monthly reach-out event to reach out to the community, which includes a supper and lecture with a goal to educate, motivate, and inspire attendees to replace their unhealthy habits with health-enhancing ones. It is generally offered free to the public, but occasionally some locations will charge a small fee to help cover expenses. If church members wish to attend, they are strongly encouraged to come with a friend from the community.

The Program: Guests enter, register, and receive handouts with the recipes (that they will eat/sample) and notes that accompany the doctor’s lecture. They are then invited to check their blood pressure, body weight & fat percentage and add it to their personal health record. Then they are encouraged to go to the designated area for the lecture. The schedule has slight variation each month: one month participants enjoy an attractive sit-down meal that is both healthy and delicious, accompanied by an informative health presentation given by a physician/health professional on topics such as hypertension, heart disease, diabetes, preventing cancer, exercise, etc. On the alternating month participants enjoy a mini health presentation and 5 cooking demonstration stations with samples called *Demos and Dishes*. Groups rotate every 15-20 minutes so they eventually get to each station, since participants often express a real interest in seeing the food prepared. The program typically lasts 90 minutes.

Drawings are generally done each night for books (cookbooks, health books, etc.). Generally give out about 1 book for every 20 guests that attend.

Publicity: Each person who attends a session is put into a database and gets a phone call or email every month before the next program. In addition, personal invitations and fliers are passed out to the community.

Volunteers needed: It takes approx. 20-26 volunteers on the night of the event to make it work for 100-120 attendees:

- 1 coordinator
- 4 volunteers to usher people to seats, put out more chairs when necessary, empty trash, keep bathrooms stocked, set up and break down the meeting room, lock up when finished
- 1 physician or qualified health presenter (speaker)
- 1 sound/audio person
- 6-7 cooks/servers/food prep (several more people help cook things in advance, if needed)
- 2-3 kitchen clean up helpers
- 3 for registration
- 3 greeters (greeters take turns escorting participants from entry to registration table, then from registration to blood pressure check room, and then to the meeting room)
- 3 people to check blood pressure

Health Clubs

Introduction

In every country more and more people are interested in changing their lifestyles as they learn more about how daily choices influence their overall health. The time is right for us to establish Health Clubs all over the world as a continuing way to instruct and encourage people towards healthier living.

Health Expos are wonderful events to meet people and promote our health message to the public, but unless there is a well-organized follow-up plan they often produce little results in terms of ‘souls added to the church’. Developing a Health Club that meets on a regular basis provides an opportunity to further instruct and encourage people in the principles of health while at the same giving us a chance to develop friendships with people as we follow Christ’s method of reaching souls.

Consider the following quotes:

Counsels on Diet and Foods, p. 472. “Good service can be done by teaching the people how to prepare healthful food. This line of work is as essential as any that can be taken up. More cooking schools should be established, and some should labor from house to house, giving instruction in the art of cooking wholesome foods. Many, many will be rescued from physical, mental, and moral degeneracy through the influence of health reform. These principles will commend themselves to those who are seeking for light; and such will advance from this to receive the full truth for this time.”

9 Testimonies, p. 112. “As a people we have been given the work of making known the principles of health reform... In connection with our city missions there should be suitable rooms where those in whom an interest has been awakened can be gathered for instruction. This necessary work is not to be carried on in such a meager way that an unfavorable impression will be made on the minds of the people. All that is done should bear favorable witness to the Author of truth and should properly represent the sacredness and importance of the truths of the third angel’s message.”

8 Testimonies p. 148. “It is the positive duty of God’s people to go into the regions beyond. Let forces be set at work to clear new ground, to establish new centers of influence wherever an opening can be found. Rally workers who possess true missionary zeal, and let them go forth to diffuse light and knowledge far and near. Let them take the living principles of health reform into the communities that to a large degree are ignorant of these principles. Let classes be formed, and instruction be given regarding the treatment of disease.”

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How to Organize a Successful Health Club

1. Form a qualified team:

Event Coordinator: Provides overall management of the club. Their responsibilities include:

- Make a well planned schedule for the club meetings (See the National Health Observances - <http://healthfinder.gov/nho/> to get an idea of the subjects you may choose to offer that will already get national attention)
- Arrange the venue
- Communicate with the church board (as needed)
- Recruit other volunteers

Promotions Coordinator: Promotes the club. Their responsibilities include:

- Advertising the club in as many ways as possible – churches, businesses, radio, newspaper, TV, social media, door-to-door, direct mail, etc.

Materials Coordinator: Organizes the resources for the club. Their responsibilities include:

- Works with the event coordinator to arrange for the purchase of books, magazines, DVD’s, pens, handouts, gifts, etc.

Moderator: Keeps things flowing. Their responsibilities include:

- Welcome and introductions
- Introduce live/video lecture and the session's features
- Keeps the audience engaged and interested
- Keeps the session flowing and on time

Lecturers: 2 to 4 individuals who have a good understanding of the principles of health and healing and are able to present them in a dynamic way. They may or may not be health professionals (Physicians, Nurses, Physical Therapists, Dentists, etc.) and but should understand these principles and also know how to practically apply them. They should have a clear understanding of our class “Principles of Health & Healing” and if possible, the books “Proof Positive”, by Neil Nedley, and “Health Power” by Hans Diehl.

Health Coaches: Each participant in the club should have a lifestyle coach assigned to them to help them with specific issues they need help with.

Support Personnel: Those who can help with clerical work (promotional material, copies, registration, database management, etc.)

Food preparation: Individuals who will either prepare food samples and/or meals, as well as conduct engaging and practical food demonstrations.

Technical Personnel: These individuals should have a working knowledge of all the Audio/Visual equipment available at your chosen venue. This includes: audio mixers, microphones, computers/tablets, video projectors etc.

2. Define a “target group”:

- a. People with specific risk factors – (i.e. people between the age of 25 to 65 with obesity, heart problems, glucose intolerance, hypertension, stress, etc.)
- b. Interest or closed group (businesses, churches, etc.)
- c. Children and youth
- d. Mothers and children
- e. Athletes

3. Choose a day and time that works best for your target audience:

- a. Sunday afternoons or evenings (for churches and families)
- b. Weekday Evenings (for working people)
- c. Weekday Mornings (for businesses)

4. Choose the frequency and length of time the club will meet: (It is important that people have an idea about how much time they will be committing to.)

- a. Meet weekly for anywhere from 4 to 12 weeks
- b. Meet every other week for 3 to 6 months
- c. Conduct 12 monthly sessions
- d. Consider that attendance always drops during vacation times

5. Choose a location that is suitable for your group:

- a. Community hall – this is the best place in places where there may be resistance to coming to the church
- b. Church – many churches want help to improve the health of their members, take advantage of it
- c. Businesses – employers are often seeking ways to improve the health of their employees and thus their productivity. Formulate a proposal to take to the CEO, manager or human resource director to explain the benefits of healthy employees.
- d. Homes – in some places this may be the most practical way to get started as it requires little startup cost, and it is set up to form strong relationships among members

6. Create a budget: (see HealthClubsBudget.xlsx for an example)

- a. Expenses include: location rental, honorarium for speaker, promotional materials, food costs

7. Advertise, Advertise, Advertise!

- a. People need to know what is happening
- b. The best invitations are personal so hand deliver as many invitations as possible
- c. Place posters and flyers around town, at restaurants, grocery stores, clinics, etc.
- d. Maintain a contact database for everyone that ever attends your health club or health expos
- e. Email promotions for each of your health club meetings to serve as a reminder

8. Keep the meetings short and orderly:

10-15 minutes: Welcome/Introduction, Testimonies, Songs and Prayer (where appropriate)

15-20 minutes: Theoretical health presentation, questions

30 minutes: Practical cooking demonstrations, recipes

15-20 minutes: Social time enjoying food samples and fellowship

5 minutes: Final motivation, “homework”, humor, recommendations

75-90 minutes total

9. Augment your local club with the online resources:

Example: NEWSTART® Lifestyle Club by Weimar Institute. It is an online club that offers an abundance of free resources for anyone seeking credible, reliable, up-to-date health information along with listings of community seminars and events, a physician directory, wellness tips and tools, and more.

www.newstartclub.com (Currently only available in English and optimized for the United States).

10. Spiritual Influence:

Tactfully blend Bible verses, prayer or spiritual information into your meetings. Once you feel that you have gained the friendship and confidence of your members, don't forget to invite them to spiritual meetings such as a Daniel Bible study, to your church or evangelistic meeting.

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LIGHT UP YOUR LIFE door-to-door approach

We are also counseled that we should do house-to-house work and are encouraged that many are eagerly waiting for us to go to them and tell them the truth.

LIGHT has developed a simple tool that will help you, your small group, and/or your church to effectively visit your neighborhoods and make friends using the health message.

Over the course of seven weeks teams will visit every home in an area and encourage them to make good choices regarding their health habits.

The seven habits/areas that we will focus on are:

1. Eating a high fiber plant-based diet
2. Meal Planning (with special emphasis on breakfast and portions)
3. Exercise
4. Water
5. Self-control
6. Rest
7. Peace

There is a progression from simple health habits to one’s spiritual life with the goal of transitioning people to Bible studies at the end of the 7 weeks.

How It Works

Here are the simple steps to implement the program:

1. Determine how many people are willing to commit to the program.
2. Map out the territory that each person will visit.
3. Order/Print enough LIGHT UP YOUR LIFE booklets for those interested in the program
4. Memorize the canvas below
5. Have a special time of prayer and
6. Go!
7. Follow up weekly with those interested

Canvas

Hello, my name is _____ and this is my friend _____. We are volunteers with _____ (name of your organization). Instead of selling junk food and trinkets we want to do something beneficial for our community and are encouraging everyone in the neighborhood to join a simple 7 week health improvement program called LIGHT UP YOUR LIFE. It is completely free and everyone in the family can participate!

Here, take a look (hand them the booklet). Topics include: how to improve your nutrition, meal planning, exercise, and more.

For the next seven weeks you will see your health improving as you follow this simple guide! We will stop by weekly to answer any questions you may have and provide you with more material.

How does that sound?

If yes, say: Great! We know you will enjoy it. See you next week!

If no, say: We understand that you are busy but would like to encourage you to just try it for one or two weeks, you have nothing to lose. (be persistent in trying to get them to try it).

Thanks for your time. Have a good day!

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Chapter 1 – Spirit of Prophecy Counsel

1. Health Talks Are Essential

Ministry of Healing, p. 147. “Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work.”

6 Testimonies, pp. 378, 379. “The Lord has presented before me that many, many will be rescued from physical, mental, and moral degeneracy through the **practical** influence of health reform. Health talks will be given; publications will be multiplied. The principles of health reform will be received with favor, and many . . . will advance step by step to **receive** the special truths for this time.”

Manuscript Releases, 21, p. 433. “Health reform will reach a class, and has reached a class, that otherwise would **never** have been reached by the truth. There is a great necessity for labor being put forth to help the people, believers and unbelievers, at the present time by health talks and health publication.”

2. Practical Counsel for Public Speaking

Christ’s Object Lessons, p. 335. “The power of speech is a talent that should be diligently **cultivated**. Of all the gifts we have received from God, none is capable of being a greater blessing than this. With the voice we convince and persuade, with it we offer prayer and praise to God, and with it we tell others of the Redeemer’s love. How important, then, that it be so trained as to be most effective for good.”

A. Proper Posture

Spalding and Magan Collection, p. 199. “Voice Culture should be taught in your school. Do not lightly pass over this matter; for if the expression is defective, all the knowledge that shall be obtained will be of but very little use. The cultivation of the voice is of the greatest importance, in order that grace and dignity may be brought into the impartation of truth... By learning correctly to use the voice in speaking, many who are weak-chested may save their lives. Make the student **stand erect**, throwing back his shoulders. The ladies especially need to cultivate the voice... In every reading exercise, require the students to speak the words distinctly, clearly pronouncing even the last syllable. Teach the students not to let their voice die away at the end of the sentence. Require a full, clear, round tone of voice to the very close, including the last syllable.

B. Respiration

Counsels to Parents, Teachers, and Students, p. 297. “Voice culture is a subject that has much to do with the health of students. The youth should be taught how to **breathe** properly and how to read in such a way that no unnatural strain shall come on the throat and lungs, but that the work shall be shared by the **abdominal** muscles. Speaking from the throat, letting the sound come from the upper part of the vocal organs, impairs the health of these organs and decreases their efficiency. The abdominal muscles are to do the heaviest part of the labor, the throat being

Health Talks

Part of Our Appointed Work

used as a channel. Many have **died** who might have lived had they been taught how to use the voice correctly. The right use of the abdominal muscles in reading and speaking will prove a remedy for many voice and chest difficulties, and the means of prolonging life.”

C. Clarity, Simplicity, and Other Mechanics

Education, p. 199. “Careful attention should be given to securing **distinct** articulation, smooth, **well-modulated** tones, and a **not-too-rapid** delivery. This will not only promote health, but will add greatly to the agreeableness and efficiency of the student's work.”

Gospel Workers, pp. 86-88. “The one who gives Bible-readings in the congregation or in the family should be able to read with a **soft, musical cadence** which will charm the hearers...

Whatever his calling, **every** person should learn to control the voice, so that when something goes wrong, he will not speak in tones that stir the worst passions of the heart. Too often the speaker and the one addressed speak sharply and harshly. Sharp, dictatorial words, uttered in hard, rasping tones, have separated friends and resulted in the loss of souls. . . .

When you speak, let every word be full and well rounded, every sentence clear and distinct, to the very last word. Many as they approach the end of a sentence lower the tone of the voice, speaking so indistinctly that the force of the thought is destroyed. Words that are worth speaking at all are worth speaking in a clear, distinct voice, with **emphasis** and **expression**. But never search for words that will give the impression that you are learned. The greater your simplicity, the better will your words be understood. – Gospel Workers, p. 86-88

Evangelism, p. 296. “Cultivate earnestness and positiveness in addressing the people. Your subject matter may be excellent, and just what the people need, but you would do well to mingle a positiveness with persuasive entreaties...”

2 Testimonies, p. 215. “They [ministers] should speak with **reverence**. Some destroy the solemn impression they may have made upon the people, by raising their voices to a very high pitch and hallooming and screaming out the truth. When presented in this manner, truth loses much of its sweetness, its force and solemnity. But if the voice is toned right, if it has solemnity, and is so modulated as to be even pathetic, it will produce a much better impression.

This was the tone in which Christ taught His disciples. He impressed them with solemnity; He spoke in a pathetic manner. But this loud hallooming--what does it do? It does not give the people any more exalted views of the truth, and does not impress them any more deeply. It only causes a disagreeable sensation to the hearers, and wears out the vocal organs of the speaker. The tones of the voice have much to do in affecting the hearts of those that hear.”

Review and Herald, March 5, 1895. “Jesus is our example. His voice was musical, and was never raised in high, strained notes while he was speaking to the people. He did not speak so rapidly that his words were crowded one upon another in such a way that it made it difficult to understand him. He distinctly enunciated every word, and those who heard his voice bore the testimony that “never man spake like this man.”

3. Dress for Public Speaking

Education, p. 199. “In teaching these things a golden opportunity is afforded for showing the folly and wickedness of tight lacing and every other practice that restricts vital action. An almost endless train of disease results from unhealthful modes of dress, and careful instruction on this point should be given. Impress upon the pupils the danger of allowing the clothing to weigh on the hips or to compress any organ of the body. The dress should be so arranged that a full respiration can be taken and the arms be raised above the head without difficulty. The cramping of the lungs not only prevents their development, but hinders the processes of digestion and circulation, and thus weakens the whole body. All such practices lessen both physical and mental power, thus hindering the student's advancement and often preventing his success.”

Chapter 2 – How to Prepare Outstanding Presentations

Choosing a Topic

The topic may be already chosen for you, but if not, consider the following:

- Choose a topic that you have some knowledge about and that is important to you. The audience can tell whether you care about what you are speaking about or not.
- Think about your audience. What are their needs and interests? Pray and ask God what topic would really benefit the audience (not just because you like to speak on that particular topic) and meet their specific needs. Consider factors like age, gender, religion, cultural background, occupations, socioeconomic status, and educational background. Information may be found about the audience by personal experience with the group or by careful research.
- Consider the occasion: Is it a time of rejoicing? Sorrow? Health expo? Special meetings at a church? Scholarly meeting? Your presentation should be crafted accordingly.
- Taking these factors into consideration, choose a topic that you feel would be worthwhile, for example, nutrition. Again ask yourself: Is the topic really worth THEIR time? Is it appropriate to the audience and occasion? Is it interesting? Does it meet a personal need or interest of your audience? Am I excited about it? Is there sufficient material available on the topic?
- Find out how long your presentation will last, and do not try to cover more than you can cover well. Narrow as far as necessary, for example health → human health → 8 laws of health; nutrition → nutrition's effect on human health → health benefits/dangers inherently found in food → spices → black pepper.
- Define your purpose in giving the talk and what you wish for the audience to do as a result of your presentation.

Topic Development

- Gather support: (Be careful with types of support used).
 - Research sources: library, health books, online medical and research journals (should be able to back up your facts with solid research, not simply with the use of folklore, testimonials, etc., although these may have a supporting role).
 - Personal experience: (what you see, taste, touch, smell, hear)
 - Informal surveys: this typically may include: 5-10 questions which are asked to between 25-50 people
 - Interviews
 - From an expert on the topic
 - Make sure you accurately record the information given
 - Types of Supporting Material: Definitions, statistics, examples and illustrations, testimonies, comparisons and contrasts, repetition and restatement.
 - Quote your sources for a mature audience. Quote orally (or on your PowerPoint at minimum) at least 2-3 sources for a 5-minute presentation, a minimum of 5-6 for a full 50-minute presentation. The sources should be credible and cited in your handout or PowerPoint clearly.
- Illustrating Your Presentation:
 - Visual Aids should help your audience to follow, understand, respond to, and remember your speech.
 - Types may include objects, models, graphs, photographs and drawings, PowerPoint, etc.
 - Criteria for using them:
 - Simplicity (can you transport and set it up easily, does it put the focus on one object or point, or is it "busy" or cluttered)
 - Clarity (Does it make your point clearer?)
 - Visibility (Can your audience see/read it?)
 - Methods and equipment may include: Objects, posters, a chalkboard or whiteboard, videotapes, DVD's, projectors used with a computer slide presentation, etc.
 - Digital Presentations like PowerPoint and Keynote
 - Should be simple, not have excessive or distracting animation, graphics, text, or photographs
 - Should be elegant and attractive

Health Talks

Part of Our Appointed Work

- Each slide should develop one point
- Themes – use a consistent theme throughout the presentation
- Background – make sure there is a sharp contrast between the text and the background color
- Fonts – Titles should use a minimum font size of 36 and the text should be a MINIMUM of 24
 - Sans Serif fonts are best (Arial, Helvetica, Trebuchet MS)
- Citations can be listed at the bottom or elsewhere in a slide
- Caution should be used to respect others graphics and not infringe upon copyright
- Should avoid an excessive number of slides, so that you skip through them, frustrating your audience in the process
- Should not take the place of your enthusiasm or quality of spoken presentation

The members of your audience have many different learning styles, and for each of them to learn most fully, it would be helpful to seek to meet each of their needs as far as possible in EACH presentation. This includes the visual learners (need to see something to remember it), the audio learners (must hear it to remember it), and the sensory learners (hands on--must feel, taste, smell, do it, etc. for best learning).

The Structure of Your Talk

- Time Sequence (organized according to when it happened/will happen—for example, prophecy, last day events)
- Compare and Contrast (compares and contrasts various entities and points out similarities and differences—for example, the use of hot versus cold in hydrotherapy)
- Spatial Patterns (based on physical organization of the parts discussed—for example, movement from outer court to most holy place of sanctuary)
- Topical design (help define clear categories/divisions—for example, parts of an atom)
- Cause-and-Effect Order (for example, nutrition, an option potentially useful for health presentations)
- Problem-and-Solution Order (for example, common diseases, another option especially useful for health presentations)
- Monroe's Motivated Sequence (in this presentation an endeavor is made to motivate a person to make a change and includes these 5 steps: Gain the attention of the audience, highlight the need for change, give a better alternative, help the audience to clearly grasp the benefit of change, and make an appeal for action—good for evangelistic series, Christian Living class, Nutrition class, etc.)

The Speech Framework

- Introduction (Catch their attention + introduce topic — 10-15% of total presentation)
- Body (70-80%)
- Conclusion (10-15%)

The Introduction:

- Should gain attention of audience, make them want to listen (by providing credibility), and provide an overview of the subject you will be discussing.
- 10-15% of entire presentation.
- Gaining their attention:
 - The first few moments will determine whether your audience will listen attentively or tune out the remainder of your speech.
 - Motivate them to listen to you by short human interest, suspenseful, or humorous stories about people, illustrations, unusual facts, surprising statement, shocking statistics, promise something to the audience (which you will fulfill), explain the importance of the topic to the audience, refer to the occasion, etc.
- Provide credibility: first-hand experience, interview with a specialist on the topic.
- At end of the introduction, let the audience know briefly what you will be sharing about. For example: “This morning we would like to look at the effects of inadequate rest, how much we need daily, when is the ideal time, and how can we obtain better quality rest.

The Body:

- This is where you develop the points of your presentation.
- Typically should contain 3-5 main points.
- 70-80% of length of entire presentation.
- Major points should be supported by logic, research data, statistics, illustrations, stories, quotations, etc.

The Conclusion:

- Summarizes and reviews the presentation and leaves your listeners thinking about what they have just heard.
- Provides a sense of closure or completion.
- 10-15% of length of entire presentation.
- Heighten impact of presentation. How?
- Refer to your introductory remarks, quotations or illustrations, draw on your own experiences, surprising statements, startling statistics, rhetorical questions, humor, stories, testimonies, and experiences.

Connect your main points with internal summaries and transitions—interesting, leading bridges to the next point.

- Practice, then revise as needed.
- When you give your presentation: Work to control anxiety (pray, exercise, practice, know your material, etc.), then DO it
- After you have completed your talk, analyze it: How did it go? How could it be made even better next time?

Final Tips for Giving the Speech

- Arrive early for speech. Be ready to start on time.
- Make sure you have all of your presentation aids ready and set up and that you know how to use them properly.
- Make certain you know how to use the public address system, if you are going to use it, before beginning your presentation.
- Dress professionally and have a neat, clean, appearance if you want them to listen to and follow what you are sharing.
- Let your audience know you are prepared by how you rise and walk confidently to the podium.
- Seek to transmit a spirit of enthusiasm while speaking.
- Finish 1-3 minutes EARLY if doing a full, 50-minute presentation. That will leave your audience eager to come back and learn more.
- Complete your speech before returning to your seat.

Additional Resources:

Leech, Thomas. (2004). *How to Prepare, Stage, and Deliver Winning Presentations*. New York, AMACOM.

http://presentationsoft.about.com/od/powerpointtipsandfaqs/tp/080119powerpoint_font_tips.htm

<http://presentationsoft.about.com/od/powerpointinbusiness/tp/071231resolutions.htm>

<http://www.asiministries.org/newbeginnings>

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Appreciation to Dr. Winston Craig, PhD, MPH, RD, Professor Emeritus of Nutrition, Andrews University for his collaboration on this class.

Nutrition

“Do All To The Glory of God”

Chapter 1 - Nutrition Overview

Why We Eat What We Eat

- * Personal preference
- * Ethnic heritage or tradition
- * Availability
- * Body image
- * Positive and negative associations (happy occasions, sickness after eating, used as punishment or reward, etc.)
- * Personal Values (political and environmental views, religious beliefs, etc.)
- * Pleasure
- * Habit
- * Convenience
- * Maintain life
- * Emotional comfort
- * Social interactions
- * Economy
- * Perceived health benefit

Why Should We Eat?

1 Corinthians 10:31. “Whether therefore ye eat, or drink... do all to the glory of God.”

Consider the purchase of a new sports car. When the tank gets empty, what kind of fuel would you put in it? How would you determine what would be best? Sand? Water? Grape juice? Perhaps it would be safest to read the owner’s manual and determine what the creator of the automobile determined would be best for optimum functioning.

How about the human mechanism? Perhaps it would also be best to find out what our Designer and Creator deemed best for the human mechanism to operate on. To do this, let us look back to the time of our creation:

The Original Diet and the Effects of Sin

Genesis 1:27, 29 - Created in image of God, given herbs bearing seed, trees with seeds for food

Genesis 3:18 – After sin the herb of the field was added

Average lifespan ranged around 900-950 years before the flood (Genesis 5:5, 8, 11, 14, 17, 20, etc.)

Genesis 9:3-5 - After the flood man was given permission to eat flesh--without blood!

Lifespan dropped dramatically in just a few generations after the flood to now only about 70-80. (Genesis 11:

Shem 600, Arphaxad 438, Salah 433, Eber 464, Peleg 239, Reu 239, Serug 230, Nahor 148, Terah 205, Abraham 175, Isaac 180). Was it related to diet?

We are also told through the counsels of Inspiration that:

Counsels on Diet and Foods, p. 17. “The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the word of God. Every careless, inattentive action, any abuse put upon the Lord’s wonderful mechanism, by disregarding His specified laws in the human habitation, is a violation of God’s law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful.”

Counsels on Diet and Foods, p. 18. “To keep the body in a healthy condition, in order that all parts of the living machinery may act harmoniously, should be a study of our life.”

Counsels on Diet and Foods, p. 21. “It is impossible for those who indulge the appetite to attain to Christian perfection.”

Perhaps, then, it is vitally important for us to discover what our Creator intended for us to eat.

The study of nutrition uses scientific research in an endeavor to measure human nutritional requirements for:

- Growth
- Maintenance and repair
- Activity
- Reproduction—species do not reproduce unless they are well nourished

Optimal Nutrition Requires

- Good decisions in food selection
- Balance and variety in foods eaten
- Dietary choices based on quality scientific research - which is also compatible with the Word of God.

What are nutrients?

Nutrients are substances used in your body to:

- Produce energy
- Provide essential building blocks for all the body's needs and functions
- Protect the body from many chronic diseases

Important components of our foods include:

- Water
- Macronutrients (needed in larger quantities): carbohydrates, fats, protein
- Micronutrients (needed in small quantities): vitamins, minerals, phytochemicals
- Fiber

General nutrient recommendations:

The following values show what percentage of the daily intake of calories should be derived from carbohydrates, fats and proteins:

- 55-75% carbohydrates¹
- 15-30% fats¹
 - <10% saturated fats¹
 - up to 15-20% monounsaturated fats²
 - <6-11% polyunsaturated²
 - <1% trans fats²
- 10-15% protein¹, or more precisely 0.8 grams/kilo of body weight

In addition, it is recommended that the intake of sodium, fruits and vegetables should be as follows:

- Sodium—less than 2 grams/day sodium = 5 grams/day (or a scant teaspoon) of salt³
- Fruits and vegetables—at least 400 grams/day¹

Chemical Composition of Nutrients

Carbohydrate: A significant and efficient energy source (starches, sugars, fibers, and more). Classified as an organic compound since it contains carbon, as well as hydrogen and oxygen. They produce the least waste when used for energy. One gram of carbohydrates has about 4 calories.

Fat: A source of dietary energy, needed for production of hormones and absorption of the fat-soluble vitamins A, D, E, and K. Found in cell membranes. Helps store energy in the body. Classed as an organic compound. One gram of fat has about 9 calories.

Protein: Promotes growth, cellular repair, formation of DNA and enzymes, moderate energy production, and more. This organic compound contains carbon, hydrogen, and oxygen (like carbohydrates and fats), but also contains nitrogen and sometimes sulfur. One gram of protein has about 4 calories.

Vitamins: Organic compounds needed in extremely small amounts to assist enzymes to function for metabolic processes. There are fat soluble vitamins (4) and water soluble vitamins (9).

Minerals and trace elements (20): Indestructible elements that help to facilitate chemical reactions. Each element is composed of identical atoms. For example, iron remains iron if the food is raw or cooked, if it is in the red blood cell, when the cell is broken down, and when the iron is lost from the body by excretion. It is defined by scientists as an inorganic nutrient because it contains no carbon.

Water: Made of two elements—hydrogen and oxygen. Classified as an inorganic nutrient.

Nutrition

“Do All To The Glory of God”

Inspired Counsel

Counsels on Diet and Foods, p. 15. “Only one lease of life is granted us; and the inquiry with every one should be, ‘How can I invest my powers so that they may yield the greatest profit? How can I do most for the glory of God and the benefit of my fellow men?’”

Counsels on Diet and Foods, p. 20. “Health is a treasure. Of all temporal possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of the vigor of health. None of these can secure happiness, if health is lacking.”

¹ WHO/FAO. (2003). WHO/FAO release independent Expert Report on diet and chronic disease. *WHO*. Retrieved June 3, 2015 from <http://www.who.int/mediacentre/news/releases/2003/pr20/en/>.

² FAO. (2010). Fats and fatty acids in human nutrition: Report of an expert consultation. *FAO Food and Nutrition Paper: 91*. Retrieved June 3, 2015 from <http://foris.fao.org/preview/25553-0ece4cb94ac52f9a25af77ca5cfba7a8c.pdf>

³ WHO. (2012). Guideline: Sodium intake for adults and children. *World Health Organization*. Retrieved June 3, 2015 from http://www.who.int/nutrition/publications/guidelines/sodium_intake_printversion.pdf

Chapter 2 - Digestion, Absorption, and Transport

Child Guidance, p. 378. “The education of the Israelites included all their habits of life. Everything that concerned their well-being was the subject of divine solicitude and came within the province of divine law. Even in providing their food, God sought their highest good. The manna with which He fed them in the wilderness was of a nature to promote physical, mental, and moral strength.... Notwithstanding the hardships of their wilderness life, there was not a feeble one in all their tribes.”

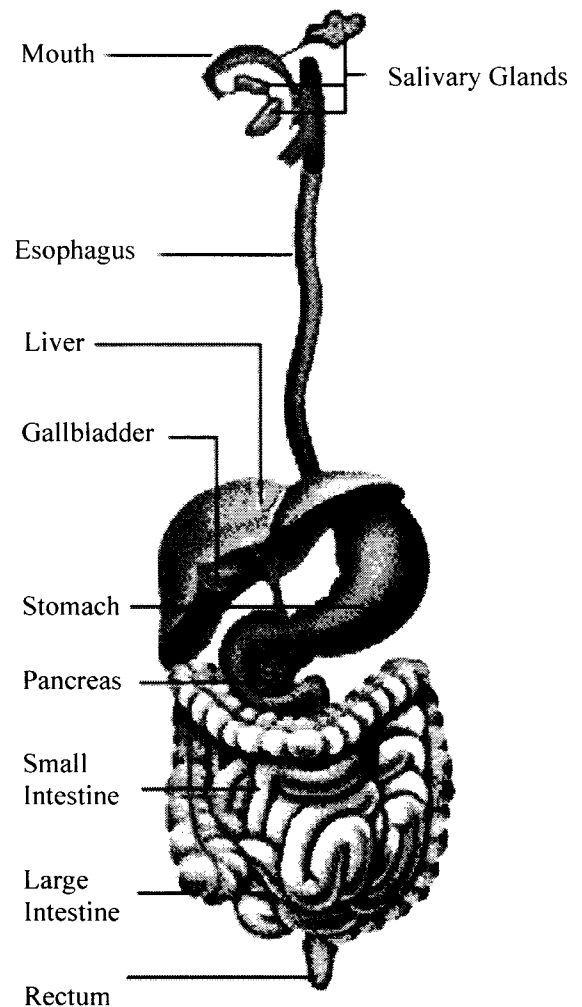
Anatomy and Physiology of the Digestive Tract

Mouth: Thorough chewing breaks food down in small particles that digestive juices can penetrate, allows saliva to mix well, allows substances (lysozymes and immunoglobulin A) in saliva to kill many bacteria, and stimulates production of digestive juices in the stomach, which activate the remainder of the digestive tract. The digestive enzymes in saliva (salivary amylase and lingual lipase) begin breaking down starches and a little fat in the mouth for future absorption.

Counsels on Diet and Foods, p. 107. “In order to secure healthy digestion, food should be eaten slowly...The benefit derived from food does not depend so much on the quantity eaten as on its thorough digestion.”

Esophagus to the Stomach: When food is swallowed, it is called a bolus. It slides down the esophagus into the stomach and digestion of starches continues until the bolus is broken down by the muscular action of the stomach and the pH of the stomach inactivates the enzyme amylase. Sphincters exist at both ends of the stomach to hold the food inside. Hydrochloric acid and pepsin begin breaking down proteins, denature enzymes, kill most bacteria. Intrinsic factor makes B12 more readily absorbable in the small intestine. Mucus produced by stomach lining cells help to protect the stomach lining from the strong acid and digestive juices.

Small Intestine has 3 segments: the duodenum, jejunum, and ileum—nearly 20 feet (or 6 meters) of tubing coiled within the abdomen. The common bile duct empties into the small intestine, dripping bile from the gallbladder (which assists in the digestion



of fat) and digestive enzymes from the pancreas into the chyme (partly digested food that is expelled by the stomach into the duodenum and moves through the intestines during digestion). Sodium bicarbonate from the pancreas neutralizes the acid from the stomach. Digestive enzymes produced by the wall of the small intestine and the pancreas complete the work of breaking down starches, sugars, proteins, and fats. About 90% of all absorption occurs in the small intestine through tiny, fingerlike projections called villi, which increase the surface area of the duodenum alone by 600 times. Nutrients are absorbed into many specialized vessels, which transfer nutrients into the circulation and to the liver for processing.¹

Large intestine (also known as the colon): It averages 5 feet (1.5 meters) in length. Chyme enters the colon through the ileocecal valve, passes the opening of the appendix, and traverses the colon to the rectum. Water is removed from the bowel contents which becomes known as feces. 7% of absorption occurs here.¹ Our digestive tract harbors the most diverse and largest microbial community in the body—numbering about 800 different species with over 7000 strains, with the highest numbers in the colon. Each person has his or her own unique microflora. The flora help to maintain homeostasis, protect against pathogens, plays a role in the development of the human immune response, favor the development of the intestinal microvilli, metabolic reactions, and more.² The colonic microflora helps break down much of the dietary fiber in the colon. A person's microbial community may impact their risk of chronic diseases such as colon cancer and diabetes and influence their intestinal health.

Rectum: Holds feces until voluntary evacuation through the anus.

Practical Health Habits Related to the Digestion of Food

Counsels on Diet and Foods, p. 101. “Respect paid to the proper treatment of the stomach will be rewarded in clearness of thought and strength of mind.”

The Importance of Breakfast

Counsels on Diet and Foods, p. 173. “It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.”

Science Demonstrates the Benefits of Breakfast

- One of seven factors found to correlate most strongly with longevity³
- More efficient problem solving, improved memory, better test scores, increased verbal fluency, improved attention span, better attitudes (especially for students).^{4, 5, 6}
- Superior nutritional profiles, better weight control, school attendance, and overall well-being.⁷
- Higher IQ among the elderly⁸

Breakfast Skippers

- Have a 2.5X greater incidence of heart attacks—platelets become stickier in morning, this increases risk for clot formation which can lead to a heart attack (most heart attacks occur between 7 am-12 noon), and eating breakfast can help decrease the stickiness of the platelets.^{9, 10}

Drinking Water with Meals

Christian Temperance and Bible Hygiene, p. 51. “Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of the saliva; and the colder the water, the greater the injury to the stomach. Ice-water or ice-lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed.”

Why is this physiologically true? Water/fluids mixed in the mouth with food causes inhibition of saliva production, thus digestion of starches and fats in the mouth is greatly hindered or does not occur at all, impairing digestion and forcing a greater burden on the rest of the system. Water/fluids mixing with boluses of food in the stomach cause the boluses to disintegrate faster, they become mixed with stomach acids, and the digestion of starches and fats are prematurely halted. In addition, enzymes cannot work properly when they are diluted with water.

Nutrition

“Do All To The Glory of God”

Snacking

Imagine that you decided to cook some red beans for lunch. You thought a handful would be sufficient for you. Then 45 minutes later you added a second handful since you invited a friend to join you. About 40 minutes later, another friend called and said they were in the area, so you invited them for lunch as well. But, 30 minutes later, unsure if you would have enough beans, you threw another handful in. How would the beans have turned out? Could this be what is happening in the stomach from snacking?

“The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet rest.” *Testimony Studies on Diet and Foods*, p 39.9

“Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. And when the children come to the table, they do not relish wholesome food; their appetites crave that which is hurtful for them.” *Counsels for the Church*, p. 223

“Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let every one eat what the system requires, and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. When traveling, some are constantly nibbling if anything eatable is within their reach. This is very injurious. If travelers would eat regularly of food that is simple and nutritious, they would not feel so great weariness, nor suffer so much from sickness.” *The Ministry of Healing*, p. 303

“There should be no eating between meals, and at least five hours should be allowed to elapse between the meals. Indigestion is the result of food taken into the stomach before the digestive organs have had time to dispose of the foregoing meal.” *This Day with God*, p. 210.3

“Children are permitted to indulge their tastes freely, to eat at all hours.... The digestive organs, like a mill which is continually kept running, become enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened. The unnatural stimulation and wear of the vital forces make the children nervous, impatient of restraint, self-willed, and irritable.” *Testimony Studies on Diet and Foods*, p 40.1

“The stomach becomes weary by being kept constantly at work, disposing of food not the most healthful. Having no time for rest, the digestive organs become enfeebled, hence the sense of “goneness,” and desire for frequent eating. The remedy such require is to eat less frequently and less liberally, and be satisfied with plain, simple food, eating twice, or at most, three times a day. The stomach must have its regular periods for labor and rest, hence eating irregularly between meals is a most pernicious violation of the laws of health. With regular habits, and proper food, the stomach will gradually recover.” *Testimony Studies on Diet and Foods*, p. 38.5

Research indicated that avoidance of snacking was included as one of the seven factors found to correlate strongly with longevity.³

Two Meals a Day

Counsels on Diet and Foods, p. 173, 174. “After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three.”

Education, p. 205. “In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties.”

Other quotes point out how some may require a third meal, but it should be light (fruit, zwieback, etc.), and that one person should not hold themselves as a criterion for others. See *Counsels on Diet and Foods*, 173, 176; *Ministry of Healing*, p. 321. It is also pointed out that those who engage in significant physical exercise will find less difficulties with a third meal. *8 Manuscript Releases*, p. 372.

Another quote describes the effects of eating just before going to sleep:

“The regular meals may have been taken; but because there is a sense of faintness, more food is taken.... As a result... the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is

not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits late suppers are particularly harmful.” *Child Guidance, page 389.5*. Other effects include: “The blood becomes impure, the complexion sallow, and eruptions will frequently appear.” *Counsels on Diet and Foods, 174*.

Scientific studies find better weight control among those who eat the majority of their calories at breakfast and lunch (even with the same caloric intake, it was found that people who ate a good breakfast and little or nothing for supper had a lower weight and less insulin resistance than those who ate a larger supper)¹¹

Regularity in Eating

Counsels on Diet and Foods, p. 179. “Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let every one eat what the system requires, and then take nothing more until the next meal.”

Circadian rhythms have a significant impact on digestion. They gradually prepare the body and digestive system for an anticipated meal several hours before the actual meal, preparing digestive juices to be available to be secreted at just the right time, etc. As a result, irregularity in eating typically leads to impaired digestive processes.

Food Combining

Testimonies for the Church 7:133, 134. “In the use of foods, we should exercise good, sound common sense. When we find that a certain food does not agree with us, we need not write letters of inquiry to learn the cause of the disturbance. Change the diet; use less of some foods; try other preparations. Soon we shall know the effect that certain combinations have on us. As intelligent human beings, let us individually study the principles, and use our experience and judgment in deciding what foods are best for us.”

Counsels on Diet and Foods, p. 109. “Do not have too great a variety at a meal.”

In the above quotation we can see the importance of simplicity in our meal planning; however, since each food contains a unique composition of nutrients a variety of foods used over a period of time is more healthful than a repetitive consumption of a limited number of foods.

Ministry of Healing, pp. 299-300. “It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another.”

Overeating

Counsels on Diet and Foods, p. 101. “What influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result.”

Importance of Cooking

Counsels on Diet and Foods, p. 316. “Some do not feel it is a religious duty to prepare food properly; hence they do not try to learn how.... It requires thought and care to make good bread. But there is more religion in a good loaf of bread than many think.”

Counsels on Diet and Foods, p. 251. “Let not the work of cooking be looked upon as a sort of slavery.... Cooking may be regarded as less desirable than some other lines of work, but in reality it is a science in value above all other sciences. Thus God regards the preparation of healthful food. He places a high estimate on those who do faithful service in preparing wholesome, palatable food. The one who understands the art of properly preparing food, and who uses this knowledge, is worthy of higher commendation than those engaged in any other line of work. This talent should be regarded as equal in value to ten talents; for its right use has much to do with keeping the human organism in health. Because so inseparably connected with life and health, it is the most valuable of all gifts.”

Counsels on Diet and Foods, p. 253. “I appeal to men and women to whom God has given intelligence: Learn how to cook. I make no mistake when I say “men,” for they, as well as women, need to understand the simple, healthful preparation of food. Their business often takes them where they cannot obtain wholesome food. They may be called to remain days and even weeks in families that are entirely ignorant in this respect.”

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Counsels on Diet and Foods, p. 474. “Greater efforts should be put forth to educate the people in the principles of health reform. Cooking schools should be established, and house-to-house instruction should be given in the art of cooking wholesome food. Old and young should learn how to cook more simply. Wherever the truth is presented, the people are to be taught how to prepare food in a simple, yet appetizing way. They are to be shown that a nourishing diet can be provided without the use of flesh foods...”

- ¹ Seeley, Stephens, and Tate (2006). *Anatomy and physiology* (7th ed.). New York: McGraw-Hill.
- ² Montalto, M., D’Onofrio, F., Gallo, A., Cazzato, A., & Gasbarrini, G. (2009). Intestinal microbiota and its functions. *Digestive and Liver Disease Supplements*. 3: 30–34 www.elsevier.com/locate/dld.
- ³ Belloc, N.B., & Breslow, L. (1972). Relationship of physical health status and health practices. *Prev Med*. 1(3):409-421.
- ⁴ Ahmadi, A., Sohrabi, Z., & Eftekhari, M.H. (2009). Evaluating the relationship between breakfast pattern and short-term memory in junior high school girls. *Pak J Biol Sci*. 12(9):742-5.
- ⁵ Matthews, R. (1996). Importance of breakfast to cognitive performance and health. *Perspectives in Applied Nutrition*. 3(3):204-212.
- ⁶ Gajre, N.S., Fernandez, S., Balakrishna, N., & Vazir, S. (2008). Breakfast eating habit and its influence on attention-concentration, immediate memory and school achievement. *Indian Pediatrics*. 45(10):824-8.
- ⁷ Rampersaud, G.C., Pereira, M.A., Girard, B.L., Adams, J., & Metz, J.D. (2005). Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *J Am Diet Assoc*. 105(5):743-60; quiz 761-2.
- ⁸ Smith, A. (1998). Breakfast consumption and intelligence in elderly persons. *Psychological Reports*. 82(2):424(3).
- ⁹ Nedley, N. (1999). *Proof positive*. Ardmore, OK: Quality Books.
- ¹⁰ Raloff, J. (1991). Breakfast may reduce morning heart attack risk. *Science News*. 139(16):246-247.
- ¹¹ Garaulet M. & Gómez-Abellán P. (2014). Timing of food intake and obesity: A novel association. *Physiol Behav*. <http://dx.doi.org/10.1016/j.physbeh.2014.01.001>

Chapter 3 - Carbohydrates

Definition: Carbo = carbon Hydrate = water

Carbohydrates are energy producing nutrients found primarily in foods of plant origin. They are commonly known as sugars, starches, and fibers.

Types and Sources

1. Simple Carbohydrates: small sugar molecules that are sweet to the taste. Found in honey, fruit, milk, sugar, and sweet vegetables. Simple sugars include fructose, lactose, glucose, galactose, sucrose, and maltose.
2. Complex Carbohydrates: contain many glucose molecules (and sometimes other sugars) that are linked together. There are 3 types of complex carbohydrates:
 - A. Starches: long, branched or unbranched chains of hundreds or thousands of glucose molecules, which are packed side by side. Found in grains, legumes, tubers, and root crops.
 - B. Glycogen: a storage form of glucose in the liver and muscles making glucose readily available when needed (only found in foods of animal origin)
 - C. Fiber: structural parts of plants that contain bonds between the simple sugars that cannot be broken down by digestive enzymes. They contribute little or no energy.¹
3. Other carbohydrates include the oligosaccharides such as raffinose

Functions

Starches:

- Are the most abundant and economical source of energy for the body
- Spare proteins from being burned for energy
- Are needed in the metabolism of fat
- Primary source of energy for brain cells
- Excess glucose is stored as fat and glycogen for later energy release
- Precursors for: molecular parts of cells, nucleic acids, and more.

Fibers:

- Serve as laxatives and promote normal bowel function
- Bind toxins for removal from the body

Glycogen:

- Excess glucose is stored as glycogen in the liver and muscles for quick energy release¹

Carbohydrates (once they are broken down to glucose) are responsible for keeping up the blood sugar level. A certain amount of glucose must stay in the bloodstream at all times, since some of the brain cells cannot store glucose. If the level falls below normal an individual may become tired, hungry, shaky, and irritable; if it goes above normal, they may become sleepy and their kidneys, eyes, blood vessels, and other organs may be damaged. If it becomes too high or low an individual may go into a coma and die.

Simple carbohydrates enter the bloodstream almost immediately, causing a rapid rise (and later a corresponding rapid drop) in the blood sugar. Complex carbohydrates are gradually broken down into simple sugars (glucose) throughout the digestive tract. This causes a very slow, sustained rise in the blood sugar levels, thus releasing energy slowly to the body's cells for energy. This gradual rise keeps the blood sugar levels within a healthy range. Consequently, complex carbohydrates should be the primary form of carbohydrate ingestion.

How much is needed?

At a minimum the body needs at least 50 to 100 grams of carbohydrate per day. The recommended intake by the WHO/FAO for carbohydrates is 55-75% of total calories.²

Deficiency

When an individual does not consume enough carbohydrates the body must compensate by using fat and protein to obtain the glucose needed. This is very inefficient and produces a significant amount of waste that the body needs to rid itself of. When fat is used as the primary energy source fat fragments combine to form ketone bodies. When the production of ketone bodies exceed their use they accumulate in the blood causing a potentially life-threatening condition called ketosis. Some of the adverse effects of low-carbohydrate diets include: nausea, fatigue, constipation, low blood pressure, elevated uric acid levels, bad breath, in pregnant women fetal harm and stillbirth.¹

Excess

It is uncommon for someone to eat too much of foods with unrefined carbohydrates (whole grains, fruits, vegetables, legumes, tubers and roots) but there may be serious problems (see below) from an excessive intake of carbohydrates from refined sources such as: refined grains, sugar, fruit juices, etc.

Refined Sugar

Refined sugar is any sugar that is removed from the plant in which it naturally occurred. There are different degrees of refining. Juice is partially refined; table sugar is totally refined; honey is refined by honeybees.

In the US, the use of sugar and other sweeteners such as high-fructose corn syrup is significant. The following figures demonstrate how the use of sugar and other sweeteners has increased dramatically from 1822 to the present. This is an average of pounds used per year, per person, in the United States:

1822	8.9 pounds ³
1900	65.2 pounds ³
1950	114.7 pounds ⁴
2000	148.7 pounds ⁴
2012	129.5 pounds ⁴

The average sugar consumption of 130 pounds per person per year in the US is equivalent to using 43 teaspoons of sugar per day, or chewing nearly 130 feet of sugarcane⁵ daily!

Refined sugar puts an abundance of glucose into your bloodstream at one time. In response, the pancreas then overproduces insulin to reduce the blood sugar level quickly. As the blood sugar hits your system, you may feel very energetic; however, in response to the insulin your blood sugar level quickly drops abnormally low and you feel tired, fatigued, jittery, shaky, irritable, and "hungry". This makes you crave more sugar. And the cycle of ups and downs continues.

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Food processing can have an effect on the blood sugar level. Generally, the more that a food is refined, the greater the impact it has on the blood sugar level. The blood sugar level tends to spike upwards more quickly and higher, to stimulate a greater quantity of insulin secretion, and thus lead to a correspondingly more rapid and lower dip in the blood sugar level. One study done with raw apples, applesauce, and apple juice demonstrated that applesauce caused the blood sugars to fall lower than when raw apples were consumed (after the initial spike). However, apple juice caused an even greater dip than either raw apples or applesauce (after the initial spike).⁶ This can lead to an “all gone” feeling, shakiness, irritability, and a felt need to eat to bring the blood sugar levels up to normal (to rid oneself of the uncomfortable low blood sugar symptoms). Often a person grabs a sugary treat, and the cycle repeats itself.

Excess refined sugar has been implicated with increasing the risk for:

- Dental Cavities (Caused by bacteria in mouth fermenting the sugars and in the process producing an acid which causes erosion of tooth enamel)⁷
- Overweight/obesity. Additionally, this diet displaces the intake of fruits, vegetables, and other quality nutritional sources)^{1,10,8}
- Coronary heart disease^{9,10}
- Diabetes, type 2^{10,11}
- Elevated triglycerides¹⁰
- Hypertension^{8,12}

Sugar negatively impacts the immune system.¹³ A study was done to explore the relationship between sugar intake and the ability of the white blood cells to eat bacteria. When a person ate no sugar, it was found that each white blood cell could destroy 14 bacteria in 30 minutes. However, when a person ate 12 teaspoons of sugar (amount typically found in one soda), the number of bacteria that could be destroyed dropped to 5.5 per 30 minutes. When 18 teaspoons were ingested (1 ½ sodas) the number of bacteria destroyed in 30 minutes dropped to only 2. What happened to the rest of the bacteria?¹⁴ The observed effect was seen to last up to 5 hours.¹⁵

Inspired Counsel

Proverbs 25:27 “It is not good to eat much honey.”

Counsels on Diet and Foods, p. 95. “In warm, heating climates... The less sugar introduced into the food in its preparation the less difficulty will be experienced because of the heat of the climate.”

Counsels on Diet and Foods, p. 321 “The less of sweet foods that are eaten, the better; these cause disturbances in the stomach, and produce impatience and irritability in those who accustom themselves to their use.”

Counsels on Diet and Foods, p. 327 “Far too much sugar is ordinarily used in food.”

Counsels on Diet and Foods, p. 327 “Sugar clogs the system. It hinders the working of the living machine.”

Highlight on Fiber and The Refining of Grains

Dietary fiber is the complex carbohydrate residue of plant food that cannot be broken down by human gastrointestinal enzymes. Whole grains and legumes are the highest in fiber; fruits and vegetables contain moderate fiber; polished grains and juices contain almost no fiber; and animal products, sugar and oils contain no fiber. Current Daily Recommended Intake suggests consuming 14 grams of fiber for every 1,000 calories you need (20-35 grams daily).¹

Two Main Types of Fiber

1. Soluble Fiber: Soluble (can be dissolved) in water but not digestible by human digestive system.
 - Decreases rate of gastric emptying and slows absorption of simple sugars in small intestine (due to entrapment in soluble fibers. This stabilizes the blood sugar curves and helps to avoid sudden “highs” and “lows” in the curve.
 - Helps to lower insulin requirements.
 - Helps to lower cholesterol by binding bile (which contain cholesterol) in the small intestines.

- Found in most fruits and vegetables, legumes, whole grains, seeds.
2. Insoluble Fiber: Not soluble in water; not digestible by the human digestive system.
- Holds water—increases stool bulk; reduces elevated pressure in walls of the colon (reduces risk of colon cancer, constipation, and diverticulosis).
 - Reduces transit time in colon (laxative effect).
 - Antioxidant effect; prevents damage to colon lining by oxidation, thus protecting against colon cancer.
 - Foods high in insoluble fiber include brown rice, fruits, legumes, whole grains, seeds, and vegetables.
 - Helps to lower the risk of heart disease¹⁶

Diseases Associated with a Lack of Fiber

- | | | | |
|----------------|------------------------|----------------------|---------------------------------------|
| * Constipation | * Diverticular Disease | * Hemorrhoids | * Appendicitis |
| * Diabetes | * Varicose Veins | * Colon Cancer | * Bowel Polyps |
| * Obesity | * Heart Disease | * Arterial Sclerosis | * Gallbladder Disease ^{1, 8} |

The Refining Process

Most of the fiber, vitamins and minerals are lost when wheat, rice, and other grains are polished. When whole grain wheat is refined to become basic, un-enriched white flour, it loses all of its fiber, and contains only 42% of the original thiamin, 32% of the original riboflavin, 19% of the original niacin, 12% of the original B6, 70% of the original folic acid, 0% of the original vitamin A, 71% of the original calcium, 32% of the original iron, 25% of the original magnesium, 32% of the original potassium, and 55% of the original zinc.^{1, 17, 18}

Enriched?

Many governments require that their commercially processed grains are enriched with 4-5 nutrients, including thiamin, riboflavin, niacin, folate, and iron. This makes enriched rice and flour more nutritious than simply refined flour, but whole grain products would contain many more vitamins and minerals essential for health. Refined grains also suffer from the lack of dietary fiber which is needed for good health.

Summary

“Clearly, a diet rich in complex carbohydrates – starches and fibers – supports efforts to control body weight and prevent heart disease, cancer, diabetes and GI disorders. For these reasons, recommendations urge people to eat plenty of whole grains, vegetables, legumes, and fruits,”¹⁹ recognizing that such a diet should be balanced and appropriate to the needs of the individual and be part of a wholesome lifestyle which includes regular physical exercise, amongst others.

¹ Whitney, E. & Rolfes, S. (2013). *Understanding Nutrition. Thirteenth Edition*. Belmont, CA: Wadsworth Publishing.

² WHO/FAO. (2003). WHO/FAO release independent Expert Report on diet and chronic disease. *WHO*. Retrieved June 3, 2015 from <http://www.who.int/mediacentre/news/releases/2003/pr20/en/>.

³ Bureau of Statistics, Department of Commerce and Labor. (1908). *Statistical Abstract of the United States: 1907: thirteenth number*. United States Congressional Serial Set: United States Congress. Washington: US Government Printing Office.

⁴ USDA. (2014). *Food availability (per capita) data system*. United States Department of Agriculture: Economic Research Service. Retrieved 06/03/2015 from [http://www.ers.usda.gov/data-products/food-availability-\(per-capita\)-data-system.aspx](http://www.ers.usda.gov/data-products/food-availability-(per-capita)-data-system.aspx)

⁵ UD Register, personal communication.

⁶ Haber, G.B., Heaton, K.W., et al. (1977). Depletion and disruption of dietary fibre. Effects on satiety, plasma-glucose, and serum-insulin. *Lancet*. 2(8040):679-682.

⁷ World Health Organization. (2003). *Diet, Nutrition and the Prevention of Chronic Diseases*. Geneva, Switzerland: World Health Organization.

⁸ Craig, W.J. (1999). *Nutrition and wellness*. Berrien Springs, MI: Golden Harvest Books.

⁹ Fung, T.T., Malik, V., Rexrode, K.M., Manson, J.E., Willett, W.C., & Hu, F.B. (2009). Sweetened beverage consumption and risk of coronary heart disease in women. *Am J Clin Nutr*. 89(4):1037-42. Epub 2009 Feb 11.

¹⁰ Yang, Q., Zhang, Z., Gregg, E.W., Flanders, D., Merritt, R., & Hu, F.B. (2014). Added Sugar Intake and Cardiovascular Diseases Mortality Among US Adults. *JAMA Intern Med*. 174(4):516-524. doi:10.1001/jamainternmed.2013.13563. Retrieved 06/03/2015 from <http://archinte.jamanetwork.com/article.aspx?articleid=1819573>

¹¹ Schulze, M.B., Manson, J.E., Ludwig, D.S., Colditz, G.A., Stampfer, M.J., Willett, W.C., Hu, F.B. (2004) Sugar-sweetened beverages, weight gain, and incidence of type 2 diabetes in young and middle-aged women. *JAMA*. Aug 25;292(8):927-34.

¹² Mohammed, E. H., Pérez, I., Carillo, S., Cardoso, G., Zamora, J., Chavira, R., & Baños, G. (2006). Effect of sex hormones on non-esterified fatty acids, intra-abdominal fat accumulation, and hypertension induced by sucrose diet in male rats. *Clinical & Experimental Hypertension*. 28(8):669-681.

¹³ Takahashi, K., Chang, W., Moyo, P., White, M.R., Meelu, P., Verma, A., Stahl, G.L., Hartshorn, K.L., & Yajnik, V. (2011). Dietary sugars inhibit biologic functions of the pattern recognition molecule, mannose-binding lectin. *Open Journal of Immunology*. 1(2): 41-49. doi:10.4236/oji.2011.12005

¹⁴ Kijak, E., Foust, G., & Steinman, R.R. (1964). Relationship of blood sugar level and leukocytic phagocytosis. *Southern California Dental Assoc*. 32(9):349-351.

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¹⁵ Sanchez, A., Reeser, J.L., et al. (1973). Role of sugars in human nutrophilic phagocytosis. *Am J Clin Nutr.* 26(11):1180-1184.

¹⁶ Nutrition Action Health Letter July/August 2008 quoting JAMA 275:447, 1996 and JAMA 281: 1998,1999

¹⁷ USDA. (2012). *National Nutrient Database*. Retrieved October 12, 2012 from <http://www.nal.usda.gov/fnic/foodcomp/search/>

¹⁸ Diet Analysis Plus version 8.0.1.

¹⁹ Whitney, E. and Rolfes, S. (2008). *Understanding Human Nutrition. Eleventh Edition*. Belmont, CA: The Thomson Corporation.

Chapter 4 - Fats (Lipids)

Definition: A family of energy-producing nutrients that are greasy to the touch. They include oils, fats, waxes, lecithin, cholesterol, and others. They cannot dissolve in water, but can dissolve in other fats.

Functions

1. Cell membrane component
2. Used in the formation of hormones
3. Necessary for absorption of fat-soluble vitamins
4. Insulation against temperature extremes (in form of layer of fat beneath the skin)
5. Protection (padding from mechanical shock)
6. Energy source for the body
7. Supplies essential nutrients (fatty acids)
8. Improve flavor, slow emptying of stomach, promotes sense of satiety¹

How much is needed?

According to the World Health Organization, adults should consume at least 15 percent but not more than 30 percent of their calories from fat (with an emphasis on the fats from whole plant foods).² This means that if a person needs 2000 calories daily, a minimum of 300 calories (33 grams) and a maximum of 600 calories (66 grams) should come from fat.

The amount of fat we utilize depends on:

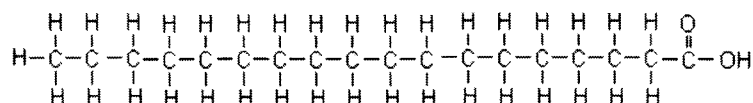
1. Age and metabolism - A child burns energy faster than an older person and therefore needs more fat.
2. Activity level - People who work very hard physically or are very active can use more fat.
3. Climate - People who live in colder climates burn more fat to keep warm.
4. Physical health - People with problems with (or family history of) diabetes, obesity, heart disease, vascular disease, or cancer should restrict their fat consumption (especially saturated fats).

Excess

1. Obesity: Fats are a concentrated source of calories and are easy to store in the body.³
2. Depresses the immune system functioning.⁴
3. Saturated fat causes clumping of red blood cells. This provides less surface area to carry oxygen and makes it difficult for blood to move through the capillaries.⁵

Main Types of Fats and Sources

1. **Saturated Fats** are usually solid at room temperature, and are less likely to turn rancid than unsaturated fats. These include animal fats such as lard and butter, and exist in all animal products. They are also found in plant fats such as coconut and palm oil. Saturated fats are composed of carbon chains “saturated” with hydrogen (they cannot hold any more hydrogen). Below is an example of a saturated fat (stearic acid, an 18-carbon fatty acid found predominately in animal fat):



Recommendations on saturated fat intake is that it should be less than 10% of total calories ingested.²

Dangers of Saturated Fats

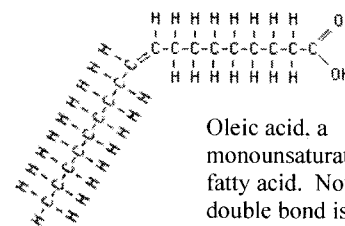
1. Raise harmful blood cholesterol (LDL-low density lipoprotein) levels. Cholesterol builds up in the arteries and causes atherosclerosis. This can lead to heart disease (including heart attacks), strokes, and hypertension.
2. An excess of saturated fats, especially animal fats, has been associated with an increased incidence of colon, lung, uterine, ovarian, prostate, and breast cancer.^{6,7}

Coconut Oil: There has been an increased interest in coconut oil as a source of fat in the human diet. Various health claims have been made, one of them being that it may reduce heart disease. Is there a link between coconut oil and heart disease? Coconut oil has produced mixed scientific results on blood lipids. Based upon its very high saturated fat content (92%), coconut oil is expected to significantly increase blood cholesterol levels. Such is not always the case. While many of the earlier studies used regular coconut oil and observed a sharp elevation of blood cholesterol levels, more recent studies using virgin coconut oil produced better blood lipid levels. This is explained by the rich content of polyphenolic antioxidants in the virgin oil.⁸ Virgin coconut oil comes from a wet extraction process without the use of chemicals or heat. Regular coconut oil comes from extraction of the dried coconut meat (copra) and is typically bleached, deodorized, and refined.⁹ Other health claims are still being researched or are inconclusive to the present.

2. **Unsaturated Fats** are liquids at room temperature. They come primarily from plant sources. These fats have one or more places in which hydrogen atoms are missing and the adjacent carbon atoms are bonded together in a “double bond.” If the fat molecule has only one “double bond” it is considered monounsaturated, but if it has more than one “double bond” it is considered to be polyunsaturated. Most oils contain a combination of monounsaturated, polyunsaturated, and saturated fatty acids, but are labeled according to the predominate type of fat they contain.

A. Monounsaturated Fatty Acids (mono=one)

1. Liquid at room temperature but solidify at refrigerator temperatures³
2. Common Sources: Olives and olive oil, canola oil, peanuts, sesame seeds, avocados, almonds, pecans, and cashews.



Oleic acid, a monounsaturated fatty acid. Note the double bond is in a *cis* formation.

Benefits may Include:

1. Lower blood cholesterol levels, but keeps healthy HDL cholesterol levels unchanged¹
2. Less susceptible to oxidation and free radical damage than polyunsaturated fats
3. 25% decrease in breast cancer among Greek women using significant amounts of olive oil¹⁰
4. Current studies suggest that olive oil (high in monounsaturated fatty acids), used extensively in Middle Eastern cuisine, lends to low rates of heart disease¹

Recommendations on monounsaturated fat intake is up to 15-20% of total calories ingested¹¹

B. Polyunsaturated Fatty Acids (poly=many)

1. Liquid at room temperature and in the refrigerator⁶
2. Easily combines with oxygen (oxidize) to become rancid⁶
3. Common Sources: Nuts, seeds, legumes, vegetable oils (soy, corn, sunflower)
4. Recommended polyunsaturated fat intake is <6-11% of total calories ingested¹¹

Essential Fatty Acids (Omega-6 and Omega-3)

There are many types of fatty acids found within the broader grouping of “fats”. The body can make all of these except for Omega-6 and Omega-3 polyunsaturated fatty acids, which must be obtained from the diet. Recommended ratio of Omega-6 to Omega-3 is 6:1.¹

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Omega-6 Fatty Acids

If a broad variety of whole plant foods are utilized, generally an abundance of this essential fatty acid will be obtained. Common sources are nuts, seeds, and vegetable oils (corn, sunflower, safflower, soybean).¹

Omega-3 Fatty Acids

Common sources of Omega-3's: Flaxseed (& oil), walnuts, canola oil, soybean oil, chia, and fish⁶.

Benefits of Omega-3 Fats

1. Lower the risk of cardiovascular disease
2. Lower mortality from cancer
3. Anti-inflammatory action, thus helpful with chronic inflammatory diseases (incl. psoriasis, rheumatoid arthritis, etc)
4. They help to decrease stickiness of platelets, the blood's clotting cells, potentially preventing blood clots and decreasing risk of strokes and heart attacks.
5. They tend to decrease cholesterol and serum triglycerides (fats in bloodstream)
6. Helpful in decreasing blood pressure
7. Reducing risk for abnormal heart rhythms
8. Decrease in breast and colon cancer
9. Some Crohn's patients experience remission when taking Omega 3
10. Needed for brain and eye development^{1,6,7}

3. Cholesterol (a sterol) is a white, waxy fat which is manufactured by the body. Some of its important functions include:

1. Part of the cell membrane
2. Helps form hormones (especially reproductive)
3. Constituent of bile (needed to emulsify fats for digestion)
4. Needed in formation of Vitamin D

Where do we get cholesterol from?

Our liver manufactures sufficient cholesterol for human needs from the foods we eat. We can also obtain it from eating animal products, which frequently causes an excess of blood cholesterol. Eggs are very high in cholesterol. Plant foods (including nuts and avocado) do not contain cholesterol.

Effects of excess cholesterol:

1. Raises blood cholesterol
2. Atherosclerosis (plaque build-up associated with hardening of the blood vessel)
3. Poor circulation due to clogging by plaque (peripheral artery disease, intermittent claudication, gangrene)
4. Coronary artery disease
5. Heart attacks
6. Hypertension
7. Angina
8. Cancer of ovary, lung, and larynx^{12, 13}

Oxidized Cholesterol: Cholesterol exposed to the atmosphere for a period of time tends to combine with oxygen in the air, producing what is called “oxidized cholesterol.” This form of cholesterol is dangerous, since it has greater potential to cause irreversible damage to the cells that line the arteries (one of the main factors that begins/accelerates the process of atherosclerosis). (Found in cheese, dried eggs and dairy products, custards, pancake mixes, etc.).

How much do we need? None from our diet, since the human body produces all the cholesterol needed to meet its daily needs. However, most people eat cholesterol-containing foods and it has been proposed that the maximum recommended intake of cholesterol for an adult should not exceed 300mg. Since heart disease is the Number 1 killer in western civilization, and is quickly becoming that in countries/cities of the world that adopt a Western lifestyle, avoiding or reducing cholesterol in the diet would contribute to a healthful alternative. However, there is one fraction of cholesterol that removes the unhealthy cholesterol from the vessels. This is HDL (high density lipoproteins). It

can be raised effectively through vigorous, regular exercise. (Info on cholesterol, unless specifically cited elsewhere, comes from the following sources:^{1, 7, 14, 15})

Practical Fat Questions Answered

Q. What are the best types of fats to eat?

- A. Those which occur naturally in plant foods. Good whole food sources of quality oils are whole grains, nuts, beans, seeds, avocados, and olives. Ideally, the types of oils should be varied to obtain the benefits from the varying amounts of different fatty acids present in each.

Testimonies to the Church, Volume 7, p. 134. “Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives. The oil in the olives relieves constipation; and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming secondhand from animals.”

Q. What about fried foods?

- A. Frying is never ideal for the health since toxic byproducts are routinely produced; however, if fat will be utilized for frying, refined oils (especially high oleic oils) which contain fewer essential fatty acids are safer as they produce less toxic byproducts, and the oil should be kept well below the smoke point (about 230°C or 450°F). Typical frying temperatures run around 190 degrees C, and the quality of the oil deteriorates each time it is reused for frying. For health, oils used for frying should not be reused. Other healthier alternatives used in some cultures around the world include placing a little water in the pan and then adding the oil, or placing the vegetables in the skillet before adding the oil. Both tend to keep down the high temperatures and cause less damage.

Lung Cancer in Chinese Women: The lung cancer incidence in Chinese women is among the highest in the world, in spite of a low incidence of tobacco smoking. Several cooking oils were heated in a wok to boiling, at temperatures ranged from 240-280 degrees C (typical cooking temperatures in China). The oils tested were unrefined Chinese rapeseed, refined rapeseed (known as canola), Chinese soybean, and Chinese peanut oils. Condensates from heated unrefined oils were highly mutagenic (damages the genes and increases the risk for cancer). Researchers have implicated cooking oil smoke (especially the use of unrefined rape seed oil in woks) as a major factor, finding that greater time exposures to frying fumes led to a significantly greater incidence of lung cancer.^{16,17,18}

Counsels on Diet and Foods, p. 323. “We do not think fried potatoes are healthful, for there is more or less grease or butter used in preparing them. Good baked or boiled potatoes served with cream and a sprinkling of salt are the most healthful. The remnants of Irish and sweet potatoes are prepared with a little cream and salt and rebaked, not fried; they are excellent.”

Q. What are trans fats? Should we avoid them?

- A. Even more dangerous than dietary cholesterol is dietary saturated fats (see above) and trans fats. Trans fats form when special commercial processing techniques insert hydrogen atoms into the structure of the polyunsaturated fats. This causes them to become solid at room temperature and become rancid much slower. This is ideal for margarines and many baked goods since it yields a superior texture and has a longer shelf life. However, potential risks include:
- Increase in total cholesterol and LDL cholesterol levels^{6,7}
 - Some studies also implicate trans fats in the development of cancer⁷
 - Suggested to lower HDL levels, increase the risk of heart disease, stroke, and developing type 2 diabetes.¹⁹

Therefore, it may be found advantageous to check food labels and avoid products made with partially hydrogenated oils such as commercially baked breads and crackers, potato fries, donuts, and some types of popcorn. Recommended trans fat intake is <1% of total calories ingested.¹¹

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Q. What about rancid fats

A. Rancidity is caused by oxidation of unsaturated fats, evident in both smell and taste. Rancid fats should not be eaten, as they may damage the blood vessels and increase the risk of certain cancers. Animal studies also demonstrated decrease in expected weight gain (growth), altered sperm production, decreased white blood cell (lymphocyte) production, decreased glycogen storage in the liver, liver damage, kidney damage, and more.^{20,21,22,23,24}

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(Data not specifically credited in this section on fats drawn from: Erasmus, Udo. (1993). *Fats that heal, fats that kill*. Alive Books: Buraby, BC, Canada; Nedley, N. (1999). *Proof positive*. Ardmore, OK: Quality Books; Seeley, Stephens, and Tate (2006). *Anatomy and physiology* (7th ed.). McGraw-Hill: New York; Whitney, E. & Rolfes, S.R. (2013). *Understanding nutrition*. Thomson Higher Education: Belmont, CA.)

Chapter 5 – Protein

Definition: a class of nitrogenous organic compounds that consist of large molecules composed of one or more long chains of amino acids and are an essential part of all living organisms, esp. as structural components of body tissues such as muscle, hair, collagen, etc., and as enzymes and antibodies. There are 20 amino acids, 12 that our body can make and 8 that are called essential and must be obtained from the food we eat. An almost endless number of proteins can be constructed from amino acids, since the sequence determines the type, shape, and function of each protein.

Functions

1. Building supplies for the formation and repair of cells and tissues.
2. Form integral parts of all cells and most body structures: such as skin, hair, scars, GI mucosa, red blood cells, tendons, muscles, organs, bones, etc.
3. Help maintain balance within the body, i.e. pH, blood volume, etc.
4. Function as enzymes to facilitate chemical reactions (Compounds that are able to put molecules together and take them apart very rapidly without being changed in the process).
5. Carriers/transporters of substances such as lipids, vitamins, minerals, and oxygen.
6. Constituent of LDL—carries cholesterol to arteries; and HDL—carries cholesterol to the liver for conversion into bile.
7. Essential for blood clotting
8. Part of many hormones: Chemical messengers released into the bloodstream to regulate body processes.
9. Antibodies: Proteins which play many vital roles in an effective immune response (identify enemies, activate immune response, disable enemies, protect skin surfaces and mucous membranes).
10. Structural strength: collagen in connective tissues provides structural strength, keratin in the skin gives strength to hair and fingernails, etc.
11. Energy: Protein can be used when needed for energy production.
12. Muscle contraction (utilize the proteins actin and myosin)
13. Needed for vision^{1,2}

How much is needed?

The percentage of calories from protein contained in the milk of many different species varies and shows an overall correlation with their growth rate. Humans only have 5% of the calories in milk from protein and it takes them 180 days to double their birth weight, while cow's milk has 15% of its calories coming from protein and it takes them 47 days to double their birth weight. A rat's milk has 49% of its calories coming from protein, and it only takes 4 days for them to double their birth weight. Perhaps our Creator knew which rate of development was ideal for humans, so as to encourage brain development as well as overall growth. Perhaps more protein is not always better.³

The Recommended Daily Allowance (RDA) currently stands at 46 grams/day for females and 56 grams/day for males² or 10-15% of total caloric intake.⁴ A more precise method for calculating protein is for 0.8 grams for each kilogram of body weight² for adults:

One kilogram equals 2.2 pounds. Examples of body weights and protein needs would be:

100 lbs. or 45.5 kgs. = 36.4 grams per day

150 lbs. or 68.2 kgs. = 54.5 grams per day

Sources

All living things, both plants and animals, contain varying amounts of protein since it is a vital part of all cells.²

Deficiency

Enough quality protein is important, especially for pregnant or lactating mothers and babies during their growing years. Everyone needs a moderate amount of protein to sustain good health. An impoverished diet found among the very poor, famine or disaster affected regions in some developing countries leads to deficiencies in protein as well as other nutrients. Protein deficiency is typically secondary to calorie deficiency. Kwashiorkor, the disease that causes

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undernourished children to have thin upper arms and “chubby” (edematous) lower arms and legs and large bellies, was once believed to be a pure protein deficiency. Now it is known that Kwashiorkor is caused by an abrupt deprivation of nutritious food (typically mother’s milk), often caused by the birth of a second child/illness/infection, and the transition to a high carbohydrate diet low in vitamins, minerals, and fatty acids as well as protein, and it has been renamed “protein-calorie deprivation.” Marasmus, on the other hand is caused by severe deprivation of sufficient quantities of all constituents of food over a long period of time, simply a technical name for starvation.²

Effects of Excessive Intake

1. Heart disease (animal proteins only)
2. Cancer of colon, breast, kidneys, pancreas, prostate, and lymph glands (animal proteins only)^{2,5}
3. Osteoporosis: When protein intake is high, the excretion of calcium increases. Some research also suggests that animal proteins may cause greater excretion of calcium than plant proteins. The sulfur and phosphorus content of the meat provides an acid residue which the body must neutralize by calcium from the bones.^{2,5}
4. Another study explored the relationship between hip fractures and calcium intake. It was found that the hip fracture rates were highest in countries such as Scandinavia, the US, and New Zealand with a high dairy intake, and lower in countries such as South Africa, New Guinea, and Singapore where the calcium intake is very low (under 500 mg/day).⁵ Other lifestyle factors also impact these results such as exercise, intake of Vitamin D, Vitamin K, and salt.
5. Lower protein intake in some studies has been shown to slow or halt the progression of kidney failure⁵
6. Decrease in number of natural killer cells (cells that fight cancer), helper T cells and cytotoxic T cells^{2,5}
7. Elevated blood cholesterol⁶
8. Kidney stones (animal protein)⁷
9. The body uses proteins for energy when glucose or fatty acids are limited. However, it is not an efficient energy source, and causes production of ammonia (which is toxic to the body), which is then converted to urea (less toxic), which is then excreted through the kidneys.²
10. Accelerates the aging process⁸

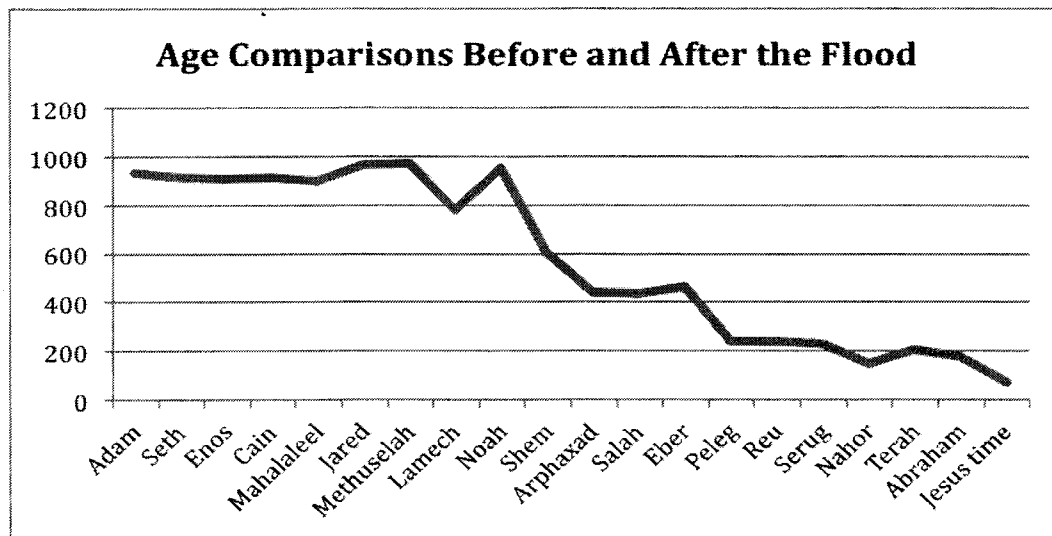
Common Questions Answered

Q. Don’t we need a complete/high quality protein?

A. A complete/high quality protein contains all of the essential amino acids in sufficient amounts required by human beings within a specific food, but it may not contain all of the nonessential amino acids. Usually animal proteins such as meat, fish, milk, cheese and eggs are complete since the animals themselves synthesize the nonessential proteins. Plant proteins have much more complex amino acid patterns and may contain a limited quantity of one or more essential amino acids. Soybeans are the only plant food that contains significant amounts of all 8 essential amino acids and is the most complete vegetarian source of protein. When plant proteins are eaten in complementary combinations, the body is able to synthesize all of the other necessary amino acids, and store them in the liver briefly. One may eat both a grain (corn, oats, wheat, rice, etc.) and a legume like beans and a small amount of nuts or seeds in the same day to obtain complete protein; it does not have to be in the same meal. Most vegetables and fruits also contain a small amount of protein so those foods add to the amino acids that you need. It is better to eat a variety of grains, beans, seeds, and nuts rather than the same kind every day.

Best Sources of Protein: Plant vs. Animal Proteins

It is fascinating to observe that the lifespan of man dropped dramatically after animal protein was introduced into the diet after the flood. Below is listed the lifespan of people before and after the flood. The diet before the flood was vegetarian, and meat was added after the flood, leading to a DRAMATIC drop in longevity. Could meat decrease our longevity?



One study compared the incidence of lymph gland cancer around the world with the amount of bovine (cow) protein consumed daily. The overall trend suggests that the greater the amount of bovine protein consumed, the greater the incidence of the lymph gland cancer (with the US having the highest incidence in the study, and it ranked second in the consumption of bovine protein).⁵ This describes only one of several cancers linked in research to an increased intake of animal protein.

Could animal protein have an effect on cholesterol levels? A study done on rabbits may lend a clue to one of the factors that may contribute to the heightened heart disease risk. When the rabbits were fed cholesterol free protein isolate from animal sources they averaged a cholesterol level of 175 mg/dL (range 107-270 mg/dL). However, when plant protein isolates were used instead, the rabbits averaged a blood cholesterol level of 67 mg/dL (range 43-80 mg/dL).⁵

But, a person might rightly question if this is true only in rabbits or if it applies to humans as well. One study done on individuals with high cholesterol levels found an improvement in their total and LDL cholesterol by 16 % when soy protein (TVP) was utilized in place of casein.⁹ Further research would be useful in this field.

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Chapter 6 – Use of Animal Products and Human Health Risk, Part I

Disease in Animals

Counsels on Diet and Foods, p. 373. “God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man’s wants required. God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthful article of food for man.... After the flood the people ate largely of animal food. God... permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years.”

Counsels on Diet and Foods, p. 375. “By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results... They valued the earthly above the spiritual, and the sacred preeminence which was His purpose for them they did not attain.”

Counsels on Diet and Foods, p. 375. “The Lord plainly told His people that every blessing would come to them if they would keep His commandments, and be a peculiar people... The state of the mind has largely to do with the health of the body... As a general thing, the Lord did not provide His people with flesh meat in the desert, because He knew that the use of this diet would create disease and insubordination. In order to modify the disposition, and bring the higher powers of the mind into active exercise, He removed from them the flesh of dead animals. He gave them angels' food, manna from heaven.”

Counsels on Diet and Foods, p. 384. “The light given me is that it will not be very long before we shall have to give up using any animal food. Even milk will have to be discarded. Disease is accumulating rapidly...some other food than animal food must be substituted for the human family. We do not need flesh food at all. God can give us something else.” (1899)

Counsels on Diet and Foods, p. 386. “The animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood.”

Does current research support these statements? Let us explore a few of the diseases carried by animals that could potentially be transmitted to humans (Remember - Meat typically contains high amounts of fat, protein, iron, and cholesterol; and no fiber).

Heart disease

As seen in previous lectures, animal fat, cholesterol, and protein make significant contributions towards the development of atherosclerosis and heart disease. A fascinating study was conducted to study the incidence of coronary heart disease deaths among the general population and among Adventists males over 35 years of age living in California. Among the Adventists, non-vegetarians were found to have 56% of the heart disease deaths found among the general population, while lacto-ovo vegetarians had 39%, and total vegetarians had only 14% of the deaths found among the general populace.¹

Cancer

Scientists estimate that up to 35-60% of all cancers may be diet related.¹

Colon cancer: 149% increased risk among those that ate meat (beef, pork, lamb) daily over those who ate meat less than once per month—study done by Harvard University on 88,000 nurses. Those eating fish also showed an increase in colon cancer incidence. Another study done by Harvard University on 50,000 men showed a 3.5X increased colon cancer risk among those eating red meat 5+ times/week versus those eating red meat less than once per month. A European study found a doubled colon cancer risk among those who ate meat frequently versus those that rarely or never ate meat. Studies done in Australia also gave similar results.^{2,3,4,5}

Breast cancer: Research on 140,000 Japanese women demonstrated a 4X increased risk of breast cancer among high meat consumers versus low meat consumers—after adjusting for all other known risk factors. A study in Norway demonstrated a doubled risk among those eating meat 5X+/wk versus those eating meat twice or less weekly. Other studies have shown that those eating the most animal fat have the highest breast cancer risk (60% increased risk).^{6,7,8}

Prostate cancer: In one report from the Adventist Health Study, those consuming the largest quantities of animal products had a 3X risk of dying from prostate cancer. In a Harvard Health Professionals study on 50,000 men they found that those that ate red meat 5X/wk had 2.5X greater risk of life-threatening form of prostate cancer. An association between prostate cancer and animal fat has been shown through international research, whereas no relationship was noted to vegetable fat.^{9,10,11,12}

Ovarian cancer: Incidence among 100,000 in general population rose from 15.9 for lacto-ovo vegetarians to 26.4 among those that ate meat 4 or more times per week. A Japanese study suggested that 20% of all ovarian cancers were related to a high meat intake alone. Italians found that women who ate meat 7X or more per/wk had a 60% increase in ovarian cancer, 2X increase in those that used ham 4X or more per week.^{13,14,15}

Lymph gland cancer: In a study conducted on 35,000 women in Iowa, US, lymph gland cancer was found to be doubled in the upper third of red meat consumption versus those in the lower third. Hamburgers were especially implicated, in those eating hamburgers 4+ times/wk., they developed more than twice the incidence of lymph gland cancer.¹⁶

Other cancers linked to high meat and animal product consumption: lung cancer, non-Hodgkin’s lymphoma, pancreas, liver, kidney, and womb.¹

Counsels on Diet and Foods, p. 388. “Cancers, tumors, and all inflammatory diseases are largely caused by meat eating... the prevalence of cancer and tumors is largely due to gross living on dead flesh.”

Cancer Causing Factors:

Benzopyrene: This potent carcinogen has demonstrated cancer-causing activity in liver, stomach, colon, intestinal, esophageal, lung, and breast tissue. It is produced in large amounts when fat from meat drops down on fire/coals, changes to hydrocarbons which distill in the smoke, and then adheres to the meat surface as the smoke rises. Two pounds (1 kilo) of grilled steak produce the same amount of benzopyrene as found in 600 cigarettes. Other mutagenic and carcinogenic compounds are also caused by the grilling of meat and fish. Lymphomas and leukemias have been produced in rats from feeding them these polycyclic aromatic hydrocarbons, while an increased risk of stomach and colorectal cancer has been noted in humans. Heterocyclic amines form as well from grilling and frying. They have been linked with an increased risk for bowel, liver, breast, and stomach cancer, as well as lymphomas in test animals, and specifically with breast cancer in women in Uruguay.^{1,17}

Cholesterol (found in meat, eggs, and dairy): Ovarian, lung, larynx, and colon cancer have all been linked to a high intake of cholesterol. Women with high blood cholesterol levels have demonstrated a 3X likelihood of developing ovarian cancer.¹

Excessive iron intake: Large amounts of iron can be obtained from red meat. Studies suggest that the risk of colon polyps leading to colon cancer is increased by excessively high iron levels.¹

Prion Diseases

Prion diseases are caused by a foreign protein (called a prion) which resembles brain proteins, but is folded differently. When it comes in contact with normal brain proteins, it influences the normal brain proteins to change their shape into the abnormal protein configuration, and the process repeats itself throughout the brain until the brain is transformed into a sponge-like appearance. This disease has been found in over 20 animal species and in humans. It became public after thousands of cows died from a form of a prion disease called “Mad cow disease” in England, which was obtained from feeding the cows ground up, infected sheep. People then contracted the disease from the cows. It cannot be killed by antibiotics, heat, radiation, freezing, drying, or disinfection. A person affected by this protein displays rapidly progressing symptoms that resemble Alzheimer’s disease. A person is typically dead within 2 years after symptoms manifest themselves. This disease is spread by eating the abnormal proteins, primarily found in meat and neural tissue. The worrisome factor is that an animal

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may have the disease for months to years before demonstrating symptoms, and testing is primarily done after death of the animal. This suggests that a cow might be slaughtered while appearing in optimal health, while in reality infected by the prion, and thus transmit the disease to humans.¹

Ministry of Healing, p. 315. “The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat eating, while the real cause is not suspected by themselves or by others.”

Bacterial Risks

Campylobacter is the leading cause of bacterial food poisoning in the U.S. Over two million Americans are infected yearly and develop symptoms such as abdominal pain, fever, nausea, and vomiting (symptoms can be severe and prolonged in 20% of cases), with up to 200 deaths/year in the US. Foods associated with the highest risk for this disease include chicken (~50% of cases), beef, cake icing, raw milk, and eggs.¹

E. coli is a bacteria found in the intestines of humans and animals. Worldwide, it makes thousands sick and kills hundreds yearly. It causes bloody diarrhea, dehydration, and in some, life-threatening kidney failure. The Centers for Disease Control (CDC) estimates that 10,000 to 20,000 Americans become infected with E. coli each year. It has been linked with contamination by animal (or human) feces. Other sources of infection include hamburger, milk, sausage, roast beef, and apple cider. E. coli can be killed by thorough cooking.¹

Salmonella causes an estimated two million illnesses annually in the US. Symptoms typically include an uncomplicated intestinal infection with diarrhea, fever, and chills. However, over 10 percent of patients will require hospitalization and may develop meningitis, sepsis, and chronic arthritis (and some die). If cooked thoroughly, both Salmonella and Campylobacter can be eliminated. Cooks need to be careful not to spread the bacteria via implements, pans, cutting boards, kitchen towels, and sponges. Highest risk foods include chicken, ice cream, chocolate, eggs, and foods made from eggs.¹

Listeria is transmitted through contaminated food typically, including uncooked meat or vegetables such as sprouts, raw milk and cheeses, ice cream, certain soft cheeses, processed meats and hot dogs, etc.) Serious bacterial infection which may cause fever, muscle aches, diarrhea, headaches, confusion, convulsions, and may even lead to death. In pregnancy it may cause fever, fatigue, stillbirth, miscarriage, or life-threatening illness (including meningitis) in the baby after birth. It is especially dangerous in pregnant women, the elderly, infants, and those with a weakened immune system. It is killed by cooking, and can grow in the refrigeration.¹⁸

Other notable bacterial infections spread through animals includes: Yersinia (fever and abdominal pain—often leads to unnecessary appendectomies—found in pork and dairy), and Clostridium perfringens (abdominal cramps/vomiting—from beef and chicken).¹

Viral risks

Bovine Leukemia Virus: Closely related to HTLV-1 (which causes human T-cell leukemia), this virus causes leukemia and lymphosarcoma in cattle. About 40% of US cattle were infected with virus, with an average of 83% of herds with at least one infected cow. When milk infected with viral particles is fed to sheep, they developed lymphosarcoma (lymph gland cancer), however, chimpanzees fed infected milk developed leukemia and pneumocystis pneumonia. Researchers have found genes of BLV origin in human breast tissue, with higher incidence among women with breast cancer than among those without breast cancer. Does it cause cancer in humans? This is the question being asked now. The virus is killed by thorough sterilization. Leukemia is a significant killer in US, esp. among children.^{1,19,20}

Other diseases and concerns:

Trichinosis, Giardia lamblia, hookworm, vibrio cholera, leptospirosis, fish tapeworm, Scombroid, Roundworm, Brucellosis, Pork tapeworm, beef tapeworm, ciguatera poisoning, ringworm, tularemia, cryptosporidiosis are only a few of many diseases that are associated with the intake of animal products or exposure to animals.¹

Crohn’s disease, a devastating intestinal illness that causes bloody diarrhea, fever, pain, arthritis, and incapacity has recently been linked to dairy use through the germ Mycobacterium paratuberculosis. This organism is

commonly found in sheep, cattle, and other similar animals, and is able to survive common pasteurization methods.^{21,22,23,24}

Animal handlers have been found to have a heightened risk for Hodgkin’s disease, multiple myeloma, leukemia, melanoma, lymphoma, stomach cancer, prostate cancer, and Paget’s disease.¹

In addition, synthetic hormones in the US include: estradiol, progesterone, testosterone, zeranol, trenbolone acetate, and melengestrol acetate which are often used in all animals except hogs and poultry to stimulate weight gain. Effects on humans are still uncertain.²⁵

Counsels on Diet and Foods, p. 382. “Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.”

Highlight on Fish

Fish has been recommended by some health professionals around the world as a means of lowering one’s cholesterol, risk of heart disease, and as a healthy alternative to red meats. In addition, it is often recalled that Jesus ate fish while on earth. Have times changed? Should we recommend its use without reservations, or is there more to the story?

It is very true that the majority of people who replace heavy red meat consumption in their diet with fish will decrease their blood cholesterol level and risk of death from heart disease (by 50% in one study). Some of the reasons behind this include the following: fish contains more polyunsaturated fat and less saturated fat than red meat—both of which help to lower a person’s cholesterol and thus their risk of heart disease more than with a red meat diet. In addition, Omega 3 fatty acids are present in significant quantities in fish. Omega 3 was discussed in an earlier lecture, and we learned that it also helps to lower triglycerides, and the risk of blood clots, and this lowers the risk of heart disease.^{1,26,27}

Health Concerns Include:

1. In comparison with a vegetarian diet that contains no animal products, eating fish will actually increase dietary cholesterol intake, and will lead to an increase in the LDL (unhealthy cholesterol) level in the blood. True, the cholesterol level is often lower than in red meat, but is far higher than all plant sources, since plant foods contain no cholesterol.^{28,29,30}
2. People choosing a total vegetarian diet had an 86% decrease in heart disease deaths, while those consuming fish showed only a 50% drop in mortality compared to men consuming red meat.^{31,32}
3. A Harvard study on 44,895 male health professionals found that men that ate fish several times a week had the same likelihood of having a heart attack as those that ate fish only once in a month, and suggested that those that ate fish 6+X/week had a greater risk of coronary artery disease than those who ate one serving per month or less.³³
4. It is true that fish have a high amount of Omega 3 in their fat, which has many benefits, but the Omega 3 can be obtained from plant sources more safely (see benefits and risks listed in fat lecture).
5. Poisoning has been noted from over 400 different species of reef fish (ciguatera poisoning), as well as from tuna and other fish (scombroid poisoning). Overall, seafood has been implicated in over 113,000 cases of food poisoning each year in both raw and cooked states.¹
6. Fish frequently contain various parasites, and can transmit these to humans. These include roundworms, flatworms, tapeworms, and flukes.¹
7. Biomagnification is a real danger from fish and seafood. Biomagnification is an “increasing concentration of a substance, such as a toxic chemical, in the tissues of organisms at successively higher levels in a food chain. As a result of biomagnification, organisms at the top of the food chain generally suffer greater harm from a persistent toxin or pollutant than those at lower levels”.³⁴

For example, water may contain miniscule amounts of a pesticide/heavy metal/herbicide/etc., then water plants and phytoplankton may concentrate the toxins in their tissues, and then an herbivorous fish may come

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along and eat the plant, and concentrate the toxins/heavy metals further. After this a carnivorous fish may eat the herbivorous fish and concentrate the toxin still further. What happens when a human then comes along and eats the carnivorous fish? They have just ingested and further concentrated the toxins within their own tissues, and disease frequently results. Below is an example of the biomagnification of the insecticide DDD drawn from beautiful, clear, pristine Clear Lake, located in the mountains of California near scattered farms and small towns.³⁵

<u>Sample:</u>	<u>DDD, ppm</u>
Lake water	0.02
Phytoplankton (living in DDD-contaminated water)	5
Herbivorous fish (they eat the phytoplankton)	40-300
Carnivorous fish (they eat the herbivorous fish)	up to 2,500

Substances known to be concentrated in biomagnification in fish include the carcinogens dioxin and PCBs, as well as pesticides, halogenated organic compounds, chlordane, mercury, lead, and contaminants introduced from boating waste. As a result, over 1,740 rivers and lakes in 47 states as well as large coastal areas in 1996 had warnings against eating certain fish (tuna, swordfish, shark, bluefish, lake trout, and other fresh water fish are frequently implicated). Diseases such as gastroenteritis, dysentery, and hepatitis can also be spread by sewage overflow/drainage into river. The EPA has stated that bioaccumulation may cause a concentration of toxins of up to more than 1,000,000 times original water levels in aquatic organisms. Biomagnification has been linked with increased cancer risk, elevated cholesterol and triglycerides, lowered sperm counts and fertility, adversely affected fetal and early childhood development, nervous system disorders and kidney damage in children and adults, IQ impairment, and more (effects depend on toxin that is biomagnified).¹

It is true that plants also biomagnify toxins; however, as seen in the table above, the amount they concentrate toxins is miniscule in comparison with animal products further up the food chain.

8. Cancer. Fish have been found to have increasing levels of cancer. In Lake Erie alone, 30% of the bullheads were found to have liver cancer. Cancers in fish have been found all over the continent. This is sobering, since the National Institutes of Health have found that there is an increased death rate from cancer in humans in regions where cancer in fish is more prevalent. The pollution was significant enough in Lake Erie that when the sediment of the lake was painted on mice, they developed skin cancers.³⁶

But didn't Jesus eat fish? Yes, the Biblical record suggests that He did. However, let us compare the times in which Jesus lived versus today:

- Disease has been steadily increasing (*Counsels on Diet and Foods*, p. 145)
- Fish had far less disease at that time than they have now
- There were far fewer toxins in the water at that time to be biomagnified
- People generally exercised regularly and participated in many other healthy lifestyle habits which balanced the problems from the use of fish
- Jesus had vital issues in relation to human salvation to cover in His 3 1/2 years of public ministry, this held higher priority than fish consumption at that time

Counsels on Diet and Foods, p. 366. “Disease in animals is increasing in proportion to the increase of wickedness among men.”

Manuscript Release, Volume 14, Number 1129, September 1, 1905. “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 the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food, they bring disease and death on those who do not suspect the danger.”

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Chapter 7 – Use of Animal Products and Human Health Risk, Part II

Counsels from Inspiration

Counsels on Diet and Foods, p. 355. ([C.T.B.H. 47] (1890) C.H. 114, 115). “Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.”

Union Conference Record (Australasian), July 28, 1899. “The light given me is that it will not be very long before we shall have to give up any animal food. Even milk will have to be discarded. Disease is accumulating rapidly.”

Counsels on Diet and Foods, p. 352. (Letter 98, 1901) “There is danger that in presenting the principles of health reform some will be in favor of bringing in changes that would be for the worse instead of for the better. Health reform must not be urged in a radical manner. As the situation now is, we cannot say that milk and eggs and butter should be entirely discarded. We must be careful to make no innovations, because under the influence of extreme teaching there are conscientious souls who will surely go to extremes. Their physical appearance will injure the cause of health reform; for few know how to properly supply the place of that which they discard.”

Counsels on Diet and Foods, p. 353. (Letter 37, 1901). “As I preach the gospel to the poor, I am instructed to tell them to eat that food which is most nourishing.”

Counsels on Diet and Foods, p. 359. (Letter 151, 1901). “We see that cattle are becoming greatly diseased, the earth itself is corrupted, and we know that the time will come when it will not be best to use milk and eggs. But that time has not yet come. We know that when it does come, the Lord will provide.... In all parts of the world provision will be made to supply the place of milk and eggs. And the Lord will let us know when the time comes to give up these articles.... The Lord will give dietetic art and skill to His people in all parts of the world, teaching them how to use for the sustenance of life the products of the earth.”

Testimonies to the Church, Volume 7, p. 135 (1902). “Tell them that the time will soon come when there will be no safety in using eggs, milk, cream or butter, because disease in animals is increasing in proportion to the wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.”

Testimonies to the Church, Volume 7, p.135 (1902). “Milk, eggs, and butter should not be classed with flesh meat. In some cases the use of eggs is beneficial. The time has not come to say that the use of milk and eggs should be wholly discarded. There are poor families whose diet consists largely of bread and milk. They have little fruit, and cannot afford to purchase the nut foods. In teaching health reform, as in all other gospel work, we are to meet the people where they are. Until we can teach them how to prepare health reform foods that are palatable, nourishing, and yet inexpensive, we are not at liberty to present the most advanced propositions regarding health reform diet.”

Ministry of Healing, p. 320, 321 (1905). “Those who live in new countries or in poverty-stricken districts where fruits and nuts are scarce, should not be urged to exclude milk and eggs from their dietary. It is true that persons in full flesh and in whom the animal passions are strong need to avoid the use of stimulating foods. Especially in families of children who are given to sensual habits, eggs should not be used. But in the case of persons whose blood-making organs are feeble,—especially if other foods to supply the needed elements cannot be obtained,—milk and eggs should not be wholly discarded. Great care should be taken, however, to obtain milk from healthy cows and eggs from healthy fowls, that are well fed and well cared for; and the eggs should be so cooked as to be most easily digested.”

“The diet reform should be progressive. As disease in animals increases, the use of milk and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable.”

Ministry of Healing, p. 202 (1905). “If milk is used, it should be thoroughly sterilized; with this precaution, there is less danger in contracting disease from its use.”

Testimonies to the Church, Volume 9, p. 162 (1909). “Eggs contain properties that are remedial agencies in counteracting certain poisons. Some in abstaining from milk, eggs, and butter, have failed to supply the system with proper nourishment, and as a consequence have become weak and unable to work. Thus health reform is brought into disrepute.”

The Milk Dilemma

The above statements indicate that there was a time when milk and eggs were safe and beneficial for food. It further stated by White (prior to 1902) that the time would come soon when there would be no safety in the use of any animal products because of disease, but that they were not to be classified in the same category as meat, were not to be removed from the poor who could not healthfully replace them, and encouraged teachers to educate people how to prepare healthful, tasty dishes to take the place of milk, eggs, and cheese. There are some benefits from the use of dairy and eggs. Milk contains an abundance of proteins, fats, sugars, vitamins, and minerals which are easily digested by many, and meet many of the nutritional needs of the body, and is often helpful in preventing malnutrition in otherwise nutritionally inadequate diets.

Bone health: While dairy is not essential for the bone health of the growing child or young adult,¹ a good daily source of calcium is essential and this may be provided by a variety plant-based sources such as fortified soy or almond milk, green leafy vegetables, etc.

Fat Content and Cardiovascular Disease: Dairy products—including cheese, ice cream, whole milk, butter, and yogurt—contribute significant amounts of cholesterol, saturated fat, and animal proteins to the diet. Diets high in these constituents can increase the risk of heart disease, among other serious health problems, as noted in fat and protein lectures previously.² However, when non-fat milk or yoghurt is used, saturated fat and cholesterol would not be a significant issue.

Cancer: Research reveals a possible increase in prostate cancer risk in men who consume milk on a regular basis. When approximately 22,000 physicians (including 2,800 who were diagnosed with prostate cancer) were followed for 28 years, it was noted that the risk of death from prostate cancer was higher in those who consumed whole milk. (*Journal of Nutrition* 2012. doi: 10.3945/jn.112.168484). Another study showed a strong relationship between milk intake and ovarian and prostate cancer; as well as the strong relationship of both meat and milk to breast cancer risk.^{3,4,5}

Lactose intolerance: This typically develops during childhood and/or adolescence when the body loses the enzyme lactase to digest the milk sugar, lactose. This condition is common among many populations, affecting approximately 80-90% of Asians and southern African people groups (Bantus), 70-75% of African American and Mediterranean peoples, 50% of Hispanics, and 20% of Caucasians. Symptoms of lactose intolerance include gastrointestinal distress, diarrhea, bloating, and flatulence.^{2,6} These symptoms are particularly noted on consumption of larger quantities of dairy products.

Allergies: Research has demonstrated that those who utilize cow’s milk develop significantly more allergies than those that abstain from its use.⁷ Milk itself is known as a frequent allergen, and can cause a wide range of allergic symptoms ranging from diarrhea or constipation, rectal bleeding, vomiting, recurrent nasal congestion and/or bronchitis, skin rash, mouth ulcers, colic, learning difficulties, and more.²

Milk sensitivities also occur. They are typically not considered to be true allergies, but do provoke a wide variety of unpleasant signs and symptoms including: ear infections, tension headaches, asthma, respiratory difficulties, congestion, etc. These problems may be caused by other things as well, but a one-month trial elimination of dairy could clarify if dairy is causing the problem.²

Diabetes, Type 1: A relationship has been demonstrated in Finnish studies and elsewhere between the use of dairy and the development of Insulin-dependent (type 1 or childhood-onset/juvenile) diabetes in genetically susceptible individuals. It has been suggested that the introduction of milk early in infancy may cause the immune system to

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correctly classify 2 proteins found in milk as foreign, but then target nearly identical proteins in the beta cells that produce insulin in the pancreas and destroy them, thus causing type one diabetes.^{2,8}

Iron-deficiency anemia: This problem may be caused by milk ingestion, by causing sloughing of the intestinal lining cells leading to small amounts of bleeding, and thus to anemia. Cow’s milk contains only 1/5 the amount of iron found in human breast milk, thus it does little to restore iron stores lost through bleeding. Milk and eggs also make the absorption of iron more difficult.^{9,10,11,12} Human milk also contains lactoferrin, which helps to facilitate iron absorption—which the dairy milk lacks.

Other factors: Research showed that infants fed cow’s milk have a 80% greater likelihood of developing diarrhea, and a 70% greater likelihood of ear infections than those that are breast fed.¹³

Contamination:

- Milk frequently contains contaminants including bacteria, antibiotics, pesticides, and hormones.²
- Pasteurization of milk raises the temperature to 161°F for 15 seconds. This temperature significantly lowers the number of live microorganisms; however, many may still exist. The US Public Health Service regulates that milk should contain no greater than 20,000 bacteria and no greater than 10 coliform bacteria (E. coli from feces) per milliliter of milk. This may equal up to 4.8 million bacteria and nearly 2,500 E. coli in an 8 ounce cup of milk.²
- Disease-causing bacterial contamination may include: Salmonella, yersinia, listeria, campylobacter, Mycobacterium paratuberculosis, as well as bacteria causing brucellosis, strep, and Q fever. Boiling milk for some time appears to be adequate to kill these microorganisms. However, prions are not killed by boiling. Researchers are still uncertain as to whether milk can transmit prions or not.²
- Antibiotics are frequently used in cows to prevent infection and boost growth. These antibiotics can pass into the milk and can lead to antibiotic resistance in humans.²
- In addition, in the US, recombinant bovine growth hormone (rBGH) in dairy cows is used to increase the production of milk. The European Union has banned growth hormone use and the import of meat from animals that utilized synthetic growth hormone due to significant health concerns^{2,14}
- Pesticides, toxins, and heavy metals build up in cows and are passed on through their milk. Many of these toxins do not readily leave the body and can eventually build up to harmful levels.²

Concerns with Eggs

Cholesterol: Egg yolks are extremely high in cholesterol (one yolk contains about 200-212 mg. cholesterol).¹⁵ A high cholesterol intake has been linked to an increased risk of heart disease (esp. oxidized cholesterol found in dried pudding, muffin, pancake, and other such mixes) and cancers of the lung, larynx, and ovary. Eggs are also high in saturated fat, which has been linked with an increased risk for heart disease (see fat lecture for citations).

Allergies: Common cause of allergic reactions, and can contribute to asthma in sensitive individuals.^{2,16}

Cancer: Significantly increased incidence of colon cancer among heavy consumers of eggs.¹⁷ A study linked both colon and ovarian cancer, and death from prostate cancer to egg consumption. A different study from Yale University found that for each additional 100 mg of egg cholesterol intake average/day, women gained an additional 42% increased risk of ovarian cancer.^{18,19,20}

Bacterial Contamination: Eggs frequently contain Salmonella enteritidis—both outside and inside the eggshells, and can cause vomiting, stomach cramps, diarrhea, fever, headache, and even serious complications such as meningitis,²¹ blood infections, reactive arthritis,²¹ and a few die (egg would have to be boiled for at least 7 minutes to kill Salmonella).^{2,22} Campylobacter is another disease-causing bacteria frequently spread through the use of inadequately sterilized eggs (see citation under meat).

Viruses: Several viruses have been found in eggs. Researchers are exploring whether these viruses could potentially be transmitted to humans.²³

Cheese and Human Health

Selected Messages, Volume 3, p. 287. “The question whether we shall eat butter, meat, or cheese, is not to be presented to anyone as a test, but we are to educate and to show the evils of the things that are objectionable.

“Tea, coffee, tobacco, and alcohol we must present as sinful indulgences. We cannot place on the same ground, meat, eggs, butter, cheese, and such articles placed upon the table. These are not to be borne in front, as the burden of our work.”

Counsels on Diet and Foods, p. 368. “The effect of cheese is deleterious.”

Testimonies to the Church, Volume 2, p. 68. “Cheese should never be introduced into the stomach.”

The Ministry of Healing, p. 302 (1905). “Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. Cheese [TRANSLATED “STRONG, SHARP CHEESE,” WITH ELLEN WHITE’S APPROVAL, IN THE GERMAN-LANGUAGE EDITION.] is still more objectionable; it is wholly unfit for food.”

Mild cheeses such as cottage cheese and cream cheese, which are not “aged” would thus seem less objectionable than the hard, ripened cheeses.

In summary, Ellen White states that the effects of cheese are potentially harmful to the human body, but suggests that we should not become radical about its use or make the use of cheese a test.

Fat and Cholesterol:

- Fat content of cheese ranges from 23-34% in ripened cheeses (excluding specially “reduced-fat” versions)²⁴
- Many cheeses also contain significant amounts of saturated fat and cholesterol, both of which increase the risk of heart disease (see citations under “fat” lecture)
- Oxidized cholesterol raises the risk of heart disease (See citations under “cholesterol” earlier). Ripened cheese is an extremely high source for oxidized cholesterol²⁵

Toxic Chemicals: During the ripening of cheese, many cheeses develop the “biogenic amines” tyramine and tryptamine, a class of chemicals that falsely stimulate the sympathetic nervous system, sometimes called false-neurotransmitters. They can cause distortion/disturbance of the normal electrical messages of the brain. It is suggested that a relationship may exist between them and mild behavioral conditions.² Tyramine (produced during ripening of cheese) has been linked with precipitating heart arrhythmias in some cases.^{26,27}

Tyramine also causes vasoconstriction, which can lead to migraine headaches and hypertension in sensitive individuals.^{23,28}

Some of the amines found in cheese may interact with the nitrates present in the stomach to form nitrosamine, a cancer-producing agent.²³

“Changes that occur in some cheeses with the fermenting and “ripening” process include the production of a toxic alkaloid called roquefortine, a neurotoxin which can cause mice to have convulsive seizures. Probably, all blue cheese contains roquefortine. The alkaloid is produced by the mold *Penicillium roqueforti*.”²³ Sterigmatocystin, is a carcinogen produced by molds in the aged, moldy cheese rinds.²⁹

Other Concerns:

Since cheese is a dairy product, it shares many of the same links with increased cancer risk as dairy milk (see “milk”).

A doubled risk of ovarian cancer was noted among those that utilized cheese greater than 2 times per week versus less than 1 time per week in the US.³⁰ The risk of colon cancer was nearly doubled by a high intake of cheese in Argentina.³¹

Cheese also shares nearly all other risks listed under dairy milk, excepting that some individuals who are lactose intolerant may find that they are able to tolerate cheese better since much of its lactose has been broken down in the aging process.³²

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Pasteurized cheeses contain similar bacterial risks as dairy milk; however, cheeses made from raw milk exist. They are common in Europe, Mexico, and are even produced here in the US. The FDA requires cheeses made in this country to either be pasteurized, or else “unpasteurized cheese must be aged at 35 degrees F for 60 days;”³³ nevertheless, imported cheeses may not meet these guidelines. Unpasteurized cheeses pose significant risks to the health. They include the soft cheeses, such as Camembert, Vacherin Mont d’Or, and Brie, and Mexican-style soft cheeses such as Queso Blanco, Panela, Queso Fresco, Asadero, and others made from unpasteurized milk. Many bacteria may still be present, and the consumer risks becoming sick from Salmonella, E. coli, Listeria, and many other pathogens.³⁴

In summary, the aging process, the high saturated fat content, and the biogenic amines produced during the aging of cheese would make a person extremely careful on their use of cheese.

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Chapter 8 – Vitamins, Minerals, and Phytochemicals

Vitamins and minerals are substances vital to human life, but needed in small quantities in comparison with carbohydrates, proteins, and fats. They must come from our diet.

Vitamins

Vitamins are powerful, organic, essential nutrient compounds found in the foods we eat. They do not produce energy and are needed in minute amounts. Vitamins assist enzymes (coenzymes) to release energy from carbohydrates, fats, and proteins, help regulate metabolism, are needed for reproduction, growth, and the maintenance of life and health. They can be destroyed with water (esp. water soluble vitamins), time, heat, air, chopping, and alkaline substances (baking soda).

Water-soluble vitamins are found in the watery compartments of foods, are absorbed directly into the bloodstream, excessive amounts are filtered out by the kidneys, are retained for varying lengths of time, but must be eaten regularly. Water-soluble vitamins include all of the B vitamins, Vitamin C, and folic acid.

Fat-soluble vitamins are found in the fats of foods; dietary fat is necessary for absorption. They do not mix with water and require bile for absorption. They are absorbed into the lymphatic system, which empties into the bloodstream. Excess is stored in the liver or fat cells until needed. Thus, these vitamins can be eaten in larger quantities once in a while, thus it is not crucial that they be eaten daily. However, since they are not easily excreted, fat-soluble vitamins have a much higher risk of toxicity. Toxicity is likely if there is regular supplementation, but generally is not an issue when they are obtained from a well-balanced diet alone. Fat-soluble vitamins include vitamins A, D, E, and K.

Minerals

Minerals, in contrast, are inorganic elements needed by living cells for proper structure and function. They are found in the soil and we obtain them through our food. They are virtually indestructible, but can be eliminated in food processing (refining, boiling, etc.). Minerals help maintain the proper composition of body fluids and a proper chemical balance, key in the formation of blood and bone, needed for maintenance of nerve function, regulation of muscle tone, proper utilization of vitamins and other nutrients, and serve as coenzymes in growth, energy production, and healing.

Major minerals (5 grams or more present in body) include calcium, magnesium, potassium, sulfur, sodium, chloride, and phosphorus.

Trace minerals (5 grams or less present in body) include iron, copper, manganese, iodine, selenium, chromium, molybdenum, silicon, vanadium, zinc, and boron.

Following is a table that shows many of the vitamins and minerals, their functions, sources, deficiency symptoms, and effects from excessive intake:

Vitamin/Mineral	Function(s)	Sources	Deficiency symptoms	Toxicity
A (fat soluble)	antioxidant, immunity (esp. children), vision, growth, epithelial cell integrity, reproduction	orange/dark green/ yellow fruits & vegetables, breast milk	single most preventable cause of blindness, night blindness, immunity	liver damage
D (fat soluble)	bones, teeth (facilitates calcium absorption into bones)	sunshine (formed from cholesterol in skin: 10-15 mins. few times/ week for light skinned people. 3+ hours few times/wk for dark skinned peoples. fortified milk, eggs, margarine	rickets (bowed legs or knock-kneed, knobs on ribs, outward bowed chest), osteomalacia (softening of bones). Deficiency found to be potentially connected with cancer, depression, immune dysfunctions, cardiovascular problems, hemolytic anemia in children, etc.	Calcification of soft tissues (kidneys, etc.)

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E (fat soluble) *note: frying and oxidation destroy vitamin E	antioxidant, helps immunity, protects lungs from pollutants	polyunsaturated fatty acids (plant oils), seeds, nuts, green leafy vegetables, whole grains	rare	
K (fat soluble)	blood coagulation	green leafy vegetables, GI bacteria, cabbage family	Hemorrhaging in newborns	
B1 (thiamin)	nerve function, coenzymes in energy metabolism	whole and enriched grains, legumes, nuts, seeds	beriberi=nerve damage→paralysis (Signs and symptoms include: confusion, extreme weakness, irritability, staggering gait)	
B2 (riboflavin)	skin health, coenzyme in energy metabolism, vision	whole and enriched grains, dairy, green leafy vegetables, legumes	poor skin, cracks at corner of mouth, smooth tongue, sensitive eyes	
B3 (niacin)	Brain function, skin, digestive system, coenzymes in energy metabolism	whole and enriched grains, high protein foods including legumes, peanuts	pellagra (4D's): diarrhea, dermatitis, dementia, and death	Flushing, risk of gout, glucose intolerance
B6 (pyridoxine) *heating destroys B6	glucose regulation, coenzymes in energy metabolism, amino acid metabolism, neurotransmitters, immunity, RBCs	bananas, potatoes, greens, watermelon, plums, sunflower seeds	weakness, irritability, insomnia, smooth & red tongue, “greasy dermatitis”	irreversible nerve damage
Folic acid (folate) *alcohol decreases absorption/smoking decreases effectiveness	amino acid metabolism, GI health, formation of RBCs, DNA, & RNA	Green leafy vegetables, legumes, fresh fruits and vegetables	macrocytic anemia, birth defects, harms GI tract	
C (ascorbic acid) *destroyed by oxidation and heat (fresh best)	antioxidant, collagen formation, helps in stress	citrus, cantaloupe, broccoli, cauliflower, peppers, potatoes, strawberries, tomatoes, kiwi	bleeding gums, poor wound healing, pinpoint bleeding, scurvy	nausea, cramps, diarrhea
Sodium *recommendation: <2 grams/day of sodium = 5 grams/day (scant teaspoon) of salt ¹	fluids, nerve and muscle function, blood pressure	salt, most foods have varying amounts	muscle cramps, edema	hypertension
Potassium	fluids, nerve and muscle function	whole foods (fruits and vegetables)	muscle weakness, abnormal heart rhythms	abnormal heart rhythms
Chloride	fluids, stomach acid	salt	rare	
Calcium	bones, teeth, blood clotting, enzyme activation, muscle action, blood pressure	greens, sesame seeds, tofu, dairy	rickets, tetany (muscle cramps), osteoporosis	kidney stones
Phosphorus	bones, teeth, ATP (energy)	milk, meat, fish, processed fish	rare, usually have excess	poor calcium absorption
Magnesium	bones, teeth, muscle function	Leafy greens and nuts	tetany (muscle cramps), abnormal heart rhythms	
Iron	hemoglobin in red blood cells, myoglobin in muscle cells, helps carry oxygen in these	meat, poultry, fish, legumes, green leafy vegetables, fortified foods, dried fruits.	microcytic, hypochromic anemia, impairs immunity, reduces physical &	increased coronary heart disease and cancer risk, poisoning in children

	cells	molasses, whole grains	mental capacities, increases maternal mortality (incr. risk of hemorrhage and infection during birth), low birth weight	
Zinc	wound healing, growth and development, immune function, taste acuity	legumes, nuts, whole grains, yeast, meat, poultry, fish	dwarfism in Middle East, poor wound healing, increased susceptibility to infection, diarrhea, loss of appetite, hair loss, slow sexual development in boys, decreased taste	Decreased immune function
Iodine	thyroid function, metabolic rate	foods grown on iodine rich soil, iodized salt, seaweed, sea fish (iodine-soil is often poor in the mountains)	goiter, brain damage (preventable), mental retardation, cretinism (retarded growth), most damage occurs in womb, inc. risk of stillbirth & miscarriage	

Vitamin B12

This is an essential vitamin for human health. It is necessary for red blood cell formation and maturation, neurological health, and more. Signs and symptoms of a B12 deficiency may include macrocytic anemia (in which the red blood cells are larger than normal), neurological problems including numbness and tingling of the extremities, balance problems, fatigue and weakness, irregular menstrual cycles, and mental changes—including depression, irritability, disorientation, memory loss, and dementia. Cases of untreated deficiency may end in death. Either the anemia or the neurological changes may appear first. Effects of B12 deficiency may require weeks to months to reverse, or may be irreversible in advanced cases. B12 deficiency is generally caused by inadequate absorption, which may occur as a result of inadequate intake, lack of hydrochloric acid production, a lack of intrinsic factor (aging, gastritis, etc), and more. Many people have large stores of B12 in the liver and muscle. When making the change to a total vegetarian diet, it may take years to show a deficiency due to the body’s ability to recycle most of the B12 it secretes into the gastrointestinal tract. A lacto-ovo vegetarian diet can more easily provide all the B12 needed for good health, while total vegetarians should either include foods fortified with adequate B12 amounts, or use a supplement of this vitamin. The recommended intake is 2 to 2.4 mcg/day. Blood tests are a good way to evaluate B12 adequacy. However, large amounts of folic acid can mask a B12 deficiency by eliminating the macrocytic anemia, without eliminating the effects to the neurological system. Foods such as seaweed, fermented soy products, mushrooms, and unfortified yeast flakes generally do not provide the B12 needed by the body.²

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Phytochemicals

Phytochemicals are chemicals found in plants. Scientists discover more daily as to how they work in our bodies to prevent cancer, lower cholesterol, enhance immune function, and much more. Plant foods contain thousands of different phytochemicals. Almost 2,000 of these are plant pigments, the chemicals that give food their color. Other phytochemicals lend flavor to food. Some of the most familiar ones are beta-carotene, the orange color in sweet potatoes and peaches, and chlorophyll that makes broccoli such a dark green. Dr. Joseph Hotchkiss, from Cornell University, stated that one tomato may contain 10,000 phytochemicals!³

Let us explore one effect phytochemicals may have: fighting cancer. Here is a list of just a few phytochemicals and their sources found to be helpful in fighting against cancer:⁴

sinigrin	Brussels sprouts
sulphoraphane, dithiolthiones	Brussels sprouts, cauliflower, broccoli, etc.
carotinoids	Yellow and orange fruits and vegetables
anthocyanins	Dark red, blue, and purple fruits and berries (plums, cherries, blueberries, raspberries, etc.)
resveratrol	red grapes
limonene	citrus fruits
allyl sulfides	garlic, onions, leeks
isoflavones	soybeans
saponins, protease inhibitors	legumes
ellagic acid	grapes, strawberries, nuts
caffeic acid	fruits and vegetables
phytic acid	grains, nuts, and seeds

These are just a few.... Phytochemicals are found in all whole plant foods. They affect many functions of the body, the following are just a sample: reduce risk of diabetes, heart disease, affect blood clotting, act as antioxidants, protect DNA, detoxify carcinogens, facilitate excretion of carcinogens, prevent free-radical formation, reduce risk of osteoporosis, stimulate immune response, prevent cancer cells from multiplying, and MANY more!

As we look at the effects of vitamins, minerals, and phytochemicals in the body, it highlights the importance of using a wide variety of fruits, nuts, whole grains, vegetables, legumes, and seeds in as simple, natural, and unprocessed of a manner as possible, selecting good quality produce, eating an abundance of raw fruits and vegetables, and seeking for a wide representation of the different colors, types of fruits/vegetables/grains/seeds/legumes in each week. God has prepackaged vitamins, minerals, and phytochemicals we need in the right amounts—a phytopharmacy to meet our body’s need as we avail ourselves of the luscious grapes, the crunchy carrots, juicy tomatoes and oranges, the delicious kiwis, and the golden grains.

¹ WHO. (2012). Guideline: Sodium intake for adults and children. *World Health Organization*. Retrieved June 3, 2015 from http://www.who.int/nutrition/publications/guidelines/sodium_intake_printversion.pdf

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Chapter 9 – Stimulants

Caffeine, Tea, and Chocolate

The Ministry of Healing, p. 326. “The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid.”

Counsels on Diet and Foods, p. 425. “The health is in no way improved by the use of those things which stimulate for a time, but afterward cause a reaction which leaves the system lower than before. Tea and coffee whip up the flagging energies for the time being; but when their immediate influence has gone, a feeling of depression is the result.”

Testimonies, vol. 3, p. 487. “Because these stimulants produce for the time being such agreeable results, many conclude that they really need them and continue their use. But there is always a reaction. The nervous system, having been unduly excited, borrowed power for present use from its future resources of strength.”

The Ministry of Healing, pp. 326, 327. “The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils; for they wear away the life forces. Tired nerves need rest and quiet instead of stimulation and overwork. Nature needs time to recuperate her exhausted energies. When her forces are goaded on by the use of stimulants, more will be accomplished for a time; but as the system becomes debilitated by their constant use, it gradually becomes more difficult to rouse the energies to the desired point. The demand for stimulants becomes more difficult to control, until the will is overborne, and there seems to be no power to deny the unnatural craving. Stronger and still stronger stimulants are called for, until exhausted nature can no longer respond.”

Temperance, p. 76.2,3. “But isn’t tea better? Don’t we hear lots of good things about it? “Tea... enters into the circulation and gradually impairs the energy of body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action, and thus gives the tea drinker the impression that it is doing him great service, imparting to him strength. This is a mistake. Tea draws upon the strength of the nerves and leaves them greatly weakened. When its influence is gone and the increased action caused by its use is abated, then what is the result? Languor and debility corresponding to the artificial vivacity the tea imparted.”

Testimonies, vol. 2, pp. 64, 65. “When the system is already overtaxed and needs rest, the use of tea spurs up nature by stimulation to perform unwonted, unnatural action, and thereby lessens her power to perform and her ability to endure; and her powers give out long before Heaven designed they should. Tea is poisonous to the system. Christians should let it alone.... The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling of the nerves, with many other evils.”

Temperance, p. 79.2. “The money expended for tea and coffee is worse than wasted. They do the user only harm, and that continually.”

Testimonies, vol. 3, p. 563. “By the use of tea and coffee an appetite is formed for tobacco, and this encourages the appetite for liquors.”

Ellen White calls tea and coffee “slow poisons.” *Temperance*, p. 81.

Is there truth in this statement? What does science have to say about the use of coffee and tea?

Coffee contains a methylxanthine, caffeine.

Tea contains three methylxanthines: caffeine, theophylline, and theobromine.

Chocolate contains two methylxanthines: caffeine and theobromine.

Sodas (Coca cola, Dr. Pepper, Mountain Dew, Red Bull, etc) contain varying amounts of caffeine, thus have the effects from caffeine, plus the damaging effects of excess sugar, phosphorus, and empty calories.

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Levels of caffeine in coffee, tea, soda, and chocolate:¹

Coffee	95-200 mg./8 oz. cup
Energy drinks	70-207 mg/8 oz. can (2 oz in one case)
Black Tea	14-70 mg/8 oz. cup
Green tea	24-45 mg/8 oz. cup
Colas	16-55 mg/12 oz. can
Caffeine containing meds	65-200 mg./tablet
Chocolate chips	104 mg/1 cup

Maté, guarana, and cola nuts also contain significant quantities of caffeine²

Caffeine is rapidly absorbed into the system. Extremely high levels are toxic and can cause convulsions and vomiting. Lower amounts still affect the body significantly.

Caffeine's effects:

Brain and nervous system:

- Caffeine stimulates the central nervous system
- Produces alertness, then depression as time progresses
- Overall increase in depression and coping problems in women (study on 143,000 Scandinavian users)
- Insomnia and sleep disruption
- Irritability, nervousness, restlessness, and anxiety
- Tremors (worsens fine motor coordination)
- Headaches
- Alters some brain neurotransmitter levels
- May aggravate behavioral disorders
- Decreases frontal lobe blood flow
- Worsens performance of short term memory tasks
- Produces dependence

Body Chemistry:

- Raises blood sugar levels (makes person feel like they have extra energy)
- Decreases iron absorption (due to tannins present)
- Associated with maternal and fetal anemia

Heart and Circulation:

- May cause irregular heartbeat and palpitations
- Lowers the threshold for ventricular fibrillation
- Raises the blood pressure
- Raises free fatty acids, cholesterol, and lipoprotein levels in the blood
- Heightened risk for cardiac arrest

Digestive System:

- Stimulates the production of stomach acids, and can worsen peptic ulcers
- Relaxes the lower esophageal sphincter, thus contributing to heartburn

Reproductive System:

- May cause a delay in conception, spontaneous abortion, birth defects, and low birth weight

Misc.

- Dilates the bronchi, relaxes the smooth muscle
- Worsens symptoms of premenstrual syndrome (PMS)
- Raises risk of bladder cancer and suspected co-carcinogen in other cancers
- Increases loss of calcium and magnesium via the urine (increasing risk for osteoporosis?)

Is it possible to become addicted to caffeine? Yes, withdrawal symptoms can include: dizziness, agitation or irritability, restlessness, recurring headaches, difficulty sleeping, tremor of hands, perspiration of the hands and feet, and more.

What about caffeine and children? Because children weigh less caffeine has a greater effect on them. One can of cola for a child is often the equivalent of 3-4 cups of coffee for an adult (depending on the child's weight).

Tea: Has same effects related to caffeine content. In addition it is associated with an increased risk of rectal cancer.

Chocolate

Has effects related to caffeine content. In addition:

- Theobromine in chocolate is the principle methylxanthine, causing mild central nervous system stimulation
- Theobromine found in chocolate and tea has been suggested by research to double the risk for prostate cancer (at 20 mg daily).³ Further studies are needed to evaluate this.
- Associated with allergic reactions including headaches.
- Chocolate contains 0.45 to 0.49% oxalic acid. The oxalic acid combines with calcium to form an insoluble compound, calcium oxalate, which passes out of the body unabsorbed, thus depleting the body of calcium.

Theobromine content:

Cadbury milk chocolate, 1 oz.	44 mg.
Chocolate syrup, 2 Tb.	89 mg.
Chocolate flavor mix (2-3 heaping tsp)	~120 mg.

All of the methylxanthines found in coffee, tea, and chocolate have been implicated in the development of breast cysts and the development of fibrocystic breast disease—and women with fibrocystic breast disease have, on average, 4X the risk of breast cancer.⁴

Chocolate substitute: Carob powder—finely ground pods from the tree, *Ceratonia siliqua*, are ground into flour. Carob contains some minerals and vitamins such as calcium, potassium, phosphorus, magnesium, silicon, iron, Vitamin A, and niacin. It is rich in natural sugars, high in fiber, low in starch, and low in fat, and does not contain the methylxanthines listed above.

Ministry of Healing, p. 335. “In relation to tea, coffee, tobacco, and alcoholic drinks, the only safe course is to touch not, taste not, handle not.... Those who attempt to leave off these stimulants will for a time feel a loss and will suffer without them. But by persistence they will overcome the craving and cease to feel the lack.”

Spices

Ministry of Healing, p. 325. “Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating.”

Counsels on Diet and Foods, p. 341. “Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions.”

Hot spices include black pepper, mace, chili powder, curry powder, mustard, cayenne and other hot peppers, hot paprika, and others. How do they affect the body?

Cayenne, chili, hot peppers, cayenne, and chili powder: Used to provide a spicy flavor in chili powders, seasonings, soups, ethnic foods, etc. Strongly stimulating and can cause intense irritation of the mucous membranes and the skin. Can cause nausea, diarrhea, vomiting, bleeding of the bowel, may aggravate ulcers, and has been implicated in an increased incidence of cancer (stomach, colon, esophageal, oral, liver).

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Let's look at some studies: A study was made on 4 ethnic-cultural groups that traditionally eat some of the “hottest” foods in the US (chili peppers (capsicum) and black/white peppers (safrole)). These include the Mexican-American, Cajun, white Creole, and black Creole. Significantly higher rates for both liver and stomach cancer were found in the counties where these four groups lived than in matched control counties (both sexes). It was notable that the level of cancer increase was found to be dependent on the concentration of these groups in each county studied.

In Mexico, studies on the consumption of chili peppers (capsaicin) found that those that consumed high levels of capsaicin had significantly higher levels of stomach cancer than those that ate very little of capsaicin. No relationship was noted with their *Helicobacter pylori* status. Another study in Mexico found that individuals who rated their consumption of chili peppers as high had a greater incidence of gastric (stomach) cancer than those who used little or no chili pepper.

In a study in Tamil Nadu, India, researchers demonstrated a significant correlation between chili peppers (*Capsicum annum* L.) and the development of colon cancer in rats. A second study in Assam, India on 1506 persons, it was found that very spicy foods, hot foods and beverages, a high intake of chili, and the use of leftover food was associated with and increased incidence of esophageal cancer, while fruits and leafy vegetables were found to be protective against esophageal cancer.

Chili pepper intake was found to be a significant risk factor for the development of gallbladder cancer in the Chilean population. Another study also indicated that a high intake of chili powder was found to be a significant factor in the development of oral cancer. In a study done on mice, it was found that chili promoted the development of stomach and liver cancers. Tests were done on bacteria with vanillin (primary flavor constituent of vanilla), chili extract, and capsaicin (active component of chili extract) to test mutagenicity (ability to change DNA, which could lead to cancer development). Vanillin was found to have no mutagenicity, while both chili extract and capsaicin were found to be mutagenic, with capsaicin as the most potent mutagenic substance.^{5,6,7,8,9,10,11,12,13}

Black Pepper: The constituents, safrole and tannic acid (found in black pepper) were found in a study in mice to act as weak carcinogens. In a second study, liver cancer development was noted among Egyptian toads after feeding them black pepper on a regular basis. How about humans? Esophageal cancer incidence has been noted as higher among women than men in northern Iran, and it was found that the main food eaten during pregnancy contained significant amounts of black pepper and crushed pomegranate seed—both which cause esophageal irritation.^{14,15,16}

Horseradish (*Armoracia rusticana*): Gives a strongly aromatic flavor. Is intensely irritating. Large amounts can cause bloody vomiting and diarrhea, and may also cause fainting and abdominal discomfort. This root should not be used in individuals with a history of kidney disease.^{17,18}

Questionable Culinary Herbs

Cinnamon (*Cinnamomum zeylanicum*): Flavoring agent for pastries and pies. Can be helpful for flatulence and diarrhea. Cinnamon has also been implicated in research studies of increasing the incidence of specific types of cancer,¹⁹ to have mutagenic²⁰ and genotoxic activity.²¹ However, other studies dispute the mutagenic findings,²² although this finding precedes the more recent finding of genotoxic effects caused by eugenol.²¹ Although one component of cinnamon, eugenol, has been attributed anti-ulcer properties,²³ the spice as a whole has been reported to cause damage to the mucosal barrier of the stomach—thus increasing one's risk of ulcer development.²⁴ Studies in rats demonstrated lower cholesterol levels and fasting blood glucose levels among rats receiving extracts of *Cinnamomum zeylanicum* after 30 days use.²⁵ Review of the literature also suggest that the results apply to humans as well—leading to lower fasting blood glucose levels, lower LDL-C, triglycerides, total cholesterol, and higher HDL-C levels in therapeutic trials.²⁶ Therapeutic use should be done under the guidance and support of your healthcare provider.

Ginger (*Zingiber officinale*): Pungent herb used in vegetables, meats, desserts, and breads. Has been found helpful in relieving pain, coughing, nausea and vomiting from motion sickness; and has been found helpful in reducing fevers and to contain sedative properties. However, it has also been found to be an irritant like capsicum and in large amounts may cause dysrhythmias and depress the central nervous system.¹⁷ Commission E has also approved this

herb for digestive complaints and prevention of travel sickness.²⁷ Ginger also reportedly has anti-inflammatory effects, decreases platelet aggregation (anti-thrombotic), and stimulates the immune system. Other effects ascribed to the ginger root from studies include the following: strengthens the contraction of the heart, is an antioxidant, and has anti-migraine and anti-lipidemic effects. In large quantities it is suggested as possibly causing ulcers due to sloughing off of the lining mucosal cells in the stomach due to a large intake of ginger. May also cause an allergic form of dermatitis.¹⁸ Caution should be observed when using large quantities of this herb pre-operatively, since bleeding could be increased due to the effects of ginger on platelet aggregation.²⁸ Numerous other research studies concur with these findings.

Studies on mice done by Drs. Marjorie and Bernell Baldwin demonstrated that mice that had black pepper added to standard rat chow, versus controls on standard rat chow, weighed only 2/3 the control weight, and had nearly double the ulcerated lesions that the mice without black pepper in their diet had. They were also more irritable, fearful, and had a greater tendency to bite than those on the control diet.²⁴

Info on caffeine, tea, colas, and chocolate drawn from (Craig, W.J. (1999). *Nutrition and wellness*. Golden Harvest Books: Berrien Springs, MI; Nedley, N. (1999). *Proof positive*. Ardmore, OK: Quality Books)

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Chapter 10 - Weight Management

Risks from Overweight and Obesity

An individual that is overweight or obese is at greater risk for certain health problems. These include: high blood pressure; high total cholesterol, triglycerides, LDL-cholesterol levels, and low HDL-cholesterol levels; psychological suffering (guilt, depression, anxiety, low self-esteem, prejudice, discrimination, reduced income, higher rates of poverty, decreased likelihood of getting married, and poorer academic performance and progress); increased incidence of gallstones, osteoarthritis, type 2 diabetes, heart disease and stroke, sleep apnea, osteoarthritis, fatty liver disease, irregular menstrual periods, cancer (males: cancer of the colon, rectum, prostate, pancreas, liver, and kidney; females: gallbladder, breast, uterus, ovaries, colon, rectum, pancreas, liver, and kidney); an increased risk for early death, and other problems.^{1,2}

Primary Causes of Excess Body Fat

1. **High Energy Intake:** Typically found that overweight individuals use higher-fat and energy-rich foods in their daily diet, use less vegetables, and have a higher tendency to overeat. They have been found to eat faster, to not slow down towards the end of the meal, and to eat more fast foods. A higher fat diet requires less energy to store fat as fat in the body than to store carbohydrates as fat in the body (only 3 calories needed to store 100 calories of dietary fat as body fat, while it takes 23 calories to store 100 carbohydrate calories as body fat) and the body appears to have only weak inhibitory signals to help prevent the over-consumption of dietary fat.
2. **Genetic and Parental Influences:** Research suggests that 25-40% of human obesity may be related to genetic factors. Although genetics do have a significant impact on the development of obesity, lifestyle and culture were found to be even stronger factors in studies done on twins separated at birth. Therefore, if genetics are a predisposing factor, the person will have to be more careful with their lifestyle than the average individual who does not have this predisposition.
3. **Low Energy Expenditure:** Research observations suggest that obese individuals tend to be less active than normal-weight individuals—they walk less per day, are more likely to opt for activities that require less energy expenditure (drive the car rather than walk, use escalator rather than the stairs, etc.), and obese children have been observed to be significantly less active than lean children in the same situations (body movements, standing, overall body activity).

Counseling for Weight Reduction

Encourage Lifestyle Change and Not Fad Diets

Individual food choices have been documented through research to be the most important factor in lasting weight loss. As an overall principle in weight loss, people should endeavor to implement lifestyle changes that they can maintain for a lifetime. This can help them to avoid short-term diets and fads that end in quitting the “diet” and regaining the weight that had been lost through dieting.

One of the most important parts of this lifestyle change includes moving from eating foods that are high in fat to foods that are naturally low in fat. This can be done by increasing the intake of fruits, vegetables, and unrefined (complex) carbohydrates and decreasing the intake of oils and other fatty foods, fast foods, and animal products. This has been suggested as even more important than portion control or any other such factor. (Keep total dietary fat below 30% of Caloric intake, and complex carbohydrates at 55% or more of total Calories).

Other helpful dietary factors include the following:

- Significantly decrease intake of sugar in the diet
- Increase the intake of plant fibers (unrefined foods)
- Strictly avoid alcohol, as it can help to fight obesity since alcohol contains many “empty carbohydrates” that are easily stored as fat
- Eat breakfast
- Eat lightly, or, even better, nothing in the evening
- Improve portion control by serving one’s plate reasonably and not going back for seconds

- Reduce your intake of sugar-sweetened drinks (soda, fruit juice, etc.)
- Most overweight and obese individuals will find it helpful to aim for a decrease in 300-1000 calories per day which would generally lead to a weight loss of ½-2 lbs. per week (Calorie intake should exceed 1,200 for a woman and 1,600 for a man, otherwise significant fat-free body mass will be lost)
- Use less than 10% of your daily Caloric intake in the form of saturated fats
- Slow down the eating process: put fork down between bites, chew food to a cream before swallowing, avoid snacking
- Try eating salads, fruits, or vegetables before more dense foods
- Work to identify factors that lead to snacking and excessive eating (depression, stress, watching television, etc.) and make a plan to control these factors. Shop wisely (when not hungry, use a list). Plan meals (make and use a menu and eat at scheduled times). Reduce temptation to snack (keep food out of sight, avoid keeping “junk” food easily available, serve plates before eating, etc.)
- Set reasonable goals and “non-food” rewards for successful meeting of goals
- Keep a food diary to help become aware of personal eating habits and identify problem areas
- Develop and maintain an exercise program that results in an increased energy expenditure of 200-400 Calories per day. Aerobic exercise is the best type, and should be done regularly and consistently (suggested to begin with moderate physical exercise for 30-45 minutes, 3-5 days per week).
- Aim to lose about 10% of the total body weight over about 6 months (if this much weight loss is actually needed). More gradual weight loss generally tends to be more permanent.
- Get support from your family and friends, which is very important for long-term success

There are other means for weight reduction. Gastric-reduction surgery is one such option. This will lead to long-term weight loss in many individuals, but may also cause many unpleasant and/or dangerous side effects and may be ineffective for some individuals. Drug therapy may also help with weight loss, but there are many unpleasant and some potentially dangerous side effects as well.^{2,3}

¹ Nedley, N. (1999). *Proof positive*. Ardmore, OK: Quality Books.

² National Institute of Diabetes and Digestive and Kidney Diseases. (2010). *Overweight and obesity statistics*. Retrieved October 25, 2012, from <http://win.niddk.nih.gov/publications/PDFs/stat904z.pdf>

³ Nieman, D. C. (2007). *Exercise testing and prescription: A health-related approach (6th ed.)*. Boston: McGraw Hill.

Chapter 11 - Diet in Pregnancy, Lactation, Infancy, and Childhood

Pregnancy

The diet in pregnancy, lactation, infancy, and childhood should not differ drastically from that which supports optimal health in adults. Pregnant and lactating mothers need a well-balanced, adequate, healthy diet, sufficient for both their needs and that of their growing child. The future health, growth, and development of the child may be shaped by the adequacy of the mother’s diet during this time. The pregnant mother should seek to have a balanced life with regular low-impact exercise, a cheerful mental attitude, and avoidance of excessive heat (including hot tubs, saunas, whirlpool baths, etc.), stress, and overwork, as these may have an adverse effect on the health of the unborn baby.

Weight gain during pregnancy should average 25-35 lbs for normal weight women, 28-40 pounds for underweight women, and 15-25 lbs for overweight women.¹

A diet high in folic acid early in pregnancy can help prevent birth defects that affect the nerves, and is especially important during days 17-30 after conception (when important foundational development of the nerves occurs). Supplementation of 400 mcg daily by childbearing women may help to prevent nerve problems such as spina bifida and anencephaly.¹

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Nutritional needs increase slightly during pregnancy and lactation. A pregnant woman typically should increase her intake of energy foods by up to 340 kcal/day during the second trimester, and 450 kcal/day during the third trimester, protein by about 25 grams, and modest increase in B12, iron, and zinc. It is also important to obtain adequate vitamin D and calcium.¹

Prenatal supplementation may be helpful for those with poor nutrition, women carrying multiple fetuses, smokers, and alcohol and drug users. Excessive supplementation of vitamins and minerals should be avoided, especially of iron and vitamin E. Vitamins and minerals should be obtained from the food as much as possible.

Vegetarian mothers should have their B12 blood levels assessed. It is of vital importance that all total-vegetarians and lacto-ovo-vegetarians who are deficient, supplement their diets with B12.

Potentially harmful substances should be carefully avoided. Alcohol use by the mother during pregnancy can also cause serious learning difficulties and defects in the developing infant (fetal alcohol syndrome). Tea, coffee and other stimulants should also be avoided as they may cause chromosomal damage—potentially resulting in birth defects. Many medications can also cause harm to a developing baby, and should not be used without the advice of your physician. Smoking, chewing tobacco, and weight-loss dieting should be strictly avoided. Caution should be used with the use of herbs, and should only be used with guidance by a knowledgeable health care worker.¹

Cravings often exist during pregnancy, and may sometimes be caused by a lack of certain nutrients, and which should be met as possible, but the mother should carefully avoid all foods that are unhealthy and dangerous to the health, which may cause harm to the developing baby.

Morning sickness is the bane of many pregnancies; in some cases it may be helped by staying well hydrated throughout pregnancy. Dry, lightly salted crackers (biscuits) eaten before arising may also help prevent morning sickness in some.

A healthy, vegetarian diet low in salt may help to prevent swelling of the ankles later in pregnancy.

A mother may have an influence on shaping the food likes and dislikes of her child by her own food choices during pregnancy.²

Breastfeeding/infant formula

After birth, the child should begin breastfeeding as soon as possible, as the straw-colored liquid called colostrum produced before regular milk begins contains many substances (antibodies) that help to prevent sickness. Overall, breastfeeding is the healthiest option for most developing infants, since breast milk is sterile, provides the ideal balance of nutrients, contains hormones that encourage physical and brain development, helps protect against infections, helps protect against allergy development, and has been suggested as offering protection against diabetes, obesity, atherosclerosis, asthma, and hypertension later in life. Breastfeeding also saves money and may help the uterus return to its normal size and helps prevent breast and ovarian cancer in the mother. It delays the return of ovulation and may help to lengthen birth intervals (but is not safe as the only means of birth control). Breast milk is superior to cow's milk in that it contains lactoferrin, which facilitates iron absorption and helps to prevent anemia in a breast-fed infant.

Mothers typically need to breastfeed for 15-20 minutes on each breast every 1-2 hours initially, and this interval can gradually lengthen as the infant grows older. Breast milk digests more quickly than formula. A baby should normally produce 5-6 wet diapers daily and 3-4 dirty diapers daily.³

If a mother is unable to breastfeed, formula may be needed, but care should be taken to make sure it is designed as an infant formula and strict hygiene is used at all times to prevent diarrhea from bacterial contamination.¹

Typically, breast milk or formula should be the only food for the baby until it is 4-6 months of age, with a combination of breastfeeding and regular food thereafter for the remainder of the first year. Breastfeeding mothers

should strictly avoid alcohol, tobacco, caffeine, all medications and herbs unless under guidance of health professional, and other harmful substances.^{1,3}

Diet in Childhood

Sugary drinks should not be given to babies and young children, and carbohydrates ideally should not be introduced until salivation begins. Sugary drinks, especially when given by bottle when an infant is going to sleep, can lead to rapid decay of the teeth known as “nursing bottle tooth decay.” Concentrated sweets, desserts, high sodium foods (including canned vegetables) should be avoided, as well as foods that pose choking risks, such as cherries, nuts, popcorn, peanuts, whole grapes, etc.¹

Solid foods should be introduced one at a time, and the parent should wait for 4-5 days before introducing a new food. Rice and other low allergenic foods should be introduced first, while wheat and other more highly allergenic foods should be introduced later. Honey and corn syrup should not be given to infants for the first year of life because of the risk of botulism.^{1,4}

Regularity in eating should be aimed for, and the toddler should not be given snacks between meals. Children typically need a third meal during childhood. During the transition from breast-feeding to the 3 meal-a-day pattern, there may be a short period where it may be necessary to feed a child a fourth meal during the day due to their rapid growth and their small stomach capacity.

It is very important to provide balance, variety, and adequate nutrients for young children. A child is most prone to develop nutritional deficits immediately after the transition from breast milk/formula to solid foods when using a vegan diet—IF the diet is not balanced and nutritionally adequate. The child needs fruits, vegetables, and whole grains, but also needs more energy dense foods such as peas, beans, tofu, hummus, or avocados to provide the child with the energy and nutrition he/she needs. Whole grains, legumes, nuts, fruits, and vegetables prepared tastefully, with variety, and with a balance between each of these sources, can help to provide the nutrients a child needs to grow and develop. If a child’s growth slows, or if they become weak or significantly underweight, a health professional should be contacted.¹

Active children and adolescents frequently have a high calorie needs, up to 2000 kcal a day by age 10, and often eat as much or more than adults (especially sedentary adults).¹

Lacto-ovo vegetarian children with an adequate intake of dairy and eggs usually do not require B12 supplementation. However, one needs to take into account that dairy is a frequent cause of ear infections and allergies in childhood. An excessive intake of dairy milk can lead to “milk anemia”, which is caused by excessive milk intake displacing iron-rich foods from the diet.^{1,3}

Total vegetarian children should have their diets supplemented with B12.

Inspired quotations on the diet in pregnancy and childhood

Adventist Home, pp. 256-257. “It is an error generally committed to make no difference in the life of a woman previous to the birth of her children. At this important period the labor of the mother should be lightened. Great changes are going on in her system. It requires a greater amount of blood, and therefore an increase of food of the most nourishing quality to convert into blood. Unless she has an abundant supply of nutritious food, she cannot retain her physical strength, and her offspring is robbed of vitality.... The prosperity of mother and child depends much upon good, warm clothing and a supply of nourishing food.”

Healthy Habits Should Continue in Infancy and Youth

Counsels on Diet and Foods, pp. 226-232. “The best food for the infant is the food that nature provides. Of this it should not be needlessly deprived. It is a heartless thing for a mother, for the sake of convenience or social enjoyment, to seek to free herself from the tender office of nursing her little one.

“The character also of the child is more or less affected by the nature of the nourishment received from the mother. How important then that the mother, while nursing her infant, should preserve a happy state of mind, having the perfect

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control of her own spirit. By thus doing, the food of the child is not injured, and the calm, self-possessed course the mother pursues in the treatment of her child has very much to do in molding the mind of the infant. If it is nervous, and easily agitated, the mother's careful, unhurried manner will have a soothing and correcting influence, and the health of the infant can be very much improved.

“Infants have been greatly abused by improper treatment. If it was fretful, it has generally been fed to keep it quiet, when, in most cases, the very reason of its fretfulness was because of its having received too much food, made injurious by the wrong habits of the mother. More food only made the matter worse, for its stomach was already overloaded.

“Your children should not be allowed to eat candies, fruit, nuts, or anything in the line of food, between their meals. Two meals a day are better for them than three. If the parents set the example, and move from principle, the children will soon fall into line. Irregularities in eating destroy the healthy tone of the digestive organs, and when your children come to the table, they do not relish wholesome food; their appetites crave that which is the most hurtful for them...

“Children are also fed too frequently, which produces feverishness and suffering in various ways. The stomach should not be kept constantly at work, but should have its periods of rest. Without it children will be peevish and irritable and frequently sick.

“The importance of training children to right dietetic habits can hardly be overestimated. The little ones need to learn that they eat to live, not live to eat. The training should begin with the infant in its mother's arms. The child should be given food only at regular intervals, and less frequently as it grows older. It should not be given sweets, or the food of older persons, which it is unable to digest. Care and regularity in the feeding of infants will not only promote health, and thus tend to make them quiet and sweet-tempered, but will lay the foundation of habits and will be a blessing to them in after years.”

Training our Younger Brothers and Sisters

The Health Reformer, May 1, 1877. “Parents will have much to answer for in the day of accounts because of their wicked indulgence of their children. Many gratify every unreasonable wish, because it is easier to be rid of their importunity in this way than in any other. A child should be so trained that a refusal would be received in the right spirit, and accepted as final. Children are generally untaught in regard to the importance of when, how, and what they should eat. They are permitted to indulge their tastes freely, to eat at all hours, to help themselves to fruit when it tempts their eyes, and this, with the pie, cake, bread and butter, and sweetmeats eaten almost constantly, makes them gormands and dyspeptics. The digestive organs, like a mill which is continually kept running, become enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened. The unnatural stimulation and wear of the vital forces make them nervous, impatient of restraint, self-willed, and irritable.”

Preparing for Jesus' Coming

Desire of Ages, p. 101. “The appetites and passions must be held in subjection to the higher powers of the mind. This self-discipline is essential to that mental strength and spiritual insight which will enable us to understand and to practice the sacred truths of God's word. For this reason temperance finds its place in the work of preparation for Christ's second coming.”

Maranatha, p. 119. “It is impossible for a man to present his body a living sacrifice, holy, acceptable to God, while continuing to indulge habits that are depriving him of physical, mental, and moral vigor. Again the apostle says, ‘Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.’ Romans 12:2.

“The health reform is one branch of the great work which is to fit a people for the coming of the Lord....

“He who cherishes the light which God has given him upon health reform, has an important aid in the work of becoming sanctified through the truth, and fitted for immortality.”

¹ Whitney, E. & Rolfes, S.R. (2013). *Understanding nutrition* (13th ed.). Thomson Higher Education: Belmont, CA.

² Nehring I., Kostka, T., von Kries R., Rehfuss, E. A. (2015). Impacts of In Utero and Early Infant Taste Experiences on Later Taste Acceptance: A Systematic Review. *J. Nutr.* 145:6 1271-1279. Retrieved 06/02/2015 from <http://jn.nutrition.org/content/145/6/1271.abstract?etoc#fn-1>.

³ Women's Health. (2010). *Breastfeeding*. Retrieved October 25, 2012. from <http://womenshealth.gov/pub/BF.General.pdf>

⁴ Hoeker, J. (n.d.) *How can I protect my baby from infant botulism?* Retrieved October 25, 2012. from <http://mayoclinic.com/health/infant-botulism/HQ0085>

Chapter 12 – Therapeutic Diets: A Summary and Review

This section is intended to pull together the facts discussed in earlier lectures into step-by-step dietary counseling for someone with some of the most common lifestyle-based diseases, with a few additional health recommendations added as well:

Diabetes

Develop a regular, daily exercise program of at least 30 minutes duration (which can be broken up during the day into segments that total at least 30 minutes); decrease or eliminate sweet foods and refined foods, meat, dairy, and other animal products; increase fiber intake (beans, oatmeal and barley are excellent in helping to regulate blood sugar levels due to their soluble fiber content); decrease fat intake; attain ideal weight; eat a good breakfast and lunch with a small supper; increase intake of whole grains, vegetables, and fruits with a low glycemic index; hydrotherapy treatments; exclude coffee, tea, tobacco, and alcohol; and increase exposure to sunshine.^{1,2}

Hypertension

Steps that may be found helpful in conquering hypertension include:¹

- Weight loss to ideal weight (Fact: Framingham study discovered that hypertension was directly attributable to obesity in 70% of men and 61% of women)
- Low salt diet (decrease or avoid dairy, pickles, cured meats, Chinese rice, bouillon, and other high salt foods)
- Eliminate alcohol and tobacco and second-hand smoke
- Eliminate caffeine and cola drinks (Fact: 1 cup of coffee/day may raise BP 5-6 points)
- Limit high sugar containing beverages (leading to overconsumption of calories which increases the risk of obesity)
- Increase physical activity (aerobic, weight training, regularity)
- Sunshine
- Foods with a high calcium diet may help lower BP
- Stress management
- Increase fruit, vegetable, and grain consumption, decrease consumption of fats (saturated and total fats)
- Avoid salty snacks
- Don't eat meat (or at least significantly decrease it)

Heart Disease

Seek to lower the intake of saturated fats (very high in beef, lamb, venison, dairy, coconut, and palm oil). Utilize polyunsaturated fats in moderation (found in legumes, nuts and whole grains). Ideally, utilize a totally vegetarian diet (which contains no cholesterol), at minimum, utilize a diet as low in cholesterol as possible (Fact: chicken contains about the same amount of cholesterol as beef and pork). Increase intake of fiber (found plentifully in unrefined plant foods, none in animal products); avoid intake of trans fatty acids which can significantly raise cholesterol levels (and increase risk for cancer); avoid fat substitutes; especially avoid cholesterol-rich foods that have been exposed to the air (allowing oxidation to occur, which can dramatically hasten the process of arterial damage) such as custard mixes, pancake mixes, Parmesan cheese, lard, etc.; regular, daily, aerobic exercise; increase intake of garlic; and attain and maintain ideal body weight.

Other factors found important in decreasing overall risk of CHD (coronary heart disease) include: maintaining a lower iron level in the blood by adopting a total vegetarian diet (a high iron level in the blood leads to an increased rate of oxidation of cholesterol in the body which can lead to an increased risk for CHD); increasing one's intake of the following antioxidants: vitamin E (found in grains), vitamin C (found in fresh fruits, vegetables, and potatoes), and beta-carotene (found in dark green, orange, and yellow fruits and vegetables) which can help prevent cholesterol oxidation. Low homocysteine levels are also preventative against CHD. Elevated homocysteine levels are associated with drinking coffee. The levels are heightened even more by tobacco usage.³ Also, decreasing triglyceride levels (a high triglyceride level has been linked to an increased CHD risk) by losing weight, increasing exercise, eating less fat, decreasing stress, stopping smoking, abstaining from alcohol, and avoiding sugar could be helpful. Achieving a

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normal weight and blood pressure, as well as stress and anger management are also essential factors in preventing CHD. Good management/reversal of diabetes is another very important factor in preventing the progression of CHD.

Since HDL (high density lipoprotein) cholesterol has been found to be protective against CHD, following are a list of factors which have been found to help to raise HDL levels: Regular aerobic exercise, estrogen during premenopausal years (Fact: after menopause the risk of CHD deaths increase dramatically, resulting in 52% of all CHD deaths occurring in women), stopping smoking, and weight loss.

Cholesterol-lowering drugs are not the ideal answer in most cases, either, as they are costly and have numerous side effects. These may increase the risks for developing muscle weakness or pain, increased forgetfulness and confusion, increased blood sugar levels and risk for developing type 2 diabetes, liver damage in rare cases, and more. Most cholesterol-lowering medications should not be used during pregnancy or with grapefruit juice.⁴

Cancer

Prevention strategies include doing what we can to avoid cancer-causing agents, which include the following: alcohol, tobacco (#1 cause of cancer), coffee, pesticides and other toxic sprays (i.e. PCB, DDT, DDE), asbestos, and charbroiled meat. Other factors that have been linked with cancer development (which should be avoided or their use decreased): excessive dietary fat, meat usage, excess of iron, high intake of cholesterol, excessive use of dairy products, excess sun exposure (burning), nitrosamines, saturated fat, use of hormone replacement medications, viruses, and excessive sugar in the diet.¹

In addition it would be helpful to utilize factors that can help to reduce the risk of cancer. These may include the following: Increase the intake of Vitamin A (dark orange, yellow, and green fruits and vegetables), Vitamin C (citrus, sweet peppers, strawberries, kiwis, berries, cabbage family), Vitamin E (sunflower seeds and oil, almonds, varying levels in other seeds, legumes, and whole grains), whole plants (powerful cancer-fighting phytochemicals), fiber, selenium (whole grains), maintenance of proper weight, avoidance of excess protein, exercise, moderate sunlight exposure, and control of stress.¹

¹ Nedley, N. (1999). *Proof positive*. Ardmore, OK: Quality Books.

² American Diabetes Association. (2012). *Diabetes*. Retrieved October 25, 2012, from <http://www.diabetes.org/>

³ Haj Mouhamed D1, Ezzaher A, Neffati F, Douki W, Najjar MF. (2011). Effect of cigarette smoking on plasma homocysteine concentrations. *Clin Chem Lab Med*. 49(3):479-83. doi: 10.1515/CCLM.2011.062. Epub 2010 Dec 14. Retrieved 06/02/2015 from <http://www.ncbi.nlm.nih.gov/pubmed/21143017>.

⁴ FDA (2014). FDA expands advice on Statin risks. *FDA Consumer Health Information* U.S. Food and Drug Administration. Retrieved 06/02/2015 from <http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/UCM293705.pdf>

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“Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents and, by correct living, place themselves in better conditions.” *Ministry of Healing, p. 234*

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Chapter 1 – Cardiovascular Disease

Statistics

- As of 2008, cardiovascular disease (CVD) was the number one cause of death in the world,¹ causing 17.3 million deaths worldwide,² or 31% of total global deaths³ according to the World Health Organization. Of these total deaths, 7.3 million come from heart attacks, and 6.2 million come from strokes.²
 - Over 80% of cardiovascular disease deaths occurred in low and middle-income countries.⁴
 - Cardiovascular disease occurs almost equally among men and women, with women typically developing the disease about 7-10 years later.³
 - The death toll is expected to soar to nearly 24 million by 2030⁴
 - Of those that do survive heart attacks and strokes every year, many require costly clinical care.
 - Heart disease has no geographic, gender or socio-economic boundaries.
 - US Data:
 - Highest cause of death in both men and women in 2008⁵
 - In 2008, more than 616,000 died from heart disease in the US, equaling nearly one out of every four deaths (or 1687 per day). Out of this number, over 405,000 died from coronary heart disease.⁵
 - Projected cost of nearly 109 billion USD in 2010 from medical care and lost productivity⁶
- (To find specific Information for your country – see www.who.int)

When a commercial airplane crashes, hundreds of people die, and the story fills the news for days. However, each day in the U.S. approximately 1687 deaths occur from cardiovascular disease alone.⁵ This would be like 4 Boeing 747's crashing per day! Yet the news broadcasts generally do not report these deaths (unless a famous person dies from a heart attack). Much effort is spent to seek to find the cause of an airline crash—shouldn't we be as concerned with the cause of cardiovascular disease?

While cardiovascular disease is the number one killer in our world today, researchers suggest that with the “best” preventive programs the risk of death may be decreased by up to 90%.⁷

What is heart disease?

Heart disease may be caused by many factors, but, by far, the majority are related to atherosclerosis. Atherosclerosis is a condition characterized by the gradual deposition of fat and cholesterol inside the blood vessels (called a plaque). The plaques cause narrowing and often result in an irregular surface inside the blood vessel. Often the blood vessels also gradually become more rigid. These factors make it harder for the blood to flow through the vessels. Atherosclerosis typically develops slowly over many years, and over time, the vessel may become so narrowed that blood can no longer flow through the vessel. Alternately, the plaque may rupture, which may cause a blood clot to form. If a clot forms in the coronary vessels that supply needed oxygen to the heart muscle, it may cause a heart attack, but if it develops in the brain, it may lead to a stroke.³ Heart disease is not a new disease; in fact, researchers found atherosclerotic plaques in over 1/3 of the Egyptian mummies in a study published in 2011.⁸

Signs and Symptoms

Atherosclerosis affecting the heart vessels may cause a heart attack or angina; while atherosclerosis affecting the vessels leading to the brain may lead to a stroke or transient ischemic attacks (TIAs). Other conditions caused or worsened by atherosclerosis may include intermittent claudication (leg pain experienced when walking or exercising. The intermittent pain goes away when the person rests), gangrene (localized death and decomposition of tissues), as well as causing narrowing of the arteries supplying blood to the kidneys and many other problems.⁹

Diagnosis:

A person may not know they have atherosclerosis until a heart attack or stroke occurs, but this condition can typically be diagnosed by a qualified caregiver through a thorough history, physical, blood work and other testing if needed.

Cardiovascular disease risk factors (Any of the following risk factors will increase your risk):

1. Smoking

- There are around 1 billion smokers in the world today.³
- Smoking plays a major role in heart disease, causing about 10% of all cardiovascular disease.¹⁰
- Stopping smoking reduces the risk of repeat heart attacks and death from heart disease by 50 percent or more.¹¹
- Quit early: A British study showed that those who quit smoking between 35-44 years of age, lived as long as those who had never smoked¹²

2. Insufficient Exercise

- Regular physical exercise lowers a person’s risk of heart attacks and strokes. Many studies demonstrate strong links between inactivity and an increased incidence of heart disease.³
- Adults who participated in 150 minutes (2 ½ hours) of moderate physical activity each week were found to lower their risk of heart disease by around 30% and diabetes by 27%.¹³

3. Alcohol Usage³

- 14% of deaths caused by alcohol usage worldwide are due to heart disease and diabetes mellitus.
- Higher amounts of alcohol use and binge drinking are associated with an increased risk of heart disease.
- Use of significant quantities of alcohol damages the heart muscle, increases the risk of stroke and increases the risk of abnormal heart rhythms

4. High Blood Pressure

- The higher the blood pressure raises, the greater the risk of stroke and coronary heart disease.^{3,9}
- The risk of heart disease doubles for EACH increase of 20/10 mmHg of blood pressure, beginning as low as 115/75 mmHg, in certain age groups.³
- Prevention, as well as early detection and treatment of high blood pressure will do much to decrease the risk of heart disease and strokes.
- In many cases, high blood pressure can be corrected with simple lifestyle changes, such as diet and exercise.

5. Unhealthy Diet

- Eating greater quantities of saturated fats, trans-fat, cholesterol, and salt, as well as a decreased consumption of fruits and vegetables increase a person’s risk for heart disease³
- The quantity of salt consumed helps determine a person’s blood pressure and overall risk of heart disease. The WHO recommends less than 5 grams per person daily to help prevent heart disease (versus current global levels of 9-12 grams/day).³

6. High Blood Cholesterol Levels

- Worldwide, one-third of heart disease is caused by high blood cholesterol, causing 2.6 million deaths yearly.³ High cholesterol levels also contribute to an increased risk for stroke.
- High blood triglycerides (formed by eating too many calories) increase the risk for atherosclerosis.³
- Lowering the blood cholesterol level by 10% among 40 year-old men resulted in a 50% reduction in heart disease within 5 years.³
- The death rate from heart disease begins to increase when the total blood cholesterol level rises over 150 mg/dl⁷
- “Studies have shown that 45% of American casualties in Vietnam had evidence of significant coronary atherosclerosis, at an average of 22.1 years.” Reported by the Medical World News.
- The body produces adequate cholesterol to meet its needs. Dietary sources of cholesterol come exclusively from animal sources, and can lead to higher blood cholesterol levels. Saturated and trans fats can also raise the blood cholesterol levels.⁷

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7. Obesity

- Obesity occurs when a person takes in more energy than is expended, and is closely linked to diet and activity level.
- Being overweight is a risk factor for heart disease, in fact it increases one’s risk by three to five times. (From World Health Organization data analyzed from 1970-1980.)⁷
- Obesity causes unfavorable changes to the blood pressure, blood cholesterol and triglyceride levels, and insulin resistance—this increases the risk of high blood pressure, type 2 diabetes, heart disease, and stroke.³

8. Diabetes³

- An estimated sixty percent of all deaths among diabetics are related to heart disease
- The rate of heart attacks and strokes is 2-3 times higher among diabetics than among the rest of the population, and diabetics who have a heart attack or stroke do more poorly afterwards than the rest of the population
- Cardiovascular disease risk rises proportionately with increasing blood sugar levels

9. Genetics

- Studies report that if a father had an early heart attack, his son will have double the typical risk of a heart attack and a daughter’s risk will be increased by about 70%. However, whether this is primarily due to lifestyle habits passed down through the family or real genetic factors, or a combination of both, is still under discussion.¹⁴

Keys to Prevention and Reversal:

1. Stop smoking
2. Become physically active
 - 30+ minutes moderately intense exercise recommended daily by the National Institutes of Health and the American Heart Association.⁹
 - Exercise helps to raise the HDL (high density lipoprotein) level in the blood which has been found to protect against heart disease⁷
3. Avoid alcohol
4. Maintain a healthy blood pressure
5. Reduce cholesterol intake
 - Dietary cholesterol is found ONLY in animal products. Since plants do not contain cholesterol, simply shifting to a plant-based diet will bring significant positive changes.
 - Endeavor to avoid the most harmful form of cholesterol: oxidized cholesterol—found primarily in cheese, powdered milk, custard and pudding mixes, and pre-packaged foods with dairy, eggs, or other animal products.⁷
 - “Evidence suggests that eating even small amounts of animal-based foods is linked for many individuals to significantly higher rates of cancers and cardiovascular diseases.”¹⁵
6. Reduce intake of saturated fats, trans fats, and salt
 - Saturated and trans-fats are major dietary elevators of blood cholesterol levels, with the saturated fats raising the blood cholesterol even more powerfully than dietary cholesterol⁷
 - Saturated fats are found primarily in animal products, esp. red meat (also found in coconut and palm kernel oil), while trans fats are found in foods containing hydrogenated fats⁷
 - Decrease salt consumption, if needed, to lower the blood pressure, and thus lower risk of heart disease, since a drop in blood pressure frequently follows a reduction in salt intake.³
7. Choose heart healthy foods
 - Garlic is helpful for your heart, it lowers overall cholesterol, triglycerides, and LDL (type of cholesterol clogs blood vessels, and thus worsens heart disease) while increasing HDL (type of cholesterol that cleans out the arteries and lowers risk of heart disease)^{7,16}
 - When soybeans were used in the place of meat, risks for heart disease dropped, and blood results showed lower total and LDL cholesterol and triglycerides levels, while not affecting the HDL cholesterol level^{16,17,18}
 - Foods high in beta carotene and vitamin E have been found to lower a person’s risk of heart disease due to their antioxidant properties.⁷

- Beta carotene is found in orange, yellow fruits and vegetables, as well as dark leafy greens. A person will not obtain the same benefit from a supplement as from the fruits and vegetables.⁷
 - Vitamin E is found in vegetable oils, legumes, nuts, whole grains, and leafy vegetables. An intake of 60 IU of Vitamin E per day decrease the risk of heart disease by 34-50%⁷
 - Other foods that have shown to protect the heart from cardiovascular disease include walnuts and flax seeds—seemingly due to their high polyunsaturated fat and high Omega 3 levels. With flaxseed intake in one study, total and LDL cholesterol were reduced, with HDL levels unchanged^{7,16}
8. Achieve your ideal weight
 9. Avoid high homocysteine levels⁷
 - Homocysteine is an amino acid that the body uses to construct proteins and carry out chemical processes.
 - Research now shows that a 10% increase in homocysteine levels increases a person’s heart disease risk by roughly 10% as well
 - Coffee, smoking, and high levels of methionine (high levels of this amino acid are found in eggs, cheese, beef, fowl, and fish) promote high blood homocysteine levels
 - Folic acid, B6 and B12 help to convert the homocysteine in the blood to methionine, which is safe in moderate levels, but can be retransformed to homocysteine if the blood levels become too high.
 10. Promote healthy levels of nitric oxide (a chemical in the blood essential to help blood vessels relax) by reducing total blood cholesterol levels⁷
 11. Control stress
 - We all need to learn how to control the stressors in life by turning to God for help
 - A survey of heart attack survivors found that half had experienced significant stress within one day prior to their heart attack.¹⁹
 12. Make wise choices
 - We don’t have to be chained by our appetites or traditions
 - Remember, with the best lifestyle program 9 out of 10 heart attacks can be prevented⁷

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¹⁴ Roger, V.L., Go, A.S., Lloyd-Jones, D.M., Benjamin, E.J., Berry, J.D., Borden, W.B. et al (2011). Heart disease and stroke statistics—2012 update: A report from the American Heart Association. *Circulation: Journals of the American Heart Association*. 125:e2-e220: originally published online December 15, 2011 doi: 10.1161/CIR.0b013e31823ac046.

¹⁵ Campbell, T.C. Professor of Nutritional Biochemistry, Cornell University, and Director of the Cornell-China Oxford Project on Nutrition, Health and Environment

¹⁶ Blumenthal, M. (ed.). (2000). Herbal medicine: Expanded Commission E monographs: Herb monographs, based on those created by a special expert committee of the German Federal Institute for Drugs and Medical Devices. Newton, MA: Integrative Medicine Communications.

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¹⁸ Anderson, J.W., Johnstone, B.M., & Cook-Newell, M.E. (1995) Meta-analysis of the effects of soy protein on serum lipids. *New England Journal of Medicine*. 333(5):276-282.

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“Essential Knowledge”

Chapter 2 – Hypertension

Statistics

- Worldwide:
 - In 2009, worldwide, 1 billion people had chronic high blood pressure (hypertension).¹
 - A study conducted by the Tulane University School of Public Health stated that the prevalence of HBP will soar to 1.56 billion by the year 2025.²
 - Worldwide, high blood pressure is estimated to cause about 7.5 million deaths. This equals about 13% of the global fatality total. This equals about 40% of the adult population 25 years of age and older.³
 - Across World Health Organization regions, research indicates that about 62% of strokes and 49% of heart attacks are caused by HBP.⁴
- Statistics in the US:
 - About 1 in 3 adults age 20 and older in the U.S.—(estimated 76.4 million)—have hypertension.⁵
 - High blood pressure was listed as a primary or contributing cause of death for more than 347,000 Americans in 2008.⁵
 - In 2010, hypertension was estimated to cost \$93.5 billion USD in medical care and lost productivity.⁶
 - About 1 in 2 U.S. adults with high blood pressure has it under control.⁷
 - Almost 30% of American adults have prehypertension—which increases the risk for the development of hypertension and cardiovascular disease later in life.⁵

What is blood pressure?

Blood pressure is a measure of the force the blood exerts against the walls of the arteries. The pressure is measured by the distance in millimeters that it will raise a column of mercury.

Systolic Pressure = Highest level of pressure that exists when the heart muscle pumps blood out of the heart

Diastolic Pressure = Lowest blood pressure obtained when the heart rests between beats

Blood Pressure Levels

What is considered normal blood pressure? Lower than 120/80 (lower is generally better)⁸

Prehypertension is the range between normal and high blood pressure: 120-139/80-89. A person can begin to suffer damage to their organs and tissues before reaching the levels considered actual high blood pressure⁸

High blood pressure (hypertension) is an increased pressure in the blood vessels over a period of time (140/90 or higher).⁸

Cardiovascular disease risk doubles for each 20/10-mmHg increase in blood pressure.⁸ A study on nearly one million individuals showed that deaths from heart disease, strokes, and other blood vessel diseases have a direct relation to the blood pressure level, beginning at 115/75mmHg⁸ The risk of developing atherosclerosis leading to heart disease and stroke is 5X greater in individuals with a blood pressure of 160/95 versus those with normal blood pressure.¹¹

In addition, there may be other disease mechanisms that may occasionally contribute to the development of hypertension, including tumors, endocrine, vascular, or genetic disorders, obstructive sleep apnea, and more.⁸

Therefore, medical help in the diagnosis of the cause and treatment of hypertension should be strongly considered.

Hypertension affects the arteries: Once an individual develops hypertension, the extra pressure further damages the walls of the arteries, thus worsening the atherosclerosis and raising the blood pressure even more.

What can happen if hypertension goes untreated? The blood pressure may continue to climb higher and higher. Eventually it can cause heart attacks, strokes, kidney damage (which may lead to kidney failure), damage to the blood vessels in the lower extremities, blindness, congestive heart failure, aneurysms, and death.^{8,11} One other study suggested that untreated high blood pressure may also lead to mental decline over time—for every 10mmHg elevation there was a 9% greater risk of poor mental abilities 25 years later.¹¹

Signs and Symptoms

Frequently there are no symptoms until it gets dangerously high, when a person may experience:⁸

- headaches
- pounding of heart
- dizziness
- easily fatigued
- impotence
- but, many times there are no symptoms until a stroke occurs

Diagnosis: Multiple elevated systolic and/or diastolic blood pressure readings done over several days, while ruling out other causes.⁹

Risk factors for primary (common) hypertension:

1. Too much salt in the diet
 - Dietary salt increases blood pressure in most people with hypertension and in about one third with normal blood pressure.¹⁶
 - Dietary salt worsens the age-related rise in blood pressure.¹⁶
 - Salt is a potent contributor to hypertension in some individuals by causing constriction of the blood vessels thus raising the blood pressure.¹⁰
 - Sodium causes retention of fluid, which increases blood volume and thus blood pressure.¹⁴
 - In one study it was found that an increase in sodium equals an increase in risk of heart attacks, even without hypertension.¹¹
2. Arteriosclerosis—cholesterol builds up within the vessel walls, causing narrowing and a loss of the arterial elasticity (hardening). As a result, the blood does not flow as easily as it should, and becomes inadequate in some regions of the body. The body attempts to compensate by increasing the blood pressure via signals from the brain, the kidneys, and other organs of the body. This makes the heart pump harder and the blood vessels constrict in an attempt to supply the needed oxygen—thus leading to gradually worsening hypertension.
3. Stress: The body produces adrenaline and cortisol in response to stressful situations—which cause an increase in the heart rate and constriction of the blood vessels—thus raising the blood pressure for some time.¹⁴
4. Smoking-- causes temporary increases in the blood pressure for some time after smoking (up to 10mmHg for up to 30 mins).¹¹ It also damages the blood vessels and contributes to fat buildup in the arteries—thus leading to coronary heart disease and heart attacks, as well as cancer and other lung problems.¹⁴
5. Obesity—a major contributing factor to hypertension,¹⁶ it increases the strain on the heart, raises blood cholesterol and triglycerides, and lowers the HDL (good) cholesterol blood levels.¹⁴ In the Framingham study—61% of high blood pressure in women and 70% in men was linked to increased body fat.¹²
6. Lack of exercise¹⁶ raises the risk for hypertension, heart disease, blood vessel disease, stroke, and obesity¹⁴
7. Family history and advanced age—may increase a persons risk for high blood pressure¹⁴
 - Alcohol intake: alcohol consumption may raise the blood triglycerides, lead to hypertension, heart failure, obesity, stroke, irregular heart rate, cancer, suicide, accidents, and more.¹⁴ Using as little as 1-2 ounces of alcohol per day may cause significant hypertension.¹³

Prevention and Treatment for Hypertension

1. Lose weight if you are overweight. Usually losing just 10 pounds will help to lower the blood pressure; however, to maintain a good blood pressure, one should remain on a weight loss program until they reach their ideal weight. To lose weight, have a healthy diet and exercise regularly.¹⁴
2. Decrease your salt consumption. Do not add salt to your food while cooking or eating. Read labels to determine the sodium content of the canned and packaged foods you buy. The minimum level needed for body functions is 250mg/day.¹¹ The Centers for Disease Control recommends a consumption of less than 1,500 mg per day (less than ¾ tsp) for any of the following: those 51 years of age or older, of African American background, having diabetes, chronic kidney problems, or hypertension, while recommendations are for 2,300 (1 teaspoon) or less for the remainder of the population.^{14, 15} In contrast, the average person worldwide consumes between 9,000-12,000 mg/day.¹⁶ A totally salt-free diet is not generally necessary in many cases, for

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researchers tell us that a modest reduction in salt intake reduces blood pressure in individuals with both normal and raised blood pressure.¹⁶ About 75% of US salt consumption comes from processed foods.¹⁴

3. Eat a low fat diet, avoiding all fried foods. Saturated fats, cholesterol, and trans fats are some of the worst offenders in causing atherosclerosis—and thus clogging up the vessels,¹⁶ but all fats should be use sparingly.
4. Decrease or entirely avoid animal products. The cholesterol and saturated fats found in the animal products contribute to hypertension, atherosclerosis, heart disease, and cancer.
5. Get plenty of moderate intensity exercise (walking is excellent), at least 30 minutes, 5 days a week.¹⁶ Exercise strengthens the heart muscle, helps control stress, clears fats from the blood, and the lowers blood pressure by increasing circulation. However, vigorous exercise can initially raise the blood pressure, so should be started gradually in those with very high blood pressure.
6. Increase garlic intake (or take garlic powder supplements). Garlic helps to lower blood pressure, total blood cholesterol (while raising HDL (good) cholesterol), and triglycerides, and lead in studies to a regression in blood vessel plaques (fatty deposits).¹⁷
7. Eat a high fiber diet consisting of unrefined whole grains (especially oatmeal), legumes, fresh fruits, and vegetables. The fiber will bind with the bile acids (which contain cholesterol) in the digestive tract and help pull excess cholesterol out of the body.^{11,18,19}
8. Eat foods containing potassium. Potassium has an anti-hypertensive effect, and helps to lessen the effects of sodium. Potassium can be found in ample quantities in bananas, oranges, tomatoes, potatoes, and many other fruits, vegetables, and legumes.¹⁴
9. Foods high in calcium can also help lower blood pressure. One study demonstrated that each gram of calcium consumed lowered the blood pressure by about 12 percent. A person should ideally obtain this from plant sources such as dark leafy greens.¹¹
10. Sunshine may be helpful in lowering the blood pressure.²⁰
11. Avoid alcohol and tobacco.
12. Avoid caffeine, and tea—one cup of coffee may raise the blood pressure 5-6 points.¹¹
13. Hydrotherapy treatments can help lower the blood pressure temporarily. A hot foot bath or neutral/mildly warm tub bath may be beneficial.¹⁸
14. Manage stress appropriately
15. Studies show that regular church attendance is correlated with lower blood pressures than among those who do not attend church.²¹

What about blood pressure medications?

Blood pressure medications may be necessary on some occasions for control of severe hypertension—to prevent tissue damage, strokes, heart attacks, and more. However, they do not cure hypertension—instead they simply attempt to manage it by attempting to relax the blood vessels, slow the heart rate, etc. Each medication has side effects and may cause problems in other systems of the body. In fact, for individuals with mild hypertension, in some cases the risk of taking the medication may exceed the benefits gained. The ideal method for treating most hypertension is lifestyle—by removing the cause. In one study that questioned the closest relatives of patients taking antihypertensive drug medications, it was reported that 33% of the patients experienced memory loss, 45% experienced irritability, and 46% experienced depression, and 64% experienced decreased sexual interest. People taking anti-hypertensive drugs still have higher rates of heart disease than people who have identical blood pressures without drugs.¹¹

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Chapter 3 – Diabetes Mellitus

Statistics

- Diabetes is one of the fastest growing diseases around the world, in both high and low-income countries.
- An estimated 366 million people (8.3% of adults 20-79 years old) had the condition worldwide in 2011, and it is projected that the incidence of the disease will increase to 552 million (9.9%) by 2030.¹
- Over 4.6 million people were estimated to have died from the disease in 2011, and around 80% of all these deaths took place in lower and middle-income regions of the world.¹
- Affects men and women almost equally (185 million men versus 181 million women).¹
- The greatest number of people with diabetes mellitus are between 40-59 years of age.¹
- Worldwide, 183 million (50%) of people with diabetes are undiagnosed (78% of cases in Africa are undiagnosed).¹
- Diabetes cost at least 465 billion USD worldwide in 2011.¹
- An estimated 78,000 children developed type I diabetes in 2011.¹
- For country and regional statistics in 2011, see www.idf.org/diabetesatlas/5e/detailed-data-and-interactive-map¹

Definition:

Diabetes mellitus is a chronic condition in which the body does not produce enough insulin or cannot properly utilize the insulin produced by the body to take glucose (sugar) into its cells. As a result, the level of glucose in the blood remains high, causing damage throughout the body.⁴

After a person eats, their digestive system breaks starchy and sugary foods down into single sugar molecules. These are absorbed through the wall of the small intestine into the blood. Glucose is ready for immediate use in the body, while fructose and galactose must be converted into glucose by the liver. High blood glucose levels in combination with other hormonal and neurological signals trigger the pancreas to secrete insulin. Insulin works like a key to fit into little locks (called receptors) in the cell wall, which enables the glucose to enter into the cells. As the glucose is used by the cells, and the blood glucose drops to a certain level, the pancreas slows its secretion of insulin. A certain amount of glucose must stay in the blood to give a constant supply to the brain. Lack of glucose to the brain can cause nervousness,

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anxiety, irritability, depression, forgetfulness, confusion, indecisiveness, poor concentration, nightmares, and suicidal tendencies.

2 Major Types of Diabetes Mellitus:

Type 1 diabetes mellitus (also known as insulin dependent diabetes mellitus (IDDM) or juvenile diabetes): Typically begins in childhood but can occur later, although usually before 30 years of age. In this condition the pancreas mostly or entirely ceases to produce insulin. It is thought to be caused by a collection of factors—including a genetic susceptibility, environmental, and auto-immune factors. Environmental factors thought to trigger the autoimmune process which leads to the destruction of the insulin-producing beta cells of the pancreas include: viruses (mumps, intestinal viruses, and other viral infections), as well as cow milk protein consumption at an early age, and also vitamin D deficiency.^{2, 3}

Type 2 diabetes mellitus (also known as non-insulin dependent diabetes mellitus (NIDDM) or adult-onset diabetes): Around 85-95% of all diabetes is caused by type 2 diabetes.⁴ It usually develops gradually in people with increasing age (but is increasingly affecting young adults and even children), are overweight, and do not exercise sufficiently.^{1, 2} Nearly equal numbers of men and women are men are diabetic. In type 2 diabetes, the amount of insulin produced varies and is often higher than normal. However, the person's cells have developed resistance to the insulin.²

Disease Mechanism in type II diabetes:^{2, 5}

- In type II diabetes, the amount of insulin produced varies and the level in the blood is often higher than normal. However, the individual has developed resistance to the insulin, often caused by a decrease in the number of insulin receptors on the cells.
- When glucose enters the blood after a meal, it needs insulin to enter the cells. Insulin functions like a key in a lock, linking with a special receptor on the outside of the cell wall, allowing the needed glucose to pass through the cellular membrane into the cells so they can have the energy they need to perform their daily functions.
- Insulin is produced by the beta cells of the pancreas when the blood glucose levels rise above 70mg/dL (>3.9mmol/L). If a small amount of glucose enters the bloodstream, the pancreas responds by producing only a little insulin, to help carry the small amount of glucose into the cells. If a large quantity of glucose enters the bloodstream, the pancreas produces a much larger quantity of insulin, to attempt to carry the larger amount of glucose into the cells.
- However, although glucose is essential for each cell, the cells only need a certain amount of glucose to perform their tasks. As a result, they only let in the amount of glucose needed—which may vary depending on a person's activity level, etc. Thus, when the insulin and glucose pass by a cell, the cell decides how much energy it needs, and will either allow the insulin to dock and the glucose to enter, or it will reject the insulin and glucose's entry. If the cells are surrounded by too much insulin and glucose, which the cells don't need, the cells become resistant to insulin, by decreasing the number of/deactivating receptors for the insulin on the outside of the cell. This is what happens in type II diabetes—the pancreas produces insulin, but the cells have become resistant to the insulin.
- Therefore, if a person simply takes more insulin or oral diabetic medications in an attempt to “force” the glucose into the cells, and thereby lower the high blood glucose levels, without changing their activity level or diet, does this solve the real problem? If a person only treats their blood glucose level, and ignores the cause, the diabetes will likely become worse and worse over time.
- A person with a sedentary lifestyle does not need as much energy for their cells to function. However, many sedentary people still love ice cream, sodas, cookies, and more. When the glucose enters the bloodstream, the pancreas releases lots of insulin to send the glucose into the cells, but since the person is sedentary, their cells don't need the energy, so they reject the insulin and glucose. When a person takes in too many calories (converted to glucose) over a period of time, and does not burn the calories through exercise, most of the cells begin to reject the excess insulin and glucose, and a person develops the condition known as “insulin resistance”.
- Many individuals with diabetes type II have high insulin levels in their blood, as well as high blood glucose levels. Normally, a person would expect that someone with high insulin levels would have normal or low blood glucose levels. However, in diabetes type II, a person has been taking too much energy into their body for a long time, more than their cells can use, therefore the cells reject the excess glucose. As a result, the pancreas

continues producing more and more insulin to try to force the glucose into the cells, and prevent damage to the body from excessively high blood glucose levels. Finally the insulin level reaches a high plateau. Over time, this excessive production of insulin and high sugar levels cause damage to the pancreas' beta cells that make the insulin, and slowly they become unable to produce insulin. As a result, the person's body behaves like that of a partially or fully type I diabetic. High insulin levels may contribute to large blood vessel damage, weight gain, high blood pressure, higher cholesterol and LDL (bad) levels, affect the sex hormone levels, and more.⁵

- Fat can be a potent contributor to type 2 diabetes since fat does not require insulin to enter the cells. Instead, it passes right through the cell membrane. Therefore, the cell gets filled with fat “energy”. Simply put, when the glucose tries to enter, the cell already has enough energy (1 gram of fat has double the energy of one gram of carbohydrate) and rejects the glucose and insulin. As a result, the blood glucose level remains high, and more insulin is produced in a futile attempt to lower the blood glucose level. This results in a vicious cycle of high blood glucose and high insulin levels, which keep us from losing weight!
- If a type I diabetic is inactive, eats too many energy foods, and then injects larger amounts of insulin to compensate, they too may develop insulin resistance like the type II diabetic and develop the same problems associated with elevated insulin and blood glucose levels. Therefore, lifestyle change is also very important to the type I diabetic.^{5,6}

Signs and Symptoms of Diabetes^{1,2,4}

1. Increased thirst, dry mouth (polydipsia)
2. Frequent/increased urination (polyuria) – The body can only reabsorb up to a certain amount of glucose in kidneys. When the blood glucose levels exceed that level, the glucose remains in the filtrate (urine). Water follows glucose, and this leads to water loss from the body, causing excessive urination, thirst, and even dehydration.
3. Increased hunger (polyphagia)
4. Fatigue and weakness
5. Frequent infections – From too much glucose in the bloodstream
6. Poor wound healing
7. Blurred vision
8. Weight loss (in type 1 diabetes)
9. Yeast infections and fungal skin infections occur more frequently

Diagnosis:²

- Symptoms of diabetes plus random blood glucose concentration ≥ 200 mg/dL or 11.1 mmol/L OR
- Fasting plasma glucose ≥ 126 mg/dL or 7.0 mmol/L OR
- A1C $> 6.5\%$ OR
- Two-hour plasma glucose ≥ 200 mg/dL or 11.1 mmol/L during an oral glucose tolerance test

What happens if diabetes is not controlled adequately?^{1,2,4}

1. Kidney damage which frequently progresses to kidney failure. 10-20% of individuals with diabetes will die from kidney failure.
2. Impaired vision (retinopathy) which frequently progresses to blindness, as well as a greater risk of cataracts and glaucoma. After 15 years with diabetes, 2% typically become blind, while 10% have severe vision impairment.
3. Neuropathy (nerve damage which causes numbness (loss of feeling) in the extremities (especially toes and feet), tingling, burning sensations, sharp, stabbing pains, and extreme tenderness in a few cases), as well as contributing to problems with digestion, urination, and impotence.
4. Damage to the arteries (atherosclerosis) which leads to an increased risk of angina, heart disease, stroke, and congestive heart failure. 50% of individuals with diabetes die from cardiovascular disease (especially heart disease and stroke).
5. Peripheral vascular disease (arteries and veins in extremities become rigid and atherosclerotic). This can cause poor blood return in the lower extremities, which, in turn, can lead to skin problems (stasis dermatitis), itchy skin, ulcers (sores on the legs or feet that do not heal), gangrene, and amputations—studies suggest a 25X greater risk for amputations among diabetics than among the regular population.

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6. Pregnancy complications—macrosomia (high birth weight), delivery complications, hypoglycemia in child after birth, have higher risk of developing diabetes in the future
7. Oral health—increased risk of gingivitis, which may lead to tooth loss, and also increase risk of cardiovascular disease
8. Sleep apnea—relationship suggested between sleep apnea and type 2 diabetes (up to 40% people with obstructive sleep apnea have diabetes)
9. Hearing loss
10. Loss of consciousness and death (in extreme cases)

Controlling Diabetes

Type 1 diabetes control:

In this condition the pancreas produces little or no insulin—a necessary substance for human life and well-being. This person will have to use some insulin daily (with a doctor’s guidance) for the rest of their life. It is very important for them to monitor their blood glucose carefully, use insulin as recommended, and follow the lifestyle recommendations listed below for type 2 diabetes to avoid many of the complications that can occur with improperly/untreated diabetes.

Type 2 diabetes control:

1. Exercise:
 - Ken Goodrick, MD, Associate Professor at Baylor College of Medicine in Houston stated “We know that if everybody exercised a few hours a week, Type 2 diabetes would be virtually non-existent – the trick is motivating everyone to do it.”⁷
 - Improves blood sugar control in many cases by causing more blood sugar to be utilized by the cells, and less insulin to be secreted. This helps to drop the blood sugar without medications.⁸
 - Improves HbA1c and insulin sensitivity⁸, due to the increased cellular metabolism and need for more sugar in the cells (therefore less insulin/other meds are needed). Edward Shahady, MD, states that “Our most powerful pills today for diabetes can improve insulin sensitivity up to 25% while for 18-24 hours after exercise your body becomes 40% more sensitive to the insulin it produces keeping your sugar levels efficiently in check.”⁹
 - Causes the body to burn glycogen stores, which cause excess sugar in the blood to be re-stored in the liver and muscles, lowering blood sugar levels further.
 - Helps a person lose visceral⁸ and total body fat. This loss of fat itself increases insulin sensitivity; therefore the person needs fewer medications.
 - Helps increase of skeletal muscle mass, which increases the metabolic rate and burns energy faster.
 - Helps with stress control (which can disrupt diabetes control in some diabetics).
 - Decreases the risk of heart disease (often associated with type II diabetes). Has a favorable effect on various cardiovascular risk factors eg. arterial pressure, HDL, triglycerides.⁸
 - Best types? Light walking after meals, regular and gentle stretching, strength training, and intermittent training (alternating vigorous and less vigorous exercise every few minutes).⁵
 - How often and how long? 150 minutes weekly over at least 3 days are recommended.²
 - Cautions? See your healthcare provider before beginning a vigorous exercise program. Build up gradually, monitor blood sugar levels carefully and take a snack along while exercising in case the blood sugar level drops too low, protect the feet and legs for injury (esp. by protective shoes), do not exercise when the blood sugar levels are very high or low.
2. Weight Management:
 - Obesity is frequently one of the primary causative factors of insulin resistance. Therefore, if an overweight type II diabetic desires to gain control of their blood sugar by lifestyle modalities alone, it is essential that they work diligently on losing weight.¹⁰
 - Andrew Greenberg MD, director of the Program in Obesity and Metabolism at Tufts University on May 3, 2001, LA Times stated "It's clear that if you lose weight, you can actually cure your diabetes," he said. "It's also been shown that if people exercise, their insulin functions more effectively in their body."¹¹
 - Suggestions for successful weight loss:
 1. Change to a low-fat, high fiber diet

2. Increase intake of fruits and vegetable, especially at the beginning of meals
3. Decrease intake of sugars, soda, juices, refined grains, saturated fats
4. Eat a hearty breakfast with little or nothing in the evening
5. Avoid snacking
6. Eat slowly and chew food well, putting the fork down between bites
7. Strictly avoid alcohol
8. Aim for gradual, slow weight loss (loss of ½-2 lbs/250gms-1 kilo per week), as the weight loss will be more permanent

3. Healthy Diet:

- Eat a diet low in fat and refined oils. An excess of fat causes a decrease in the number of insulin receptors. In fact, in clinical trials in individuals with type 2 diabetes, low-fat vegan diets were found to improve glycemic control to a greater extent than conventional diabetes diets.¹²
- Use a diet high in fiber, which is found in unrefined plant foods, and is absent in animal products. Fiber reduces insulin requirements and increases insulin sensitivity. Soluble fiber especially helps to increase the viscosity of the foods in our stomach. This slows down the processes of digestion, emptying of the stomach, and absorption of glucose from the digestive tract into the bloodstream. This results in a gradual, sustained blood sugar rise, with a lower peak blood sugar level. Therefore, less insulin is needed to bring the blood sugar back down to normal, and is found in rich quantities in beans, oatmeal, and many other plant foods.⁵ The Harvard School of Public Health reported that whole-grain and bran intakes were associated with reduced all-cause and cardiovascular-specific mortality in women with diabetes.¹³
- Sugar and sugary foods should be severely limited or avoided, including foods that taste sweet. It adds many extra calories, which contribute to obesity and energy overload—thus contributing to insulin resistance. It generally causes a rapid rise and a high peak in the blood sugar level, which stimulates the pancreas to excrete excess insulin, which may result in a corresponding rapid drop in the blood sugar in many cases, and cause a “low blood sugar” feeling of hunger, an “all gone” feeling, shakiness, irritability, and the felt need for another sugary snack. The symptoms are relieved by the eating of a sugary snack and the vicious cycle repeats itself. Over time this bombardment of excess insulin on the insulin receptors makes them attempt to accommodate to the excessively high levels of insulin and may decrease accordingly in number, thus increasing the insulin resistance.⁵
- Eat a diet high in complex carbohydrates. This means a variety of whole grains, vegetables, fruits, beans, nuts, and seeds. Complex carbohydrates are broken down into sugars and released into the system slowly—giving sustained energy all day long without the need for excessive insulin production. In contrast, refined grains and flours should be avoided as they give the same response to the blood sugar levels as foods high in sugar, and are lacking in the fiber, vitamins, and minerals needed for optimal health. Refined grains include white rice, white bread, white pasta, and other refined grain foods. The National Public Health Institute in Finland found that those that ate the most whole grains were at 30-61% lower risk of developing type 2 diabetes than those eating the least whole grains.⁵
- A totally vegetarian diet is best for diabetics. Animal products are generally high in cholesterol and saturated fat, and often contain trans-fats, all of which contribute to insulin resistance. They also contain no fiber, which is vital to the control of blood glucose. A study of SDA men in California found that those that ate meat 6X or more times per week had a 3.8X greater risk of dying from diabetes than those that ate meat less than 1X/week.^{5,10, 14}
- Overeating causes an over-production of insulin (an attempt of the body to bring the blood glucose level back to normal) and thereby contributes to insulin resistance.
- Two regular meals a day at least 5 hours apart works best for most non-insulin dependent diabetics. A solid breakfast and lunch with no supper or snacks has been found by many to be helpful in blood glucose control. This eating schedule has been suggested to increase insulin binding to the cells. More meals and snacking elevate blood glucose levels and increase the production of insulin, which worsens insulin resistance. If a third meal is eaten it should be very small and consist of small portions of whole grains and fruit.⁵
- Nicotine should be avoided as it worsens insulin resistance, and is a potent stimulator of insulin production.⁵

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- Diabetics should seek to avoid stress. Stress and pain cause the body to break down stored glucose and put it into the bloodstream.⁵

Sleep loss and sleep disturbances also contribute to the development of insulin resistance and type 2 diabetes.¹⁵ A low protein, plant-based diet may also help to protect the kidneys from kidney failure.⁵

Specific foods to eat and avoid:¹⁶

- Whole Grains: Cracked or whole kernel grains such as rice, millet, wheat, rye, barley, and corn make excellent main dishes. Starchy pastas such as spaghetti and macaroni may also be eaten as long as whole grain pasta is used. Eat bread made only from whole grains.
- Vegetables/legumes: Use liberally. Over 41 studies show that legumes help to keep blood glucose levels at optimum levels.¹⁷ In China, one study showed a 38% risk reduction for type 2 diabetes development among those using legumes regularly.¹⁸ Peas and dried beans may be used in place of meat, milk, eggs, and cheese.
- Dairy Substitutes: Soymilk with little or no sweeteners added and cheeses and creams made from nuts, flours, or vegetables may be used in limited quantities to replace dairy products.
- Nuts and Seeds: Use all kinds as well as their butters sparingly. Use nuts raw or lightly roasted.
- Sweet fruits and vegetables: Dried fruits and other very sweet fruits/vegetables (such as grapes) should be used very sparingly or not at all.
- Fruit Juice: Fruit juice should generally only be taken in a hypoglycemic reaction to raise the blood glucose. The best beverage between meals is water or unsweetened herb teas.
- Avoid caffeine—as it raises blood glucose levels.

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Chapter 4 – Cancer

Facts and statistics

- Cancer is one of the major killers in the world, killing nearly 7.6 million people before the age of 75 (about 11% of all deaths) in 2008.¹
- It is estimated that over 13 million people will die from cancer in 2030.²
- Cancer arises from a change in one single cell. The change may be started by external agents and inherited genetic factors.²
- Around 70% of cancer deaths occurred in the low and middle-income countries in 2008.²
- Most common causes of death from cancer include cancers of the lung, breast, colorectum, stomach, and prostate (in this order). However, the death rates from cancer vary by gender, with men having higher death rates from lung, prostate, colorectal, stomach, and liver cancer; and in women: breast, colorectal, cervical, lung, and stomach cancer.¹

(Find specific information for specific countries at www.who.int)

The impact of cancer in America:

- On average:
 - One out of every two men will get it³
 - One out of every three women will get it³
 - Nearly one out of every four deaths in this country is currently from cancer³
- 571,950 expected to die from cancer in 2011³
- Only 5-10% of all cancer can be attributed to genetic defects, while 90-95% come from a person's environment and lifestyle.⁴
- “Of all cancer-related deaths, almost 25–30% are due to tobacco, as many as 30–35% are linked to diet, about 15–20% are due to infections, and the remaining percentage are due to other factors like radiation, stress, physical activity, environmental pollutants etc.”⁴

Definition and Disease Mechanism

Cancer is a group of diseases characterized by cells that lose their normal controls and characteristics. It begins when damage occurs to the cell's DNA. This may cause the cell to begin reproducing uncontrollably, ultimately forming a tumor, which may take up vital space, destroy nearby tissues, and spread elsewhere in the body.⁵

Common Cancer Warning Signs and Symptoms⁶

1. Change in bowel habits or bladder function
2. Sores that do not heal
3. White patches inside the mouth or white spots on the tongue
4. Unusual bleeding or discharge
5. Thickening or lump in the breast or other parts of the body
6. Indigestion or trouble swallowing
7. Recent change in a wart or mole or any new skin change
8. Nagging cough or hoarseness

In addition, a person may experience a wide variety of other signs or symptoms depending on the location and type of the cancer involved.

Diagnosis: Examination of suspected tissues under the microscope is generally the most definitive way to be certain whether a person has cancer or not, but frequently also includes physical examination, a careful history, and possibly blood tests as well.⁵

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Significant cancer risks include (not exhaustive):

1. Smoking

- Smoking kills more people in developed countries than any other type of cancer,³ causes about 71% of lung cancer deaths,⁷ and 25-30% of all deaths from cancer.⁴
- Tobacco use contributes to at least 14 different types of cancer⁴
- Overall, tobacco contributes to nearly 6 million early deaths worldwide, with over 600,000 from second-hand smoke⁷, and 400,000 from smokeless tobacco (such as chewing tobacco),⁴ and nearly 450,000 deaths in the US alone.³
- Tobacco contains at least 50 cancer-causing substances⁴

2. Alcohol Use

- Globally, about 3.5% of all cancer is caused by alcohol usage. Alcohol is felt by researchers to be a cocarcinogen, meaning that it increases a person's risk of developing cancer when exposed to alcohol and another causative agent.⁴
- Alcohol weakens the immune system and contributes to cancers of the mouth, throat, esophagus, liver, and breast.⁴
- There is a direct relationship between rising amounts of alcohol intake and the risk of some cancers.⁷ One study shows a 7.1% increased risk of breast cancer for each additional 10g/day intake of alcohol.⁴ A link is also shown to heavy alcohol use and liver cancer to hepatitis B and C.⁴

3. Dietary Risks

- Researchers suggest that 30-35% or more of all cancers may be caused due to a faulty diet. As many as 70% of colorectal cancers may be caused by diet.⁴
- A heavy meat diet (especially red meat) increases the risk of cancer for the gastrointestinal tract, colorectal, prostate, breast, stomach, pancreatic, mouth, ovarian, and lymphatic cancers. Grilling of meat can also produce strong cancer-causing substances, with a 2 pounds (1 kilo) charbroiled steak containing the same amount of benzopyrene (strong cancer-causing substance) as 600 cigarettes.^{4,9}
- Epidemiological studies suggest that high fat diets are linked with higher risk for breast, colon, prostate, and endometrial cancer.¹⁰
- Other dietary factors especially implicated in cancer development include the use of foods containing cholesterol, dairy, eggs, coffee, and chocolate.⁹
- Excess protein should be avoided, as it will weaken the immune system and make it more susceptible to cancer development⁹

4. Environmental Risks

- Up to 10% of cancer cases may be caused by excessive sunlight exposure and other forms of radiation exposure, including cancers of the skin, lung, breast, thyroid, leukemia, lymphoma, and sarcomas.⁴

1. Sunlight:¹⁰

- Two types of skin cancer that only have a slight to moderate risk include basal cell carcinoma and squamous cell carcinoma. They tend to grow slowly and usually can be easily and successfully removed (if removed promptly and before they progress too far). Squamous cell cancer risk is increased by cumulative exposure to the sun, and can be prevented primarily by protective clothing and changing patterns of outside activities to not spend excessive time in the sun
- However, melanoma is another cancer that is much more dangerous. This cancer can spread very quickly to other parts of the body and when it spreads the death rate is quite high. It has been suggested that repeated sunburns and intermittent excessive exposure times to the sunlight cause most melanomas.
- 2-3 million non-melanoma and 132,000 melanoma skin cancers occur globally/year.⁸
- Studies suggest that while sunburning may increase the risk for the development of melanoma; regular, moderate sunlight exposure may help to decrease the incidence of internal, solid cancers including cancers of the stomach, colorectal, liver and gallbladder, pancreas, lung, female breast,

prostate, bladder and kidneys. (Tuohimaa, P., Pukkala, E., Scélo, G., Olsen, J. H., Brewster, D. H., Hemminki, K., et al. (2007). Does solar exposure, as indicated by the non-melanoma skin cancers, protect from solid cancers: vitamin D as a possible explanation. *European Journal on Cancer*, 43 (11), 1701-1712.) In addition, a study published in *Lancet* suggested that outdoor workers receiving chronic sunlight exposure may actually have a lower risk of melanoma development to that of indoor workers; however, sunburns have still been demonstrated to increase the risk of developing melanoma. (Rivers, J.K. (2004) Is there more than one road to melanoma? *Lancet*. 363(9410), 728-730).

2. Nuclear

- Fallout from nuclear plant accidents
- Radon in homes and workplaces—increases risk of stomach cancer
- Medical x-rays

3. Electromagnetic fields—such as high-power electric lines and other electrical equipment—69% risk of leukemia in childhood when living within 200 meters of high-voltage power lines, versus 23% risk at 200-600 meters away. Prolonged use of mobile phones also shown to increase the risk of brain tumors.⁴

4. Other environmental causes of cancers include:⁴

1. Motor vehicle exhaust→childhood leukemia
2. Indoor air pollution→Childhood leukemia and lymphoma
3. Nitrates (sometimes found in drinking water)→leukemia, lymphoma, colorectal cancer, bladder cancer
4. Pesticides→Childhood leukemia and lymphoma, brain tumors, Wilm’s tumors, Erwing’s sarcoma, germ cell tumors
5. Dioxane and incinerators—sarcoma and lymphoma
6. Organic pollutants while still in mother’s womb→testicular cancer
7. Radioactive exposure (carbon, radium, and uranium)→stomach cancer
8. Chlorinated drinking water→bladder cancer, colorectal cancer, leukemia
9. Nitric oxide & poly-aromatic hydrocabons→lung cancer

5. Inactivity:

- Physical in activity has been associates with an increased risk of colon and breast cancer.^{4,10}

6. Overweight and Obesity

- In the US alone, 14% of cancers in men, and 20% in women are caused by excess weight.⁴
- “Men who were 40 percent overweight had a 33 percent increased risk of dying from cancer. Women who were overweight by the same percentage increased their cancer death rates by 55 percent.”⁹
- Cancers increased by obesity (in research studies) included cancers of the colon, breast, kidney, endometrium (lining of the womb), esophagus, upper stomach, pancreas, gallbladder, liver, and prostate.⁴

7. HPV, Hepatitis, and Helicobacter pylori infections⁷

- 17.8% of cancer cases worldwide associated with infections, ranging from 10% in high income countries to 25% in some African countries.⁴
- HPV (human papilloma virus) causes 5% of cancers worldwide, and is spread by sexual contact and causes nearly 100% of the cases of cervical cancer, many other genital cancers, and 20-60% of mouth and throat cancers
- Hepatitis B and C virus also causes about 5% of cancers worldwide, is spread by sexual contact, IV drug use, and is also spread via other body fluids. Causes over 50% of primary liver cancers.
- Helicobacter pylori infections cause 5% of cancers worldwide, cause at least 80% of cancers of the stomach (excluding the entrance sphincter). Risk of cancer is increased among those who concurrently smoke, use high amounts of salt or preserved foods in their diet.¹⁰

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- Other viruses that contribute to cancer development include Epstein Barr (infectious mono), Kaposi’s sarcoma (HIV), HIV, and more. The infectious agents may cause the following cancers: cervical cancer, anogenital cancer, skin cancer, nasopharyngeal cancer, Burkitt’s lymphoma, Hodgkin’s lymphoma, Kaposi’s sarcoma, adult T-cell leukemia, B-cell lymphoma, and liver cancer.⁴

Cancer Prevention Plan

1. Stop Smoking
2. Avoid Alcohol
3. Eat a healthy diet. Dietary factors especially helpful in fighting cancer include the following:
 - Fruits and vegetables have been shown by multiple studies to be protective against cancer and should be used freely.⁴
 - Vitamin A (found in orange, yellow, and dark green fruits and vegetables) have antioxidant properties and lower ones risk of cancer development⁹
 - Vitamin C (found in fruits, berries, peppers, cabbage family, and tomatoes) has antioxidant and cancer-protective properties, and can help to prevent genetic damage. Studies have found that those with higher levels of vitamin C in their plasma have lower levels of cancer deaths.^{4,9}
 - Vitamin E (found in unprocessed nuts, whole grains, and unrefined oils—esp. sunflower seeds and almonds) also functions as an antioxidant and helps prevent nitrites in the diet from becoming cancerous nitrosamines⁹
 - Whole grain intake has been found to reduce the risk of many cancers by 30-70%, they contain many cancer-protective antioxidants that help prevent cancer that are not present in the refined state.⁴
 - Phytochemicals (thousands of plant chemicals found in miniscule amounts in whole plant foods) have powerful cancer-preventative and cancer-fighting properties. Over 25,000 have been identified which may have potential against cancer.⁴
 - Fiber has been demonstrated through studies to reduce colon cancer risk.⁴
 - Selenium, found in whole grains, has been found to decrease the risk of cancers of the lung, colon, and prostate.⁹
 - For cancer prevention, the American Cancer society recommends for individuals to consume a healthy diet with an emphasis on plant sources.³
 - Eat 5 or more servings of a variety of vegetables and fruits each day.
 - Choose whole grains in preference to processed (refined) grains.
 - Limit consumption of processed and red meats.
4. Avoid excessive sunlight exposure and sunburns and other avoidable environmental risks
5. Adopt a physically active lifestyle
 - One study showed a 50% decrease in colon cancer incidence among those participating in the most exercise.⁴
6. Achieve a healthy weight
 - Lose weight if currently overweight or obese. Balance calories taken in with calories utilized through activity.
7. Avoid HPV, hepatitis and helicobacter pylori infections
8. Participate in regular screening examinations, which may include:¹¹
 - a. Breast examinations (clinical and self-examinations)
 - b. Pap smears (cervix)
 - c. Occult blood (of stool samples)
 - d. Skin testing (especially for those with lighter skin color)
 - e. Other testing as recommended and needed

Treatment options?

By far, the best option is to do what one can to prevent cancer. Once it is diagnosed it may be too late to successfully treat it. Generally a skillful medical practitioner should be consulted to ascertain the extent of the cancerous spread, and explore treatment options and success rates for that particular type of cancer. Surgery may be helpful to remove the largest portion of the cancer, and a strict adherence to a healthful lifestyle, which helps to prevent cancer, may prove helpful in some cases in reversing it. An abundance of raw fruits and vegetables, regular aerobic exercise in the fresh

air and sunlight, early and abundant sleep, a joyful heart, a clear conscience, avoidance of all animal products in the diet, as well as avoidance of tobacco, alcohol, tea, coffee, and other such substances, daily use of 8-10 cups pure water, and the careful use of hydrotherapy treatments as possible may be helpful as a person seeks for restoration.¹²

However, one must realize that many years of poor lifestyle habits have likely brought this on them, and realize that while lifestyle changes may bring restoration to some, for many it may be too late, yet, they may be encouraged to prepare their hearts for eternal youth and restoration in heaven. Prayer is also a very important aspect in the treatment of someone with cancer.

¹ GLOBOCAN 2008. IARC. (2010). (<http://globocan.iarc.fr/factsheets/populations/factsheet.asp?uno=900>)

² World Health Organization. (2012). Cancer: Fact Sheet N°297: February 2012. Accessed online on March 15, 2012, at: <http://www.who.int/mediacentre/factsheets/fs297/en/index.html>

³ American Cancer Society. Cancer Facts & Figures 2011. Atlanta: American Cancer Society; 2011.

(<http://www.cancer.org/acs/groups/content/@epidemiologysurveillance/documents/document/acspc-029771.pdf>)

⁴ Anand, P., Kunnumakara, A. B., Sundaram, C., Harikumar, K. B., Tharakan, S. T., Lai, O. S., Sung, B., & Aggarwal, B. B. (2008). Cancer is a preventable disease that requires major lifestyle changes. *Pharm Res.*, 25(9), 2097–2116. doi: 10.1007/s11095-008-9661-9.

(<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>).

⁵ Beers, M. H., & Berkow, R. (Eds.). (1999). *The merck manual of diagnosis and therapy* (17th ed.). Whitehouse Station, NJ: Merck Research Laboratories.

⁶ American Cancer Society. (2010). Signs and symptoms of cancer. (<http://www.cancer.org/Cancer/CancerBasics/signs-and-symptoms-of-cancer>).

⁷ Alwan, A., Armstrong, T., Bettcher, D., Branca, F., Chisholm, D., Ezzati, M., et al. (Eds.). (2011). *Global status report on noncommunicable diseases 2010*. [Electronic version]. World Health Organization. Italy.

⁸ WHO. (2012). Skin cancers. Retrieved December 25, 2012 from: <http://www.who.int/uv/faq/skincancer/en/index1.html>.

⁹ Nedley, N. (1999). *Proof positive*. Ardmore, OK: Quality Books, Inc.

¹⁰ Longo, D.L., Kasper, D.L., Jameson, J.L., Fauci, A.S., Hauser, S.L., & Loscalzo, J. (eds.) (2012). *Harrison's principles of internal medicine* (18th ed.). New York: McGraw Hill.

¹¹ American Cancer Society. (2011). American Cancer Society Guidelines for the Early Detection of Cancer.

(<http://www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>).

¹² Thrash, A. (2013). Cancer: The risks and the routine: How not to get cancer and what to do if you do get it. Retrieved February 13, 2013 from http://ucheepines.org/index.php?p=counseling.cancer-the_risks_and_the_routine.

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Chapter 5 – Introduction to Communicable Diseases

General Information²

Microbes are found everywhere. The majority are harmless or helpful to human, plant, and animal life, while a few cause human disease. Disease-causing microorganisms multiply rapidly in cities and other areas where dense crowds of people are in constant contact, and can be spread by breathing, coughing and sneezing the same air, sexual promiscuity, inadequate disposal of garbage, contaminated food or water, flies, rodents, etc. The most common types of disease-causing microbes include viruses, bacteria, parasites, and fungi.

A communicable disease can be transmitted from one person to another either by direct contact or indirectly by insects or other objects (such as contaminated towels, water, food, animals, etc.). Each disease has a particular means of transmission, and if this way is blocked/does not occur, disease is not passed on. For example, malaria is typically spread by the bite of an infected mosquito (rarely through blood transfusions). If a person avoids mosquito bites, the individual simply will not develop malaria. Therefore, it would be wise to study the way that diseases are transferred and explore ways to block their transmission.

Modes of transmission:

Direct contact transmission requires physical contact and a transfer of microorganisms between a person that has a disease and the person who becomes infected with the disease. Direct contact includes touching, kissing, sexual contact, contact with any body fluids, or contact with sores on the body. This occurs most frequently among friends and family.

Indirect contact transmission occurs when a person becomes infected by contact with a contaminated object/surface. Some microbes can survive for long periods of time on objects/surfaces. Examples of such objects/surfaces can include: door handles, tables, beds, chairs, bathrooms, toilets, cups, dishes, medical instruments, pens, pencils, computers, toys, money, etc.

Droplet transmission occurs when infected droplets come in contact with another person’s eyes, nose, or mouth, and may be spread by sneezing, coughing, talking, or during medical procedures. Droplets typically settle out of the air fairly quickly, so these disease organisms do not remain infectively in the air for a long period of time (use masks).

Airborne transmission results from the inhalation of microorganisms carried through the air via contaminated evaporated saliva droplets (as in pulmonary tuberculosis), which are sometimes suspended in airborne dust particles. These organisms frequently survive drying and do not die quickly outside of the human body.

Fecal-oral transmission occurs typically by ingestion of fecally contaminated food or water. These organisms multiply in the digestive tract and leave the body through the feces. They may be spread by fecal contamination of the water supply (which necessitates adequate treatment or boiling of the water to make it safe), inadequate handwashing by those that prepare food, and by contaminated foods, often including fresh fruits and vegetables, fish, and shellfish.

Transmission may be decreased by frequent and careful handwashing (especially after use of the toilet and before eating or preparing food), cooking food thoroughly, education on proper food preparation techniques, regular cleaning/disinfection of frequently touched surfaces, adequate water and sewage treatment, and not allowing cooked food to stay at room temperature for more than 2 hours (cooked foods should be kept hot above 140°F (60°C) and cold below 34 to 40°F (1 to 3°C))¹

Vector transmission spreads disease from animals such as flies, mites, fleas, ticks, rats, and dogs to humans. The most common vector for disease is the mosquito, which spreads disease from one person/animal to another through their saliva. This form of disease transmission is significant, since it can spread a disease quickly over a wide area, and control of the vectors may lead to control of the disease. Disease may be spread through bites, animal feces, or carried on their bodies (i.e. flies that carry germs from human feces) to people, their food, or surfaces they may touch.

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Causes of Communicable Diseases^{2,6}

<u>Disease</u>	<u>Organism</u>	<u>Means of spread</u>
Chickenpox	Virus	Direct or indirect contact with infected person
Common cold	Virus	Direct or indirect contact with infected person
Dengue	Virus	Mosquito bite
Gastroenteritis (stomach flu)	Virus	Direct or indirect contact with infected person
Hepatitis A	Virus	Fecal-oral, contaminated food/water, (occ. blood, body fluids)
Hepatitis B	Virus	Blood, needles, body fluids, sexual contact, IV drug use
Hepatitis C	Virus	Blood, IV drug use, body fluids, sexual contact (rare)
Hepatitis D	Virus	Blood, IV drug use, only found with Hep. B infection
Hepatitis E	Virus	Fecal-oral, contaminated food or water
Herpes simplex	Virus	Direct contact with infected person
HIV (causes AIDS)	Virus	Blood, sexual contact, body fluids
Human papillomavirus (genital warts)	Virus	Sexual contact
Infectious mononucleosis	Virus	Direct or indirect contact with infected person
Influenza	Virus	Direct or indirect contact with infected person
Measles	Virus	Direct or indirect contact with infected person
Mumps	Virus	Direct or indirect contact with infected person
Pneumonia (some)	Virus	Respiratory secretions
Rabies	Virus	Direct contact with body fluids, bite by infected animal/person
Rubella (German measles)	Virus	Direct or indirect contact with infected person
Yellow fever	Virus	Mosquito bite
Abscesses and boils (Staph. aureus)	Bacteria	Direct or indirect contact with infected person
Botulism	Bacteria	Consuming contaminated food
Cholera	Bacteria	Fecal-oral
Diphtheria	Bacteria	Direct or indirect contact with infected person
E. coli (diarrhea and/or dysentery)	Bacteria	Fecal-oral, (contaminated water, food)
Gonorrhea	Bacteria	Sexual contact
Leprosy	Mycobacteria	Direct or indirect contact with infected person
Lyme disease	Bacteria	Deer tick bite
Pertussis (whooping cough)	Bacteria	Direct or indirect contact with infected person
Plague	Bacteria	Direct or indirect contact with infected person or fleas from rodents
Pneumonia	Bacteria	Respiratory secretions
Salmonella (food poisoning)	Bacteria	Fecal-oral – causes diarrhea, also contaminated poultry, milk
Scarlet fever	Bacteria	Direct or indirect contact with infected person
Shigella	Bacteria	Fecal-oral – causes diarrhea and dysentery
Spotted fever	Bacteria	Tick bite
Strep throat	Bacteria	Direct or indirect contact with infected person
Syphilis	Bacteria	Sexual contact
Tetanus	Bacteria	Dirty closed wound, umbilical cord cut with dirty knife, dirt
Trachoma (eye disease, STI)	Bacteria	Contact with eye secretions (eye disease), sexual contact
Tuberculosis	Mycobacteria	Respiratory secretions, infected unpasteurized milk/raw meat
Typhoid fever	Bacteria	Fecal-oral
Typhus	Bacteria	Lice, flea, tick bite
Athlete’s foot	Fungus	Direct or indirect contact with infected person, moist feet
Blastomycosis, Histoplasmosis	Fungus	Inhaling contaminated dust
Ringworm	Fungus	Direct or indirect contact with infected person, poor hygiene
Yeast infections (Candida)	Fungus	Use of antibiotics, immunosuppression, pregnancy
African sleeping sickness	Protozoa	Bite of tsetse fly. Only found in some regions in Africa
Amoeba	Protozoa	Fecal-oral

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Bilharzia	Flatworm	Skin contact with water where people urinated, parasite develops in snails, then enters through human skin
Chaga’s disease	Protozoa	Kissing/assassin bug bites, blood transfusions, mother to baby
Elephantiasis	Roundworm	Infected mosquitoes
Giardia	Protozoa	Fecal-oral
Hookworm and threadworm	Roundworm	Contact with contaminated soil
Lice	Parasite	Sharing combs, hats, hairbrushes, pillows, etc.
Liver fluke	Flatworm	Raw or inadequately cooked, infected fish or watercress
Malaria	Protozoa	Mosquito bite
River blindness	Roundworm	Blackflies in Western Africa that live near swift streams
Roundworms (Ascaris, whipworm)	Roundworm	Fecal-oral
Scabies	Mite	Direct contact with infected persons or objects
Tapeworm	Flatworm	Consuming inadequately cooked and infected fish, beef, pork
Toxoplasmosis	Protozoa	Consuming raw meat; contact with contaminated soil
Trichinosis	Roundworm	Inadequately cooked meat
Trichomoniasis	Protozoa	Sexual contact

Suggestions to stop the transmission of communicable diseases^{3,6}

1. Bathe regularly (ideally every day, especially when the weather is hot). Bathing removes disease-causing organisms from the skin. It also helps prevent skin infections, dandruff, pimples, lice, and rashes. This is especially important if you are sick or are caring for the sick.
2. Wash your hands often. It is important to wash your hands as soon as you get up in the morning, after using the toilet, before you prepare food, before you eat, and any other time they get dirty.
3. Keep your fingernails short and clean underneath.
4. Do not let animals lick your face. All animals, including dogs and cats, carry disease. Keep them away from your face and off beds and tables. Wash your hands after touching or petting them.
5. Do not let children play where there are animal feces. Animal feces carry disease.
6. Protect food from flies and other insects (cover cooked food until ready to eat if flies are present). Insects, especially flies, carry and spread many diseases and germs.
7. Keep animals away from your food preparation areas and drinking water supply.
8. Wash and hang sheets/blankets in the sun often to kill disease. Sun all bedding materials. This helps fight bedbugs.
9. Do not eat food that has been dropped on the floor or ground unless you wash it (and disinfect it if needed).
10. Wash all fruits and vegetables before eating them. This is especially important for foods that will not be cooked, even if they will be peeled; germs may be transferred from the peel to the inside by your hands. 5 drops of iodine tincture per quart (liter) of water in which the fruit/vegetables should sit for 30 minutes should be adequate to kill most microorganisms. Use 10 drops iodine if the water you are treating is cloudy. (Can also substitute 10 drops of chlorine bleach if water is clear, 20 drops if water is cloudy per liter (quart) for 30 minutes; however, some authorities suggest that chlorine bleach may not be as reliable as iodine for killing disease-causing organisms in a wide range of water quality conditions)^{4,5}
11. If you choose to eat meat, fish, or chicken, make sure they are very well cooked. Animal flesh may carry viruses, bacteria, and worm eggs.
12. Wash your hands after preparing meat, fish, seafood, eggs, and dairy. Use different cutting boards for meat, fish, dairy, and eggs from what you use to prepare fresh fruit and vegetables.
13. Do not eat food that smells bad or has mold on it.
14. Do not eat from the same plate or utensil as someone who is sick. It is healthiest to never share eating utensils. Germs are carried by saliva and transferred by food or utensils.
15. Sick children should not sleep or eat with healthy children. Lice and many other infectious diseases can be spread by sleeping or eating together.
16. Use toilets/latrines every time. Never urinate or defecate where people will walk or into the water.
17. Bathroom/toilet areas should be away from water supplies that are used for drinking. If you do not have a septic tank or latrine, human wastes should be buried so animals cannot get to it.
18. Keep houses clean to help control germs, insects, and other organisms.

19. Drinking water may be boiled for 10 minutes to kill microorganisms if there is any question regarding its safety. Otherwise, be certain to only utilize well-sealed bottled water.
20. NEVER reuse needles.⁶
21. Only used boiled (20 minutes) or sterile cutting instruments for cutting the baby’s umbilical cord after birth.
22. Wear shoes in areas where hookworm can be found in the soil
23. Use gloves if you will have contact with body secretions.

Other helpful suggestions include:

- Wear a mask, if possible, if you will be having close contact with someone with a serious respiratory infection.
- Avoid raw milk as it may contain disease-causing organisms; if it is not pasteurized, boil it before drinking.
- Garbage should be burned or buried away from houses and drinking water. Food scraps and garbage should not be piled around the house; the rotting process breeds bacteria and produces toxins that pollute the air and harm our health.
- Do not put your hands in your mouth, eyes, or nose without washing them first. Your hands are constantly touching people or things that may be contaminated with disease.
- If the water quality is questionable, brush your teeth with bottled or boiled water.
- Bathrooms/toilets should be kept clean and disinfected regularly with bleach to kill germs.

¹ http://www.foodsafeschools.org/FSAG_CD/Resources/UMass/control_time_and_temperature.pdf

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³ Werner, D., Thuman, C., & Maxwell, J. (1992). *Where there is no doctor: A village health care handbook*. Berkeley, CA: The Hesperian Foundation.

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<http://water.epa.gov/drink/emereprep/emergencydisinfection.cfm>

⁵ CDC. (2011). Water treatment methods. Retrieved December 25, 2012 from: <http://wwwnc.cdc.gov/travel/page/water-treatment.htm>.

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Chapter 6 – HIV/AIDS

Statistics

- AIDS is caused by the Human Immunodeficiency Virus (HIV).
- According to the World Health Organization, worldwide there were approximately 34 million people living with HIV in 2010. 2.7 million were newly infected with the virus in 2010 alone,¹ or 7,000 per day²
- 3.4 million children under 15 years of age have HIV, and approximately 390,000 were newly infected with the disease in 2010, mostly during pregnancy and breastfeeding.¹
- Deaths from AIDS estimated at 1.8 million in 2010¹
- An estimated 30 million people have died from AIDS since the first case was reported in 1981.²
- 6.6 million receiving anti-retroviral therapy at the end of 2010.²
- More than 90% of all new adolescent and adult cases of HIV worldwide have resulted from heterosexual intercourse.³
- 350,000 infected with HIV die yearly from tuberculosis.⁴

Definition: Infection caused by the human immunodeficiency retrovirus which causes symptoms ranging from asymptomatic to severe immune compromise of cellular-mediated immunity which may lead debilitating and often fatal illnesses.⁵

Disease mechanism of HIV⁷

HIV enters the human body as a result of exposure to the body fluids of an infected person. When the virus enters the body it binds (connects) to a white blood cell (T lymphocyte (CD4+ cells), and may also infect many other cells to a lesser extent) and injects its viral genetic information into the cell. The viral genetic information passes into the cell nucleus. There the viral genetic information joins with the cellular genetic information. Thereafter, the cell begins to produce genetic information for more viruses, packages them for survival outside of the cell, and causes them to be excreted from the cell, ready to infect other cells. Each infected cell is capable of producing many of new viruses. New white blood cells produced by the infected cell also contain the virus. After a short time, the virus ends up killing the T lymphocyte. These viruses rapidly decrease the number of T lymphocyte cells in the body, depending on the strength of the person's immune system. T lymphocytes are essential in the activation of the immune response to infections, and if the T lymphocytes have been destroyed by HIV, the body is like a medieval walled city with no guards to warn the inhabitants of an approaching enemy.

As a result of the depletion of T lymphocytes and other white blood cells, a person becomes susceptible to many infections. The microorganisms that typically cause disease in healthy individuals cause someone with HIV to experience a more severe level of sickness than a person in a healthy state. In addition, individuals with HIV are susceptible to many opportunistic infections that would normally cause no illness in healthy individuals, but may be deadly to someone with HIV. A person typically does not die from HIV itself, but from infections that result from the disabling of the person's immune system.

Incubation Period: Since the replication of the virus takes place inside the T lymphocytes in the first few weeks to months, blood tests are frequently negative for HIV for a few days to weeks (which may at times represent a problem for those receiving blood transfusions, especially in regions lacking advanced blood testing equipment). Thereafter, special blood tests will be able to detect the presence of the HIV in the blood. However, a person may show no symptoms of the disease for months to years. The average incubation period between HIV infection and full-blown AIDS is 10 years, but the person may not become symptomatic for years.⁷ When a person becomes symptomatic, they are then known as having AIDS (autoimmune deficiency syndrome). In studies, from the time a person became HIV positive until death averaged about 12.5 years.⁶

Transmission:

The AIDS virus is generally transmitted by contact with body fluids. This may occur through sexual contact (heterosexual and homosexual), contact with blood (including transfusions of infected blood and many blood products, reusing contaminated needles, contaminated tattooing/ear-piercing equipment, shared IV drug use), from mother to baby

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during pregnancy or birth, breastfeeding, and infected tissue transplants. Caregivers risk infections by HIV primarily through punctures by contaminated needles or other sharp objects, and occasionally by unprotected contact with semen and vaginal secretions, bloody wounds, bloody diarrhea or vomit, contaminated medical equipment, etc.⁷ Commonly infected body fluids include semen, blood, and vaginal secretions. The most common ports of entry are through the mucous membranes of the genitalia or anus, and needle punctures in the skin.⁷

Based on existing research, it is felt that mosquitoes, dust, or casual contact will not transmit the AIDS virus.⁷ If a person receives a potentially contaminated needlestick injury or potentially infectious materials make contact with an open wound or otherwise damaged skin, immediately wash the affected area with soap and water thoroughly, if eyes were affected, cleanse with water or saline. When giving care to others, damaged skin should always be covered by protective dressings to reduce the risk of exposure. Then go promptly to seek medical care, as there are medications now that may reduce a person's risk of contracting the disease.⁸

Drying and full-strength bleach are two of the most effective ways to kill HIV outside the body (however, HIV has been isolated 24 hours after use from syringes of intravenous drug users that had not been cleansed with full-strength bleach for 30 seconds). Full strength bleach has been shown through research to effectively inactivate HIV within 30 seconds of exposure, even if blood clots are present. Research shows that a 10 percent bleach dilution was not effective in killing HIV even after the blood-contaminated syringe was filled with the 10 percent bleach solution for 24 hours. After soaking reusable medical instruments in bleach for at least 30 seconds, the instruments should be washed several times in clean water. In addition, boiling medical instruments for at least 15 minutes will reduce the risk of infection.⁹

Higher Risk Groups:

1. Heterosexual contact, especially prostitutes and others with many sexual partners, and women whose partners are involved in risky behavior⁷
2. Male-to-male sexual contact⁷
3. Injection drug users and any sexual partners⁷
4. Perinatal Transmission: Children are a fast-growing group of reported AIDS patients. Perinatal transmission can occur during 1) pregnancy, 2) childbirth, and 3) breastfeeding. Between 15-35% of infants born to HIV-infected mothers become infected.⁷
5. People receiving blood transfusions and any sexual partners in regions where HIV testing of blood for transfusions may be inadequate.⁷
6. Health care and laboratory workers—low but definite risk due accidental exposures at the workplace⁷

Signs and Symptoms:^{7,10}

A person may initially experience a flu-like illness which lasts for a few weeks, of followed by a period with no symptoms which may last for 5-20+ years. Gradually, as the body's immune status drops, symptoms begin to appear:

1. Low-grade fever lasting longer than one month, sometimes with chills and soaking night sweats.
2. Slow, progressive weight loss. The person gradually becomes thinner and thinner.
3. Chronic diarrhea lasting longer than one month.
4. Fatigue
5. Swollen lymph nodes in 2 or more sites

A person may also experience any of the following: sores in the mouth, a cough that lasts more than a month, yeast infection in the mouth (thrush), skin rashes or dark patches on the skin, nerve problems, mental problems, muscle problems, headaches, abdominal pain, nausea, vomiting, pneumonia and other lung problems, vaginal yeast infections, heart problems, kidney disease, anemia, bleeding problems, may develop small clumps of tiny blood vessels under the skin (cherry angiomas), cervical cancer, Kaposi's sarcoma, lymphoma, and MANY other opportunistic infections.

- Diseases more common in those with HIV: Tuberculosis and shingles

Diagnosis: Via blood examinations—some of which can give results in minutes.⁵

Best Preventive Measures

- No pre-marital or extra-marital sex

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- Strict avoidance of sharing/reusing needles in street drug and healthcare settings
- Use of barriers when contacting body fluids, prevention of needlesticks, careful testing of blood for transfusions
- HIV-positive, pregnant women should work closely with a health care provider, as certain medications greatly decrease the risk of HIV transmission to the unborn child.
- Avoidance of breastfeeding if child can be nourished adequately otherwise
- Faithful and diligent treatment for those with HIV

Treatment

Prevention is the most important modality of care in dealing with this disease.

If a person develops HIV, some benefit may be obtained from a faithful application of God’s laws that govern immunity. These laws should be studied and applied faithfully in order to strengthen the immune system.

Implement NEWSTART principles faithfully and carefully. Remember Isaiah 55:7.

Below are recommendations for the natural treatment of HIV/AIDS which have been promoted by Dr. Agatha Thrash. These recommendations have brought benefit to a number of individuals suffering from HIV/AIDS:¹¹

Nutrition: A totally vegetarian diet high in fresh fruits and vegetables, and low in sugars and fats will be helpful to strengthen the immune system. The individual should avoid all spicy condiments, snacking, late and heavy suppers, refined foods, soft drinks, tea, coffee, and chocolate. Regularity should also be aimed for, with 5 hours elapsing between meals. Asparagus and garlic have been suggested as possessing antiviral properties, and aloe vera contains a carbohydrate which may slow down the reproduction of HIV and boost the immune system. Licorice root tea is also reported as beneficial for boosting immunity.

Teas: (Should be taken regularly)

- Echinacea: Echinacea may be useful in strengthening the immune system. Put one heaping tablespoon of Echinacea in one quart of boiling water. Simmer for 30 minutes. Turn off heat and let steep for 25 minutes. Drink one cup first thing in the morning and finish the remainder throughout the day. The teas should be made fresh daily as they lose potency over time.
- Pau d’Arco, blue violet, and red clover. These herbs may help strengthen the immune system and cleanse the blood. Add three tablespoons of Pau d’Arco to a quart of boiling water and boil gently for twenty-five minutes. Turn the heat off, add two tablespoons of blue violet and two tablespoons of red clover to the Pau d’Arco and let the mixture steep for twenty-five minutes.
- You may also use goldenseal and aloe vera—which have antimicrobial properties.
- Licorice tea may also boost immunity. Glyke, a substance isolated from the herb Glycyrrhiza uralensis, or licorice root, was tested on sixty patients who were HIV positive. About seventy percent of the cases improved and three cases were reported to have converted from HIV-positive to negative, two of which remained HIV-negative. (Report made by Professor Lu Weibo of the Academy of Traditional Chinese Medicine in China).
- A person may consider the herb teas as part of their daily water intake, and should be continued after the fever treatments end for one to three years.

Supplements:

- Evening Primrose oil: large doses (reported to incorporate into the viral membrane wall, thereby increasing the susceptibility to the fever treatments). Use up to 12 capsules a day during a series of fever treatments. Flaxseed oil can be substituted at a dosage of 1 tablespoon twice a day.
- Garlic: 4 capsules or 8 tablets or 1-2 fresh cloves taken 3 times daily at mealtimes.
- Give a 3-week course of zinc supplementation, 15 mg. per day.

Exercise: Aerobic exercise for a minimum of 20 minutes daily should be conducted. Walking, swimming, cycling, gardening, and other purposeful outdoor exercise can be very restorative. However, never exercise or work to the point of exhaustion.

Dress: Keep limbs clothed so that the extremities are as warm as the forehead.

Water: Water is a cleanser and a healer, used externally and internally. Drink eight to ten cups of water, as pure as possible, between meals each day. A daily bath or shower is essential. Wear a clean change of clothes daily.

Fever treatments (for adults): Fifteen fever treatments spread over three weeks equal one series of treatments. Give two series of three weeks each, pausing for one week after the first three weeks before beginning the second series. There should be five treatments in a week, but not usually more than one fever treatment per day for adults. Interrupt the treatment program every five days with a two-day rest. In three months, using the same routine, go through another two series of the fever treatments. Every six months for two years give another round.

Technique for fever treatment:

- Use a hot bath of 108-110°F to accomplish this “Fever” treatment.
- Aim to obtain 102-104°F orally and maintain it for 20-40 minutes, as tolerated.
- When the oral temperature goes above 100°F or the person begins to sweat, keep the face and head cool with a cold cloth (dipped in ice water). Change this cloth frequently.
- Keep the bath water 110-112°F while the oral temperature is 102-104°F. Do this by draining off some of the cooling water and adding hot water.
- Follow the hot treatment by rubbing the person down with a cloth that was dipped in ice water (and then wrung out), friction rub drying, and one hour of bed rest with an ice pack wrapped in a towel on the forehead.
- Prevent chilling after the treatment.
- Abort the treatment if the heart rate rises above 160 in a person under 50 years of age or if the person is having great difficulty tolerating the treatment. In a person over 50 years of age, abort the treatment if the heart rate rises above 140. For more details on fever treatments, see the book *Home Remedies* by Dr. Agatha Thrash.

Sunshine: 20-30 minutes of daily sun exposure. The person be fully clothed, exposing only the face and arms. However, excess sun between 10 a.m. and 4 p.m. may actually reduce a person’s immunity.

Temperance: All excesses and harmful habits should be carefully avoided with God’s strength, including: alcohol, nicotine, marijuana, caffeine, tea, unnecessary prescription or non-prescription medications, masturbation, or sexual excess. Conserve your strength.

Air: The air one breathes should be fresh and without smoke, exhaust, and other toxic fumes. An upright posture enables the body to exchange oxygen and wastes more easily. The sleeping rooms should be kept well aired in summer and winter, but one should be careful not to sleep in a draft. Deep breathing in the fresh, outdoor air is very refreshing and renewing to the body and mind.

Rest: Adequate, regular sleep is essential (7-8 hours ideal for most, may need more if the disease is advanced). Retiring early (by 9:30pm) and rising early are also helpful in strengthening the immune system. Daily exercise, as well as the avoidance of any stimulating activities as bedtime nears, may be helpful in improving the quality of sleep.

Trust in Divine Power: The person should be encouraged to give their heart anew to God. Only He can give them peace, strength, comfort, joy, and healing. He can also forgive wrong actions that may have led them to develop the disease or to forgive the one who gave it to them. The Scripture says that “A merry heart doeth good like a medicine.” Only God can give a person the strength to change and live a pure and Godly life.

In addition, there are medications that may slow down the progression of the disease, and help prevent transfer of the disease from a mother to her baby during pregnancy.⁷ After weighing the benefits and risks of such treatment, individuals will be equipped to decide for themselves the best course of action.

¹ World Health Organization. (2010). Global Summary of the AIDS Epidemic. Accessed on March 15, 2012 online at <http://www.who.int/hiv/data/>.

² UNAIDS. (2011). Press Release: Global AIDS response continues to show results as a record number of people access treatment and rates of new HIV infections fall by nearly 25%. Accessed online on March 15, 2012 at <http://www.unaids.org/en/resources/presscentre/pressreleaseandstatementarchive/2011/june/20110603praid30/>.

³ National Institute of Allergy and Infectious Diseases. (2008). HIV/AIDS: HIV infection in women. Accessed online March 16, 2012 at <http://www.niaid.nih.gov/topics/hivaids/understanding/population%20specific%20information/pages/womenhiv.aspx>.

⁴ World Health Organization (2011). 10 Facts on HIV/AIDS. Accessed on March 15, 2012 at <http://www.who.int/features/factfiles/hiv/en/index.html>.

⁵ Beers, M. H., & Berkow, R. (Eds.). (1999). *The merck manual of diagnosis and therapy* (17th ed.). Whitehouse Station, NJ: Merck Research Laboratories.

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- ⁶ (2000). Time from HIV-1 seroconversion to AIDS and death before widespread use of highly-active antiretroviral therapy: a collaborative re-analysis. Collaborative Group on AIDS Incubation and HIV Survival including the CASCADE EU Concerted Action. Concerted Action on Seroconversion to AIDS and Death in Europe. *Lancet*. 355(9210):1131-7.
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- ¹⁰ Vanderkooi, M. (2009). *Village medical manual: A layman's guide to health care in developing countries: Volume 1: Principles and procedures* (6th ed.). Marion, NC: Equip.
- ¹¹ Thrash, A.M. (2012). How to strengthen the immune system. Retrieved from http://ucheepines.org/index.php?p=counseling.how_to_strengthen_the_immune_system.

Chapter 7 – Hepatitis (Viral)

Statistics

- An estimated 1 in every 12 persons worldwide (500 million) live with chronic viral hepatitis.¹
- In addition, there are an estimated:
 - Hepatitis A: 1.4 million cases annually²
 - Hepatitis B (HBV): 2 billion individuals that have been infected cumulatively worldwide, of which 350 million are chronically infected, and 600,000 die each year from acute or chronic effects of the infection. The virus is 50-100% more infectious than HIV. This virus can survive for 7 days outside the body. A vaccine exists for this virus.²
 - Hepatitis C: 3-4 million infected worldwide each year. 130-170 million chronically infected. More than 350,000 die yearly from Hepatitis C related diseases. No vaccine at the present.²

Definition and disease mechanism:

Hepatitis is the name for several viral infections that cause inflammation and damage to the liver. In addition, hepatitis may occasionally be caused by bacteria, fungi, parasites, worms, chemicals, alcohol use, and more. Blood, sexual contact, and other bodily secretions transmit some types of viral hepatitis; while others are contracted by ingestion of contaminated food or water.

Types of Hepatitis and how they are transmitted:^{3,4}

Type A: Highly contagious; transmitted by fecal-oral contamination. It is usually contracted by ingestion of contaminated food or water. Hepatitis outbreaks have often been traced to ingestion of seafood from contaminated water. Can be inactivated by boiling for 1 minute, chlorine, and UV radiation. Incubation period is 15 to 50 days. Most contagious just before the onset of symptoms.

Type B: Transmitted by direct contact with body fluids. The use of contaminated needles and syringes, sexual activity, contaminated blood, and contact with other body fluids put a person at risk. Healthcare providers often contract this type of hepatitis while providing care to the sick. Incubation period is 2 to 6 months. Ongoing, chronic hepatitis occurs in 1-10% of those that contract Hepatitis B and can lead to cirrhosis (destruction) of the liver, liver cancer, and death.

Type C: A vicious type of hepatitis transmitted by direct contact with body fluids. This type is transmitted through IV drug use, contaminated blood, organ transplants, tattooing or other body piercing needles, razors, mother to baby, contaminated needles and syringes, sexual activity (rarely), and contact with other body fluids. Incubation period is 2 weeks to 6 months. Ongoing, chronic hepatitis occurs in 85-90% of those that contract Hepatitis C and is a leading worldwide cause of cirrhosis of the liver, liver cancer, and death.

Type D: Found only in patients with Hepatitis B because it depends upon Hepatitis B to replicate and therefore cannot live without the Hepatitis B virus. It usually occurs in persons exposed to blood and blood products, such as I.V. drug users and hemophiliacs. Incubation period is 2 weeks to 2 months. Can worsen the symptoms of Hepatitis B.

Type E: A form transmitted primarily through contaminated water. Is typically found in Central and South America, India, Asia, Africa, and the Middle East. Incubation period is 2 weeks to 2 months. Not known to become chronic.

Signs and Symptoms:^{3,4}

Phase I (can be variable)

- Begins with fatigue, malaise (just don't feel well), joint pain and stiffness, muscle aches, headache, loss of appetite, photophobia, sore throat, and cough (may also have skin rashes in Hepatitis B).³
- Nausea and vomiting, often with alterations in the senses of taste and smell.
- Fever, with temperature of 100-102°F. (37.7-38.9°C.) more commonly in Hepatitis A & E.
- Symptoms generally disappear with the onset of jaundice. Hepatitis C has a course similar to hepatitis B but can be more severe.

Phase II

- May experience mild weight loss, dark urine (excess bilirubin excreted by the kidneys), and clay-colored stools (due to lack of bile acids in the stool).
- Anorexia may continue, the liver remains enlarged and tender, and the patient complains of discomfort and pain in the right upper abdominal quadrant.
- Jaundice (yellow sclerae and skin) may last from 1-2 weeks—resulting from the damaged liver cells' inability to remove bilirubin from the blood (occasionally occurs without jaundice).

Phase III (convalescent phase)

- After jaundice disappears the appetite may slowly return and the liver return its normal size, with gradual healing occurring.
- This phase generally lasts from 2-12 weeks; and often longer in patients with Hepatitis B or C.

Recovery: In Hepatitis A and E most liver cells eventually regenerate with little or no residual damage and patients usually recover readily, with a lifelong immunity to Hepatitis A; while those with Hepatitis B, C, and D sometimes get well with no residual side effects, but many develop chronic infections and complications that lead to serious illness and potential death.

Complications:^{3,4}

- Chronic, mild, nearly asymptomatic hepatitis in many cases of Hepatitis B and C
- Active, aggressive hepatitis that frequently progresses to cirrhosis (destruction of the liver) and/or liver cancer. This frequently results in death from liver failure.
- Life-threatening, fulminant hepatitis develops rarely, primarily in Hepatitis B (occ. Hepatitis A). It causes tissue death to occur in the liver, and often causes swelling of the brain, coma, bleeding, kidney failure, often rapidly leading to death.

Diagnosis: A careful history, physical examination, and blood tests can be helpful in determining the cause.⁵

Prevention and Treatment: Prevention of this disease is very important.

Steps that can be taken to greatly reduce the incidence of Hepatitis A & E infection include:

1. Careful, frequent cleaning of areas where food is prepared and served.
2. Using pure water (boiled water, water from a covered well away from latrines/fecal contamination, bottled water, etc)
3. Washing hands thoroughly before food preparation, after using the toilet, and before eating/drinking
4. Making sure cooked foods are cooked thoroughly—enough to kill the viruses, and protected from flies until eaten
5. Disinfecting fruits and vegetables that will be eaten raw in areas where Hepatitis A & E are common, as listed in the section under “Introduction to Communicable Diseases”

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6. Using toilets/latrines consistently

Steps that can be taken to greatly reduce the incidence of Hepatitis B, C, & D infection include:

1. Have only one sexual partner in a faithful marriage
2. Avoid IV drug use
3. Never share needles between two people for any reason
4. Use barriers when contacting body secretions is inevitable (use gloves, gowns, or masks as needed)
5. Healthcare providers should develop procedures to prevent needlesticks and use these procedures religiously
6. Avoid sharing any instruments that potentially contact body fluids (razors, tattooing needles, toothbrushes, etc.)
7. Only receive blood transfusions if absolutely needed

Treatment and management of hepatitis:^{4,6,7}

- The patient should generally not take drugs, if possible, since most are processed in the liver and many are toxic to the liver. In the liver's weakened state during hepatitis, medications may not be processed normally and may worsen liver damage. Antibiotics will not combat hepatitis since they generally fight bacteria, and hepatitis is caused by a virus (antiviral medications may be helpful for Hepatitis C infections to lower the risk of developing chronic hepatitis). In addition other experimental medications offer promise of help for some individuals with Hepatitis C.
- Rest is helpful in healing, but prolonged bedrest should be avoided, since it can lead to weakness. The person should not be kept in bed, and may return to work after jaundice resolves and the energy level improves.
- The patient should not prepare food for others or be in the food preparation area (hepatitis A and E).
- Drink plenty of water to help flush toxic waste products from the body.
- An oil-free diet may be helpful, since the liver is responsible for the production of bile—which is necessary for the digestion of fats, and needs rest while healing from this disorder.
- Those with hepatitis need adequate, healthful nourishment; which may be difficult because of loss of appetite and nausea. Offer fruit juice, fruits, and broths or soup if the patient refuses other foods. Alcohol is processed in the liver and should be avoided.
- Avoid constipation by eating a high fiber diet, since constipation encourages a build-up of waste products such as ammonia in the blood and increases the workload on the inflamed liver.
- For hepatitis A and E: the patient should bathe frequently and wash his hands with soap and water after each bowel movement. The toilet should be cleaned after each use; if possible, the sick person should use a separate toilet from other family members.
- Hot fomentations may be applied over the liver region for 15 minutes followed by a cold sponging. Alternate the hot and cold for four repetitions daily. Finish the treatment with a shower or sponge bath. Fever treatments given as described under the treatments for HIV/AIDS may also be advantageous in fighting the virus and boosting the immune system.

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³ Ignatavicius, D. D., & Workman, M. L. (2002). *Medical-surgical nursing: Critical thinking for collaborative care* (4th ed.). Philadelphia: W.B Saunders Company.

⁴ Longo, D.L., Kasper, D.L., Jameson, J.L., Fauci, A.S., Hauser, S.L., & Loscalzo, J. (eds.) (2012). *Harrison's principles of internal medicine* (18th ed.). New York: McGraw Hill.

⁵ Beers, M. H., & Berkow, R. (Eds.). (1999). *The merck manual of diagnosis and therapy* (17th ed.). Whitehouse Station, NJ: Merck Research Laboratories.

⁶ Vanderkooi, M. (2009). *Village medical manual: A layman's guide to health care in developing countries: Volume 1: Principles and procedures* (6th ed.). Marion, NC: Equip.

⁷ Thrash, A. (2012). Hepatitis. Accessed December 28, 2012 at <http://ucheepines.org/index.php?p=counseling.hepatitis>.

Chapter 8 – Respiratory Tract Infections

Statistics:

- Acute respiratory tract infections are responsible for an estimated 4.25 million deaths per year.¹
- The third largest cause of death globally and the greatest killer in low and middle-income countries.¹
- The death rate for pneumonia is 215 times higher in low-income countries than high-income countries.¹
- Driving factors behind these infections include tobacco usage, pollution, poor nutrition, and overcrowding.¹
- Indoor air pollution responsible for an estimated 1.96 million ARIs per year, while outdoor air pollution causes an estimated 121,000 deaths¹
- Annually, 3-5 million people get severe cases of the flu, and up to 500,000 die¹
- Highest cause of sickness and death in children around the world¹
 - 20-40% of all hospitalizations of children due to ARIs¹
 - 156 million cases of pneumonia yearly in children under 5 years of age.¹
 - Pneumonia is the leading killer of children under 5 years of age, and responsible for about 20% of all child deaths under 5 years of age worldwide (1.6 million in 2008); while malaria kills about 732,000 children and HIV kills an estimated 200,000 cases.¹

Definition: Acute respiratory tract infections (in contrast with chronic respiratory illnesses such as emphysema and COPD) include such illnesses as pneumonia, influenza, tuberculosis, measles-caused respiratory illness, and respiratory syncytial virus. They affect the nose, throat, and lungs and are generally caused by viruses or bacteria most frequently spread by infectious droplets and airborne transmission.

Common types of respiratory tract infections

1. Common colds:²

Caused by well over 100 viruses (frequently rhinovirus). Common signs and symptoms may include: stuffy and/or runny nose, sore throat, with occasional mild body aches and malaise (feel poorly). The illness usually resolves itself within 5-9 days with out further complications.

2. Influenza:²

Commonly known as the flu, it is different than a cold, and is caused by different types of the influenza virus. Common symptoms include: headache, fever, chills, muscle aches, cough, sore throat, and malaise (feel poorly). A person is frequently sicker when they have the flu than when they have the common cold. Most people recover in less than 2 weeks, but it may cause complications such as pneumonia, sinusitis, earache, croup, a worsening of COPD, bronchitis, asthma, as well as other serious complications, and may worsen a person's preexisting health conditions. There are thousands of people that die worldwide from flu complications each year.

3. Bronchitis:⁵

Inflammation of the bronchi (tubes) that bring air into the lungs. Mostly caused by viruses, but may also be caused by bacteria, pollutants, or allergies. Generally occurs after a respiratory infection such as the flu, cold, measles, pneumonia, or other similar infections. Common signs and symptoms include persistent cough, which may at times also be accompanied by fever, shortness of breath, chest discomfort, blueness of the skin, nausea and vomiting.

4. Pneumonia:⁵

An infection of the air sacs in the lungs caused by viruses, bacteria, or fungi in the lungs. It can cause mild to severe illness among people of all ages. Common signs and symptoms may include cough, fever, rapid and sometimes difficult breathing, chest pain, and sometimes abdominal pain. Many children with pneumonia are not treated, and as many as 20% of them will die consequently, at times as early as 3 days after the illness begins. In poorer countries, only about 50% of caregivers recognize the need to take a child who is breathing quickly, or with difficulty, to a healthcare provider, even though these are indications of pneumonia.¹

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5. Pleurisy:

An inflammation of the membranes which form linings between the lungs and the chest wall.

Other types of acute respiratory infections include tuberculosis (covered later in handout), sinusitis (infection/inflammation of the sinuses), ear infections (viral or bacterial infections of the middle ears), measles, parainfluenza, and respiratory syncytial viruses (may cause croup, pneumonia, or other cold-like symptoms).

Diagnosis: Usually these respiratory illnesses go away on their own without special diagnostic testing. Usually recognized by signs and symptoms, may identify with special blood tests or sputum tests in some cases (i.e. tuberculosis and pneumonia), but for the less-dangerous kinds these are generally not used.³

Prevention of respiratory tract infections^{1,4}

- As most respiratory tract infections are spread through inhalation of infectious particles from a sick person or other contact with the infected person’s secretions, the following suggestions may help prevent a person from contracting respiratory tract infections:
- Wash your hands frequently with soap and warm water, especially before touching your face, preparing food, eating, after coughing or sneezing, blowing your nose, using the bathroom, touching soiled linens or clothes, after you’ve been around someone with a cold or the flu, and after you have been at a social gathering.
- Do not touch your eyes, nose, mouth, or nose unless you have just washed your hands thoroughly, as this may transmit germs to your respiratory tract.⁵
- Cover your mouth each time you cough. If you cough into your hands, wash them immediately before touching anything.
- If possible, avoid large crowds during times of the year when respiratory infections are at their peak.
- If visitors have cold or flu symptoms, ask them not to visit until they are feeling well.
- Eat a balanced diet low in sugar, fat, and refined foods and high in foods containing Vitamin C (such as citrus, berries, etc.).⁸ Good nutrition helps the body resist infection.
- Drink at least 6 to 8 eight-ounce glasses of water daily.
- Get adequate sleep and rest.
- Manage your stress.
- Exercise daily in the fresh air for a minimum of 30 minutes daily.
- Keep all extremities warm (feet and hands should be as warm as forehead) as chilling lowers resistance of the respiratory tract to viral organisms.
- Avoid air pollution—which can weaken your lungs and make them more susceptible to infection (smoking, second-hand smoke, exhaust fumes, industrial pollution, wood or oil smoke). Keep your house clean and free from excess dust, mold, and mildew.¹
- Breastfeeding helps to strengthen the immune system of infants and young children, helping to prevent acquisition of infections.¹

Treatment^{4,5}

- At the first sign of an approaching cold, flu, or other respiratory tract infection, fight it diligently. Following are some interventions that you may find helpful:
- Go to bed early and get extra rest.
- Take a nice long walk in the fresh air, breathing deeply.
- Drink lots of water (some people have reported that drinking 1 eight-ounce cup of water every 10 minutes for 1 hour at the first sign of a cold will help them avoid getting sick).
- Increase intake of foods high in vitamin C: citrus, strawberries, broccoli, tomatoes, guavas, and many other fruits and vegetables have been suggested in some studies to help strengthen the body’s resistance to infection.⁸
- Avoid sugar and excess fat religiously. Eat a light diet with lots of fruit and enough fiber to keep the bowels moving well.
- Herbs found helpful by many: Garlic (2-3 raw cloves daily), echinacea, goldenseal, grapefruit seed extract, There are other herbs that may provide benefit as well. A few individuals have suggested they have experienced benefit after either sucking on or making a tea with *Artemisia annua* (wormwood) and/or neem leaves.⁶

- A hot shower to the point of sweating, ended with a brief cold rinse before going to bed, may be helpful. Another option is a hot footbath. Have the person sit on a chair and put the feet in a bucket of warm water. Cover the patient with a blanket, and continue adding hot water as person can tolerate it. They may need a cold cloth to the forehead if they begin sweating. Ideally, bring person to a sweat and continue for 20 minutes longer. Finish with a quick cold pour over the feet. Put warm socks on and have the person lie down for one hour. It is essential for them to avoid chilling to obtain a good result from the treatment. Generally the temperature should not be taken over 104°F.
- For a sore throat: Gargling hot water containing salt can be very helpful, as the hot water brings fresh blood and white blood cells to the area, and the salt helps kill the microorganisms. Antimicrobial herbs/tea may also be added to the gargle. A heating compress may also be beneficial (take a thin cloth, dip in water, and wrap carefully around neck. Cover with plastic, then cover with a thick scarf, wool, heavy sock, etc. and pin carefully in place. There should be NO drafts, and it should warm up in a few minutes. Keep in place for several hours or overnight). Additionally, sucking on a charcoal tablet has been found helpful by some.
- For a cough, helpful herbal teas may include: eucalyptus leaves⁷, fenugreek seeds, and mullein. A person may make a cough syrup from honey and a couple drops of eucalyptus oil⁷, and can take a small amount when they cough—but should not overdo it since it does contain sugar (but honey should not be used in infants and very young children due to risk for botulism)⁸. A sip of water should be drunk each time a person coughs to liquefy the secretions and aid the body in their expulsion. A heating compress may also be done to the chest as described above for the neck and kept on overnight. Another helpful treatment for deep congestion is postural drainage. To do this a person should lie on their stomach with their chest lower than their hips and legs, and have someone else cup their hands and “clap” on their back, alternating hands quickly. It should not be done too hard as it could cause pain or bruising, but can be helpful to help break up the mucus in the lungs. The region over the kidneys (near the spine towards the bottom of the ribcage) should be avoided. Another very helpful treatment for coughs or pneumonia is fomentations (alternating hot and cold treatments to the front and back of the chest). This will be described in the Hydrotherapy class. Steam inhalation treatments may also be beneficial. To do this, bring water to a boil (may add Eucalyptus leaves or oil) and then take a sheet or towel and cover the boiling pot to bring the steam up to the person for inhalation. However, one must be careful not to be too close so that they get burned, and should also take care so that the sheet does not get burnt or catch on fire.
- Generally, do not use antibiotics for viral infections, as they only fight bacteria.
- Eat and sleep separately from others to help avoid passing the disease on to them.
- For a runny nose, do not blow forcefully as it may cause ear infections. Hot and cold contrast treatments may also end a runny nose more quickly. To do this, either place a hot towel over the nose and sinuses (may wish to wrap in dry towel to prevent burning and keep warm longer) or immerse the face in bowl containing water as warm as is tolerable (will need to come up to breathe occasionally or use a snorkel for breathing) for 3 minutes, then alternate with a cold cloth or ice-filled bowl of water for 30 seconds. You may need to add extra warm water between alternations. Repeat for 5-6 times, and may repeat 2-3 times per day. This will typically greatly shorten the duration of the runny nose and will help to prevent it from becoming chronic.⁹
- Fever is the body’s friend. Generally fevers should be treated by using water (hot foot bath or similar treatment) to raise the temperature higher until the person sweats—then maintain it for 20 minutes if an adult and shorter for children (but not above 104°F) to help the body overcome the infection, as many viruses and bacteria cannot tolerate higher temperatures. If the fever rises very high, a person may wish to apply mildly warm or tepid cloths to gently lower the temperature, but caution must be taken as this puts quite a stress on the body.
- Earaches may be treated by hot and cold contrast applications to the ear and Eustachian tube region, the application of charcoal compresses (placing a barrier to make certain that the charcoal does not go down the ear canal), or use of a hot lamp a few inches from the upturned, painful ear. Be careful not to burn the patient.
- Seek medical help if a person develops very high fever, shortness of breath, rapid breathing, or significant chest pain.

¹ Schluger, N.W. (2010). *Acute Respiratory Infections Atlas* (1st ed.). Atlanta, GA: Bookhouse Group.

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⁵ Thrash, A. (1990). *Natural healthcare for your child*. Sunfield, MI: Family Health Publications.

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⁸ Whitney, E. & Rolfes, S.R. (2008). *Understanding nutrition*. Thomson Higher Education: Belmont, CA.

⁹ Thrash, A. (2012). Sinus treatment. Accessed December 28, 2012 at: http://ucheepines.org/index.php?p=counseling.sinus_treatment.

Chapter 9 – Diarrhea and Dysentery (Bacterial and Amebic)

Statistics

- An estimated 2 billion cases occur each year¹
- Is the second leading cause of death in children under 5 year of age¹
- Killed an estimated 1.5 million children each year in 2004, with 80% under the age of 2 years¹
- 2.5 billion lack basic sanitation¹
- 1 billion do not have good water sources¹

Definition: Diarrhea is classified as loose or watery stools. When the diarrhea has blood mixed with it, it is termed dysentery.

Risk factors:

Diarrhea has many causes, but is most frequently caused by bacteria through fecal-oral contamination. Other causes include parasites, viral intestinal “flu”, spoiled food, HIV/AIDS, lack of ability to digest milk, allergies, side effects of some medicines, laxatives, infections elsewhere in the body, malaria, poor nutrition, too much unripe fruit, foods introduced too early to babies, and more. Therefore, it is important to carefully study each case to seek to determine the cause, and therefore, the correct treatment.

Specific causes of diarrhea:⁹

1. Sudden, mild diarrhea with no fever: Drink lots of liquids, give nourishment, usually no special treatment needed.
2. Diarrhea with vomiting: Higher risk of dehydration. Give rehydration drink, broth, or soup frequently and in small amounts. Even if the person vomits, some will stay inside. If vomiting is uncontrollable, take promptly to a clinic/hospital as they may require something to help them control their vomiting or IV fluids so they do not become dangerously dehydrated.
3. Severe diarrhea with fever but typically no blood: Find out if the person has malaria, typhoid, or some other illness. Fever may also be caused by the dehydration caused by the diarrhea, so treat the dehydration carefully.
4. Chronic diarrhea: Often caused by HIV, malnutrition, or another chronic infection. Seek for help if you cannot find the reason for the continuing diarrhea.
5. Giardia: Causes diarrhea that is yellowish, has a bad smell, may contain bubbles or froth, and has no blood or mucus. Person frequently has a lot of abdominal gas and foul-smelling “sulphur” burps. Usually has no fever. Giardia is a common cause of diarrhea. There were an estimated 200 million cases in 2003.² It is caused by a parasite, and is spread by fecal-oral contamination. See your healthcare provider for treatment. Where healthcare is unavailable, options for treatment include: metronidazole (250 mg three times a day for 5 days for adults,^{9,3} 15 mg/kg/day in 3 divided doses for children³) or albendazole (400 mg daily for 5 days⁴—often has less side effects than metronidazole). Prevent by good hygienic practices (see above) and by boiling water for 10 minutes, as the giardia cysts resist routine chlorination and iodine must be in water for at least 8 hours to be effective.³
6. Cholera: Causes diarrhea which appears like rice water. An estimated 3-5 million cases occur worldwide each year.⁵ It can kill within hours if not treated.⁵ Between 100,000-120,000 die each year from the disease.⁵ However, up to 80% of cases can be treated successfully with oral rehydration fluids.⁵ Cholera is a dangerous and deadly form of bacterial diarrhea spread by fecal-oral contamination that easily causes major epidemics and can kill thousands. A person can become dehydrated very quickly and die rapidly (sometimes in hours).

Although some people may have mild symptoms, for many, the symptoms may be severe. The stools appear like rice water, and the person may have vomiting with the diarrhea. The person may experience intense thirst, scant urine, weakness, muscle cramps, fast heart rate, dropping blood pressure, dry mouth and tongue, no tears, if the skin is pulled up, it may not return to its normal shape quickly like it does in a healthy person, as the condition worsens they may experience lethargy, unconsciousness, inability to drink, sunken eyes (fontanel in babies), followed by death.⁶ Treat the dehydration continuously and aggressively with the oral rehydration drink. Seek medical help immediately if at all possible (will need IV fluids). Measure how much diarrhea the person loses, and replace more than that which was lost with the rehydration drink.⁹ Solid food should be given after the vomiting stops and the appetite comes back. Over 50% of those untreated will die, but if they survive, they will normally recover in 3-6 days.³ Where healthcare is unavailable, treatment options include: doxycycline (300 mg by mouth for one dose only for adults)⁶, tetracycline (12.5 mg/kg four times a day for 3 days for adults and children over 8 years of age ONLY⁶—in young children it may cause permanent discoloration of the teeth)³, while pregnant women and children are treated with erythromycin (40-50mg/kg daily in 3 divided doses for 3 days for adults or 10 mg/kg in children). Ciprofloxacin may also be used where tetracycline resistance is a problem—at a single dose of 30 mg/kg, not exceeding 1 gram.⁶

7. Bacterial Dysentery: Caused by *Shigella*, contracted by fecal-oral contamination. Nearly 165 million cases per year, with 1.1 million deaths.⁷ Around 60% of cases and 61% of deaths occur in children younger than 5 years.⁷ Up to 30% of *Shigella dysenteriae* infections may result in death.⁷ Signs and symptoms typically develop suddenly after 1-4 day incubation, may include: fever, watery diarrhea which soon becomes bloody, malaise (don't feel well), lack of appetite, nausea and vomiting, abdominal tenderness or cramping, stools are very frequent and small, contain mucus, pus, and blood, with little odor. With no treatment, most cases get well after 1 week, but with treatment they get well within a few days, with no complications.⁶ Children may die within 12 hours of the time symptoms develop if untreated.³ Complications may occasionally include: severe dehydration, delirium, convulsions, coma, sepsis, anemia, kidney failure, rectal prolapse, perforation of the intestines, reactive arthritis, and death.^{6,3} Treatment: Give patient a hot water bottle to help relieve abdominal discomfort. Carefully avoid any medicines that simply stop the diarrhea, as it will keep the bacteria multiplying inside the bowels. Give oral rehydration as needed. Ideally get a stool analysis as symptoms can be caused by other causes, but if healthcare is unavailable, treat promptly. Treatment options include: ciprofloxacin, 500 mg for adults or 15 mg/kg for children by mouth every 12 hours for 3 days⁶ or trimethoprim-sulfamethoxazole, one double-strength tablet (320 mg) for adults or 4 mg/kg of the trimethoprim component by mouth for children every 12 hours. Is often resistant to ampicillin and tetracycline.
8. Amoebic dysentery: Caused by *Entamoeba histolytica*. This parasite is contracted by fecal-oral contamination—including spread by contaminated food, water, cockroaches, flies, and homosexual practices.^{4,3} This is the second highest parasitic killer (after malaria). Between amoebic colitis and amoebic liver abscess, and estimated 40-50 million cases occur each year, with 40,000-100,000 deaths. Less than 10% of those infected develop symptoms within a year.⁸ Signs and symptoms:^{3,4,6} Some healthy people may have amebas, but still remain symptomless. Most develop symptoms, which typically develop gradually (incubation period of 2-6 weeks). Signs and symptoms may include: intermittent diarrhea, which sometimes alternates with constipation, abdominal gas, cramping abdominal pain, tenderness over the liver and ascending colon, stools may contain mucus and blood (often a dark brown to black color from bleeding occurring further up the digestive tract), anemia, weight loss, and weakness. Smell of stools often very foul (like rotten meat). Rarely may have a fever associated. Amebas are dangerous since they may occasionally enter the liver and form an abscess (pocket of pus); causing pain in the right upper abdomen. Pain may extend into the right chest and is often worse during walking. If a person with these signs coughs up brown liquid, an amoebic abscess may be draining into the lung cavity. The abscesses may also cause draining into the peritoneum (causing a critical, deadly infection if not treated) or through the surface of the skin or spread to the brain. It may also cause bowel obstructions or appendicitis. For treatment: Ideally, get a stool analysis as symptoms may have other causes, but if healthcare is totally unavailable, do not hesitate to treat promptly. Treatment options include: Tinidazole (2 grams once daily by mouth with food for 3 days—often better tolerated than metronidazole) or Metronidazole (750 mg three times a day by mouth for 10 days) for amoebic colitis and liver abscesses⁶. To kill all of the parasites in the stool, paromomycin (30 mg/kg daily by mouth in 3 divided doses for 10 days—better tolerated than iodoquinol) or iodoquinol (650 mg by mouth three times a day for adults⁶ (30-40 mg/kg/day in 3 divided doses for children with a maximum of 2 gm/day) for 20 days).^{3,6} After treatment is complete, carefully live so you will not have another infection of this parasite.

Chapter 10 – Urinary Tract Infections and Skin Infections

Urinary Tract Infections:

Statistics:

- Over 300 million cases each year worldwide in 2001¹
- Escherichia coli is the most common cause of urinary tract infections, causing up to 80% of cases worldwide²

Normally the urinary tract is sterile and is resistant to infection, but when conditions are favorable, bacteria can infect the urinary tract and cause significant illness.³

Signs and symptoms may include any or all of the following:^{4,5}

- Frequent urination
- Painful urination
- Urgency to urinate/incontinence
- Foul smelling and/or cloudy urine and/or reddish colored urine
- May feel like the bladder did not empty completely
- Low abdominal and/or lower back pain
- If the infection has become more severe: fever, chills

Diagnosis:

Signs and symptoms, a careful history, and a urine sample can help to confirm a urinary tract infection. Occasionally, more tests will be needed.

Prevention and treatment:

- Drink a LOT of water; this will help to flush the bacteria out.³ May be helpful to give a cup of buchu and uva ursi every 10-15 minutes until symptoms subside⁹ (unless they cannot urinate or have other symptoms of kidney failure such as swelling).
- Cranberry juice has been helpful for many (unsweetened).^{3,6} Studies suggest that cranberry acidifies the urine (most bacteria that cause bladder infections like a more alkaline environment), and inhibits the bacteria from sticking to the wall of the bladder (research suggests that blueberries also have the same effect).^{7,8}
- Herbs such as buchu and uva ursi have also been helpful for many.^{6,7,8} Ask herbalists in each country which herbs they find to be beneficial. Other recommended herbs include garlic, goldenseal, and grapefruit seed extract.⁹
- Women: take showers instead of tub baths, use cotton underwear, and wipe from the front to the back after bowel movements.⁹
- Some women find it helpful to urinate soon after sexual contact to cleanse bacteria from urinary tract opening.³
- Usually a person will respond with natural treatments alone, but if a person does not get well within 2 days, seek medical advice.

Fungal skin infections

It is estimated that 20-25% of all individuals worldwide suffer from fungal infections of the skin.¹⁰ Fungal infections of the skin include the following: Athlete's foot—affects the toes, toenails, feet, and occasionally the fingernails; ringworm—affects other body areas without hair; tinea—affects the scalp, while jock itch affects the region surrounding the genitals. This disease is typically spread by contact with fungus (via people or animals) and favorable conditions (moisture and a build-up of dead skin). Signs and symptoms may include: Itching, peeling, scaling, raised, reddish or whitish lesions/“rashes”/patches, lesions may be ring-shaped, on the head the person may develop round patches with scales and loss of hair, may develop bacterial infection (sore) in the fungal infection.^{3,11}

Diagnosis: Visual examination, occasionally with microscopic examination of scales scraped from region.³

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Prevention:¹¹

1. To prevent/treat fungal infections successfully a person should seek to avoid the causes that spread it.
2. Do not share shoes or socks (for athlete’s foot), underwear (for jock itch), things for the hair (tinea/roundworm of the scalp), or clothing (for ringworm).
3. Do not walk barefoot in public places, around swimming pools or in showers, and other places that may be moist (where people walk frequently). Always wear shoes/flip flops when entering these areas.
4. Wash the feet daily and wash carefully between the toes, drying with a rough towel.
5. Keep the feet dry at all times.
6. Keep the nails short.
7. Avoid using shoes that cause the feet to sweat any more than absolutely necessary.
8. Bathe daily, scrubbing the skin briskly.

Treatment:¹¹

1. Wash the feet, particularly the area between the toes, with soap and water, and dry carefully twice a day. If you are wearing socks, change to clean ones. Cotton socks absorb moisture and are best. White is best; dyes can aggravate the problem.
2. Apply vinegar to affected regions every morning, evening, and after every bath to stop fungus growth. This should be applied after washing and thoroughly drying the feet.
3. Wear only shoes that allow for evaporation of moisture. Avoid shoes with plastic linings. Change to a different pair of shoes every other day to allow the moisture to escape.
4. Expose the feet to sunshine at least 10-15 minutes a day.
5. Cornstarch dusted on the feet helps control moisture.
6. For severe cases, one may wish to use very hot water for 6 minutes (do NOT do this treatment if the person is diabetic, or has impaired circulation or feeling in feet/toes), followed by a one-minute ice-water soak. Repeat 3 times then dry thoroughly. Can be repeated as needed.
7. It is ideal to treat fungal infections naturally if possible. Many fungal medications may cause allergic responses and other side effects.
8. For athlete’s foot and ringworm garlic, ginger, licorice, thymol oil, goldenseal have also been suggested as helpful when applied to the affected area to help clear up an infection.^{11,7,8}

Scabies (Sarcoptes scabiei)

300 million estimated cases worldwide.¹² Caused by small mites that burrow into the skin—forming tunnels in which the females deposit eggs. The female may lay a few eggs a day for several weeks. This condition usually involves the finger webs, hands, wrists, elbows, underarms, waist, feet and genitals in men. Skin above the neck is rarely involved. Warmth stimulates mite activity. Scabies may be contracted by contact with an infected person, his bedding, clothes, and even casual contact (handshake). A person may have intense itching, especially at night. They may also develop some/all of the following: small red spots, reddish lines, whitish dry crusts, rough, scaly skin; and may become infected by bacteria, causing impetigo or other skin infections. Diagnosis may be suspected by visual examination and is generally confirmed by microscopic examination of scrapings of the burrows for the presence of mites, eggs, or fecal droppings.^{3,11}

Treatment options:¹¹

- If one person in the family has scabies, generally all persons in the home should be treated, as it spreads rapidly.
- The fingernails should be cut short to prevent scratching and resultant bacterial infections.
- Clothing and bedding should be soaked and washed in hot water (minimum of 140 degrees Fahrenheit/60 degrees Centigrade) and hung in the sun to dry. Thereafter, frequent laundering and sunning of clothing and bed linens is advised. Scabies cannot survive hot temperatures for very long. Ironing and dry cleaning will also kill the mites.
- Application of a paste made by mixing 4 parts fresh, pulverized neem leaves with one part tumeric root was found to be 97% successful among 814 infected people in a study done in India. The individuals rubbed it all over their bodies daily, and showed significant improvement in 3-5 days, with cure within 2 weeks.¹³
- Applications of garlic or anise (salve) have been suggested as substances which may help to fight scabies.

- A preparation of flowers of sulfur in a base of petroleum or body oil may be used (sulfur—5% for children, 10% adults, remainder other ingredients)^{3,14}. Sulfur ointment P.P. is 97 to 100% effective. Take a warm, soaking bath before application of the sulfur ointment. Apply ointment from the neck to the toes at bedtime for 3 days. Have someone else apply the ointment to avoid missing any areas. A person should not bathe during the time of treatment. Itching may continue for 1-2 weeks after the mites are all killed—itching does not necessarily represent treatment failure.³
- If other treatments are not effective, permethrin cream (5%) is less toxic than lindane and is generally effective when the lindane isn't. Apply from behind the ears down over the rest of the body after bathing. Remove after 8 hours by bathing with soap and water. Repeated treatments may be needed in some cases. Itching may persist for weeks to months due to the dead mites and their droppings, and does not necessarily represent treatment failure.⁴

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³ Beers, M. H., & Berkow, R. (Eds.). (1999). *The merck manual of diagnosis and therapy* (17th ed.). Whitehouse Station, NJ: Merck Research Laboratories.

⁴ Longo, D.L., Kasper, D.L., Jameson, J.L., Fauci, A.S., Hauser, S.L., & Loscalzo, J. (eds.) (2012). *Harrison's principles of internal medicine* (18th ed.). New York: McGraw Hill.

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¹⁰ Havlickova, B., Czaika, V.A., & Friedrich, M. (2008). Epidemiological trends in skin mycoses worldwide. *Mycoses*, 51 (Suppl. 4), 2-15.

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¹² Mark, S. & Johnstone, P. (2007). Interventions for treating scabies. *Cochrane Database of Systematic Reviews*. Retrieved online on March 26, 2012 from <http://www.mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD000320/frame.html>. DOI: 10.1002/14651858.CD000320.pub2

¹³ Charles, V. & Chales, S.X. (1992). The use and efficacy of *Azadirachta indica* ADR ('Neem') and *Curcuma longa* ('Turmeric') in scabies. *A pilot study*. *Tropical and Geographical Medicine*, 44(1-2):178-81.

¹⁴ Austin, P., Thrash, A., Thrash, C. (1985). *More natural remedies*. Sunfield, MI: Family Health Publications.

Common Diseases

“Essential Knowledge”

Chapter 11 - Worms

Infection with worms can cause poor health. Intestinal worms may absorb the nutrients the body needs for nutrition, while others live by consuming a person's blood, while yet others cause damage due to their tunneling through and forming cysts in the tissues. They are most frequently spread by fecal-oral transmission, walking barefoot where infested feces were deposited, or by the use of raw or undercooked meat. They may cause anemia, malnutrition, rectal prolapse, reactions in the tissues, can affect mental function, and more. Prevention holds the most important place in controlling worm infestations. This includes better sanitation and public health education. Medicines are also important for the temporary treatment of worms.

Roundworms (*Ascaris lumbricoides*)

Over 1 billion people estimated to be infected worldwide.¹ Roundworms are round, generally cream-colored, and may grow over 1 foot (40 cm) long. Adult worms may live for 1-2 years and the females may shed up to 240,000 eggs per day.^{2,3} The eggs are passed via the feces and then taken in orally; the eggs hatch and enter the bloodstream, causing general itching, then travel to the lungs, sometimes causing a dry cough or even pneumonia with coughing of blood. The young worms are coughed up and then swallowed; where they grow to full size in the intestines. In the intestines a person may experience no symptoms³ above or they cause abdominal discomfort, weight loss, and malnutrition. The worms may cause swollen bellies in children. In rare occasions they may cause an obstruction in the intestines or asthma-like symptoms. Worms most frequently come out in the stool, but may also occasionally come out via the mouth, nose, or rarely enter other openings, causing widely varied symptoms, including blockage of the bile duct, pancreatitis, liver abscesses, gallbladder inflammation, appendicitis, and appendicitis. They are diagnosed with laboratory examination for the presence of eggs, or when a worm passes comes out of the body.^{4,5}

Prevention:

Use toilets/latrines all the time. Wash hands and fingernails thoroughly before eating or handling food, protect food from flies, and use strict cleanliness in hygiene and treatment of water and food (same as discussed under preventing bacterial diarrhea/dysentery). Do not use human feces as fertilizer.^{3,4}

Treatment options:

The following natural treatments have been suggested as helpful for mild infections, but could potentially be dangerous for massive infestations. If adequate results are not obtained, see a health care provider for treatment. After treatment, carefully prevent further reoccurrence of the infestation:

- Papaya milk: Collect 3-4 tps. of the “milk” from green papaya fruit or the trunk of the tree when it is cut. Mix with an equal amount of sugar and stir into a cup of hot water. If possible, drink along with a laxative. Or, dry and crush papaya seeds to a powder. Mix 3 tps. with a glass water. Drink 1 glass 3 times daily for 7 days.⁶
- Pumpkin seeds have been suggested to be effective against worm infections, including tapeworms and roundworms. Effective property is thought to be the amino acid, cucurbitacin. Most recommendations include ingestion of 150-400 grams of pulverized, unpeeled seeds on an empty stomach (for an adult), mixed with or followed by a laxative agent.^{6,8,9}
- Other herbs suggested to be helpful in fighting worms include garlic (preferably raw, in generous quantities, taken frequently)^{6,9}, cloves⁶, or a combination of coconut and onions.¹⁰ Local herbalists may also know others that may be effective.
- If a person shows signs of a gallbladder attack or peritonitis (abdomen is VERY painful, is painful to the touch, may be hard, may have severe nausea/vomiting) take to a medical center immediately.

Whipworms (*Trichuris trichiura*)

Estimated 795 million infected worldwide.¹ Female worms can shed 3,000-20,000 eggs daily.¹¹ These worms are 1-2 in./3-5 cm. long. They are transmitted by the fecal-oral route like the roundworm (ascaris). Generally, does not cause symptoms, but occasionally may cause abdominal pain, loss of appetite, bloody or mucous-filled diarrhea, growth retardation, or rectal prolapse.³ Diagnosis is made on finding the eggs in microscopic fecal testing. No treatment generally needed in asymptomatic cases.⁵ See your physician for treatment of symptomatic cases.

Pinworms (Enterobius vermicularis)

Found worldwide. This is the most common worm infestation in the US with an estimated 40 million cases in the US alone,¹² and 209 million worldwide.³ These worms are thin, white, threadlike, and about ½ in/1 cm long. They live for about 2 months. The worms lay their eggs just outside anus by the thousands each night. This causes itching. The affected person frequently scratches the area in an attempt to find relief from the itching, and the eggs stick under the fingernails. If the hands and crevices under the nails are not washed immediately and thoroughly, the eggs get passed on to the mouth or other objects/food, leading to ingestion of the eggs by the already-infected person (thus worsening the infestation) or they may spread the infection to many others. The worms are not generally dangerous, and many cases do not cause symptoms, but the itching is annoying, and in severe infestations may lead to abdominal pain, weight loss, or vaginal or urinary tract infections. The eggs are invisible to the human eye and may be found on tabletops, bedding, or anything the infected person touches. Digestive juices dissolve the eggshells and the larvae are passed into the intestines where they grow to maturity. The females travel to the anal opening during the night and deposit eggs. To check for pinworms, in the morning before bathing fold a piece of clear tape, sticky side out, over the index finger. Press the tape firmly against the perianal regions. Inspect for eggs using a magnifying glass (microscope even better). Repeat the test daily for 6 mornings. A person may also visually check for the presence of the worms 1-2 hours after a child has gone to sleep at night.^{13,5,3}

Prevention and treatment options:

- An infected child should wear tight diapers, pants, or a one-piece outfit at night while sleeping to prevent scratching.
- Wash the child's hands when he awakens, after bowel movements, and before eating.¹³
- Cut the fingernails very short to prevent eggs collecting under them; scrub the nails with a brush; avoid nail-biting.¹³
- Shower morning and evening—cleansing the anal region carefully.
- Change and wash all underclothing, bedclothes, and sheets frequently in hot water if possible.
- The infected person should sleep alone.¹³
- Clean sleeping area frequently, even the dust may become contaminated.¹³
- Vaseline around the anus at bedtime may help prevent itching.¹³
- Eating raw garlic has been suggested as helpful in clearing up some cases—1-4 cloves per day depending on the child's size for 2 weeks, stop for 1 week, then repeat for 2 more weeks. Onions, blueberries, and raw carrots have also been said to be helpful for some.¹³
- See your physician for treatment. Must treat all the family at once to prevent reinfestation.¹²

Hookworms (Ancylostoma duodenale and Necator americanus)

Estimated to infect 25% of the world's population.⁵ Hookworms are about ½ in/1 cm long,³ and may live for 2-10 years, and an adult female may lay thousands of eggs daily.⁵ Typically the worms or eggs are not seen visibly in the stool, except at the lab under the microscope. The eggs are passed out of the body through the feces, and, if they come in contact with the soil, contaminate it. The hookworms then enter the body through the skin of the bare feet from infected soil. They then travel through the bloodstream to the lungs. The person coughs up the worms and swallows them. The hookworms then attach themselves to the walls of the intestines. They release their eggs that leave the body in the stool and hatch on moist soil, and the cycle repeats itself.^{5,3}

Any child who is anemic, very pale, or eats dirt may have hookworms. Other symptoms may/may not include anemia, paleness, fatigue, weakness, shortness of breath, faster heart rate, edema, impotence in men, abdominal pain, diarrhea, lack of appetite, weight loss, and pneumonia-like or asthma-like symptoms while worms are migrating through lungs. Chronic infections may lead to growth retardation and heart failure. Diagnosis is done by fecal microscopic testing for the presence of eggs by a trained individual.^{5,3}

Prevention: Always use latrines. Do not go barefoot where there is a risk for disease transmission.

Treatment options: May use the natural treatments as for roundworms (ascaris). See a health worker promptly if treatment does not appear to be successful. Thereafter, carefully prevent further infection.

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Tapeworms

Caused by the cestodes *Taenia saginata* (beef tapeworm), *Taenia solium* (pork tapeworm) and *Taenia asiatica* (Asian tapeworm), and others.³ Infests an estimated 50-100 million people around the world.¹⁴ The mature adults release an estimated 300,000 eggs per day for the pork tapeworm, up to 600,000 eggs per day for the beef tapeworm,¹⁵ and up to 1 million eggs per day for the fish tapeworm.⁵ The disease is found worldwide. These worms are segmented, flat, and may grow to several meters long. However, usually only small segments break off and are passed through the feces. These segments are filled with eggs.³

People commonly get tapeworms by eating undercooked or raw meat (pork, beef, fish, or other meat) or ingesting their eggs from fecal-oral contamination. When the raw/undercooked meat is eaten, new tapeworms begin living in the intestines. However, when a person ingests pork tapeworm eggs via contaminated food or water, the worms travel through the body and make cysts (little round lumps) in the muscles, tissues, and/or brain. This also occurs occasionally when a segment filled with eggs moves from the intestines back up into the stomach.³

Tapeworms in the intestines may be asymptomatic, or cause mild abdominal pain, nausea, change in appetite, weakness, and weight loss could occur. The cysts from fecal-oral contamination often cause far worse problems. They may cause such symptoms as seizures, fluid accumulation in the brain (squeezing the brain tissue), changes in thinking, meningitis, and many other signs/symptoms are possible (depending on where the cyst is forming). They can also go into the eye or spinal cord and cause symptoms there.³ Diagnosis is often done by finding eggs or segments of the worms in the stool or calcified cysts on x-rays.⁵

Prevention: Ideally, do not use meat/fish. If used, cook thoroughly.³ Carefully prevent fecal-oral contamination.³

Treatment options: Depends on type of tapeworm. See a healthcare worker for treatment.

Trichinosis (Trichinella spiralis)

Infestations by *Trichinella* species around the world are estimated at 11 million.¹⁶ This disease is caused by tiny worms that are never seen in the stool. They are ingested from raw or undercooked pork, dog, bear, horse, and other wild meat, and burrow from the intestines through the body tissues to the voluntary muscles and the heart. Initially, a person may experience nausea, diarrhea or constipation, abdominal pain, or vomiting. In 1-2 weeks as the worms start migrating, symptoms such as fever, swelling around the eyes and the face, small bruises on the skin, bleeding in the whites of the eyes, headaches, rash, cough, difficulty breathing, and problems breathing occasionally occur. As they encyst in the muscles a person may experience muscle pain, inflammation, swelling, and weakness. Rarely a person may experience nerve problems such as encephalitis. Death occasionally occurs as a result of severe infestations of the heart. Symptoms may gradually go away, but muscle pain and fatigue may last for months.³ Diagnosis of the encysted worms is via muscle biopsy or blood tests, but neither of them are totally reliable.⁵

Prevention: Ideally, avoid pork entirely. Smoking and salting are not safe methods of killing the worm. If used, cook VERY thoroughly.⁵

Treatment: Generally none, as medicines have little or no effect on the larvae (worms) in the cysts.^{3,5}

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Chapter 12 – Tuberculosis and Malaria

Tuberculosis Statistics:

- An estimated 8.8 million became sick from Tb in 2010, with 1.4 million estimated deaths¹
- Is second only to HIV/AIDS as the greatest killer globally from a specific infectious organism¹
- 95% of deaths from Tb occur in low and middle income countries of the world.¹
- 10 million orphans in 2009 due to Tb deaths among their parents.¹
- *Mycobacterium tuberculosis* currently infects about 2 billion people around the world.²
- Tb is the greatest cause of death among people living with HIV1, causing 400,000 deaths in 2008.³
- 440,000 multidrug resistant cases of TB were estimated to have occurred in 2008.³

Cause and disease mechanism:

Mycobacterium tuberculosis is a contagious, slow-growing, waxy, acid-fast bacteria that causes tuberculosis.

Tuberculosis most frequently affect the lungs, but can infect nearly any part of the body, including the brain, bones, joints, kidneys, central nervous system, reproductive organs, lymphatic system, blood, abdominal organs, heart, liver, skin, and nearly anywhere else.³

A person may initially become infected by the tuberculosis bacteria but develop no obvious symptoms. During the initial infection the person may develop little nodes that contain the bacteria. These nodes also often keep the bacteria walled in and prevent them from multiplying elsewhere in the body. Then they typically enter a period of dormancy (called latent tuberculosis). A person may never develop active tuberculosis. However, when the immune status drops the bacteria may become active, escape from the node, and cause active disease. Activation may occur as a result of stress, diabetes, use of corticosteroids or immunosuppressants, HIV infection, during adolescence or old age, or as a result of other factors that weaken the immune system.³

Transmission:

It is commonly spread by microscopic droplets that are released into the air when someone with an untreated, active form of the disease coughs, speaks, sneezes, etc.

Signs and symptoms:

Signs and symptoms of active tuberculosis of the lungs may include some or all of the following: “not feeling well,” a cough lasting three or more weeks with sputum production (often worse in the morning), swollen lymph nodes, sputum which may contain blood, unintended weight loss, weakness, mild fever and night sweats, loss of appetite, pain with breathing or coughing (pleurisy), abnormal breath sounds, and difficulty breathing.^{3,4}

When TB occurs outside your lungs, signs and symptoms vary, depending on the organs involved, and may include swelling, deformation, pain, nerve damage, and a wide variety of other symptoms. For example, tuberculosis of the spine may result in back pain, and tuberculosis that affects your kidneys might cause blood in your urine. Tuberculosis can also spread through your entire body, simultaneously attacking many organ systems.

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Diagnosis:

Microscopic examination of sputum for the acid-fast bacteria is considered the most accurate test for tuberculosis. A person may also do x-rays, cultures, biopsies, and nucleic acid tests. TB skin testing can demonstrate infection by the bacteria, but not if a person has an active infection or not, and false results are common.^{3,4}

The following risk factors may increase the possibility of developing tuberculosis: HIV infection, living in or immigrating from countries where the incidence of HIV is high, social problems, urban poverty, homelessness, drug abuse, lack of proper treatment programs for TB, ethnicity (developed more easily in those of African origin and native North Americans), poor immune function, genetic susceptibility, drug resistance, inadequate health care services in general, and crowded living conditions.⁴

Prevention

In general, tuberculosis is a preventable disease. From a public health standpoint, the best way to control tuberculosis is to diagnose and treat people with tuberculosis infection before they develop active disease and take careful precautions with people hospitalized with tuberculosis so they do not spread it to others. Other measure you can take to protect yourself and others include:

- Keep your immune and respiratory systems healthy. Make sure you eat plenty of healthy foods, get adequate amounts of early sleep, fresh air (avoiding tobacco and mustiness), and exercise regularly to keep your health in top condition.
- Get tuberculin-PPD skin testing (also known as Mantoux or TST) done regularly if positive for HIV or another disease that weakens the immune system, live or work in a prison, homeless shelter, nursing home, are a healthcare worker, or otherwise have an increased risk of exposure to the disease. If you have had a BCG immunization previously, talk with your physician before undergoing skin testing as it may come back falsely positive and may cause serious skin inflammation. Such individuals may need to be tested by an x-ray of the lungs instead. The vaccine, BCG, is available (and utilized in many countries) and may be of some benefit in preventing tuberculosis. It is not widely used in the United States (due to the fact that it makes the skin test falsely positive) and is more often administered in countries where tuberculosis is common. Researchers are still working on developing a more effective tuberculosis vaccine.^{3,4}
- Avoid spending time near those known to have active tuberculosis.
- Consider preventive therapy. If an individual tests positive for latent tuberculosis infection, but has no evidence of active tuberculosis, they should talk to their doctor/healthcare provider about therapy with isoniazid or another medication to reduce their risk of developing active tuberculosis in the future (up to 98.5% decreased risk).³

For active tuberculosis, suggestions to aid in their recovery and help their family and friends avoid getting sick include:

- To successfully conquer tuberculosis, the sick person typically has to take several antibiotics at one time to prevent the bacteria from developing resistance to the medicine. It is essential that a person finish their entire course of medication. This is the most important step a person can take to receive healing and protect others from contracting tuberculosis. When the treatment is stopped early or a person skips doses, the tuberculosis bacteria have a chance to develop mutations that are resistant to the most potent tuberculosis drugs. The resulting drug-resistant strains are more deadly and difficult to treat.
- The person should stay at home until the doctor states that they are not contagious anymore. They should not go to work or school or sleep in a room with other people during the first few weeks of treatment for active tuberculosis.
- Faithfully, religiously follow the laws of health which help to strengthen the immune system—a healthy diet low in sugar, gentle exercise as tolerated, abundant water, sunshine exposure regularly—of the person and the home, avoidance of all harmful substances and moderation in good things, fresh air, early and abundant sleep, and a spirit of gratitude and trust in God.
- A person should cover their mouth every time they cough, then place the dirty tissue in a bag, seal it, and throw it away. Also, wearing a mask when they are around other people during the first weeks of treatment may lower the risk of transmission.⁴
- Hydrotherapy: Heating compresses applied to the chest may bring benefit (being careful to prevent drafts).⁶ Do not use fever treatments or vigorous fomentations as they may spread the tuberculosis through the system.⁵

- Each country has herbs and herbalists that know local plants that may be beneficial. Ask them about plants in the area that may help to fight the tuberculosis.
- Echinacea, goldenseal, mullein, red clover,⁶ forsythia twigs and honeysuckle (used as a tea in a 1:2 ratio), eucalyptus, and licorice⁷ have been suggested as helpful in the treatment of tuberculosis. The dark green leafy vegetables such as collards and turnip greens may also provide some benefit.⁶ Garlic and onions^{7,8} are especially powerful in fighting microbes and have been used in the fight against tuberculosis. Olives have also been suggested as helpful.⁶

Malaria Statistics:

Approximately half of the world’s population is at risk for developing malaria—most in the lower income countries of the world. This disease is transmitted in 108 countries of the world in which 3 billion people live, and causes close to 1 million deaths per year.³

Cause, transmission, and disease mechanism:

Malaria is a life-threatening parasitic disease of the blood spread by the bite of infected Anopheles mosquitoes, it can rarely also be spread by infected blood transfusions and street-drug paraphernalia. Malaria can generally be prevented and cured. Those who travel from areas where malaria does not exist to malarial areas are at special risk for contracting the disease. Malaria takes a toll economically on families whose breadwinner is unable to work while sick, in high medical bills, and in lost production.

Lifecycle:³

Malaria is caused by protozoa of the genus Plasmodium. Five types exist: *P. falciparum*, *P. vivax*, *P. malariae*, *P. ovale*, and *P. knowlesi*, all transmitted to humans by mosquito vectors. *P. falciparum* causes the majority of deaths from malaria, often causing death when untreated.

When an uninfected mosquito bites someone who has malaria, the mosquito may ingest some of the malarial parasites. When this occurs, these parasites mature within the mosquito and migrate back to its saliva, ready to be injected into its next unsuspecting victim. When the mosquito bites another human, a small amount of saliva from the mosquito frequently enters the person’s blood as it begins feeding. The parasites are thus transmitted to the human host. Blood carries these parasites to the liver. There they mature and replicate, often producing 10,000-→30,000 parasites from the single parasite that entered the liver cell. Upon maturation they leave the liver and infect the red blood cells. Once they enter the red blood cells, they multiply again into 6-30 new parasites and mature—using the cell components for nutrition. Finally the cell ruptures, spilling many new parasites into the blood which then enter many more blood cells, and the cycle repeats itself, exponentially infecting more and more red blood cells as each cycle repeats. The infected red blood cells are destroyed in the process. Red blood cells are essential in bringing oxygen to every cell of the body and removing carbon dioxide from the system. When the numbers of red blood cells are reduced as a result of malarial infection, a person may gradually become more and more hypoxic, and may finally suffocate from a lack of oxygen. The carbon dioxide may also not be adequately expelled. When the cells rupture, releasing new parasites into the bloodstream, a person’s body responds by chills and then develops a fever (may rise extremely high). When the parasites have all entered into new red blood cells, the temperature drops, often causing drenching sweats.

P. vivax and *P. ovale* may remain dormant for several years in the liver, causing no symptoms; however, they may reenter the bloodstream at any time, especially when the immune system drops, and cause another active case of malaria.

P. falciparum, the most deadly form of malaria, generally does not remain dormant in the liver. It is limited to the tropics where mosquitoes are active year-round. The number of *P. falciparum* parasites in the blood can reach far higher numbers than any other type of malaria. *P. falciparum* frequently causes a persistent, but variable, high fever. Two deadly complications of this type of malaria include cerebral malaria and blackwater fever. It may also cause miscarriage in pregnancy. In cerebral malaria, the parasites stick to the walls of the small blood vessels in the brain, stopping blood flow, and causing a lack of oxygen (and potential tissue death) in the brain—causing widely varying symptoms, which can include irritability, mental confusion, seizures, abnormal neurological function, respiratory

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distress, bleeding in the retina, coma, death, and more.^{3,10} In blackwater fever, the rapid breakdown of red blood cells causes massive amounts of hemoglobin to be released into the bloodstream. This hemoglobin passes out via the urine and turns the urine dark in coloration – thus earning the name of “Blackwater fever”. If not treated promptly and successfully, this disease may cause kidney failure. Death often follows shortly thereafter.⁹

Signs and Symptoms:

Incubation period from the mosquito bite to first symptoms can range from 10 days to a year or more (only *P. vivax* or *ovale* can take this long)^{10,3}.

Symptoms vary widely and may include any or all of the following: chills, fever, severe weakness and fatigue, malaise (just don't feel good), nausea, vomiting, lack of appetite, abdominal pain, headache, muscle pain, backache, joint and bone pain, anemia, jaundice, enlargement of the liver or spleen, delirium, convulsions, coma, and death.³

Acute attacks occur when red blood cells rupture. The attacks often have 3 stages (however, especially with *P. falciparum*—multiple infections may coexist or red blood cells may rupture at different times, causing the following stages to be less observable):

- Chills: Occurs when the parasites are released into the blood. Person feels very cold, the temperature is rising.
- Fever: High fever of 102-106 degrees F. (38.8-41.1 degrees C.) or higher
- Sweating (the parasites have entered into new blood cells, thus body is no longer stimulating a strong response): characterized by profuse sweating¹⁰

Acute attacks occur every 72 hours when infected by *P. malariae*

Acute attacks occur every 48-50 hours when infected by *P. vivax* and *P. ovale*.

The temperature is often persistently elevated in *P. falciparum*.

Diagnosis:

Demonstration of the parasites in the red blood cells in blood smears examined under the microscope, or by finger prick blood tests that use cards or strips similar to those used in pregnancy tests to detect antigens in the blood that show the presence of a current or very recent case of malaria (may still be positive several weeks afterwards).³

Treatment routines that have experientially been found helpful in fighting malaria (esp. *P. falciparum*):¹¹

Prevention:

- Good nutrition with a low intake of sugar, fats, chocolate
- Increased level of regular exercise, sufficient and early sleep, and 8-10 cups of pure water daily
- Seek to lower stress level, chilling (rain, etc.), overwork, and avoid all harmful habits and substances
- Overall, seek to keep immune system strong
- Avoid excessive exposure to mosquito bites
 - Seek to eliminate breeding areas for mosquitoes:
 - drain areas with sluggish or standing water OR
 - introduce small fish in the area to eat the mosquito larvae in the water OR
 - if there is no other workable solution, treat the standing water with oil (to suffocate the mosquito larvae)
 - Screening of homes, use of mosquito nets, and insect repellent and/or mosquito coils where needed
- Garlic used regularly
- Papaya leaf tea taken twice weekly or papaya seeds (1 heaping tsp. chewed well per week OR 12 seeds per day)

Treatment when the first symptoms appear (achy joints, don't feel good, almost feel like coming down with the flu):

- 5 cloves of raw garlic taken 3 times daily with meals (suggested to be antiparasitic, help counteract clumping of red blood cells¹²).
- *Artemisia annua*: this herb shows significant promise.¹³ It does not stay in the blood for very long, so a person would have to take the tea frequently (day and night) until 3+ days after all symptoms have disappeared.^{14,15}

- Exercise to point of sweating at least 2 times daily. Red blood cells often clump in the circulation due to the malarial due to a toxin secreted by the parasite.¹⁶ Exercise helps by improving the circulation of the blood.
- Cold showers – 3 minutes cold with vigorous friction: 1 min. to liver area, 1 min. to spleen area, 1 min. over entire body.¹⁷ The cold shower can be helpful to improve the circulation and stimulate the immune response. Repeat every hour or as frequently as possible while awake, especially as the time for an expected chill nears.¹⁸
- Continue all treatments until 3 days after all symptoms have disappeared (to successfully target any parasites still hiding in the red blood cells).
- Give time for your body to recover before returning to a full workload.

Sometimes helpful in some individuals:

- Cinchona bark tea, Echinacea, goldenseal, grapefruit tea made from entire grapefruit, 12 lemons daily during attack, local herbs

As soon as a person develops chills/fever:

- Take medication for the malaria promptly (find out from the country where you live what is used successfully, and the recommended dosage)
- If extracts from the herb *Artemisia annua* are available as a malarial treatment, try this first, as recent research shows far higher success with fewer side effects with this herb¹³ (in medication form—artesunate appears to be the best option³, if not available, could also use artemisinin, or artemether)^{19,13,20}
- Remember that a live worker for the Lord is of far more value than a dead missionary who thought they could fight it naturally. Some forms of malaria may be deadly within a few days. If no improvement is seen with natural treatments seek medical help immediately!!!

At the present, no effective vaccines exist against this disease. Medications can help to prophylactically prevent and treat this disease, yet may cause many side effects. A large amount of resistance exists to malarial medications, especially to chloroquine, which may cause the medication to be ineffective. Many malaria medications are available. Since each medication only works at a specific stage in the parasite's life, the drugs must be taken faithfully (as recommended) to catch the parasites at that specific stage of development, and if improvement is not seen soon, a person should be alert to the possibility of parasite resistance to that medication, and may need to use a different medication. Local health care workers can give recommendations as to what will work best in each region of the world.

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Spirit of Prophecy

“Believe His Prophets”

Chapter 1 - God Still Speaks Through His Prophets

God’s Original Plan: Direct Communion with Mankind

Genesis 3:8. “And they heard the voice of the LORD God walking in the garden in the cool of the day.”

Christian Education, p. 207. “The holy pair [Adam and Eve] were not only children under the fatherly care of God, but students receiving instruction from the all-wise Creator. They were visited by angels, and were granted communion with their Maker, with no obscuring veil between.”

God’s Plan Revised: Sin Separates

Genesis 3:8. “And Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden.”

Isaiah 59:2. “But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.”

Education, p. 17. “To Adam and Eve nature was teeming with divine wisdom. But by transgression man was cut off from learning of God through direct communion and, to a great degree, through His works.”

Sin separated us from God, but it did not separate us from His love. He found a way to communicate with us. He chose men and women He could trust to be His mouthpiece, to communicate His love and plans to mankind.

Old Testament Prophets – Enoch, Noah, Moses, Samuel, Elijah, Isaiah, Daniel, Jeremiah, Minor Prophets, etc.

New Testament Prophets – Zacharias, John the Baptist, John, Paul, Agabus, Peter, Jesus, etc.

Women Prophets – Miriam, Huldah, Deborah, Anna, and Philip’s four daughters (Acts 21:8,9).

Prophet = “one who speaks for (God)”

During the first 2,500 years of human history, until Moses, there was no written revelation from God as far as we have been able to discover. Those who were taught of God must have communicated by word of mouth what He had told them.

Amos 3:7. “Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets.”

How God Communicated His Will

- Visions and Dreams - Numbers 12:6
- Voice of the LORD - 1 Samuel 15:10; 2 Samuel 24:11
- Always through the Holy Spirit - 2 Peter 1:21

Sometimes God’s messengers were instructed to write down His message (Habakkuk 2:2) and other times they were to speak the message (Jeremiah 26:2).

Jesus Gave Gifts to His Church

Ephesians 4:7,8. “But unto every one of us is given grace according to the measure of the gift of Christ. Wherefore he saith, When he ascended up on high, he led captivity captive, and gave gifts unto men.”

- What were these gifts? - Ephesians 4:11
- Why did Jesus choose to give gifts to the church? - Ephesians 4:12
- How long were these gifts to remain in the church? - Ephesians 4:13-15

Paul shows in 1 Corinthians 12 that God gives different gifts to his people and they are to work together like the various parts of the human body. There is to be no schism in the body (vs. 25).

1 Corinthians 12:28. “And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues.”

What Happened to the Gift of Prophecy?

From the days of the apostles not many generations passed until the church became careless, compromising, and unfaithful to God and His law. (Acts 20:29, 30; 1 John 2:18)

Lamentations 2:9 – Notice that during a time of apostasy Israel received no prophets.

But the scriptures, while foretelling this dreadful apostasy, also plainly teach that just before the second coming of Christ the earth is to be lightened by the glory of God and the gift of prophecy to return to His last day church.

Joel 2:28, 29. “And it shall come to pass afterward, *that* I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions: And also upon the servants and upon the handmaids in those days will I pour out my spirit.”

Partially fulfilled at Pentecost:

Acts 2:17. “And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.”

Fulfillment in the last days: *Joel 2:31.* “Before the great and the terrible day of the LORD come.”

Malachi 4:5 – Prophecy of a last day prophet just prior to the second coming.

Partially fulfilled with John the Baptist in relation to the first coming of Christ:

Matthew 11:14. “And if ye will receive *it*, this is Elias (John the Baptist), which was for to come.”

Revelation 12:17 – The remnant or last days church would have the testimony of Jesus returned.

What is the “testimony of Jesus?” — *Revelation 19:10.* “The testimony of Jesus is the spirit of prophecy.”

1 Corinthians 1:6, 7 – The spirit of prophecy is to help prepare a people for the second coming of Christ.

Matthew 24:24 – Jesus warned us that in the last days many “false Christs, and false prophets” will arise and “shall shew great signs and wonders: insomuch that, if it were possible, they shall deceive the very elect.”

How can we tell the difference between a genuine prophet of God and a false prophet?”

Five Biblical Tests

1. Words/writings in complete harmony with God’s Word. - Isaiah 8:20
2. All predictions must come to pass or be fulfilled. - Jeremiah 28:9; Deut. 18:22
3. Edify [strengthen] the church. - 1 Corinthians 14:3,4
4. Must teach that Christ came in the flesh. - 1 John 4:1,2
5. The truth will be lived out in their lives. “Ye shall know them by their fruits.” - Matthew 7:16

Other Points to consider:

- Some prophecies are conditional. Consider Jonah’s message to Nineveh.
- Prophets are not infallible. Consider when the prophet Nathan gave a wrong message in 2 Samuel 7:1-5. (This should give us even more confidence to know that if a prophet makes a mistake God will correct them.)

Spirit of Prophecy

“Believe His Prophets”

Chapter 2 - Ellen Gould Harmon White

Ellen Harmon was given her first vision soon after the Great Disappointment in December 1844. She was shown the Advent people traveling an elevated road to heaven with a brilliant light illuminating the pathway. (Early Writings, pp. 13-20). What an encouragement this message was to this small and scattered group of advent believers, which would later become known as Seventh-day Adventists. For more than 70 years, she spoke, she wrote, she taught, and she counseled for God.

No woman author has ever produced as much published religious material as Ellen White did in books, magazine articles, tracts, and pamphlets. In addition she wrote hundreds of personal letters of counsel, advice, and reproof-messages God had shown her to share with His people throughout her lifetime. Her writings include counsel on victorious Christian living, diet, health, prenatal care, drugs, marriage and the home, child guidance, education, and much, more.

Although the scope of her ministry and expertise is astounding, her earnest desire was to see people come to Jesus and study the Bible.

Ellen White’s Background

Someone may be wondering-who was Ellen White, and what was she like? The answer takes us back to November 26, 1827, during the presidency of John Quincy Adams. On that date, twin girls-Elizabeth and Ellen-were born near the little village of Gorham, Maine, to Eunice and Robert Harmon. Ellen was the last of eight children.

At the age of nine an accident changed her life forever. While returning home from school, Ellen was seriously injured by a stone thrown by a classmate. For three weeks she was unconscious. She was unable to continue her schooling, and it appeared that she would not live long. She never got beyond the early grades of formal schooling.

Ellen became an avid student of the Bible. She attended camp meetings, revivals, and cottage meetings. After attending a Methodist camp meeting in Buxton, Maine, Ellen was baptized June 26, 1842 in the Atlantic Ocean and became a member of the Methodist church. Later, Ellen and her family attended some meetings held in Portland, Maine, by William Miller, a former army captain, who had been diligently studying the Bible. Because he advocated the soon coming of Christ, he and his followers were labeled “Advents” or “Millerites.”

The Harmon family was convinced of the truthfulness of Miller’s messages. However, after the great disappointment of October 22, 1844, they too were devastated. And, Ellen’s disappointment was no less because of her young age. She wept, she prayed, she studied God’s Word for an answer, as did many of the “advent” believers.

Then it was that God called her to be His prophetess. Physically, she didn’t appear to be what you’d expect of a prophetess, a 17-year-old girl, fighting tuberculosis and a heart condition. In December of 1844, God chose to speak to Ellen in a vision.

In her own words, she tells of her reaction: “After I had the vision, and God gave me light, He bade me deliver it . . . but I shrank from it. I was young, and I thought they would not receive it from me.” Ellen G. White Letter 3, 1847. Although feeling inadequate and physically incapable of the responsibilities of this calling by God, in faith she accepted a mission for God that would last her lifetime.

On August 30, 1846, Ellen married James White, a young Adventist preacher. They worked together in sharing the light God gave them, and Ellen’s visions. Their triumphs and their devotion are shared in many of her writings. Four boys were born to Ellen and James: Henry, Edson, William, and Herbert.

On August 6, 1881, Ellen’s husband James died in Battle Creek, Michigan, USA. Standing by his graveside was Ellen-pledging to press on in the work they both had sacrificed and relentlessly pursued for over 35 years!

Some of Ellen’s most beautiful and inspiring writings appeared after this date. She worked alone for another 34 years.

Her prophetic ministry took her to several countries - guiding, instructing, and counseling the believers as the Lord led her.

The life and labors of Ellen Gould White closed on July 16, 1915. She was 88 years old. She was buried at the side of her husband in Oak Hill Cemetery in Battle Creek, Michigan. A few weeks after her death, a newspaper carried this statement: “She showed no spiritual pride and she sought no filthy lucre. She lived the life and did the work of a worthy prophetess, the most admirable of the American succession.” — *The New York Independent*, August 23, 1915.

Yes, her voice is stilled-her pen is at rest. But the priceless words of counsel, admonition, instruction and encouragement of this indomitable spokesperson for God will continue to guide God’s people to final victory!

Her legacy to the world is a gift of love—a message to earth from across the universe, from a God of love who still wants to “keep in touch” with His children here until Christ comes. Then the “lesser light” will pale, as we stand in the glorious light of His presence once again to see and fellowship with God face-to-face in all His glory!

How important is it that we believe the LORD and the messengers He lovingly sends us? — 2 Chronicles 20:20

How Inspiration Works

2 Peter 1:21. “The prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost.”

1 Selected Messages, p. 21. “It is not the words of the Bible that are inspired, but the men that were inspired. Inspiration acts not on the man's words or his expressions but on the man himself, who, under the influence of the Holy Ghost, is imbued with thoughts. But the words receive the impress of the individual mind. The divine mind is diffused. The divine mind and will is combined with the human mind and will; thus the utterances of the man are the word of God.”

1 Selected Messages, p. 16. “Some look to us gravely and say, “Don't you think there might have been some mistake in the copyist or in the translators?” This is all probable, and the mind that is so narrow that it will hesitate and stumble over this possibility or probability would be just as ready to stumble over the mysteries of the Inspired Word, because their feeble minds cannot see through the purposes of God. . . . All the mistakes will not cause trouble to one soul, or cause any feet to stumble, that would not manufacture difficulties from the plainest revealed truth.”

How Ellen White Describes Her Own Inspiration

1 Selected Messages, p. 37. “Although I am as dependent upon the Spirit of the Lord in writing my views as I am in receiving them, yet the words I employ in describing what I have seen are my own, unless they be those spoken to me by an angel, which I always enclose in marks of quotation.”

3 Selected Messages, p. 51. “When writing these precious books, if I hesitated, the very word I wanted to express the idea was given me.”

1 Selected Messages, p. 39. “I gave myself, my whole being, to God, to obey His call in everything, and since that time my life has been spent in giving the message, with my pen and in speaking before large congregations. It is not I who controls my words and actions at such times.”

1 Selected Messages, p. 39. “But there are times when common things must be stated, common thoughts must occupy the mind, common letters must be written and information given that has passed from one to another of the workers. Such words, such information, are not given under the special inspiration of the Spirit of God. Questions are asked at times that are not upon religious subjects at all, and these questions must be answered. We converse about houses and lands, trades to be made, and locations for our institutions, their advantages and disadvantages.”

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1 Selected Messages, p. 27. "Yet now when I send you a testimony of warning and reproof, many of you declare it to be merely the opinion of Sister White. You have thereby insulted the Spirit of God. You know how the Lord has manifested Himself through the Spirit of prophecy. Past, present, and future have passed before me. I have been shown faces that I had never seen, and years afterward I knew them when I saw them. I have been aroused from my sleep with a vivid sense of subjects previously presented to my mind and I have written, at midnight, letters that have gone across the continent, and arriving at a crisis, have saved great disaster to the cause of God. This has been my work for many years. A power has impelled me to reprove and rebuke wrongs that I had not thought of. Is this work of the last thirty-six years from above or from beneath?"

1 Selected Messages, p. 27. "Weak and trembling, I arose at three o'clock in the morning to write to you. God was speaking through clay. You might say that this communication was only a letter. Yes, it was a letter, but prompted by the Spirit of God, to bring before your minds things that had been shown me. In these letters, which I write, in the testimonies I bear, I am presenting to you that which the Lord has presented to me. I do not write one article in the paper, expressing merely my own ideas. They are what God has opened before me in vision – the precious rays of light shining from the throne."

1 Selected Messages, pp. 36, 37. "At times I am carried far ahead into the future and shown what is to take place. Then again I am shown things as they have occurred in the past. After I come out of vision I do not at once remember all that I have seen, and the matter is not so clear before me until I write, then the scene rises before me as was presented in vision, and I can write with freedom. Sometimes the things which I have seen are hid from me after I come out of vision, and I cannot call them to mind until I am brought before a company where that vision applies, then the things which I have seen come to my mind with force. I am just as dependent upon the Spirit of the Lord in relating or writing a vision, as in having the vision. It is impossible for me to call up things, which have been shown me unless the Lord brings them before me at the time that He is pleased to have me relate or write them."

She Believed That Her Work Should Be Tested

5 Testimonies, pp. 671, 672. "Let the testimonies be judged by their fruits," she wrote. "What is the spirit of their teaching? What has been the result of their influence? . . . God is either teaching his church, reproving their wrongs, and strengthening their faith, or he is not. This work is of God, or it is not. God does nothing in partnership with Satan. My work . . . bears the stamp of God, or the stamp of the enemy. There is no halfway work in the matter.

"As the lord has manifested himself through the spirit of prophecy, past, present, and future have passed before me. I have been shown faces that I had never seen, and years afterward I knew them when I saw them. I have been aroused from my sleep with a vivid sense of subjects previously presented to my mind; and I have written, at midnight, letters that have gone across the continent, and, arriving at a crisis, have saved great disaster to the cause of god. This has been my work for many years. A power has impelled me to reprove and rebuke wrongs that I had not thought of. Is this work . . . from above, or from beneath? . . . Those who really desire to know the truth will find sufficient evidence for belief."

Always Uplifted The Bible

Early Writings, p. 78. "I recommend to you, dear reader, the Word of God as the rule of your faith and practice. By that Word we are to be judged. God has, in that Word, promised to give visions in the "last days", not for a new rule of faith, but for the comfort of His people, and to correct those who err from Bible truth. Thus God dealt with Peter when He was about to send him to preach to the Gentiles. (Acts 10.)"

To some who were criticizing the Word of God, she wrote: "Cling to your Bible as it reads and stop your criticism in regard to its validity and obey the Word, and not one of you will be lost." *1 Selected Messages, p. 18.*

Review and Herald, January 20, 1903 par. 9. "Little heed is given to the Bible and the Lord has given a lesser light to lead men and women to the 'Greater Light.'" (*Colporteur Ministry, p. 125*)

Science Finally Catching Up

And though many of her writings are now more than 100 years old, science is just now catching up with her! Professors, doctors, news commentators, and others have quoted her as an authority in many of these fields. Dr. Clive M. McCay, the late professor of nutrition at Cornell University, stated: “The writings of Ellen G. White have been cited because they provide a guide to nutrition that comprehends the whole body.” *Natural Food and Farming, May, 1958.*

As far back as 1864, Ellen White wrote: “Tobacco is a poison of the most deceitful and malignant kind. It is all the more dangerous because its effects upon the system are so slow, and scarcely perceivable.” Those in the medical field must have chuckled at this statement, for at this time it was thought that tobacco and cigar smoke were an effective cure for lung disease.

However, it wasn't until 1957 that the American Cancer Society and the American Heart Association concluded that smoking was a causative factor in lung cancer! In 1905 Mrs. White wrote that there were cancerous “germs.” She stated: “People are continually eating flesh that is filled with tuberculosis and cancerous germs. . . . Tuberculosis, cancer, and other fatal diseases are thus communicated.” *The Ministry of Healing, p. 313.*

Of course, today we would more accurately use the word virus. Ninety-three years later, Newsweek magazine carried a story titled, “Viruses are Activating Factors in Cancer.” “Dr. Wendell Stanley, University of California virologist and Nobel Prize Winner,” the article stated, “went so far as to state without qualification that he believes viruses cause most of all human cancer.” *Newsweek, June 18, 1956.*

In 1902, Ellen White warned that the Lord would visit San Francisco and Oakland because they were becoming like Sodom and Gomorrah. (Manuscript 1902, p. 114.)

On April 18, 1906 at 5:12 a.m., the Great San Francisco Earthquake occurred. The prophecy was true. The predicted destruction did take place. The prophet, they said, wept!

Mrs. White's achievements are all the more astounding when we consider the overwhelming challenges she faced throughout her lifetime.

Spirit of Prophecy

“Believe His Prophets”

Chapter 3 - Questions and Answers about the Spirit of Prophecy

What did Ellen White mean by saying that the testimonies should not be carried to the front?

Evangelism, p. 256. “The testimonies of Sister White should not be carried to the front. God's Word is the unerring standard. The Testimonies are not to take the place of the Word. Great care should be exercised by all believers to advance these questions carefully, and always stop when you have said enough. Let all prove their positions from the Scriptures and substantiate every point they claim as truth from the revealed Word of God.”

Evangelism, p. 164. “All points of our faith are not to be borne to the front and presented before the prejudiced crowds. . . . The truths that we hold in common should be dwelt upon first, and the confidence of the hearers obtained.”

5 Testimonies, p. 669. “The first number of the Testimonies ever published contains a warning against the injudicious use of the light which is thus given to God's people. I stated that some had taken an unwise course; when they had talked their faith to unbelievers, and the proof had been asked for, they had read from my writings instead of going to the Bible for proof. It was shown me that this course was inconsistent and would prejudice unbelievers against the truth. The Testimonies can have no weight with those who know nothing of their spirit. They should not be referred to in such cases.”

3 Selected Messages, pp. 29, 30. “In public labor do not make prominent, and quote that which Sister White has written, as authority to sustain your positions. To do this will not increase faith in the testimonies. Bring your evidences, clear and plain, from the Word of God. A “Thus saith the Lord” is the strongest testimony you can possibly present to the people. Let none be educated to look to Sister White, but to the mighty God, who gives instruction to Sister White.”

What does Ellen White mean when she calls her writings a lesser light?

Review and Herald, January 20, 1903 par. 9. “The Lord has sent His people much instruction, line upon line, precept upon precept, here a little, and there a little. Little heed is given to the Bible, and the Lord has given a lesser light to lead men and women to the greater light. Oh, how much good would be accomplished if the books containing this light were read with a determination to carry out the principles they contain! There would be a thousand fold greater vigilance, a thousand fold more self-denial and resolute effort. And many more would now be rejoicing in the light of present truth.” (*Colporteur Ministry, p.125*)

Review and Herald, April 8, 1873. “John was the lesser light, which was to be followed by a greater light. He was to shake the confidence of the people in their traditions, and call their sins to their remembrance, and lead them to repentance; that they might be prepared to appreciate the work of Christ.”

Signs of the Times, August 25, 1887. “With the first advent of Christ there was ushered in an era of greater light and glory; but it would indeed be sinful ingratitude to despise and ridicule the lesser light because a fuller and more glorious light had dawned. Those who despise the blessings and glory of the Jewish age are not prepared to be benefited by the preaching of the gospel. The brightness of the Father's glory, and the excellence and perfection of his sacred law, are only understood through the atonement made upon Calvary by his dear Son; but even the atonement loses its significance when the law of God is rejected.”

What Relationship should the Spirit of Prophecy hold to the Bible?

2 Testimonies, p. 454. “The word of God is sufficient to enlighten the most beclouded mind and may be understood by those who have any desire to understand it. But notwithstanding all this, some who profess to make the word of God their study are found living in direct opposition to its plainest teachings. Then to leave men and women without excuse, God gives plain and pointed testimonies, bringing them back to the word that they have neglected to follow.”

2 Testimonies, p. 605. “If you had made God's word your study, with a desire to reach the Bible standard and attain to Christian perfection, you would not have needed the Testimonies. . . . The written testimonies are not to give new light, but to impress vividly upon the heart the truths of inspiration already revealed. . . . Additional truth is not brought out;

but God has through the Testimonies simplified the great truths already given and in His own chosen way brought them before the people to awaken and impress the mind with them, that all may be left without excuse. . . . The Testimonies are not to belittle the word of God, but to exalt it and attract minds to it, that the beautiful simplicity of truth may impress all.”

Early Writings, p. 78. “I recommend to you, dear reader, the Word of God as the rule of your faith and practice. By that Word we are to be judged. God has, in that Word, promised to give visions in the last days; not for a new rule of faith, but for the comfort of His people, and to correct those who err from Bible truth.”

3 Selected Messages, p. 32. “The Bible must be your counselor. Study it and the testimonies God has given; for they never contradict His Word.”

5 Testimonies, p. 98. “If you lose confidence in the testimonies you will drift away from Bible truth.”

Do the testimonies given to individuals have any value today?

2 Testimonies, pp. 112, 113. “If one is reproved for a special wrong, brethren and sisters should carefully examine themselves to see wherein they have failed and wherein they have been guilty of the same sin. . . . in rebuking the wrongs of one, He designs to correct many. But if they fail to take the reproof to themselves, and flatter themselves that God passes over their errors because He does not especially single them out, they deceive their own souls and will be shut up in darkness and be left to their own ways to follow the imagination of their own hearts. . . . He makes plain the wrongs of some that others may thus be warned, and fear, and shun those errors. By self-examination they may find that they are doing the same things which God condemns in others.”

2 Testimonies, p. 447. “All who are guilty are addressed in these individual testimonies, although their names may not be attached to the special testimony borne. . . . By continuing their course of sin, they are violating their consciences, hardening their hearts, and stiffening their necks, just the same as though the testimony had been borne directly to them.”

2 Testimonies, p. 687. “I saw that all should search their own hearts and lives closely to see if they had not made the same mistakes for which others were corrected and if the warnings given for others did not apply to their own cases. If so, they should feel that the counsel and reproofs were given especially for them and should make as practical an application of them as though they were especially addressed to themselves.”

Why do many reject the Testimonies?

1 Selected Messages, p. 45. “Those who have most to say against the testimonies are generally those who have not read them.”

1 Selected Messages, p. 45. “When you find men questioning the testimonies, finding fault with them, and seeking to draw away the people from their influence, be assured that God is not at work through them. It is another spirit.”

2 Manuscript Releases, p. 87. “If the preconceived opinions or particular ideas of some are crossed in being reproved by testimonies, they have a burden at once to make plain their position to discriminate between the testimonies, defining what is Sister White’s human judgment and what is the word of the Lord. Everything that sustains their cherished ideas is divine, and the testimonies to correct their errors are human – Sister White’s opinions. They make of none effect the counsel of God by their tradition.”

What is the last deception?

2 Selected Messages, p. 78. “The very last deception of Satan will be to make of none effect the testimony of the Spirit of God. “Where there is no vision, the people perish” (Prov. 29:18). Satan will work ingeniously, in different ways and through different agencies, to unsettle the confidence of God’s remnant people in the true testimony. He will bring in spurious visions to mislead, and will mingle the false with the true, and so disgust people that they will regard

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everything that bears the name of visions as a species of fanaticism; but honest souls, by contrasting false and true, will be enabled to distinguish between them.”

1 Selected Messages, p. 48. “There will be a hatred kindled against the testimonies which is satanic. The workings of Satan will be to unsettle the faith of the churches in them, for this reason: Satan cannot have so clear a track to bring in his deceptions and bind up souls in his delusions if the warnings and reproofs and counsels of the Spirit of God are heeded.”

Since times have changed should we still follow the Spirit of Prophecy?

1 Selected Messages, p. 41. “The instruction that was given in the early days of the message is to be held as safe instruction to follow in these its closing days.”

3 Selected Messages, p. 76. “Abundant light has been given to our people in these last days. Whether or not my life is spared, my writings will constantly speak, and their work will go forward as long as time shall last.”

3 Selected Messages, p. 77. “When He may see fit to let me rest. His messages shall be of even more vital force than when the frail instrumentality through whom they were delivered, was living.”

Evangelism and Soul-Winning

“The Highest Work”

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Evangelism and Soul-Winning

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Chapter 1 – The Evangelistic Cycle

In the Bible we find that God has given us 6 eternal evangelistic principles that cross cultural and language barriers all around the world.

Revival (Acts 1:8; 4:20,31,33)

Steps to Christ, p. 78. “No sooner does one come to Christ than there is born in his heart a desire to make known to others what a precious friend he has found in Jesus, the saving and sanctifying truth cannot be shut up in his heart.”

1 Selected Messages, p. 121. “A revival of true godliness among us is the greatest and most urgent of all our needs. To seek this should be our first work. There must be earnest effort to obtain the blessing of the Lord, not because God is not willing to bestow His blessing upon us, but because we are unprepared to receive it. Our heavenly Father is more willing to give His Holy Spirit to them that ask Him, than are earthly parents to give good gifts to their children.”

3 Ways We Can Experience Revival

1. Revival of Bible Study (2 Peter 1:2-4)

Ministry of Healing, p. 458. “The whole Bible is a revelation of the glory of God in Christ. Received, believed, obeyed, it is the great instrumentality in the transformation of character. It is the grand stimulus, the constraining force, that quickens the physical, mental, and spiritual powers and directs the life into right channels.

The reason why the youth, and even those of mature years, are so easily led into temptation and sin is that they do not study the Word of God and meditate upon it as they should.”

2. Revival of Intercessory Prayer (Colossians 1:3,9; Philippians 1:3-5)

4 Testimonies, p. 528. “We must have a converted ministry. The efficiency and power attending a truly converted minister would make the hypocrites in Zion tremble and sinners afraid. The standard of truth and holiness is trailing in the dust. If those who sound the solemn notes of warning for this time could realize their accountability to God they would see the necessity for fervent prayer...

His (Jesus) nature was without the taint of sin. As the Son of man, He prayed to the Father, showing that human nature requires all the divine support which man can obtain that he may be braced for duty and prepared for trial. As the Prince of life He had power with God and prevailed for His people. This Saviour, who prayed for those that felt no need of prayer, and wept for those that felt no need of tears, is now before the throne, to receive and present to His Father the petitions of those for whom He prayed on earth. The example of Christ is for us to follow. Prayer is a necessity in our labor for the salvation of souls. God alone can give the increase of the seed we sow.”

3. Revival of Witnessing (1 John 1:1-3)

Christ's Object Lessons, p. 354. “He who begins with a little knowledge, in a humble way, and tells what he knows, while seeking diligently for further knowledge, will find the whole heavenly treasure awaiting his demand. The more he seeks to impart light, the more light he will receive. The more one tries to explain the Word of God to others, with a love for souls, the plainer it becomes to himself.”

Equipping (Mark 1:17; 8:34; Ephesians 4:11-12)

Ministry of Healing, p. 148, 149. “Every church member should be engaged in some line of service for the Master. Some cannot do so much as others, but everyone should do his utmost to roll back the tide of disease and distress that is sweeping over our world. Many would be willing to work if they were taught how to begin. They need to be instructed and encouraged.

Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors. Let the

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teachers lead the way in working among the people and others, uniting with them, will learn from their example. One example is worth more than many precepts.”

Will trained workers be more effective in their service for Jesus?

Evangelism, p. 109. “One worker who has been trained and educated for the work, who is controlled by the Spirit of Christ, will accomplish far more than ten laborers who go out deficient in knowledge, and weak in the faith. One who works in harmony with the counsel of God, and in unity with the brethren, will be more efficient to do good, than ten will be who do not realize the necessity of depending upon God, and of acting in harmony with the general plan of the work.” --*Review and Herald, May 29, 1888.*

How should we begin?

Evangelism, p. 115. “In our churches let companies be formed for service. In the Lord's work there are to be no idlers. Let different ones unite in labor as fishers of men. Let them seek to gather souls from the corruption of the world into the saving purity of Christ's love.

The formation of small companies as a basis of Christian effort is a plan that has been presented before me by One who cannot err. If there is a large number in the church, let the members be formed into small companies, to work not only for the church members but for unbelievers also.”

Bible Based (Psalm 18:30; Matthew 4:4)

1888 Materials, p. 897. “Genuine religion is based upon a belief in the Scriptures. God's Word is to be believed without question. No part of it is to be cut and carved to fit certain theories. Men are not to exalt human wisdom by sitting in judgment upon God's Word.”

Outreach (Matthew 4:23; Acts 3:6; Mark 16:15)

Ministry of Healing, p. 143. “Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’”

Counsels on Health, p. 497. “Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God's people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts. Many will be reached who otherwise never would have heard the gospel message. A demonstration of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of medical missionary work, will bless all who thus seek to impart the truth for this time.”

Reaping Event (Acts 4:31; 5:42; 8:4; 6:7)

Evangelism, p. 168. “Most startling messages will be borne by men of God's appointment, messages of a character to warn the people, to arouse them... we must also have, in our cities, consecrated evangelists through whom a message is to be born so decidedly as to startle the hearers.”

1 Testimonies, p. 321. “In this fearful time, just before Christ is to come the second time, God's faithful preachers will have to bear a still more pointed testimony than was borne by John the Baptist. A responsible, important work is before them; and those who speak smooth things, God will not acknowledge as His shepherds. A fearful woe is upon them.

Evangelism, p. 119. “We should make efforts to call together large congregations to hear the words of the gospel minister. And those who preach the Word of the Lord should speak the truth. They should bring their hearers, as it were, to the foot of Sinai, to listen to the words spoken by God amid scenes of awful grandeur.”

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Nurture and Follow Up (Acts 2:42)

Evangelism, p. 351. They do not realize that these newly converted ones need nursing,--watchful attention, help, and encouragement. These should not be left alone, a prey to Satan's most powerful temptations; they need to be educated in regard to their duties, to be kindly dealt with, to be led along, and to be visited and prayed with.”

It is imperative that we understand that evangelism is a cycle and not a single event. Barns full of ripened grain come from hard work in the field and a careful process of nurturing plants to full growth. And the barns are not the end of the journey, for from that crop come new seeds ready to be replanted for the next harvest. Thus, the harvest is not simply an event, but part of a cycle.

Harvest cycle compared to the evangelism cycle:

- Personal Preparation (spiritual revival & training)
- Preparing the Soil (prayer, friendship, sharing our personal testimonies)
- Planting Seeds (literature, Bible studies, small groups)
- Cultivating for Harvest (short bridge events, seminars)
- Harvesting (usually public evangelistic events)
- Preserving the Harvest (nurturing & discipling)
- REPEATING THE CYCLE! (Remember, the seed is IN the harvest.)

An Evangelism Calendar

Success with the evangelism cycle demands a definite plan, a continuing cycle, and strong links between phases in the cycle. In order to be most effective, there must be specific objectives for each phase as well as the entire cycle. Goals for measurable results are amazingly inspirational.

To accomplish this, your church must implement an evangelistic calendar. This simple tool helps all church members to easily follow the church’s progress and become aware of the cycle. Emphasize its importance and where you are on it weekly. This will go far in motivating and uniting your church.

Below is a sample evangelistic calendar that could be implemented in local churches around the world.

PHASE	DATE	EVENTS	GOALS
Phase 1: Personally Prepare	January (July)	Revival Series	Become Revived and passionate to share Jesus
Phase 2: Prepare the Soil	February (July)	Sermon Series on Jesus, witnessing and prayer	Create Ministries to reach people (MH 143)
Phase 3: Plant the Seed	February – May (July – August)	Door-to-Door, Colporteurs Radio Ads, Television Spots Cooking schools, Health Talks	Reach <u>everyone</u> with an invitation to come to Jesus
Phase 4: Cultivate the Harvest	May (Sept)	Short Seminars (ie. Prophecy Seminars, Sanctuary, 2 nd Coming, family, Health Expos, Archeology)	Find those who are really interested in Present Truth
Phase 5: Harvest	June (October)	Evangelism Series	Reaping from our pre-work interests
Phase 6: Preserve the Harvest	July (November)	Bible Marking Class Bible Doctrines Gospels Study	Grounding

By understanding that evangelism is a cycle we can see why public evangelism has often fallen short of its goals:

Reason #1 We plant few or no seeds in preparation.

Reason #2 We forget to keep the cycle going.

Many people take time to “ripen” for harvest. Most of us can remember a time when someone had to patiently sow seeds and wait for us to “sprout” spiritually. This is part of why the cycle of evangelism must never cease—at the end of almost any evangelistic effort many promising prospects have not yet made their decisions. But many of these “disappointments” will yet ripen if they are not left to wither and die. (Read Ecclesiastes 11:1-6) We must keep inviting until the banquet hall is full (see Matthew 22:1-14).

Chapter 2 – Prayer Ministry

Power of the Holy Spirit, Prayer, and Witnessing

1 Selected Messages, p. 121. “A revival of true godliness among us is the greatest and most urgent of all our needs. . . . It is our work, by confession, humiliation, repentance, and earnest prayer, to fulfill the conditions upon which God has promised to grant us His blessing. A revival need be expected only in answer to prayer.”

ABC’s for Receiving the Holy Spirit

Ask for the Holy Spirit. (Luke 11:13)

Believe God’s promises. (Mark 11:24)

Claim the gift of the Holy Spirit. (Acts 3:19, 1 John 5:14,15)

Early Writings, p. 115. “Ask, believe, and receive. There is too much mocking the Lord, too much praying that is no praying and that wearies angels and displeases God, too many vain, unmeaning petitions. First we should feel needy, and then ask God for the very things we need, believing that He gives them to us, even while we ask; and then our faith will grow, all will be edified, the weak will be strengthened, and the discouraged and desponding made to look up and believe that God is a rewarder of all those who diligently seek Him.”

What will be the result of taking these three steps? (Acts 1:8; 2:1-4)

Desire of Ages, p. 142. “God could have reached His object in saving sinners without our aid; but in order for us to develop a character like Christ’s, we must share in His work. In order to enter into His joy,--the joy of seeing souls redeemed by His sacrifice,--we must participate in His labors for their redemption.”

6 Testimonies, p. 90. The Holy Spirit will come only to all who are begging for the bread of life to give to their neighbors.”

5 Reasons to Pray for Others

1. We are able to see the sins in our own lives and churches and our great need of Jesus (Psalm 51:10-13; Joshua 7:5-11).
2. Prayer deepens our desire to see the thing we are praying for (Genesis 32:24-26; 1 Kings 18:41-46).

Patriarchs and Prophets, p. 203. “Jacob prevailed because he was persevering and determined. His experience testifies to the power of importunate prayer. It is now that we are to learn this lesson of prevailing prayer, of unyielding faith.”

Prayer, p. 139. “Important lessons are presented to us in the experience of Elijah... Had he given up in discouragement at the sixth time, his prayer would not have been answered, but he persevered till the answer came. We have a God whose ear is not closed to our petitions; and if we prove His word, He will honor our faith. He wants us to have all our interests interwoven with His interests, and then He can safely bless us; for we shall not then take glory to self when the blessing is ours, but shall render all the praise to God.”

3. Prayer puts us in touch with God’s wisdom (James 1:5).
4. Prayer enables God to work more powerfully than if we did not pray (Daniel 10:12).

Letter 201, 1899. “By this we see that heavenly agencies have to contend with hindrances before the purpose of God is fulfilled in its time. The king of Persia was controlled by the highest of all evil angels. He refused, as did Pharaoh, to obey the word of the Lord. Gabriel declared, He withstood me twenty-one days by his representations against the Jews. But Michael came to his help, and then he remained with the kings of Persia, holding the powers in check, giving right counsel against evil counsel. Good and evil angels are taking a part in the planning of God in His earthly kingdom. It is

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God's purpose to carry forward His work in correct lines, in ways that will advance His glory. But Satan is ever trying to counterwork God's purpose. Only by humbling themselves before God can God's servants advance His work. Never are they to depend on their own efforts or on outward display for success.

Great Controversy, p. 525. “It is a part of God's plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask.”

5. Prayer makes us more earnest in our efforts to win souls (Philippians 1:3-4).

Christ's Object Lessons, p. 354. “As we seek to win others to Christ, bearing the burden of souls in our prayers, our own hearts will throb with the quickening influence of God's grace; our own affections will glow with more divine fervor; our whole Christian life will be more of a reality, more earnest, more prayerful.”

6 Testimonies, p. 80. “We should hold convocations for prayer, asking the Lord to open the way for the truth to enter the strongholds where Satan has set up his throne, and dispel the shadow he has cast athwart the pathway of those who he is seeking to deceive and destroy.”

This Day With God, p. 171. “Oh, that the earnest prayer of faith may arise everywhere, Give me souls buried now in the rubbish of error, or I die! Bring them to the knowledge of the truth as it is in Jesus.”

Operation Andrew

John 1:40-42 “Andrew . . . first findeth his own brother Simon . . . and he brought him to Jesus.”

Steps to Christ, p. 115. “In every one of His children, Jesus sends a letter to the world. If you are Christ's follower, He sends in you a letter to the family, the village, the street, where you live. Jesus, dwelling in you, desires to speak to the hearts of those who are not acquainted with Him. Perhaps they do not read the Bible, or do not hear the voice that speaks to them in its pages; they do not see the love of God through His works. But if you are a true representative of Jesus, it may be that through you they will be led to understand something of His goodness and be won to love and serve Him.”

God has placed each of us different geographical locations, in different families, and in different occupations for us to share Jesus with the people around us. One of the best things we can do for others is praying earnestly for them. Select 5-10 people you interact with on a regular basis (family, friends, neighbors, work associates) and commit to pray for them every day over the next 3 months. God will do amazing things! Look for opportunities to share Jesus with them in meaningful ways.

1 Testimonies, p. 33. “I determined that my efforts should never cease till these dear souls, for whom I had so great an interest, yielded to God. Several entire nights were spent by me in earnest prayer for those whom I had sought out and brought together for the purpose of laboring and praying with them. Some of these had met with us from curiosity to hear what I had to say; others thought me beside myself to be so persistent in my efforts, especially when they manifested no concern on their own part. But at every one of our little meetings I continued to exhort and pray for each one separately, until every one had yielded to Jesus, acknowledging the merits of His pardoning love. Every one was converted to God.”

Chapter 3 – Reaching the Heart

God Wants the Heart

Deuteronomy 5:29. “O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever!”

Proverbs 23:26. “My son, give me your heart, and let your eyes observe my ways.”

What Does Jesus See When He Sees Into the Heart?

Review & Herald, November 17, 1885. “Outwardly all is joy; but the eye of Jesus, beholding the throng with the tenderest compassion, sees the soul, parched, and thirsting for the waters of life.”

Review & Herald, February 28, 1882. “All the blessings which the world can give fail to satisfy the wants of the soul. There is a nameless longing for something which they have not, a peace and rest that is not born of earth.... Christ alone can satisfy that sense of want in the human soul.”

There is a spiritual need for God on the inside, even below the surface of indifference or hostility.

Jesus Method in Reaching the Heart

The Desire of Ages, p. 151. “Jesus saw in every soul one to whom must be given the call to His kingdom. He reached the hearts of the people by going among them as one who desired their good.”

Signs of the Times, October 21, 1897. “It was our Saviour's gentleness, his plain, unassuming manners, that made him a conqueror of hearts.”

Counsels on Sabbath School Work, p. 73. “In all true teaching the personal element is essential. Christ in His teaching dealt with men individually (like Nicodemus and the woman at the well of Sychar) . . . Even the crowd that so often thronged His steps was not to Christ an indiscriminate mass of human beings. He spoke directly to every mind and appealed to every heart.”

Thoughts from the Mount of Blessing, p. 129. “The Saviour never passed by one soul, however sunken in sin, who was willing to receive the precious truths of heaven. To publicans and harlots His words were the beginning of a new life. Mary Magdalene, out of whom He cast seven devils, was the last at the Saviour's tomb and the first whom He greeted in the morning of His resurrection. It was Saul of Tarsus, one of the most determined enemies of the gospel, who became Paul the devoted minister of Christ. Beneath an appearance of hatred and contempt, even beneath crime and degradation, may be hidden a soul that the grace of Christ will rescue to shine as a jewel in the Redeemer's crown.

Ministry of Healing, p. 143. “Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’”

Equation for success:

Mingle + desire good + show sympathy + ministry = confidence won

Once we have won a person's confidence we have an obligation to invite them to follow Jesus!

What needs did Jesus minister to?

1. physical – for healing and comfort
2. emotional – for sympathy and understanding
3. mental – for truth & knowledge
4. spiritual – for a close connection with God

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Not Mere External Work

Jesus desire was not merely an outward change in a person’s behavior – he wanted heart transformation.

Christ’s Object Lessons, p. 97. “As the leaven, when mingled with the meal, works from within outward, so it is by the renewing of the heart that the grace of God works to transform the life. NO MERE EXTERNAL CHANGE IS SUFFICIENT TO BRING US INTO HARMONY WITH GOD. There are many who try to reform by correcting this or that bad habit, and they hope in this way to become Christians, but they are beginning in the wrong place. Our first work is with the heart.”

Education, p. 41. “True education is not the forcing of instruction on an unready and unreceptive mind. The mental powers must be awakened, the interest aroused. For this, God’s method of teaching provided.”

The Deeper Need

1. There must be a sense of need for God before there will be a desire for God and spiritual things.

Signs of the Times, August 1, 1895 par. 13. “Before there can be an intense desire for the wealth contained in Christ, which is available to all who feel their poverty, there must be a sense of need.”

2. Many feel a need for something, but they do not know it is a need for God.

Review & Herald, February 28, 1882. “The great mass of mankind are engrossed in the things of this life, and divine truth can find no abiding-place in their hearts. And yet all the blessings which the world can give fail to satisfy the wants of the soul. There is a nameless longing for something which they have not, a peace and rest that is not born of earth.”

3. God is seeking to bring people to a place where they recognize their need for God so they will seek Him.

Steps to Christ, p. 28. “The same divine mind that is working upon the things of nature is speaking to the hearts of men and creating an inexpressible craving for something they have not. The things of the world cannot satisfy their longing. The Spirit of God is pleading with them to seek for those things that alone can give peace and rest--the grace of Christ, the joy of holiness. Through influences seen and unseen, our Saviour is constantly at work to attract the minds of men from the unsatisfying pleasures of sin to the infinite blessings that may be theirs in Him. To all these souls, who are vainly seeking to drink from the broken cisterns of this world, the divine message is addressed, ‘Let him that is athirst come. And whosoever will, let him take the water of life freely.’ Revelation 22:17. You who in heart long for something better than this world can give, recognize this longing as the voice of God to your soul.”

4. Jesus empathized with the human race.

Empathy – “the ability to understand and share the feelings of another.” *New Oxford American Dictionary.*

PH 123, Testimony to the Church at Battle Creek, pp. 11,12. “Christ identified himself with the necessities of his people. Their needs and their sufferings were his. He says, “I was an hungred, and ye gave me meat; I was thirsty, and ye gave me drink; I was sick, and ye visited me; a stranger, and ye took me in; naked, and ye clothed me; I was in prison, and ye came unto me.”

5. Jesus used every avenue to reach the heart.

Christ’s Object Lessons, p. 21. “Jesus sought an avenue to every heart. By using a variety of illustrations, He not only presented truth in its different phases, but appealed to the different hearers. Their interest was aroused by figures drawn from the surroundings of their daily life. None who listened to the Saviour could feel that they were neglected or forgotten. The humblest, the most sinful, heard in His teaching a voice that spoke to them in sympathy and tenderness.”

Chapter 4 – Cooperating with Christ

How can we cooperate with God’s spirit to awaken the need, and thus the desire, for spiritual things?

1. **Pray** – for wisdom to see below the surface and for God to work in the lives of those who do not know Him.
2. **Work With God** – in harmony with what God is doing to awaken spiritual interest.

1 Mind Character and Personality, p. 347. “God leads His people on, step by step. He brings them into positions which are calculated to reveal the motives of the heart.”

- a. The Lord often allows crisis to reveal the heart
 - a. Losing everything – when people lose something precious they often turn to God
 - b. Gaining everything – when people achieve everything they often ask “is there something more”

Signs of the Times, August 1, 1895 par. 13. “When the heart is full of self-sufficiency, and preoccupied with the superficial things of earth, the Lord Jesus rebukes and chastens in order that men may awake to a realization of their true condition.”

Review and Herald, Aug. 3, 1905. “Many have lost the sense of eternal realities, lost the similitude of God, and they hardly know whether they have souls to be saved or not. They have neither faith in God nor confidence in man. As they see one with no inducement of earthly praise or compensation come into their wretched homes, ministering to the sick, feeding the hungry, clothing the naked, and tenderly pointing all to Him of whose love and pity the human worker is but the messenger--as they see this, their hearts are touched. Gratitude springs up. Faith is kindled. They see that God cares for them, and they are prepared to listen as His Word is opened.

As God’s children devote themselves to this work, many will lay hold of the hand stretched out to save them. They are constrained to turn from their evil ways. Some of the rescued ones may, through faith in Christ, rise to high places of service, and be entrusted with responsibilities in the work of saving souls. They know by experience the necessities of those for whom they labor; and they know how to help them; they know what means can best be used to recover the perishing. They are filled with gratitude to God for the blessings they have received; their hearts are quickened by love, and their energies are strengthened to lift up others who can never rise without help.”

Evangelism, p. 517.1,2 “The world must have an antidote for sin. As the medical missionary works intelligently to relieve suffering and save life, hearts are softened. Those who are helped are filled with gratitude.

As the medical missionary works upon the body, God works upon the heart. The comforting words that are spoken are a soothing balm, bringing assurance and trust. Often the skilful operator will have an opportunity to tell of the work Christ did while He was upon this earth. Tell the suffering one the story of God’s love.”

Evangelism pg 434. “Light, light from the Word of God,--this is what the people need. If the teachers of the Word are willing, the Lord will lead them into close relation with the people. He will guide them to the homes of those who need and desire the truth; and as the servants of God engage in the work of seeking for the lost sheep, their spiritual faculties are awakened and energized. Knowing that they are in harmony with God, they feel joyous and happy. Under the guidance of the Holy Spirit, they obtain an experience that is invaluable to them. Their intellectual and moral powers attain their highest development; for grace is given in answer to the demand.”

3. **Turn the Conversation to Spiritual Topics** – looking for ways to link what they are saying with a related spiritual topic, weaving spirituality through what you are saying, especially topics related to our need for God.

Evangelism, p. 436. “By being social and coming close to the people, you may turn the current of their thoughts more readily than by the most able discourse.”

Evangelism, p. 139. “Jesus found access to minds by the pathway of their most familiar associations. He disturbed as little as possible their accustomed train of thought, by abrupt actions or prescribed rules. He honored man with His confidence, and thus placed him on his honor. He introduced old truths in a new and precious light.”

- a. Begin with the familiar, then move to the spiritual
- b. Transition the conversation from casual needs (physical comforts) to critical needs (relationships) to crucial needs (the spiritual)

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- i. Move from water to water of life (John 4)
- ii. Empty marriage to empty walk with God
- iii. Desire for family to desire for fellowship with God
- iv. Empty career to emptiness of this life
- v. Physical disease and cure to disease of sin and cure (Matthew 9)

4. Look Deeper – for ways to steer the conversation to a more spiritual level.

- a. Think of where most of your conversations focus:
 - i. Cliches
 - ii. Facts
 - iii. Opinions
 - iv. Feelings
 - v. Needs (heart)

- b. Go deeper, move to heart conversations!

Evangelism, p. 436. “Your success will not depend so much upon your knowledge and accomplishments, as upon your ability to find your way to the heart.”

5. Use a Third Party – when you begin to see a spiritual need, be careful about exposing it or making the person feel vulnerable. Share an experience of your own, someone else, or a Bible story that will bring out the needs and feelings you suspect someone is feeling. In this way, they can open up without feeling exposed prematurely.

- a. Consider the example of Nathan the prophet when speaking with king David
 - i. 2 Samuel 12:1-9
 - ii. Psalm 51
- b. Consider the example of Jesus
 - i. When he taught in parables.
 - ii. When he worked with Judas.

Desire of Ages pg 645. “The disciples knew nothing of the purpose of Judas. Jesus alone could read his secret. Yet He did not expose him. Jesus hungered for his soul. He felt for him such a burden as for Jerusalem when He wept over the doomed city. His heart was crying, How can I give thee up?”

STIMULATE, gently!

6. Pressure-Release-More Pressure

Christ's Object Lessons, p. 235.3 “The Saviour says, ‘Behold, I stand at the door, and knock; if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me.’ Rev. 3:20. He is not repulsed by scorn or turned aside by threatening, but continually seeks the lost ones, saying, ‘How shall I give thee up?’ Hosea 11:8. Although His love is driven back by the stubborn heart, He returns to plead with greater force, ‘Behold, I stand at the door, and knock.’ The winning power of His love compels souls to come in. And to Christ they say, ‘Thy gentleness hath made me great.’ Ps. 18:35.

“Christ will impart to His messengers the same yearning love that He Himself has in seeking for the lost. We are not merely to say, ‘Come.’ There are those who hear the call, but their ears are too dull to take in its meaning. Their eyes are too blind to see anything good in store for them. Many realize their great degradation. They say, I am not fit to be helped; leave me alone. But the workers must not desist. In tender, pitying love, lay hold of the discouraged and helpless ones. Give them your courage, your hope, your strength. By kindness compel them to come. ‘Of some have compassion, making a difference; and others save with fear, pulling them out of the fire.’ Jude 22, 23.

7. Follow Up With Bible Studies – related to the spiritual needs of the person with whom you are working.

- a. Books & literature
- b. Videos or audios
- c. In-home Bible studies (there are many good study guides available today)

Chapter 5 –Leading A Person To Christ

Circle of Influence Canvass to Gain Bible Studies

(Taken from WinSome Witnessing by Gary Gibbs)

Everyone has a circle of persons whom they influence. This circle includes family, friends, neighbors, co-workers, and casual acquaintances. God has provided these relationships for a purpose – that we might be a winning influence. Here is a simple approach to help you lead them to Christ through Bible studies. Memorize any of these short canvasses and adapt it to suit your particular situation. They can be especially useful at health outreach programs, like health expos.

1. *“I have just come across some interesting Bible study guides that you might be interested in. They cover Bible prophecy and other interesting topics. I’ve wanted to do them myself, but was hoping to find someone to share them with as well. I’d like to give you a couple of the lessons if they sound interesting to you.”* (Show them the studies if you have them on hand. Set a time to meet with them once a week to go over the lessons together.)
2. *“I am currently taking a class to help me learn the Bible better. I enrolled with the desire to grow in my personal understanding of the Bible and am really learning a lot and enjoying it. Part of the course involves sharing the Bible with others. A special set of Bible study guides have been designed for me to give to others. The guides are written so that people of all faiths can enjoy them. They are colorful, informative, and inspirational. They cover topics that are of interest to most people – If God is so good, why is the world so bad. What does the Bible have to say about our day, and many others. Do you think this is something that you can help me with?”* (Show them the study guides).
3. If you are close to the beginning of an evangelistic series you could say, *“I recently heard about a seminar on Bible prophecy and how it relates to today that is coming to town soon. There are some Bible study guides that people are going through before the meetings. These studies will help me better understand the Bible and prepare for the meetings. If you have an interest in this type of thing, I’m happy to get you the free guides as well.”* (If they are interested you will try to turn this into a study that you do together).

We may be able to share powerful studies about Bible doctrines but the most important thing we can do is lead someone to accept Jesus Christ as their personal Lord and Savior. All of the precious teachings of the Bible should be shared in with Jesus as the central focus.

Gospel Workers, p. 156. “Of all professing Christians, Seventh-day Adventists should be foremost in uplifting Christ before the world.”

Many People Want to Know

Evangelism, p. 188. “There are many who want to know what they must do to be saved. They want a plain and clear explanation of the steps requisite in conversion, and there should not a sermon be given unless a portion of that discourse is to especially make plain the way that sinners may come to Christ and be saved.”

Gospel Workers, p. 158. “More people than we think are longing to find the way to Christ. Those who preach the last message of mercy should bear in mind that Christ is to be exalted as the sinner’s refuge. Some ministers think that it is not necessary to preach repentance and faith; they take it for granted that their hearers are acquainted with the gospel, and that matters of a different nature must be presented in order to hold their attention. But many people are sadly ignorant in regard to the plan of salvation; they need more instruction upon this all-important subject than upon any other.”

Union with Christ is the Key

Evangelism, p. 319. “Salvation is not to be baptized, not to have our names upon the church books, not to preach the truth. But it is a living union with Jesus Christ to be renewed in heart, doing the works of Christ in faith and labor of love, in patience, meekness, and hope. Every soul united to Christ will be a living missionary to all around him.”

Last Day Events, p. 283. “Christ, only Christ and His righteousness, will obtain for us a passport into heaven.

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Desire of Ages, p. 300. “The proud heart strives to earn salvation, but both our title to heaven and our fitness for it are found in the righteousness of Christ.”

It is essential that every person we ever study the Bible with has made a positive decision to follow Jesus before we introduce “testing truths” like the Sabbath and state of the dead.

Satan’s Evangelistic Plan

Satan wants many people who have not accepted Jesus to join the church.

5 Testimonies, p. 172. “The accession of members who have not been renewed in heart and reformed in life is a source of weakness to the church. This fact is often ignored. Some ministers and churches are so desirous of securing an increase of numbers that they do not bear faithful testimony against unchristian habits and practices. Those who accept the truth are not taught that they cannot safely be worldlings in conduct while they are Christians in name. Heretofore they were Satan’s subjects; henceforth they are to be subjects of Christ. The life must testify to the change of leaders. Public opinion favors a profession of Christianity. Little self-denial or self-sacrifice is required in order to put on a form of godliness and to have one’s name enrolled upon the church book. Hence many join the church without first becoming united to Christ. In this Satan triumphs. Such converts are his most efficient agents. They serve as decoys to other souls. They are false lights, luring the unwary to perdition.”

It is very important to make sure you have built a good relationship with the one you are studying with before asking them about their relationship with Jesus. Most Bible study guides have a study on salvation in either the third or fourth lesson. This is an ideal time to solidify their decision by either re-affirming their commitment or leading them to accept Jesus as their personal Savior and Lord.

Practical Application

When you have won an individual’s confidence ask them if you may ask them what you consider to be the most important question in life.

If yes, ask them if they are assured of eternal life. (Wait for their answer).

- A. If yes, ask them why they have this assurance
- B. If no, ask them what is hindering them

The correct answer should be because of what Jesus has done for them and not their own good works.

If they have a misunderstanding of the gospel ask them if you may share with them what the Bible teaches. (You do not need to read every verse on the outline on the next page but share the concepts and verses the Holy Spirit leads you to).

1. **God is love.** Many people see God as a tyrant and need to understand that God is love.
 - a. Jeremiah 29:11 – God wants the best for us
 - b. Exodus 34:6,7 – He is merciful and gracious
 - c. John 3:16 – Because of God’s great love He sent Jesus to clarify His character
 - d. Luke 4:18 – Jesus went about doing good and healing (bringing salvation) to the world
 - e. Hebrews 13:8 – Jesus is the same today as when He walked the earth
2. **God created humanity in a perfect condition.**
 - a. Genesis 1:31 – everything was “very good”
3. **Sin separates us from God.**
 - a. Isaiah 59:2 – our sin separates us from God
 - b. Romans 3:23 – all have sinned
4. **It is impossible for us to escape the pit of sin we have fallen into by ourselves.**
 - a. Job 14:4 – we cannot make ourselves clean
 - b. Romans 8:7 – our fallen nature fights against God
5. **To have eternal life we must receive a new nature.**
 - a. John 3:3 – we must be born again

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6. Jesus is the only answer.

- a. Acts 4:12 and John 14:6 – there is only one way – Jesus Christ!

7. Jesus died for all humanity.

- a. 1 Peter 3:18 – “Christ was treated as we deserve, that we might be treated as He deserves.” *Desire of Ages*, p. 25.

8. Believe the good news and receive Jesus.

- a. Acts 16:30, 31 – “Believe . . . and . . . be saved.”
- b. John 3:36 – this is a transforming belief, not as the devil believes
- c. John 1:12 – notice that God gives us the power to become His children
- d. Revelation 3:20 – Jesus is knocking on our hearts door
- e. 1 John 5:12,13

9. Repent from sin.

- a. Acts 2:37, 39; 3:19 – “Repentance includes sorrow for sin and a turning away from it.” *Steps to Christ*, p. 23.

10. Confess Jesus as your Lord.

- a. Romans 10:9,10

Seal the decision with prayer!

Prayer of FAITH

F – Forgive me “Heavenly Father, please forgive me of my sins.”

A – Accept “I accept that I am a sinner and deserve death and desire Jesus’ life to cover my life.”

I – I surrender “I now give my life completely to you.”

T – Thank you “Thank you for the free gift of salvation through Christ alone.”

H – Help me “Please help me to walk in Your ways by Your grace and power.”

Points to Remember

1. Study the Bible with them. This will cause them to be born again. “Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever.” 1 Peter 1:23
2. Showing God’s love will separate them from sin. “Behold the Lamb of God which taketh away the sin of the world.” John 1:29.
3. Share Your Personal Testimony. Focus on the blessings of your experience. This will create a desire within them for the same experience.
4. Remove the obstacles. Ask yourself, what would prevent this person from making a full surrender of their life to God?
 - a. Low self-esteem. Feelings of failure. Study the value that God gives us.
 - b. Lack of faith in God’s power. Study God’s power
 - c. Habits in the life. Lead them to victory.
5. Help them build a trusting relationship with God. Remember, it takes time to build relationships.
 - a. Believing that God exists.
 - b. Talking to God. Prayer.
 - c. Studying God’s word.
 - d. Getting to know God.
 - e. Understanding His love. Trusting His love.
 - f. Confessing. Repenting. Changing.
 - g. Accepting Christ. Surrender.
 - h. Abiding. Growing.

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6. Do not ask for a commitment that they are not prepared to make.
7. Consider the *process* of conversion, rather than the *event* of “being saved.” Work with God’s Spirit, as God leads the process.
8. If someone asks your how they can accept Christ, do not wait.
9. Proceed to share the gospel with them. Teach them to Come, Confess, and Invite Jesus into their hearts. Then teach them to abide in Christ by prayer and study.
10. Leave them with something to read. Show them how to begin a daily devotional time. Use: *Steps to Christ Bible Study Guide*. Other materials: *The Drummer Boy’s Prayer*, *Steps to Christ*, *Desire of Ages*.

Chapter 6 – Gaining Decisions

Leading people to accept Christ as their personal Savior is the most important decision, but not the only one. We should expect people to make decisions for the truth and ask for them.

Seek to Understand

Review and Herald, August 30, 1892. “The sacred responsibility rests upon the minister to watch for souls as one that must give account. He must interest himself in the souls for whom he labors, finding out all that perplexes and troubles them, and hinders them from walking in the light of the truth.”

Gospel Workers, p. 190. “Many a laborer fails in his work because he does not come close to those who most need his help. With the Bible in hand, he should seek in a courteous manner to learn the objections which exist in the minds of those who are beginning to inquire, ‘What is truth?’ Carefully and tenderly should he lead and educate them, as pupils in a school.”

Ask Questions

Jesus asked questions to lead people to make think and make decisions:

- To the Pharisees (*Matthew 22:42* – “What think ye of Christ?”)
- To the lawyer (*Luke 10:26-28* – “What is written in the law? How readeest thou?”)
- To His disciples (*Matthew 16:13* – “Whom do men say that I the Son of Man am?”)

Four Levels of Decision Making

I. INFORMATION

All intelligent decisions are based on adequate information. Before we ask our friends to make a decision for truth, we must ask ourselves “Have I given them adequate Biblical information to make an intelligent decision on this subject?”

Testimonies, Volume 7, p. 71. “One sentence of scripture is of more value than ten thousand of man’s ideas or arguments.”

Key points to consider:

- Let the Bible do most of the speaking.
- If you call for a decision before there is adequate information the individual will make a negative decisions.
- Be careful of information overload and present heavy subjects gradually (Sabbath, Death, Standards, Antichrist)
- Ask questions like “have you heard this before” and “Is this topic clear to you?”

II. CONVICTION

Conviction is an inner sense of what God wants us to do. When an individual has received adequate information in what is right and wrong, they will begin to sense what it is that they ought to be doing. If a person does not follow their convictions they feel out of balance. Remember to allow the words of scripture and the Holy Spirit do the convicting.

Evangelism, p. 300. “Let the Word cut, and not your words.”

Evangelism, p. 298. “When persons who are under conviction are not brought to make a decision at the earliest period possible, there is danger that the conviction will gradually wear away.”

Key points to consider:

- Watch for visible signs of conviction (either positive or negative): joy, eagerness, lifestyle change, honest questions or anger, rebellion, arguing. Both can be indicators that the Holy Spirit is convicting them.
- Ask them if there is anything hindering them from following the truth.
- Lovingly persist to help them look to Jesus and not to themselves.

III. DESIRE

It is necessary to have more than information or even a conviction to do something. A person must also have the desire to act on the information. It is at this stage that individuals begin to sort out their own feelings. They do not always base their action on what they ought to do, but on what they want to do. By showing the benefits of right doing and the consequences of wrongdoing an individuals decision will be influenced. People will make the right decision when the

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benefits are maximized and the risk minimized. Focus on the benefits of right action rather than focusing on the negative consequences.

You may have heard the expression “You can lead a horse to water but you cannot make him drink.” But, if you place a block of salt next to the water, the horse will end up licking the salt and become so thirsty that he has to drink.

IV. ACTION

When an individual has adequate information and their conviction and desire are heightened, they will act. When leading an individual to act on their desire always appeal on the basis of the Cross of Christ.

Testimonies, Volume 6, p. 67. “Christ crucified, talk it pray it, sing it, and it will break and win hearts.”

For action to take place it takes more than just Bible text to motivate the heart, it takes the individual verbally agreeing with regard to obeying the truth in the Word of God. It takes the convicting power of the Holy Spirit as well as the individual seeing the benefits of making the right decision. Seal their decision with prayer and help them put their decision into action.

Steps to Christ, p. 47. “Desires for goodness and holiness are right as far as they go; but if you stop here, they will avail nothing. Many will be lost while hoping and desiring to be Christians. They do not come to the point of yielding the will to God. They do not now choose to be Christians.”

Four Basic Categories Of Appeals

A. The Greatness Of God’s Love – John 3:16

- Show how much God loves them, how much He gave up for them, and that He wants them to surrender their life to Him in whatever issue is before them. Let His love melt their hearts, and then call them to a decision.
- Sometimes people will put off decision because they think that they are going to miss out on or lose something. Show them that what God has given up for them is much greater than anything they could ever give up.
- Also show them that the eternal blessings they are gaining is much more than what they might lose here.

B. The Influence Of Example – Romans 14:7

- Some people will put off making a decision because it makes them feel uncomfortable.
- However, once they see that their decision will have a negative or positive influence on their family or friends, they are many times willing to make it because they care more about their family than themselves.

C. The Power Of Choice – Matthew 7:13-14; Joshua 24:15

- God has given us all a choice. He sacrificed His life for that choice. We shouldn’t take it lightly. He presents to us all the facts concerning the results of both choices and calls us to choose who we will serve. At the same time, however, His love beckons us to follow Him, and He longs for us to make the right decision.

D. The Danger Of Delay – Matthew 25:10; 2 Corinthians 6:2

- This type of appeal shows the dangers of putting off one’s decision until “tomorrow” or a more convenient time. A better time will never come. The devil will make sure of it. Focus on making the decision today!

Avoid Common Mistakes

1. Talking (especially about yourself!) and interrupting. Listen attentively.
2. “Better than you” attitudes. Be vulnerable and confess your needs also.
3. Generalizations like: “You never.” “You always.”
4. Cliches. Superficial conversation will kill spiritual interest. Keep focused.
5. Lack of interest (wandering attention, nervous body language, fidgeting, wandering eyes). Ask how you can help and do something about it.
6. Impatience, hurried manner (looking at watch, thinking of other things). Slow down!
7. Negative reactions (shock, surprise, disapproval, disappointment). Focus on the positive and affirm if possible.
8. Offering solutions too quickly, especially before you really understand
9. Stereotyping/Judging. (Oh, you’re one of those...)
10. Being defensive. “All I did was ask you a question.” “Have you forgotten all I’ve done for you?”
11. Direct/Indirect insensitive comments. “Some people can’t see the big picture...”
12. Breaking confidence.

Chapter 7 – Sharing Our Personal Testimony

One of the most powerful ways to lead others to Christ and make decisions for end-time truths is by our own personal testimony.

Desire of Ages, p. 347. “Our confession of His faithfulness is Heaven’s chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine.”

Revelation 12:11. “And they overcame him by the blood of the Lamb, and by the word of their testimony.”

6 Bible Commentary, p. 1091. “A testimony from the heart, coming from lips in which is no guile, full of faith and humble trust, though given by a stammering tongue, is accounted of God as precious as gold.”

Everyone Can Do It!

Desire of Ages, p. 340. “They could tell what they knew; what they themselves had seen, and heard, and felt of the power of Christ. This is what everyone can do whose heart has been touched by the grace of God.”

Like A Mountain Stream, Share the Blessings!

Steps to Christ, p. 78. “No sooner does one come to Christ than there is born in his heart a desire to make known to others what a precious friend he has found in Jesus; the saving and sanctifying truth cannot be shut up in his heart. If we are clothed with the righteousness of Christ and are filled with the joy of His indwelling Spirit, we shall not be able to hold our peace...”

Personal Testimony Will Reach Those That Are Hard to Reach Through Other Methods

Desire of Ages, p. 347. “Our confession of His faithfulness is Heaven’s chosen agency for revealing Christ to the world... Every individual has a life distinct from all others, and an experience differing essentially from theirs. God desires that our praise shall ascend to Him, marked by our own individuality. These precious acknowledgements to the praise of the glory of His grace, when supported by a Christ-like life, **have an irresistible power that works for the salvation of souls.**”

What Should We Share?

David (Psalm 51:12,13) – how God has delivered us from sin and given us a better way of living

John (1 John 1:1-3) – what we have seen, heard, and experienced

Demoniac(s) (Mark 5:1-20) – the great things that Jesus has done for us personally

Paul (Galatians 1:11-13) – what we have received from Christ

Andrew (John 1:40,41) – how we found the Messiah

Samaritan Woman (John 4:1-26) – how Jesus meets our needs

Ministry of Healing, p. 102. “The disciples saw nothing in Samaria to indicate that it was an encouraging field.”

Testimonies to Ministers, p. 168. “The first works of the church were seen when the believers sought out friends, relatives, and acquaintances, and with hearts overflowing with love told *the story of what Jesus was to them and what they were to Jesus.*”

9 Testimonies, p. 38. “Tell them how you found Jesus, and how blessed you have been since you gained an experience in His service. Tell them what blessing comes to you as you sit at the feet of Jesus, and learn precious lessons from His word. Tell them of the gladness and joy that there is in the Christian life. Your warm, fervent words will convince them that you have found the pearl of Great price. Let your cheerful, encouraging words show that you have certainly found the higher way. This is genuine missionary work, and as it is done, many will awake as from a dream.”

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8 *Testimonies*, p. 321. “So everyone may be able, through his own experience, to “set his seal to this, that God is true.” John 3:33, A. R. V. He can bear witness to that which he himself has seen and heard and felt of the power of Christ. He can testify: “*I needed help, and I found it in Jesus. Every want was supplied, the hunger of my soul was satisfied; the Bible is to me the revelation of Christ. I believe in Jesus because He is to me a divine Savior. I believe the Bible because I have found it to be the voice of God to my soul.*”

Keep Your Testimony Fresh

Desire of Ages, p. 340. “As witnesses for Christ, we are to tell what we know, what we ourselves have seen and heard and felt. If we have been following Jesus step by step, we shall have something right to the point to tell concerning the way in which He has led us. We can tell how we have tested His promise, and found the promise true. We can bear witness to what we have known of the grace of Christ. This is the witness for which our Lord calls, and for want of which the world is perishing.”

Practical Advice

1. Learn to tell what God has done, not what you have done. Be humble, make your listener feel comfortable.
2. Use terms people can understand. Avoid using words and phrases that only Adventists understand. Avoid using phrases that non-Christians may not understand, like: “Justification is wonderful.” “I’m saved by grace.” “I’ve been washed by the blood.” Instead use phrases like, “I have such peace knowing that God has forgiven me,” “Because of Jesus gift I can experience healing in my life,” “Jesus has paid the penalty for my sins.”
3. Be real and sincere, not emotional.
4. Do not criticize other people or churches. Examples: Guard the reputation of family and friends, even if they are part of a painful past. Your former church persuasion may not have been doctrinally correct, but we must remember that we were once a part of them.
5. Never glamorize sin. Be very careful in giving details of the evils of your past. Instead, give details about your NEW life. Exception: certain times when it’s important to let someone know that you can relate to them.
6. Instead of dwelling on the trials and sacrifices, dwell on the blessings and rewards. Help people see that you believe “heaven is cheap enough.”
7. Identify with your audience. Tailor your testimony to meet them.
8. Share the blessings of new friendships with church members.
9. Briefly mention the steps to be a Christian.
10. Incorporate scripture into your testimony. Remember that God’s word is powerful.

What is Your Testimony?

1. **YOUR PAST.** Briefly describe your life before you met Jesus.
2. **HOW YOU FOUND JESUS.** Tell the story of how you came to know Jesus (ie. Bible study, book, sermon, experience, etc.)
3. **YOUR LIFE NOW.** How blessed you have been since you gave your life to Jesus.

Practical examples that may be included:

1. What you’ve seen and heard of God’s love
2. A time when you needed help and how you found it in Jesus.
3. The wants (desires/longings) that have been satisfied by Jesus.
4. What you’ve learned about Jesus through the Bible.
5. How you’ve heard God speak to you.
6. The great things God has done for you.
7. How you’ve felt God’s power in your life.
8. God’s compassion/kindness for you. The loving kindness, goodness, and praise of God
9. The blessings of Bible study.
10. Lessons you learn from the Bible.
11. What Jesus means to you.
12. What you are to Jesus.
13. Something right to the point – specific – that recently happened.

Chapter 8 - Small Groups

Care Groups

The church is growing the fastest and retaining members best in areas of the world that implement small groups. These groups provide a place where people can experience the benefits sharing life's experiences and studying together. The ideal number of participants ranges 7 to 12 members. Most groups choose to meet for a certain length of time and then re-assess their situation and start a new group if possible. We find the small group model demonstrated in the life of Jesus (Matthew 4:18-22; 10:1-8) and again throughout the book of Acts (Acts 2:41-47)

From the verses in Acts 2 we find the formula for success.

Acts 2	Components
Apostle's doctrine (vs. 42)	Bible Study
Fellowship (vs. 42)	Personal sharing, social interaction, friendship
Breaking of bread (vs. 42)	Eating together, sharing
Prayers (vs. 42)	Prayer Time
All things common (vs. 43)	Meeting each other's needs
One accord in the temple (vs. 46)	Unity in church
Lord added to the church (vs. 47)	Outreach and mission

Here is an example of the format for an outreach Bible Study Group (after an optional meal):

- 20 Minutes Sharing** (blessings from the week, testimonies, getting to know each other, sing 1 or 2 songs, etc.)
- 40 - 55 Minutes Bible Study** (either following a set of lessons, studying a book of the Bible, specific topic, etc.)
- 15 - 30 Minutes Prayer Time** (sharing prayer requests, challenges, and praying together)

The team leading out in a small group is very important. Their core positions and responsibilities are listed as follows:

- 1) **Leader/organizer:** This person leads out in the Bible study, answers questions and objections, and is the primary organizer.
- 2) **Co-leader:** This person is often younger, less experienced, desires training in evangelism, fills in as needed, prays during the entire meeting for God to bless, and observes how people are responding to the presentation.
- 3) **Host:** Uses their home as the site for the meetings. Ideally should be a friendly, outgoing person who remembers names. This person helps to prepare a clean, neat, homey, warm, and friendly place for the people to come to. The venue should be free from distractions.

“The formation of small companies as a basis of Christian effort has been presented to me by One who cannot err. If there is a large number in the church, let the members be formed into small companies, to work not only for the church members, but for unbelievers. If in one place there are only two or three who know the truth, let them form themselves into a band of workers. Let them keep their bond of union unbroken, pressing together in love and unity, encouraging one another to advance, and gaining courage and strength from the assistance of the others. Let them labour in Christlike forbearance and patience, speaking no hasty words, using the talent of speech to build one another up in the most holy faith. Let them labour in Christlike love for those outside the fold, forgetting self in their endeavour to help others. As they work and pray in Christ's name, their numbers will increase, for the Saviour says: “If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of My Father which is in heaven.” Matthew 18:19. *7 Testimonies, p. 21, 22.*

For more resources:

English – www.download.lightingtheworld.org/caregroups

Portuguese – www.adventistas.org/pt/ministeriopessoal

Spanish – www.adventistas.org/es/ministerioperpersonal, www.grupospequenos.interamerica.org

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Decision Texts and Meeting Excuses

The need for immediate decision:

Psalm 18:44; 119:60
Matthew 4:19, 20
Acts 22:16
Hebrews 4:7

The danger of putting off a decision:

Matthew 19:16-22
Matthew 13:45, 46
Luke 14:33
John 12:35
2 Corinthians 6:2
2 Corinthians 8:9

How to receive Christ as personal Saviour:

John 3:16
John 1:12, 13
Galatians 2:20
Revelation 3:20

How to find forgiveness:

Psalm 32:5
Proverbs 28:13
Isaiah 1:18
1 John 1:9

The sustaining power of Christ:

Psalm 37:23, 24
Philippians 1:6
Hebrews 7:25
Jude 24

How to find victory:

2 Chronicles 32:7, 8
John 1:12
1 Corinthians 15:57
Philippians 4:13
1 John 5:4

Assurance of acceptance:

Isaiah 1:19, 20
John 5:24
John 6:37
2 Corinthians 8:12

Increased light to come:

Proverbs 4:18
Daniel 12:4
John 12:35, 36

Encouragement to keep the Sabbath:

Isaiah 56:1-6; 58:13, 14
Ezekiel 20:20
Revelation 22:14

“I cannot leave my church.”

John 12:26, 27, 42, 43
Revelation 18:4
Matthew 7:22, 23
John 10:14-16, 27

“I cannot make a living if I keep the Sabbath.”

Matthew 6:33
Psalm 37:3
Isaiah 65:13, 14
Psalm 37:25

“I will lose my job if I keep the Sabbath.”

Matthew 16:25, 26
1 Timothy 4:8

“It is inconvenient to keep the Sabbath.”

Matthew 16:24; 10:38
Hebrews 7:25
Isaiah 1:18

“I am too great a sinner.”

1 Timothy 1:15

“I am afraid I cannot hold on to Christ.”

Jude 24

“I cannot live up to the truth.”

1 Corinthians 10:13
2 Corinthians 8:12
John 1:12

“I am not good enough.”

2 Corinthians 8:12

“People will talk bad about me.”

John 17:14
Luke 6:22, 23, 26
Proverbs 29:25

“My friends will ridicule me”

John 15:19
Mark 8:34
James 4:4

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“My husband [wife, father, mother, brother, sister, etc.] will oppose me.”

Matthew 10:36, 37

Luke 14:26, 27

“My preacher and friends advise me against this.”

1 Kings 13:1-26

Acts 4:19; 5:29

“It will cause division in my home if I stand for this.”

Luke 12:49-53

1 Kings 18:17, 18

“There is one thing [jewelry, tobacco, etc.] I cannot give up.”

Matthew 19:16-22; 6:24

Luke 14:33

Matthew 13:45, 46

1 Corinthians 8:13

“No, not now.”

Proverbs 27:1

2 Corinthians 6:2

Hebrews 3:13

Genesis 6:3

Isaiah 55:6

“I will wait for my husband [wife, friend, etc.] so we can accept it together.”

Ezekiel 14:20

Ezekiel 18:20

Romans 14:2

“I will wait until I have the right kind of feeling.”

Isaiah 48:18

1 John 2:3

Recommended Resources:

Light Your World for God, Mark and Ernestine Finley.

Winsome Witnessing, Gary Gibbs.

Gaining Decisions for Christ, Louis R. Torres.

Persuasion, Mark Finley.

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“The correct understanding of the ministration in the heavenly sanctuary is the foundation of our faith.”

—Letter 208, 1906.

Chapter 1 – Overview of the Sanctuary Message

A Subject Necessary To Understand

Hebrews 4:14. “Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession.”

Great Controversy, p. 488, 489. “The subject of the Sanctuary and the investigative judgment should be clearly understood by the people of God. All need a knowledge for themselves of the position and work of their great High Priest. Otherwise, it will be impossible for them to exercise the faith which is essential at this time, or to occupy the position which God designs them to fill. . . . The Sanctuary in heaven is the very center of Christ’s work in behalf of men. It concerns every soul living upon the earth. It opens to view the plan of redemption, bringing us down to the very close of time, and revealing the triumphant issue of the contest between righteousness and sin. It is of the utmost importance that all should thoroughly investigate these subjects, and be able to give an answer to everyone that asketh them a reason of the hope that is in them.”

Central To All Seventh-Day Adventists

The Great Controversy, p. 423. “The subject of the sanctuary was the key which unlocked the mystery of the disappointment of 1844. It opened to view a complete system of truth, connected and harmonious, showing that God’s hand had directed the great advent movement and revealing present duty as it brought to light the position and work of His people.”

Last Day Events, p. 44. “The passing of the time in 1844 was a period of great events, opening to our astonished eyes the cleansing of the sanctuary transpiring in heaven, and having decided relation to God’s people upon the earth, [also] the first and second angels’ messages and the third, unfurling the banner on which was inscribed, “The commandments of God and the faith of Jesus.” One of the landmarks under this message was the temple of God, seen by His truth-loving people in heaven, and the ark containing the law of God. The light of the Sabbath of the fourth commandment flashed its strong rays in the pathway of the transgressors of God’s law. The nonimmortality of the wicked is an old landmark. I can call to mind nothing more that can come under the head of the old landmarks. All this cry about changing the old landmarks is all imaginary.”

The Purposes Of The Sanctuary

1. To graphically demonstrate the plan of salvation – Psalm 77:13
2. To provide a place for God to live in the midst of His people – Exodus 25:8
3. To provide a place for close communion – Exodus 25:22

Sanctuary

“Foundation of Our Faith”

4. To point us to the heavenly reality of Jesus ministry – Hebrews 8:1,2

The Sanctuary Is A Real Life Demonstration Of The Plan Of Redemption.

Education, p. 36. “Through Christ was to be fulfilled the purpose of which the tabernacle was a symbol--that glorious building, its walls of glistening gold reflecting in rainbow hues the curtains inwrought with cherubim, the fragrance of ever-burning incense pervading all, the priests robed in spotless white, and in the deep mystery of the inner place, above the mercy seat, between the figures of the bowed, worshiping angels, the glory of the Holiest. In all, God desired His people to read His purpose for the human soul.”

Summary: As our sins separate us from God, the sanctuary service shows us that through Jesus we can be forgiven, cleansed from sins, and empowered to live a holy life. The sanctuary also shows us that not until sin stops going into the sanctuary can the sanctuary be fully cleansed.

Chapter 2– The Outer Court

The Outer Court

Patriarchs and Prophets, p. 347. “The sacred tent was enclosed in an open space called the court, which was surrounded by hangings, or screens, of fine linen, suspended from pillars of brass. The entrance to this enclosure was at the eastern end. It was closed by curtains of costly material and beautiful workmanship, though inferior to those of the sanctuary. The hangings of the court being only about half as high as the walls of the tabernacle, the building could be plainly seen by the people without. In the court, and nearest the entrance, stood the brazen altar of burnt offering. Upon this altar were consumed all the sacrifices made by fire unto the Lord, and its horns were sprinkled with the atoning blood. Between the altar and the door of the tabernacle was the laver, which was also of brass, made from the mirrors that had been the freewill offering of the women of Israel. At the laver the priests were to wash their hands and their feet whenever they went into the sacred apartments, or approached the altar to offer a burnt offering unto the Lord.”

Court dimensions: 100 x 50 x 5 cubits = 180 x 90 x 9 feet or approximately 55 x 27.5 x 2.74 meters. The gate was 20 cubits wide and woven of blue, purple, and scarlet.

“The sacred cubit, sometimes called the royal cubit, consisted of this secular cubit plus a hand-breadth of about four inches (Ezek 40:5; 43:13). It would thus be 1.8 feet, or a fraction shy of 22 inches. It is also called the ‘great cubit’ (Ezek 41:8). By using it the Tabernacle is found to be eighteen feet high and wide, and almost fifty-five feet in length (PP 347)” (*Hardinge, With Jesus In His Sanctuary, p. 9*).

The Hangings (Exodus 27:9-18)

The white linen hangings represent Christ’s righteousness.

Revelation 3:18. “I counsel thee to buy of me . . . white raiment, that thou mayest be clothed.”

Our High Calling, p. 350. “We must have the buyers and the sellers cleared out of the soul temple, that Jesus may take up His abode within us. Now He stands at the door of the heart as a heavenly merchantman; He says, . . . ‘Open unto me; buy of me the heavenly wares; buy of me the gold tried in the fire.’ Buy faith and love, the precious, beautiful attributes of our Redeemer. . . . He invites us to buy the white raiment, which is His glorious righteousness; and the eyesalve, that we may discern spiritual things. Oh, shall we not open the heart's door to this heavenly visitor?”

Revelation 7:13, 14. “Have washed their robes, and made them white in the blood of the Lamb.”

Revelation 19:8. “For the fine linen is the righteousness of saints.”

The Gate (Exodus 38:18) The gate represents Jesus as being the only way of salvation.

John 10:9. “I am the door: by me if any man enter in, he shall be saved.”

John 14:6. “I am the way, the truth and the life: no man cometh to the father, but by me.”

Acts 4:12. “There is none other name (Jesus) under heaven given among men, whereby we must be saved.”

Desire of Ages, p. 477. “Christ is the door to the fold of God. Through this door all His children, from the earliest times, have found entrance. In Jesus, as shown in types, as shadowed in symbols, as manifested in the revelation of the prophets, as unveiled in the lessons given to His disciples, and in the miracles wrought for the sons of men, they have beheld “the Lamb of God, which taketh away the sin of the world” (John 1:29), and through Him they are brought within the fold of His grace. Many have come presenting other objects for the faith of the world; ceremonies and systems have been devised by which men hope to receive justification and peace with God, and thus find entrance to His fold. But the only door is Christ, and all who have interposed something to take the place of Christ, all who have tried to enter the fold in some other way, are thieves and robbers.”

The Altar of Burnt Offering (Exodus 27:1-8)

The sacrifices represent Christ and His followers. The priest represents Christ. The sinner represents us.

John 1:29. “Behold the Lamb of God, which taketh away the sin of the world.”

Hebrews 10:4. “For it is not possible that the blood of bulls and goats should take away sins.”

Hebrews 9:11, 12. “But Christ being come an high priest . . . neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us.”

Faith I Live By, p. 196. “Every morning and evening a lamb of a year old was burned upon the altar, with its appropriate meat offering, thus symbolizing the daily consecration of the nation to Jehovah, and their constant dependence upon the atoning blood of Christ. God expressly directed that every offering presented for the service of the sanctuary should be “without blemish.” . . . Only an offering “without blemish” could be a symbol of His perfect purity who was to offer Himself as “a lamb without blemish and without spot.” 1 Peter 1:19. The apostle Paul points to these sacrifices as an illustration of what the followers of Christ are to become. He says, “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”

The Laver (Exodus 30:18-21)

Gospel Workers, p. 162, 1892. “Anciently the priests were required to have their garments in a particular style to do service in the holy place, and minister in the priest’s office. They were to have garments in accordance with their work, and God distinctly specified what these should be. The laver was placed between the altar and the congregation, that before they came into the presence of God, in the sight of the congregation, they might wash their hands and their feet. What impression was this to make upon the people? It was to show them that every particle of dust must be put away before they could go into the presence of God; for he was so high and holy that unless they did comply with these conditions, death would follow.”

The reflection from the polished brass acted as a mirror, thus representing the law of God (James 1:23-25). When we look at Christ and His law we see ourselves as we really are. Brass represents perpetuity – so the law is eternal, yet, powerless to cleanse us. The priest was then to wash his hands and feet for cleansing. The water illustrates baptism, cleansing from sin, and the new birth experience.

Titus 3:4, 5. “But after that the kindness and love of God our Saviour toward man appeared, not by works which we have done, but according to His mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost.”

John 3:5. “Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.”

Summary: Contrast God’s offer of salvation with false religions. In the false we must do something to appease God, but in the sanctuary we find what God has done and is doing to redeem His people. Though we have broken His law and are deserving of death, in the sanctuary we see that Christ has paid the penalty for our sins. Not only does the blood of Christ have power to forgive our sins but also to cleanse us from all unrighteousness. We next enter into the Holy Place to continue the work of sanctification.

Chapter 3 – The Holy Place

The Candlestick (Exodus 25:31-39; 37:17-24)

The candlestick was the only source of light in the holy place. It represents Christ and our witness to the world.

John 8:12. “I am the light of the world: he that followeth me shall not walk in darkness.”

Matthew 5:14. “Ye are the light of the world. A city that is set on an hill cannot be hid.”

Revelation 1:20. “The seven candlesticks which thou sawest are the seven churches.”

The candlestick was also lit with oil, which is a biblical symbol of the Holy Spirit (see Matt. 25:1-9).

Reflecting Christ, p. 288. “Ye are the light of the world.” The Jews thought to confine the benefits of salvation to their own nation; but Christ showed them that salvation is like the sunshine. It belongs to the whole world. The religion of the Bible is not to be confined between the covers of a book, nor within the walls of a church. It is not to be brought out occasionally for our own benefit, and then to be carefully laid aside again. It is to sanctify the daily life, to manifest itself in every business transaction and in all our social relations.”

The Table of Showbread (Exodus 25:23-30)

Patriarchs and Prophets, p. 354. “The showbread was kept ever before the Lord as a perpetual offering. Thus it was a part of the daily sacrifice. It was called showbread, or “bread of the presence,” because it was ever before the face of the Lord. It was an acknowledgment of man’s dependence upon God for both temporal and spiritual food, and that it is received only through the mediation of Christ. God had fed Israel in the wilderness with bread from heaven, and they were still dependent upon His bounty, both for temporal food and spiritual blessings. Both the manna and the showbread pointed to Christ, the living Bread, who is ever in the presence of God for us. He Himself said, “I am the living Bread which came down from heaven.” John 6:48-51. Frankincense was placed upon the loaves. When the bread was removed every Sabbath, to be replaced by fresh loaves, the frankincense was burned upon the altar as a memorial before God.”

The bread represents Christ and His word.

John 6:51. “I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.”

Our High Calling, p. 209. “As by eating temporal food the physical system becomes strong, so by eating the flesh and drinking the blood of the Son of God, the spiritual nature is strengthened. God’s Word is spirit and life to all who appropriate it. He who partakes of Christ’s flesh and blood is a partaker of the divine nature. . . . A vital, life-giving current flows from his Saviour to him.

“The food we eat at one meal does not satisfy us forever. We must daily partake of food. So we must daily eat the Word of God that the life of the soul may be renewed. In those who feed constantly upon the Word, Christ is formed, the hope of glory. A neglect to read and study the Bible brings spiritual starvation.”

The Altar of Incense (Exodus 30:1-10)

Patriarchs and Prophets, p. 348. “Just before the veil separating the holy place from the most holy and the immediate presence of God, stood the golden altar of incense. Upon this altar the priest was to burn incense every morning and evening; its horns were touched with the blood of the sin offering, and it was sprinkled with blood upon the great Day of Atonement. The fire upon this altar was kindled by God Himself and was sacredly cherished. Day and night the holy incense diffused its fragrance throughout the sacred apartments, and without, far around the tabernacle.”

Revelation 8:3, 4. “And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the

throne. And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand.”

The scene portrayed may be understood as symbolic of the ministration of Christ for His people (see Romans 8:34). Christ, as intercessor, mingles His merits with the prayers of the saints, which are thereby made acceptable with God. The continual burning of incense was a reminder that the “sweet” intercession of Christ in our behalf is constant and unceasing, and that He is always there to hear our prayers.

8 Testimonies, p. 178. “Christ is the connecting link between God and man. He has promised His personal intercession. He places the whole virtue of His righteousness on the side of the suppliant. He pleads for man, and man, in need of divine help, pleads for himself in the presence of God, using the influence of the One who gave His life for the life of the world. As we acknowledge before God our appreciation of Christ's merits, fragrance is given to our intercessions. As we approach God through the virtue of the Redeemer's merits, Christ places us close by His side, encircling us with His human arm, while with His divine arm He grasps the throne of the Infinite. He puts His merits, as sweet incense, in the censer in our hands, in order to encourage our petitions. He promises to hear and answer our supplications.”

Summary: In the Holy Place we find the sanctification process depicted. Once we are re-born in the outer court we are grafted into Christ to shine with Him. By daily partaking of the word (the Bread), spending time in prayer (the incense), and being filled with the Holy Spirit (the oil) we continue to grow in Christ. Remember, daily prayer and praise is the secret to approach unto God's throne.

Chapter 4 – The Most Holy Place

The Ark of the Covenant (Exodus 25:10-22, Hebrews 9:4)

Patriarchs and Prophets, p. 348. “Beyond the inner veil was the holy of holies, where centered the symbolic service of atonement and intercession, and which formed the connecting link between heaven and earth. In this apartment was the ark, a chest of acacia wood, overlaid within and without with gold, and having a crown of gold about the top. It was made as a depository for the tables of stone, upon which God Himself had inscribed the Ten Commandments. Hence it was called the ark of God's testament, or the Ark of the Covenant, since the Ten Commandments were the basis of the covenant made between God and Israel.

Mercy Seat

Patriarchs and Prophets, p. 348. “The cover of the sacred chest was called the mercy seat. This was wrought of one solid piece of gold, and was surmounted by golden cherubim, one standing on each end. One wing of each angel was stretched forth on high, while the other was folded over the body (see Ezekiel 1:11) in token of reverence and humility. The position of the cherubim, with their faces turned toward each other, and looking reverently downward toward the ark, represented the reverence with which the heavenly host regard the law of God and their interest in the plan of redemption.

“Above the mercy seat was the Shekinah, the manifestation of the divine Presence; and from between the cherubim, God made known His will. Divine messages were sometimes communicated to the high priest by a voice from the cloud. Sometimes a light fell upon the angel at the right, to signify approval or acceptance, or a shadow or cloud rested upon the one at the left to reveal disapproval or rejection.”

Law of God

Patriarchs and Prophets, p. 349. “The law of God, enshrined within the ark, was the great rule of righteousness and judgment. That law pronounced death upon the transgressor; but above the law was the mercy seat, upon which the presence of God was revealed, and from which, by virtue of the atonement, pardon was granted to the repentant sinner. Thus in the work of Christ for our redemption, symbolized by the sanctuary service, “mercy and truth are met together; righteousness and peace have kissed each other.” Psalm 85:10.

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Day of Atonement (Leviticus 16:1-22, Leviticus 23:26-32)

Patriarchs and Prophets, p. 355. “Important truths concerning the atonement were taught the people by this yearly service. In the sin offerings presented during the year, a substitute had been accepted in the sinner's stead; but the blood of the victim had not made full atonement for the sin. It had only provided a means by which the sin was transferred to the sanctuary. By the offering of blood, the sinner acknowledged the authority of the law, confessed the guilt of his transgression, and expressed his faith in Him who was to take away the sin of the world; but he was not entirely released from the condemnation of the law. On the Day of Atonement the high priest, having taken an offering for the congregation, went into the most holy place with the blood and sprinkled it upon the mercy seat, above the tables of the law. Thus the claims of the law, which demanded the life of the sinner, were satisfied. Then in his character of mediator the priest took the sins upon himself, and, leaving the sanctuary, he bore with him the burden of Israel's guilt. At the door of the tabernacle he laid his hands upon the head of the scapegoat and confessed over him "all the iniquities of the children of Israel, and all their transgressions in all their sins, putting them upon the head of the goat." And as the goat bearing these sins was sent away, they were, with him, regarded as forever separated from the people. Such was the service performed "unto the example and shadow of heavenly things." Hebrews 8:5.

Investigative Judgment - Anti-type (Daniel 7:9, 10; 8:14, Revelation 11:19)

Patriarchs and Prophets, pp. 357, 358. “As Christ at His ascension appeared in the presence of God to plead His blood in behalf of penitent believers, so the priest in the daily ministration sprinkled the blood of the sacrifice in the holy place in the sinner's behalf.

“The blood of Christ, while it was to release the repentant sinner from the condemnation of the law, was not to cancel the sin; it would stand on record in the sanctuary until the final atonement; so in the type the blood of the sin offering removed the sin from the penitent, but it rested in the sanctuary until the Day of Atonement.

“In the great day of final award, the dead are to be "judged out of those things which were written in the books, according to their works." Revelation 20:12. Then by virtue of the atoning blood of Christ, the sins of all the truly penitent will be blotted from the books of heaven. Thus the sanctuary will be freed, or cleansed, from the record of sin. In the type, this great work of atonement, or blotting out of sins, was represented by the services of the Day of Atonement--the cleansing of the earthly sanctuary, which was accomplished by the removal, by virtue of the blood of the sin offering, of the sins by which it had been polluted.

“As in the final atonement the sins of the truly penitent are to be blotted from the records of heaven, no more to be remembered or come into mind, so in the type they were borne away into the wilderness, forever separated from the congregation.

“Since Satan is the originator of sin, the direct instigator of all the sins that caused the death of the Son of God, justice demands that Satan shall suffer the final punishment. Christ's work for the redemption of men and the purification of the universe from sin will be closed by the removal of sin from the heavenly sanctuary and the placing of these sins upon Satan, who will bear the final penalty. So in the typical service, the yearly round of ministration closed with the purification of the sanctuary, and the confessing of the sins on the head of the scapegoat.

“Thus in the ministration of the tabernacle, and of the temple that afterward took its place, the people were taught each day the great truths relative to Christ's death and ministration, and once each year their minds were carried forward to the closing events of the great controversy between Christ and Satan, the final purification of the universe from sin and sinners.”

Christian Education, p. 157. “We are in the antitypical day of atonement, and not only are we to humble our hearts before God and confess our sins, but we are, by all our educating talent, to seek to instruct those with whom we are brought in contact, and to bring them by precept and example to know God and Jesus Christ whom he hath sent.”

Chapter 5 – Annual Feasts

Leviticus 23:4. “These are the feasts of the LORD, even holy convocations, which ye shall proclaim in their seasons.”

The feasts, found in Leviticus 23, were to remind God’s people of how He had led them in the past; in addition to this the feasts pointed forward to the death, resurrection, ascension and work of Christ.

John 5:39, 46. “Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me. For had ye believed Moses, ye would have believed me: for he wrote of me.”

The passing of seasons in Palestine: (See *Patriarchs and Prophets*, pp. 537-542).

- The first month of the Jewish year (Abib) corresponded to the last of March and the beginning of April. The grains had been growing in the fields over winter. The latter rain had ended, and as the Passover feast began, the barley was beginning to ripen (8 Bible Commentary, p. 442). This was the grain used in the wave sheaf.
- After the spring feasts the grain harvest (barley, wheat, etc.) began. (Ruth 2:23)
- In the autumn came another harvest—the products of the vegetable garden and orchard: fruits, oil, wine, etc.
- After the labors of the harvest were ended (Exodus 23:16), and before the toils of the new year began, all were free from labor and care and could give their full attention to the Feast of Tabernacles.

3 Spring Feasts: Passover, Unleavened Bread, Wave Sheaf

1. Type: Passover – Exodus 12:1-13:10 – the 14th day of the first month. *Leviticus 23:5.* “In the fourteenth day of the first month at even is the Lord’s passover.” [called Abib, which is the Hebrew word for the “first”]

The time of slaying the Lamb in Christ’s day: “They sacrifice from the ninth to the eleventh hour.” 9 Bible Commentary, p. 710, under “passover” entry

Exodus 12:46. “In one house shall it [the passover lamb] be eaten; thou shalt not carry forth ought of the flesh abroad out of the house; neither shall ye break a bone thereof.”

Antitype: Cross of Calvary – *1 Corinthians 5:7.* “Christ our Passover is sacrificed for us.”

Patriarchs and Prophets, p. 539. “On the fourteenth day of the month, at even, the Passover was celebrated, its solemn, impressive ceremonies commemorating the deliverance from bondage in Egypt, and pointing forward to the sacrifice that should deliver from the bondage of sin.”

John 19:33, 36. “But when they came to Jesus, and saw that he was dead already, they brake not his legs. For these things were done, that the scripture should be fulfilled, A bone of him shall not be broken.”

Great Controversy, p. 399. “The slaying of the Passover lamb was a shadow of the death of Christ. Says Paul: ‘Christ our Passover is sacrificed for us.’ *1 Corinthians 5:7.* The sheaf of first fruits, which at the time of the Passover was waved before the Lord, was typical of the resurrection of Christ.”

2. Type: Unleavened Bread – *Exodus 12:8.* “And they shall eat the flesh in that night, roast with fire, and unleavened bread; and with bitter herbs they shall eat it.”

Leviticus 23:6. “And on the fifteenth day of the same month is the feast of unleavened bread unto the LORD: seven days ye must eat unleavened bread.”

Antitype: Christ body – *1 Corinthians 5:7, 8.* “Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us: Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth.”

The “new lump”: *2 Corinthians 5:17.* “Therefore if any man be in Christ, he is a new creature.”

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Romans 6:4. “Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.”

3. Type: Wave Sheaf – *Leviticus 23:10-11.* “Ye shall bring a sheaf of the firstfruits of your harvest unto the priest: And he shall wave the sheaf before the LORD, to be accepted for you.”

Antitype: Christ’s Resurrection & the raised multitude

1 Corinthians 15:20. “Now is Christ risen from the dead, and become the firstfruits of them that slept.”

Ephesians 4:8. [Christ] “ascended up on high, he led captivity captive, and gave gifts unto men.”

Matthew 27:52,53. “And the graves were opened; and many bodies of the saints which slept arose, And came out of the graves after his resurrection, and went into the holy city, and appeared unto many.”

The Desire of Ages, p. 785,786 “Christ arose from the dead as the first fruits of those that slept. He was the antitype of the wave sheaf, and His resurrection took place on the very day when the wave sheaf was to be presented before the Lord. For more than a thousand years this symbolic ceremony had been performed. From the harvest fields the first heads of ripened grain were gathered, and when the people went up to Jerusalem to the Passover, the sheaf of first fruits was waved as a thank offering before the Lord. Not until this was presented could the sickle be put to the grain, and it be gathered into sheaves. The sheaf dedicated to God represented the harvest. So Christ the first fruits represented the great spiritual harvest to be gathered for the kingdom of God. His resurrection is the type and pledge of the resurrection of all the righteous dead. “For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with Him.” *1 Thessalonians 4:14*...As Christ arose, He brought from the grave a multitude of captives...They ascended with Him as trophies of His victory over death and the grave.”

The Desire of Ages, p. 834 [At the Ascension of Christ] “He points to the tokens of His triumph; He presents to God the wave sheaf, those raised with Him as representatives of that great multitude who shall come forth from the grave at His second coming.”

1 Summer Feast: Pentecost

4. Type: Pentecost (also called Feast of Harvest and Feast of Weeks). *Leviticus 23:15-17 and Exodus 19:1, 16-19.*

This feast came on the 50th day after the presentation of the wave sheaf on the 16th of Abib, that is, on the 6th day of the third month – late in May or early in June. It was known as the “feast of weeks,” or “firstfruits” (*Exodus 34:22*). In New Testament times it was known as “Pentecost,” from a Greek word meaning “fifty.”

As the wave sheaf was presented at the beginning of the harvest, Pentecost marked the end of the harvest season. It was a time of thanksgiving and recognition of Israel’s dependence upon God as the giver of all good gifts. A sheaf was not now presented (like the previous feast), but two wave loaves of fine flour, baked with leaven, together with seven lambs, a bullock, two rams, a goat for a sin offering and two lambs for a peace offering (*Leviticus 23:17-19*).

Antitype: Pentecost (Acts 2)

As the wave loaves were offered fifty days after the wave offering, there were fifty days between the resurrection of Christ and the outpouring of the Holy Spirit upon the waiting disciples. For forty of these days Christ taught and encouraged His disciples. He then ascended to heaven and for ten days the disciples waited for the “promise of the Father – the outpouring of the Spirit” (*Acts of the Apostles, p. 35.*)

Acts of the Apostles, p. 38.3 “Christ’s ascension to heaven was the signal that His followers were to receive the promised blessing. For this they were to wait before they entered upon their work. When Christ passed within the heavenly gates, He was enthroned amidst the adoration of the angels. As soon as this ceremony was completed, the Holy Spirit descended upon the disciples in rich currents, and Christ was indeed glorified, even with the glory which He had with the Father from all eternity. The Pentecostal outpouring was Heaven’s communication that the Redeemer’s inauguration was accomplished. According to His promise He had sent the Holy Spirit from heaven to His followers as a token that He had, as priest and king, received all authority in heaven and on earth, and was the Anointed One over His people.”

Acts of the Apostles, p. 44.4 “The disciples were astonished and overjoyed at the greatness of the harvest of souls. They did not regard this wonderful ingathering as the result of their own efforts; they realized that they were entering into other men's labors... During His life on this earth He had sown the seed of truth and had watered it with His blood. The conversions that took place on the Day of Pentecost were the result of this sowing, the harvest of Christ's work, revealing the power of His teaching.”

Summary: The feast of Pentecost was a joyous occasion for the Jewish people as they celebrated the harvest provided by the Lord. As the wave sheaf represented the resurrected Christ and the raised multitude, now fifty days later at Pentecost we see the celebration of the great harvest of souls into the church as symbolized by the offering of two loaves of bread, the fruits of the harvest. Yet, the fulfillment of Pentecost here was not only a celebration of souls added to the church, but an joyous assurance that Jesus indeed was in heaven, had fulfilled His promise to send the Holy Spirit, and was able to redeem fallen man.

3 Fall Feasts: Feast of Trumpets, Day of Atonement, Feast of Tabernacles

5. Type: Feast of Trumpets – Leviticus 23:24. “Speak unto the children of Israel, saying, In the seventh month, in the first day of the month, shall ye have a sabbath, a memorial of blowing of trumpets, an holy convocation.

Antitype: Announcement of the Judgment hour – Daniel 7:10. “A fiery stream issued and came forth from before him: thousand thousands ministered unto him, and ten thousand times ten thousand stood before him: the judgment was set, and the books were opened.”

Joel 2:15,16. “Blow the trumpet in Zion, sanctify a fast, call a solemn assembly.”

Matthew 25:6. “And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to met him.”

Revelation 14:6-12.

6. Type: Day of Atonement – Leviticus 23:27. “Also on the tenth day of this seventh month there shall be a day of atonement.”

Antitype: Judgment Hour – Revelation 14:7. “For the hour of His judgment is come.”

Review and Herald, June 26, 1888. “We are living in the antitypical day of atonement, and our High Priest is in the most holy place of the heavenly sanctuary, pleading his blood in behalf of his people. The mighty achievement upon Calvary should not become an old, forgotten story to any of us.”

Great Controversy, p. 430. “How much more essential in this antitypical Day of Atonement that we understand the work of our High Priest and know what duties are required of us.”

7. Type: Feast of Tabernacles – Leviticus 23:34. “Speak unto the children of Israel, saying, The fifteenth day of this seventh month shall be the feast of tabernacles for seven days unto the LORD.”

Leviticus 23:42, 43. “Ye shall dwell in booths seven days; all that are Israelites born shall dwell in booths: 43 That your generations may know that I made the children of Israel to dwell in booths.”

Patriarchs and Prophets, p. 540. “Like the Passover, the Feast of Tabernacles was commemorative. In memory of their pilgrim life in the wilderness the people were now to leave their houses and well in booths, or arbors.”

Antitype: Second Coming – *1 Thessalonians 4:16, 17.* “The Lord himself shall descend with a shout.”

Patriarchs and Prophets, p. 541. “The Feast of Tabernacles was not only commemorative but typical. It not only pointed back to the wilderness sojourn, but, as the feast of harvest, it celebrated the ingathering of the fruits of the earth, and pointed forward to the great day of final ingathering, when the Lord of the harvest shall send forth His reapers to gather the tares together in bundles for the fire, and to gather the wheat into His garner.”

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THE CEREMONIAL SYSTEM REPLACED BY THE LORD’S SUPPER

Patriarchs and Prophets, p. 539. “When the Saviour yielded up his life on Calvary, the significance of the Passover ceased, and the ordinance of the Lord’s Supper was instituted as a memorial of the same event of which the Passover had been a type.”

Type: The Lord’s Supper (foot washing, bread, wine) – John 13:14, 15. “If I then, your Lord and Master, have washed your feet; ye also ought to wash one another’s feet. For I have given you an example, that ye should do as I have done to you.”

1 Corinthians 11:26. “For as often as ye eat this bread, and drink this cup, ye do show the Lord’s death till he come.”

Antitype: *Luke 22:18*. “For I say unto you, I will not drink of the fruit of the vine, until the kingdom of God shall come.”

Signs of the Times, August 7, 1879. “The plan of redemption, embracing the good news of salvation through Jesus Christ, was first preached to Adam . . . The plan of saving sinners through Christ alone was the same in the days of Adam, Noah, Abraham, and every successive generation of those who lived before the advent of Christ, as it is in our day. The patriarchs, prophets, and all the holy martyrs from righteous Abel, looked forward to a coming Saviour, in whom they showed their faith by sacrificial offerings. At the crucifixion the typical system of sacrifices was done away by the great antitypical offering. The sacrifice of beasts shadowed forth the sinless offering of God’s dear Son, and pointed forward to his death upon the cross. But at the crucifixion type met antitype, and the typical system there ceased; but not one jot or tittle of the moral code was abrogated at the death of Christ.”

Recommended Reading:

*Desire of Ages, pp. 786 and 834

*Great Controversy, pp. 398-402

*Review and Herald, July 15, 1890 “Obedience to the Law Necessary”

*Seventh Day Adventist Bible Commentary for Leviticus 23

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Chapter 1 - Daniel 1**What time in this world’s history is the book of Daniel especially written for? Daniel 12:4, 9**

Daniel chapters 1-6 = largely stories to help prepare us for the last days

Daniel chapters 7-12 = largely prophecies that we may understand the events of the last days

Why did God allow Jerusalem to be destroyed? Verses 1, 2

1. The mistake of King Hezekiah - 2 Kings 20:14-18

2. The continued rebellion of God’s people - Jeremiah 25:7-12

Review and Herald, May 2, 1899. “The children of Israel were taken captive to Babylon because they separated from God, and no longer maintained the principles that had been given to keep them free from the methods and practices of the nations who dishonored God. The Lord could not give them prosperity, he could not fulfill his covenant with them, while they were untrue to the principles he had given them zealously to maintain. By their spirit and their actions they misrepresented his character, and he permitted them to be taken captive. Because of their separation from him, he humbled them. He left them to their own ways, and the innocent suffered with the guilty.”

Prophets and Kings, p. 453. “The remnant of Judah were to go into captivity, to learn through adversity the lessons they had refused to learn under circumstances more favorable.”

Jewish boys brought to the king’s palace – verses 3-5

Prophets and Kings, p.487. “God brought Daniel and his associates into connection with the great men of Babylon, that in the midst of a nation of idolaters they might represent His character. How did they become fitted for a position of so great trust and honor? It was faithfulness in little things that gave complexion to their whole life. They honored God in the smallest duties, as well as in the larger responsibilities.”

6 Testimonies, p. 219. “Every institution established by Seventh-day Adventists is to be to the world what Joseph was in Egypt and what Daniel and his fellows were in Babylon.”

Christ’s Object Lessons, p. 357. “As God called Daniel to witness for Him in Babylon, so He calls us to be His witnesses in the world today.”

A Change of Names – verses 6-7

Daniel = “God is my judge.”

Hananiah = “Jehovah is gracious.”

Mishael = “who belongs to God?”

Azariah = “Jehovah helps”

Daniel

“God is My Judge”

Belteshazzar perhaps = “Bel protect his [the king’s] life.” Shadrach and Meshach = ? (inexplicable in Babylonian).
Abed-nego = “servant of Nabu”

The Faithfulness of Daniel – verse 8

4 Testimonies, p. 570. “Daniel was but eighteen years old when brought into a heathen court in service to the king of Babylon, and because of his youth his noble resistance of wrong and his steadfast adherence to the right are the more admirable. His noble example should bring strength to the tried and tempted, even at the present day.”

How did Daniel develop such a strong character?

Bible Echo, March 1, 1887. “Reform should begin with the mother; her responsibility is great. Mothers should without delay place themselves in right relations to their Creator, that by his assisting grace they may build around their children a bulwark against dissipation and intemperance. If they would but follow such a course, if the instructions which God has given were faithfully obeyed, intemperance would cease to exist, and they might see their children, like the youthful Daniel, reach a high standard in moral and intellectual attainments; they would be firm and decided for the right, and would become a blessing to society and an honor to their Creator.”

Why would Daniel not eat of the King’s meat or wine?

Education, pp. 54, 55. “A portion having been offered to idols, the food from the king’s table was consecrated to idolatry; and in partaking of the king’s bounty these youth would be regarded as uniting in his homage to false gods.”

4 Bible Commentary, p. 1166. “As Daniel and his fellows were brought to the test, they placed themselves fully on the side of righteousness and truth. They did not move capriciously, but intelligently. They decided that as flesh-meat had not composed their diet in the past, it should not come into their diet in the future, and as wine had been prohibited to all who should engage in the service of God, they determined that they would not partake of it.”

What kind of food did Daniel want to eat? Verses 12-13

“pulse” - strong’s #2235 ‘zeroa’ – meaning vegetables (as sown); root word from Genesis 1:29 strong’s #2233 ‘zera’ – meaning seed.

In using the term “zeroa”, Daniel was meaning food that comes from the planted seed, namely fruits, nuts, vegetables and seeds, or a vegetarian diet.

Why did the prince of the eunuchs not want to give Daniel vegetarian food? Verses 9-10

1. He was afraid that Daniel would become weak from a vegetarian diet
2. He was afraid of losing his head
3. The other Jewish boys (“the children of your sort”) were eating the king’s food, so why not Daniel?

10 Day Results! – verses 14-16

Three Year Results – verses 17-21

Prophets and Kings, p. 485. “At the court of Babylon were gathered representatives from all lands, men of the highest talent, men the most richly endowed with natural gifts, and possessed of the broadest culture that the world could bestow; yet among them all, the Hebrew youth were without a peer. In physical strength and beauty, in mental vigor and literary attainment, they stood unrivaled. The erect form, the firm, elastic step, the fair countenance, the undimmed senses, the untainted breath--all were so many certificates of good habits, insignia of the nobility with which nature honors those who are obedient to her laws.”

Youth Instructor, Nov. 12, 1907. “But it was not the luxuries of the king that would give to these youth a clear countenance and bright eye. It was the consciousness of having the approval of God. And Daniel knew that if he and his companions were permitted to adopt a simple diet, by the time they were called to appear before the king, the advantages of health reform would be apparent in their physical health.”

Counsels on Health, p. 66. “The life of Daniel is an inspired illustration of what constitutes a sanctified character. Wherever they may be, those who are truly sanctified will elevate the moral standard by preserving correct physical habits, and, like Daniel, presenting to others an example of temperance and self-denial.”

What if Daniel would have compromised?

Counsels on Health, p. 66. “What if Daniel and his companions had made a compromise with those heathen officers, and had yielded to the pressure of the occasion by eating and drinking as was customary with the Babylonians? That single instance of departure from principle would have weakened their sense of right and their abhorrence of wrong. Indulgence of appetite would have involved the sacrifice of physical vigor, clearness of intellect, and spiritual power. One wrong step would probably have led to others, until, their connection with Heaven being severed, they would have been swept away by temptation.”

Importance of Health Reform in the Last Days

Counsels on Health, p. 453. “Those who proclaim the message should teach health reform also. It is a subject that we must understand in order to be prepared for the events that are close upon us, and it should have a prominent place.”

3 Testimonies, p. 561. “God has permitted the light of health reform to shine upon us in these last days, that by walking in the light we may escape many dangers to which we will be exposed.”

1 Testimonies, p. 619. “God requires all who believe the truth to make special, persevering efforts to place themselves in the best possible condition of bodily health, for a solemn and important work is before us. Health of body and mind is required for this work . . . All those who are indifferent and excuse themselves from this work . . . will be found wanting when the meek of the earth, who wrought His judgments, are hid in the day of the Lord’s anger . . . The refreshing or power of God, comes only on cleansing themselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”

Counsels on Health, p. 443. “The work of health reform is the Lord’s means for lessening suffering in our world and for purifying His church.”

Counsels on Health, p. 22. “He who cherishes the light which God has given upon health reform has an important aid in the work of becoming sanctified through the truth, and fitted for immortality. But if he disregards that light, and lives in violation of natural law, he must pay the penalty; his spiritual powers are benumbed, and how can he perfect holiness in the fear of God?”

Counsels on Diet and Foods, p. 69. “December 10, 1871, I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel’s message as the hand is with the body.”

Counsels on Diet and Food, p. 50. “The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. And this is a fruitful source of church trials.”

Counsels on Diet and Food, p. 57. “It is impossible for those who indulge the appetite to attain to Christian perfection.”

Counsels on Diet and Food, p. 161. “God demands that the appetites be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfect people.”

6 Testimonies, pp. 370, 371. “The subject of health reform has been presented in the churches: but the light has not been heartily received . . . If the churches expect strength, they must live the truth which God has given them . . . The Lord does not now work to bring many souls into the truth, because of the church members who have never been converted and those who were once converted but who have backslidden.”

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Chapter 2 - Daniel 2

The King’s Dream is Forgotten – verses 1-5

The Sanctified Life, p. 34. “The king knew that if they could really tell the interpretation, they could tell the dream as well. The Lord had in His providence given Nebuchadnezzar this dream, and had caused the particulars to be forgotten, while the fearful impression was left upon his mind, in order to expose the pretensions of the wise men of Babylon.”

Inability of the Wise Men Exposed - Verse 6-12

Fundamentals of Christian Education, p. 412. “The lessons taught in it [the dream] were given by God for those who live in our day. The inability of the wise men to tell the dream, is a representation of the wise men of the present day, who have not discernment and learning and knowledge from the Most High, and therefore are unable to understand the prophecies. The most learned in the world's lore, who are not watching to hear what God says in His word, and opening their hearts to receive that word and give it to others, are not representatives of His. It is not the great and learned men of the earth, kings and nobles, who will receive the truth unto eternal life, though it will be brought to them.” See also Daniel 12:10.

Crisis Comes to Daniel – verses 13-16

Fundamentals of Christian Education, p. 411. “The Lord was working in the Babylonian kingdom, communicating light to the four Hebrew captives, that He might represent His work before the people. He would reveal that He had power over the kingdoms of the world, to set up kings and to throw down kings. The King over all kings was communicating great truth to the king of Babylon, awakening in his mind a sense of his responsibility to God. He saw the contrast between the wisdom of God and the wisdom of the most learned men in his kingdom.”

What is the first thing Daniel does in time of crisis? verses 17-18

God Reveals the Dream – verses 19-23

Education, p. 175. “To understand these things,—to understand that "righteousness exalteth a nation;" that "the throne is established by righteousness" and "upholden by mercy" (Proverbs 14:34; 16:12; Proverbs 20:28); to recognize the outworking of these principles in the manifestation of His power who "removeth kings, and setteth up kings" (Daniel 2:21),—this is to understand the philosophy of history.

“In the word of God only is this clearly set forth. Here it is shown that the strength of nations, as of individuals, is not found in the opportunities or facilities that appear to make them invincible; it is not found in their boasted greatness. It is measured by the fidelity with which they fulfill God's purpose.”

Daniel Gives God the Glory – verses 24-30

7 Testimonies, p. 151. “Consider the experience of Daniel. When called to stand before King Nebuchadnezzar, Daniel did not hesitate to acknowledge the source of his wisdom. Did that faithful recognition of God detract from Daniel's influence in the king's court? By no means; it was the secret of his power; it secured for him favor in the eyes of the ruler of Babylon. In God's name Daniel made known to the king the heaven-sent messages of instruction, warning, and rebuke, and he was not repulsed. Let God's workers of today read the firm, bold testimony of Daniel and follow his example.”

Daniel Relates the Dream – verses 31-35

Prophets and Kings, p. 497. “‘This is the dream,’ confidently declared Daniel; and the king, listening with closest attention to every particular, knew it was the very dream over which he had been so troubled. Thus his mind was prepared to receive with favor the interpretation. The King of kings was about to communicate great truth to the Babylonian monarch. God would reveal that He has power over the kingdoms of the world, power to enthrone and to dethrone kings. Nebuchadnezzar's mind was to be awakened, if possible, to a sense of his responsibility to Heaven. The events of the future, reaching down to the end of time, were to be opened before him.”

The Dream Interpreted - verses 37-42 ·

Babylon 605-539 BC

Daniel 2:32 “This image’s head was of fine gold”
Daniel 2:37 “Thou, O king, art a king of kings”
Daniel 2:38 “Thou art this head of gold”
Daniel 1:1 “Nebuchadnezzar king of Babylon”

Medo-Persia 539-331 BC

Daniel 2:32 “his breast and his arms of silver”
Daniel 2:39 “After thee shall arise another kingdom”
Daniel 5:30, 31 “Belshazzar the king of the Chaldeans [was] slain.
And Darius the Median took the kingdom”

Greece 331-168 BC

Daniel 2:32 “his belly and his thighs of brass”
Daniel 8:3 “there stood . . . a ram which had two horns”
Daniel 8:5 “an he goat came from the west”
Daniel 8:7 “and smote the ram, and brake his two horns . . .
there was none that could deliver the ram”
Daniel 8:20, 21 “The ram . . . having two horns are the kings of Media
and Persia . . . the rough goat is the king of Grecia”

Rome 168 BC-476 AD

Daniel 2:33 “his legs of iron”
168 BC – Through the conquest of Macedonia, Rome emerged and
grew into an immense empire, but Rome would not be able to hold it’s
kingdom for ever. The Roman Empire was eventually pulled apart as it’s
conquered regions fought for independence.

Divided World 476-Present Day

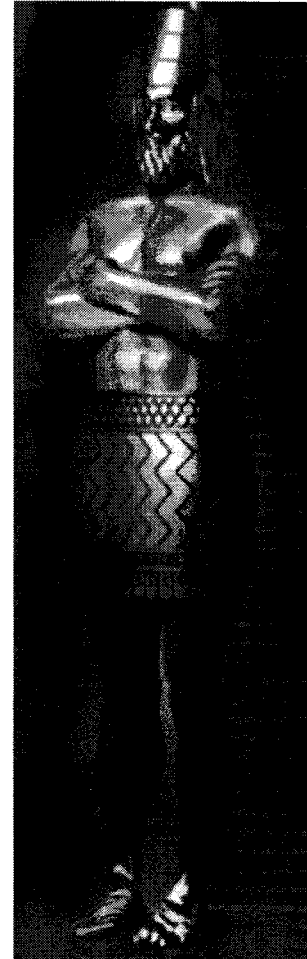
Daniel 2:41 “the kingdom shall be divided”
After the fall of the Roman Empire the world is never to see another kingdom rule with such political and military
dominance as did Babylon, Media-Persia, Greece and Rome. The world is in a divided state and of a crumbling
material.

1 Testimonies, p. 361. “We need not, and cannot, expect union among the nations of the earth. Our position in the
image of Nebuchadnezzar is represented by the toes, in a divided state, and of a crumbling material, that will not hold
together. Prophecy shows us that the great day of God is right upon us. It hasteth greatly.”

Church & State

Daniel 2:41. “And whereas thou sawest the feet and toes, part of potters’ clay, and part of iron”
“**Part of iron**” – iron represented Rome in the legs, so here we see a continuing of Rome’s influence in a new phase.
“**Part of potters’ clay**” - the first non-metal element, suggesting that there is something different about this power
than the previous kingdoms.
Isaiah 64:8; Romans 9:21 – these verses show potters’ clay as a symbol of God’s people
“**Iron mixed with miry clay**” – when the element of pure, smooth potters’ clay is shown to be mixed with iron it
becomes as Daniel put it “miry clay” or common dirt clay found in the ground which cannot be used to make pots
unless refined.
Psalms 40:2 – David uses the same word, “miry clay”, to describe an experience away from God

15 Manuscript Releases, p. 39. “The mingling of churchcraft and statecraft is represented by the iron and the clay.
This union is weakening all the power of the churches. This investing the church with the power of the state will bring
evil results. Men have almost passed the point of God's forbearance. They have invested their strength in politics, and



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have united with the papacy. But the time will come when God will punish those who have made void His law, and their evil work will recoil upon themselves.”

Conclusion: In the feet and toes of iron mixed with miry clay we see a divided world not unified under one World Empire. We may also see a new power that mingles the influences of the Roman Empire with God’s people, or a mingling of church and state. Historically this was fulfilled in the Roman Catholic church, which held an oppressive influence over the nations of Europe for over 1000 years after the fall of Rome, which still has an influence on the world today and as seen in this prophecy will have influence through to the end of time. Those apostate churches which mingle themselves with the state will ultimately meet their judgment along with the nations of the world at the second coming of Christ. This biblical interpretation is supported by the above reference by Ellen G. White.

Kingdom of God Coming Soon

Daniel 2:34. “a stone was cut out without hands, which smote the image . . . and brake them to pieces.”

Daniel 2:35. “the stone that smote the image became a great mountain, and filled the whole earth.”

Daniel 2:44. “the God of heaven <shall> set up a kingdom which . . . shall stand forever.”

The Blessings of Faithfulness - verses 44-49

Prophets and Kings, p. 499. “Nebuchadnezzar revoked the decree for the destruction of the wise men. Their lives were spared because of Daniel’s connection with the Revealer of secrets. And “the king made Daniel a great man, and gave him many great gifts, and made him ruler over the whole province of Babylon, and chief of the governors over all the wise men of Babylon. Then Daniel requested of the king, and he set Shadrach, Meshach, and Abednego, over the affairs of the province of Babylon: but Daniel sat in the gate of the king.

In the annals of human history, the growth of nations, the rise and fall of empires, appear as if dependent on the will and prowess of man; the shaping of events seems, to a great degree, to be determined by his power, ambition, or caprice. But in the word of God the curtain is drawn aside, and we behold, above, behind, and through all the play and counterplay of human interest and power and passions, the agencies of the All-merciful One, silently, patiently working out the counsels of His own will.”

For further study: *Prophets and Kings* chapter 40 “Nebuchadnezzar’s Dream”

Chapter 3 - Daniel 7

Vision of Four Beasts – verses 1-3

- “four winds” = strife – Jeremiah 49:36 & Zech. 2:6
- “the great sea” = peoples, multitudes, nations, tongues – Isaiah 17:12; Jeremiah 46:7; Revelation 17:15
- “the beasts” = kingdoms upon the earth – Daniel 7:15-17, 23
- *4 Bible Commentary, p. 1171.* “To Daniel was given a vision of fierce beasts, representing the powers of the earth. But the ensign of the Messiah’s kingdom is a lamb. While earthly kingdoms rule by the ascendancy of physical power, Christ is to banish every carnal weapon, every instrument of coercion. His kingdom was to be established to uplift and ennoble fallen humanity.”

Lion with Eagle’s Wings – verse 4

- An appropriate symbol for Babylon. The lion is the king of the beasts and the eagle is king of the birds.
- Notice Jeremiah’s description of Babylon in Jeremiah 4:7, 13 & 50:17.
- The winged lion is found on Babylonian objects of art (for example: walls, bricks, statues).

Bear – verse 5

- As silver is inferior to gold, so, in some respects at least, the bear is inferior to the lion.
- The Media-Persia Empire was inferior to Babylon.

- “*raised up on one side*” – Dan. 8:3; 20; This kingdom was composed of two parts, the Medes and the Persians, the latter was a more dominant force.
- “*three ribs in the mouth*” – are seen as Lydia, Babylon, and Egypt – three nations crushed by the Media-Persian power.

Leopard - Verse 6

- Daniel 8:21 predicts that the Greek Empire of Alexander the Great would conquer Media-Persia
- The leopard with four wings is symbolic of the immense speed at which Alexander the Great came into possession of the greatest empire of the world. This he accomplished in just under 10 years, but because of intemperance he fell ill and died.
- Because this young king did not appoint a successor to his throne the kingdom was divided into four parts, symbolized in prophecy by the four heads.

Terrible Beast – verses 7, 14

- There was, presumably, no parallel in the natural world by which to designate this hideous creature, for no comparison is made as in the case of the first three beasts.
- It is clear from history that the world power succeeding the third prophetic empire was Rome. The enormous metallic teeth speak of cruelty and strength. As the animal tore to pieces and devoured its prey with these grotesque fangs, so Rome devoured nations and peoples in its conquests.

Ten horns – verses 24

- Interpreted as ten kings or kingdoms
- Rome was broken up by 10 barbarian tribes: Alemanni—Germany; Suevi—Portugal; Franks—France; Anglo-Saxons—England; Burgundians—Switzerland; Visigoths—Spain; Lombards—Italy; Vandals; Heruli; Ostrogoths

Little Horn Characteristics - Verses 8, 20, 21; 23-25

1. Grows out from the fourth beast

“Out of the ruins of political Rome, arose the great moral Empire in the ‘giant form’ of the Roman Church” (*A. C. Flick, The Rise of the Medieval Church [1900], p. 150*).

2. “He Shall Subdue Three Kings”

The plucking up of three horns symbolizes the overthrow of three of the barbarian nations. Among the principal obstructions to the rise of papal Rome to political power were the Heruli, the Vandals, and the Ostrogoths.

In 533 Justinian recognized the pope’s ecclesiastical supremacy as “head of all the holy churches” in both East and West, and this legal recognition was incorporated into the imperial code of laws (*Code of Justinian, book 1, title 1, p. 534*).

Although this legal recognition of the pope’s ecclesiastical supremacy was dated in 533, it is obvious that the imperial edict could not become effective for the pope so long as the Arian Ostrogothic kingdom was in control of Rome and the greater part of Italy. Not until the rule of the Ostrogoths was broken could the papacy be free to develop fully its power. In 538, for the first time since the end of the Western imperial line, the city of Rome was freed from the domination of an Arian kingdom. In that year the Ostrogothic kingdom received its deathblow. That is why 538 is a more significant date than 533. From then on the papacy was in a position to increase its ecclesiastical power. *Nichol, Francis D., The Seventh-day Adventist Bible Commentary, (Washington, D.C.: Review and Herald Publishing Association) 1978.*

3. “He Shall Speak Words Against the Most High” – Blasphemous claims of the papacy

“The Pope is of so great dignity and so exalted that he is not a mere man, but as it were God, and the vicar of God.”

“The Pope is crowned with a triple crown, as king of heaven and of earth and of the lower regions.”

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“The Pope is as it were God on earth, sole sovereign of the faithful of Christ, chief of kings, having plenitude of power, to whom has been intrusted by the omnipotent God direction not only of the earthly but also of the heavenly kingdom.

“The Pope is of so great authority and power that he can modify, explain, or interpret even divine laws.”

“The Pope can modify divine law, since his power is not of man but of God, and he acts as vicegerent of God upon earth with most ample power of binding and loosing his sheep.”

(translated from Lucius Ferraris, a Roman Catholic divine of the 18th century, “Papa II,” Prompta Bibliotheca, Vol. VI, pp. 25–29).

4. “Made War with the Saints”

The papacy acknowledges that it has persecuted, and it defends such acts as a legitimate exercise of power presumably granted to her by Christ. Throughout the Dark Ages, millions of Bible believing Christians were regarded as heretics by the Roman Church, and were persecuted, tortured, and killed for their faith.

5. “Think to Change Times and Laws”

In the great apostasy of the early Christian centuries numerous doctrines and practices were introduced contrary to the will of God as revealed in the Holy Scriptures. The most audacious change was in the matter of the Ten Commandments and the Sabbath.

The Ten Commandments as posted in the Catholic catechism have the 2nd commandment forbidding idol worship deleted, and the 10th commandment split into two so there remains still ten. Also, the papacy lays hold of the claim that they changed the Sabbath Day from Saturday to Sunday as seen in this statement: “The Catholic Church for over one thousand years before the existence of a Protestant, by virtue of her divine mission, changed the day from Saturday to Sunday.” *The Catholic Mirror, September 23, 1893.*

6. Ruling power for “Time, and times, and the dividing of time”

The Aramaic ‘iddan, here translated “time,” occurs also in ch. 4:16, 23, 25, 32. In these passages the word ‘iddan undoubtedly means “a year”.

The Aramaic form of ‘iddan, translated “times”, is really a dual form versus a plural form, and should be rightfully translated “two times”.

The word translated “dividing,” pelag, may also be translated “half.”

Hence the more acceptable translation of the RSV, “a time, two times, and half a time.”

Time =	360 days
2 Times = 360(2) =	720 days
Half a time = 360/2 =	180 days
Total time prophecy =	1260 days

This time prophecy is also seen in Dan. 12:7 and five times in **Revelation:**

11:2 - 42 months → 42 x 30 = 1260 days

11:3 - 1260 days

12:6 - 1260 days

12:14 - “time, and times, and half a time” = 1260 days

13:5 - 42 months → 42 x 30 = 1260 days

Thus, 1 prophetic year = 360 days 1 month = 30 days

Year-Day Principle

The prophetic portions of the Bible (for example: Daniel and Revelation) are to be taken symbolically not literally. For example a lion with wings didn’t really rule the earth at one time. Being all the figures are symbolic it would be logical then that the time element of these chapters would also be symbolic and not literal.

Numbers 14:34. “After the number of the days in which ye searched the land, even forty days, each day for a year, shall ye bear your iniquities, even forty years, and ye shall know my breach of promise.”

Ezekiel 4:6. “And when thou hast accomplished them, lie again on thy right side, and thou shalt bear the iniquity of the house of Judah forty days: I have appointed thee each day for a year.”

The validity of the year-day principle has been demonstrated by the precise fulfillment of various prophecies calculated by this method, notably the 1260 days and the 70 weeks. A period of three and a half literal years falls absurdly short of fulfilling the requirement of the 1260-day prophecies in regard to the papacy. But when, by the year-day principle, the period is extended to 1260 years, the prophecy meets a unique fulfillment.

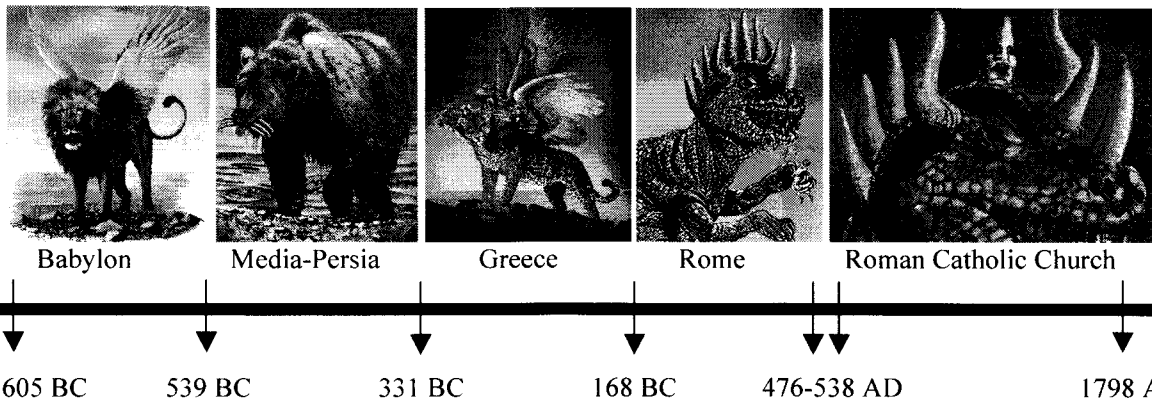
Does a 1260-year time period fit the Roman Catholic Church?

We know that in **538 A.D.**, the Ostrogoths, the last of the three uprooted horns, was run out of Rome, giving the papacy complete rule in the city, under the decree of Emperor Justinian made in 533 A.D. **Exactly 1260 years later**, in **1798**, under the command of Napoleon, French General Berthier invaded Rome taking the Pope captive to die in a French prison.

Summary of reasons for accepting the Year-Day Principle:

1. Symbolic language of the chapters reveals symbolic time
2. Biblical evidence for this principle in Numbers 14:34 and Ezekiel 4:6
3. Literal interpretations fall absurdly short of fulfillment
4. Year-Day principle meets precise fulfillment

Knowing this we now see the following chronological sequence in chapter 7.



What comes after papal Rome in the prophecy? Verses 9, 10, 13, 14

Cast down - Aramaic *remah*. This word can also mean “to place,” or “to set up,” which would seem to be a more appropriate translation.

Great Controversy, p. 479. “[Daniel 7:9,10, quoted]. Thus was presented to the prophet’s vision the great and solemn day when the characters and the lives of men should pass in review before the Judge of all the earth, and to every man should be rendered “according to his works.”

Great Controversy, pp. 479-480. “[Daniel 7:13,14, quoted]. The coming of Christ here described is not His second coming to the earth. He comes to the Ancient of Days in heaven to receive dominion and glory and a kingdom, which will be given Him at the close of His work as a mediator. It is this coming, and not His second advent to the earth, that was foretold in prophecy to take place at the termination of the 2300 days in 1844. Attended by heavenly angels, our great High Priest enters the holy of holies and there appears in the presence of God to engage in the last acts of His ministration in behalf of man--to perform the work of investigative judgment and to make an atonement for all who are shown to be entitled to its benefits.”

Daniel

“God is My Judge”

Referring to the end of the 2300 days, Ellen White wrote in *Early Writings*, p. 54: “I saw a throne, and on it sat the Father and the Son.”

Second Coming Portrayed - verse 27

Thoughts from the Mount of Blessing, p. 108. “But the full establishment of the kingdom of His glory will not take place until the second coming of Christ to this world. “The kingdom and dominion, and the greatness of the kingdom under the whole heaven,” is to be given to “the people of the saints of the Most High.” Daniel 7:27.

Great Controversy, p. 613. “Then Jesus ceases His intercession in the sanctuary above. . . . Every case has been decided for life or death. Christ has made the atonement for His people and blotted out their sins. The number of His subjects is made up; **‘the kingdom and dominion, and the greatness of the kingdom under the whole heaven,’** is about to be given to the heirs of salvation, and Jesus is to reign as King of kings and Lord of lords.”

Early Writings, p. 295. “The beautiful new earth, with all its glory, was the eternal inheritance of the saints. The kingdom and dominion, and the greatness of the kingdom under the whole heaven, was then given to the saints of the Most High, who were to possess it forever, even forever and ever.”

Now lets look at the sequence that we have in all of chapter 7 paralleled to chapter 2.

Daniel 2		Daniel 7
Babylon	605 - 539 B.C.	Babylon
Media-Persia	539 - 331 B.C.	Media-Persia
Greece	331 - 168 B.C.	Greece
Rome (pagan)	168 BC -474 A.D.	Rome (pagan)
Rome (Europe/papal)	538 - 1798 A.D.	Rome (papal)
		Judgment in heaven
God’s kingdom		God’s kingdom

So we see that a judgment in heaven occurs after 1798, yet before the second coming of Jesus.

Chapter 4 - Daniel 8

Vision of the Ram – verses 1-4

- In verse 20, the angel identifies the ram as representing the kings of **Media and Persia**.
- “*One was higher than the other*” - Although it rose later than Media, Persia became the dominant power when Cyrus defeated Astyages of Media in 553 or 550 B.C. The Medes, however, were not treated as inferiors or as a subjugated people, but rather as confederates. *SDA Bible Commentary*

Notice the similarities of the bear in chapter 7 and this ram:

- the bear was lifted up on one side and one of the rams horns was higher
- the bear had 3 ribs in his mouth believed to be Babylon, Egypt, and Lydia – three nations crushed by Media-Persia. The ram in ch. 8 conquers in three directions: westward (Babylon), southward (Egypt), and northward (Lydia).

The He-Goat – verses 5-8

- Verse 21, the angel identifies this beast as the King of Greece.
- “*a notable horn*” – According to verse 21, this notable horn represents the first great Grecian king, that is, Alexander the Great, who brought the empire to its pinnacle.

- “*when he was strong*” - Prophecy predicted that Alexander would fall while his empire was at the height of its power. At the age of 32, still in the prime of life, the great leader died of a fever aggravated, no doubt, by his own intemperance.
- “*four notable ones*” - the four Macedonian (or Hellenistic) kingdoms (verse 22) into which Alexander’s empire was divided, see on 7:6.

Notice also the parallels between the he-goat of chapter 8 and the leopard of chapter 7:

- Both come up after Media-Persia.
- The leopard had 4 wings of a bird on its back (7:6), while the he-goat “flew” across the face of the earth without touching the ground (8:5).
- The leopard had 4 heads (7:6), while the he-goat produced 4 horns after the chief horn was broken (8:8).

The Little Horn - Verses 9-12; 23-25

- Ram is described as “great” verse 4
- He-goat is described as “very great” verse 8
- Little horn is described as “exceeding great” verse 9

In Daniel 2, after Media-Persia and Greece, the next power was Rome, symbolized by the hardest of all metals, iron. In Daniel 7, after Media-Persia and Greece, came pagan and papal Rome, symbolized by the fiercest of all the beasts. In Daniel 8, after Media-Persia and Greece, another power appears, one that is greater than either of the first two. That power, of course, must be Rome!

“*toward the south, . . . east, . . . and the pleasant land*” – The Roman Empire pushed it’s way south, making Egypt a Roman Province, east, towards the Seleucid Empire, and Palestine.

“*host of heaven*” – the angel helps provide the interpretation of this verse in verse 24. The “host” and “stars” here obviously represent the “mighty and the holy people”.

“*stamped upon them*” – This has reference to the fury with which Rome persecuted the early Christian church through tyrants such as Nero, Decius, and Diocletian. (It is possible that this verse also introduces Papal Rome’s persecution of God’s faithful ones.)

“*He magnified himself*” – compare with verse 25 of chapter 7 & 8. Here we see a clear reference to Papal Rome, thus, shedding light that the little horn power of chapter 8 is referring not only to the pagan phase of Rome, but, Papal as well.

Parallels between the little horn of chapter 7 and the little horn of chapter 8:

- Both are described by the same symbol: a horn.
- Both are persecuting powers. See 7:21,25; 8:10,24
- Both are self-exalting and blasphemous. See 7:8,20,25; 8:10,11,25
- Both target God’s people. See 7:25; 8:24
- Both are supernaturally destroyed. See 7:11,26; 8:25

Cleansing of the Sanctuary – verses 14, 26, 27

At first glance, verses 26 & 27 don’t seem to have anything to do with the sanctuary of verse 14 being cleansed. Yet, the literal rendition of Daniel 8:14 is, “Until 2300 *evening morning*; then shall the sanctuary be cleansed.” The “vision of the evening and the morning” of verse 26 therefore refers to the sanctuary being cleansed.

What does it mean that the sanctuary shall be cleansed? (See Leviticus 16:15-21, 29-30)

- One time each year, on the Day of Atonement, the sins that had been “collected” in the sanctuary were cleansed from the sanctuary, that the people “may be clean from all their sins before the Lord.”
- Jews still celebrate this cleansing of the sanctuary or Day of Atonement now called Yom Kippur, as the great judgment day. It is a type of the actual judgment day.
- This cleansing is a shadow of things to come – (See Hebrews 9:7, 11, 12 & 10:1)

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- In Daniel 8:17 we saw that the vision was for “the time of the end,” and the sanctuary being cleansed came at the end of the vision. Obviously, the only sanctuary that it could be referring to is the sanctuary in heaven (so vividly portrayed in the book of Hebrews) because the last Jewish sanctuary was destroyed in 70 A.D.

5 Testimonies, p. 520. “We are in the great day of atonement, and the sacred work of Christ for the people of God that is going on at the present time in the heavenly sanctuary should be our constant study. We should teach our children what the typical Day of Atonement signified and that it was a special season of great humiliation and confession of sins before God. The antitypical day of atonement is to be of the same character. Everyone who teaches the truth by precept and example will give the trumpet a certain sound. You need ever to cultivate spirituality, because it is not natural for you to be heavenly-minded. The great work is before us of leading the people away from worldly customs and practices, up higher and higher, to spirituality, piety, and earnest work for God. It is your work to proclaim the message of the third angel, to sound the last note of warning to the world. May the Lord bless you with spiritual eyesight. I write this in love, seeing your danger. Please consider these things carefully and prayerfully.”

Notice also, in the explanation and in the vision the reference to the sanctuary being cleansed comes **after** Rome. Parallels of Chapters 2, 7, and 8:

Daniel 2	Daniel 7		Daniel 8
Babylon	Babylon	605 - 539 B.C.	-----
Media-Persia	Media-Persia	539 - 331 B.C.	Media-Persia
Greece	Greece	331 - 168 B.C.	Greece
Rome (pagan)	Rome (pagan)	168 - 476 A.D.	Rome (pagan)
Rome (papal) / (Divided World)	Rome (papal)	538 - 1798 A.D.	Rome (papal)
God's Kingdom	Judgment in heaven	1844 A.D.	Sanctuary cleansed
	God's Kingdom	-----	God's Kingdom

Daniel 9 will help us get the exact date for the prophecy in Daniel 8:14.

For further study: *Great Controversy*, chapters 23 and 24; *Last Day Events*, chapter 5.

Chapter 5 - Daniel 9

Note: Before we study Daniel 9 let us recall that Daniel 2 consisted of a vision and an interpretation, Daniel 7 consisted of a vision and an interpretation, Daniel 8 consisted of a vision and only a partial interpretation, and now Daniel 9 consists of only a prayer of Daniel for the deliverance of Israel, and an interpretation of a vision.

Daniel Searches the Scriptures for Understanding – verses 1-3

Prophets and Kings, p. 554. “Earnestly he sought for the meaning of the vision. He could not understand the relation sustained by the seventy years' captivity, as foretold through Jeremiah, to the twenty-three hundred years that in vision he heard the heavenly visitant declare should elapse before the cleansing of God's sanctuary. . . .

“Still burdened in behalf of Israel, Daniel studied anew the prophecies of Jeremiah . . . With faith founded on the sure word of prophecy, Daniel pleaded with the Lord for the speedy fulfillment of these promises. He pleaded for the honor of God to be preserved. In his petition he identified himself fully with those who had fallen short of the divine purpose, confessing their sins as his own.”

Daniel's Prayer – verses 4-19

Prophets and Kings, p. 556. “Heaven was bending low to hear the earnest supplication of the prophet. Even before he had finished his plea for pardon and restoration, the mighty Gabriel again appeared to him, and called his attention to the vision he had seen prior to the fall of Babylon and the death of Belshazzar.”

Gabriel Returns – verses 20, 21

When was the last time we saw Gabriel? In Daniel 8 to interpret the vision, but he didn't finish fully explaining it.

Why is Gabriel back? - verse 22 – “to give skill and understanding”

Gabriel has come to give the rest of the explanation of the 2300 days not given in the previous chapter.

Seventy-Week Prophecy – verse 24

“Seventy weeks are determined” determined – strong's # 2852 – *chathak*, to cut off, for example: (fig.) to decree: – determine.

Great Controversy, p. 326. “The word here translated “determined” literally signifies “**cut off.**” Seventy weeks, representing 490 years, are declared by the angel to be cut off, as specially pertaining to the Jews. But from what were they cut off? As the 2300 days was the only period of time mentioned in chapter 8, it must be the period from which the seventy weeks were cut off; the seventy weeks must therefore be a part of the 2300 days, and the two periods must begin together.”

“*finish the transgression*” – the final period of probation for the chosen people.

“*to make an end of sins*” – This phrase may be parallel in meaning to the one preceding it, “to finish the transgression.” Some expositors note that the word here translated “sins” (Heb. *chatta'oth* or *chatta'th*) may mean either “sins” or “sin offerings.” Of the 290 occurrences in the OT *chatta'th* has the meaning “sin” 155 times, and “sin offering” 135 times. If “sin offerings” is the intended meaning, the following interpretation is suggested: When Christ on Calvary became the antitype of the sacrificial offerings of the sanctuary, it was no longer necessary for the sinner to bring his sin offering (see John 1:29). However, the plural form *chatta'oth* almost invariably describes sins and only once, unless this be an exception also, denotes sin offerings (Neh. 10:33). *Nichol, Francis D., The Seventh-day Adventist Bible Commentary, 1978.*

“*to make reconciliation for iniquity*” – Christ's death would offer forgiveness to all.

“*to bring in everlasting righteousness*” – Christ's righteous life would reveal that all could be made righteous by His plan of redemption.

“*to seal up (confirm or ratify) the vision and prophecy*” – The fulfillment of the predictions connected with the first coming of the Messiah at the time specified in the prophecy gives assurance that the other features of the prophecy, notably the 2300 prophetic days, will be as precisely fulfilled.

“*to anoint the most Holy*” – The Hebrew phrase is applied to the altar (Ex. 29:37; 40:10), other vessels and furniture pertaining to the tabernacle (Ex. 30:29), the holy perfume (Ex. 30:36), specified meat offerings (Lev. 2:3, 10; 6:17; 10:12), trespass offerings (Lev. 7:1, 6), the shewbread (Lev. 24:5-9), devoted things (Lev. 27:28), the holy district (Num. 18:10; Eze. 43:12), and the most holy place of the sanctuary (Ex. 26:33, 34). Nowhere in the Bible does this phrase apply to a person. In view of this fact and in view of the fact that the heavenly sanctuary is under discussion in the larger aspects of the vision (see on Dan. 8:14), it is reasonable to conclude that Daniel is here speaking of the anointing of the heavenly sanctuary prior to the time of Christ's inauguration as high priest.

Chapter 8 made no mention of a beginning point of the 2300-day prophecy.

What is the beginning point of the 70-week prophecy given? Verse 25

There are three decrees to restore Jerusalem recorded in the book of Ezra: the first in the first year of Cyrus, about 537 B.C. (Ezra 1:1-4); the second in the reign of Darius I, soon after 520 (Ezra 6:1-12); and the third in the 7th year of Artaxerxes, 457 B.C. (Ezra 7:1-26)

In their decrees neither Cyrus nor Darius made any genuine provision for the restoration of the civil state as a complete unit, though a restoration of both the religious and the civil government was promised in the prophecy of Daniel. The decree of the 7th year of Artaxerxes was the first to give the Jewish state full autonomy (independent – self-government), subject to Persian overlordship.

Ezra 7:7, 12, 13, 25

Daniel

“God is My Judge”

One of the double-dated papyri found at Elephantine, Egypt, a Jewish colony, was written in Artaxerxes' accession year in January, 464 B.C. From this, the only known document of that year, compared with other ancient records, it can be deduced that by Jewish reckoning his “beginning of reign,” or “accession year”, began after the Jewish New Year of 465 B.C. and ended at the next New Year in the fall of 464. Hence his “first year” (his first full calendar year) would be from the fall of 464 to the fall of 463. The 7th year of Artaxerxes would then extend from the fall of 458 to the fall of 457. The specifications of the decree were not carried out until after Ezra returned from Babylon, which was the late summer or early fall of 457 B.C. *Nichol, Francis D., The Seventh-day Adventist Bible Commentary, (Washington, D.C.: Review and Herald Publishing Association) 1978.*

Now that we know that the beginning date is 457 B.C. and we also know that Biblical time prophecy uses ‘a day equals a year’ principle, (see Numbers 14:34 & Ezekiel 4:4-6) we should be able to find the ending dates of these two prophecies.

“seven weeks, and threescore and two weeks”

The natural method of calculating these weeks is to consider them consecutive, that is, the 62 weeks begin where the 7 weeks end. These divisions are components of the 70 weeks mentioned in v. 24 thus: 7+62+1=70. Beginning with the autumn of 457 B.C., when the decree went into effect, 69 prophetic weeks, or 483 years, reach to the baptism of Jesus in 27 A.D. This is due to the fact that historians (unlike astronomers) never count a year zero. Some have been puzzled as to how Christ could begin His work in A.D. 27 when the record says that He was about 30 years of age when He started His public ministry (Luke 3:23). This is due to the fact that when the Christian Era was first computed, an error of about four years occurred. That Christ was not born in A.D. 1, is evident from the fact that when He was born Herod the Great was still alive, and Herod died in 4 B.C. (see Matt. 2:13–20). Therefore, from the command to restore and rebuild Jerusalem (457 B.C.) “unto the Messiah the Prince” would be 483 years, or to 27 A.D., the year of Christ’s baptism.

“even in troublous times”

The city of Jerusalem would be restored and rebuilt under opposition and distressing circumstances. (For further description read Prophets and Kings, pp. 635-645.)

“the Messiah shall be cut off” – verse 26

In Hebrew it reads that after “the threescore and two weeks,” the Messiah will be cut off. That period ends in 27 A.D. Sometime after 27 A.D. – during the seven years that make up the seventieth week – the Messiah would be cut off. “Cut off” see – Genesis 9:11; Numbers 9:13; Psalm 12:3; 34:16; 37:9, 22, 28, 38; Isaiah 53:8; Galatians 3:13
The term “cut off” refers to the experience Jesus went through at the cross.

“the people of the prince” – People (literal Hebrew “nation”) of the prince (literal Hebrew “ruler” or “leader”) The LXX (Septuagint) reads “the king of nations.” A phrase used to describe God’s use of a heathen nation (Imperial Rome) to punish a rebellious nation (Jewish nation) through the destruction of Jerusalem by Roman armies in 70 A.D. (See Matt. 22:1-7)

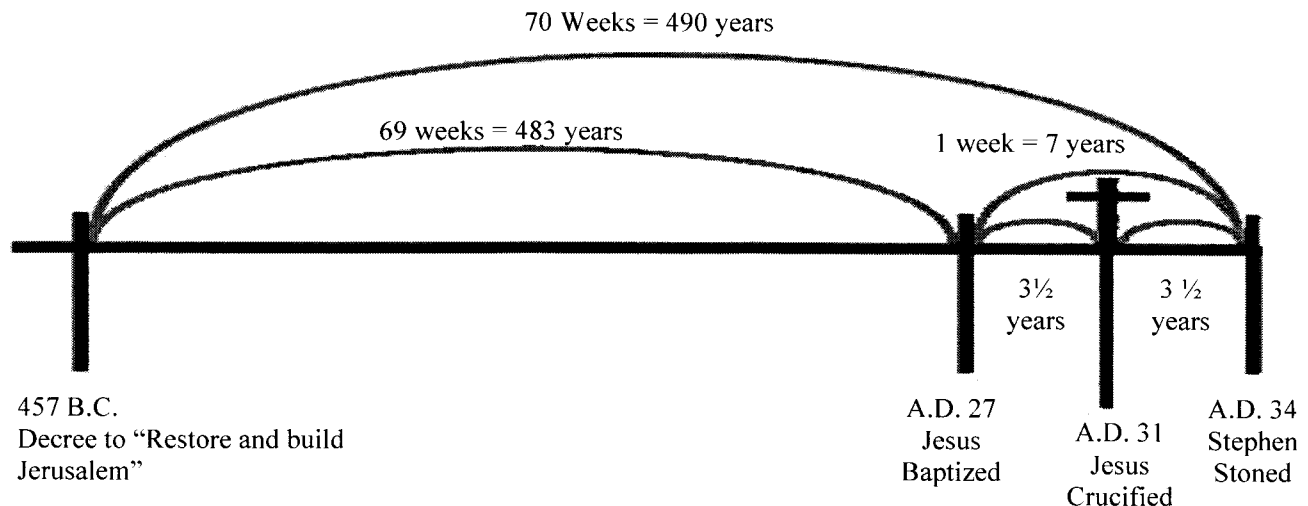
“with a flood” – That is, in the sense of being overwhelming (see Isa. 8:7, 8).

“And He shall confirm the covenant with many for one week.” – verse 27

The “week” here brought to view is the last one of the seventy; it is the last seven years of the period allotted especially to the Jews. During this time, extending from A.D. 27 to A.D. 34, Christ, at first in person and afterward by His disciples, extended the gospel invitation especially to the Jews. As the apostles went forth with the good tidings of the kingdom, the Saviour’s direction was: “Go not into the way of the Gentiles, and into any city of the Samaritans enter ye not: but go rather to the lost sheep of the house of Israel.” Matthew 10:5, 6.

Great Controversy, pp. 327-328. “In the midst of the week He shall cause the sacrifice and the oblation to cease.” In A.D. 31, three and a half years after His baptism, our Lord was crucified. With the great sacrifice offered upon Calvary, ended that system of offerings, which for four thousand years had pointed forward to the Lamb of God. Type had met antitype, and all the sacrifices and oblations of the ceremonial system were there to cease.

“The seventy weeks, or 490 years, especially allotted to the Jews, ended, as we have seen, in A.D. 34. At that time, through the action of the Jewish Sanhedrin, the nation sealed its rejection of the gospel by the martyrdom of Stephen and the persecution of the followers of Christ. Then the message of salvation, no longer restricted to the chosen people, was given to the world.”



“*sacrifice and the oblation*” – The sacrifices met their anti-typical fulfillment in the voluntary sacrifice of Christ. The rending of the Temple veil by an unseen hand at the instant of Christ’s death was heaven’s announcement that the sacrifices and oblations had lost their significance. See also: Lev. 7:29; Deut. 31:24-26; Col. 2:14

“*He shall make it desolate*” – referring again to the sad fate of the Jewish nation and their beloved city for rejecting the hope of salvation (see Matt. 23:38).

Review

In Daniel 8 we saw that the 2300 days was the only part not explained by Gabriel. In Daniel 9, there is no vision, just an explanation. Gabriel, the same angel interpreter in Daniel 8, comes to him to offer him an explanation, and the only place we last saw Daniel needing an explanation was in the 2300 days of Daniel 8. Gabriel then points him back specifically to the vision of the 2300 days, a time prophecy, and then gives him another time prophecy, the seventy weeks, which he says is “cut off.” Obviously, it must be cut off from the 2300 days.

We are dealing here with two time elements: the longer 2300 days, which by itself has no beginning and end point—and the shorter 70 weeks, which had a definite beginning and end point.

The seventy weeks, which begins in 457 B.C., is cut off from the larger 2300 days.

How do we know whether to cut off the 70 weeks from the beginning or the ending?

Two major problems occur if we cut off the 70 weeks from the ending of the 2300 days:

1. The 2300 days would end in 34 A.D. placing the start of the prophecy at 2267 B.C., a date far out of the picture from what we have studied so far.
2. But, more important, cutting it off from the end would place the cleansing of the sanctuary in 34 A.D. And we saw from our previous studies, the cleansing of the sanctuary must come after the 1260-year period off the little horn, which ended in 1798. The date 34 A.D. for the cleansing of the sanctuary does not fit. Plus, three times Daniel says that the vision in Daniel 8 is for the time of the end, and 34 A.D. is not near the time of the end.

So, what do we get if we cut off the 70 weeks from the beginning?

2300 + 457 B.C = 1844 (remember to delete the zero calendar year)

Daniel

“God is My Judge”

Notice, too, how 1844 fits our criteria for the judgment:

- Comes after 1798
- Comes before the Second Coming of Jesus

Daniel 2	Daniel 7		Daniel 8
Babylon	Babylon	605 - 539 B.C.	-----
Media-Persia	Media-Persia	539 - 331 B.C.	Media-Persia
Greece	Greece	331 - 168 B.C.	Greece
Rome (pagan)	Rome (pagan)	168 - 476 A.D.	Rome (pagan)
Rome (papal) / (Divided World)	Rome (papal)	538 - 1798 A.D.	Rome (papal)
God's Kingdom	Judgment in heaven	1844 A.D.	Sanctuary cleansed
	God's Kingdom	-----	God's Kingdom

Remember: The life of Jesus is our assurance that the prophecy is correct. He forms the base for it. The prophecy stands as sure as Jesus Himself.

Remember, too, that ancient Israel was not prepared for Jesus' first coming because, among other reasons, they didn't understand the first part of the 2300-day prophecy: the 70 weeks, which was present truth for their time. We ourselves might not be prepared for Jesus' 2nd coming because, among other things, we don't understand the 2nd part of that 2300-day prophecy: the cleansing of the sanctuary—present truth for our time.

The Faith I Live By, p. 208. “The 2300 days had been found to begin when the commandment of Artaxerxes for the restoration and building of Jerusalem went into effect, in the autumn of B.C. 457. Taking this as the starting point, there was perfect harmony in the application of all the events foretold in the explanation of that period in Daniel 9:25-27. . . . The seventy weeks, or 490 years, were to pertain especially to the Jews. At the expiration of this period, the nation sealed its rejection of Christ by the persecution of His disciples, and the apostles turned to the Gentiles, A.D. 34. The first 490 years of the 2300 having then ended, 1810 years would remain. From A.D. 34, 1810 years extend to 1844. ‘Then,’ said the angel, ‘shall the sanctuary be cleansed.’

Our faith in reference to the messages of the first, second, and third angels was correct. The great waymarks we have passed are immovable. Although the hosts of hell may try to tear them from their foundation, and triumph in the thought that they have succeeded, yet they do not succeed. These pillars of truth stand firm as the eternal hills, unmoved by all the efforts of men combined with those of Satan and his host. We can learn much, and should be constantly searching the Scriptures to see if these things are so.”

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Chapter 1 – Heaven on Earth

Health Evangelism Includes the Family

Health may be defined as a “state of complete physical, mental, [spiritual], and social well-being and not merely the absence of disease or infirmity” (*WHO Constitution*, 1948). The family environment one grows up in influences all of these areas of life. For example: one’s dietary habits are often affected by the family practices when growing up; ideas toward exercise and hard work are swayed a great degree by the home environment, and mental thought patterns and religious persuasion are influenced by parents’ beliefs and actions.

Adventist Home, p. 15. “Society is composed of families, and is what the heads of families make it. Out of the heart are “the issues of life”; and the heart of the community, of the church, and of the nation is the household. The well-being of society, the success of the church, the prosperity of the nation, depend upon home influences.”

- Satan is seeking to destroy the world and especially God’s church; therefore the family is his special target.
- Worldwide divorce rates are rapidly increasing (in many countries over 50% of marriages end in divorce – both in and out of the church).
 - Hearts are given away to others and untold emotional struggles often plague both partners
 - Children are growing up in single parent homes or with relatives - causing many problems
- Sexually-transmitted diseases are destroying millions of lives

For this reason God has given very detailed counsel to keep His people out of bad home situations.

God's Purpose in Marriage

Genesis 2:18

John 2:1-11

Adventist Home, p. 15. “Home should be made all that the word implies. It should be a little heaven upon earth, a place where the affections are cultivated instead of being studiously repressed.”

Adventist Home, p. 17. “God would have our families symbols of the family in heaven.”

We Need to be Married to Jesus First and Foremost

Isaiah 54:5

Matthew 22:37

Counsels on Health, p. 590. “To the young men and young women who are being educated as nurses and physicians I will say, Keep close to Jesus. By beholding Him we become changed into His likeness. Remember that you are not training for courtship or marriage, but for the marriage of Christ.”

Messages to Young People, p. 440. “The heart yearns for human love, but this love is not strong enough, or pure enough, or precious enough, to supply the place of the love of Jesus. Only in her Saviour can the wife find wisdom, strength, and grace to meet the cares, responsibilities, and sorrows of life. She should make Him her strength and her guide. Let woman give herself to Christ before giving herself to any earthly friend, and enter into no relation which shall conflict with this.”

Marriage: Blessing or a Curse – It depends upon you!

Psalms 128

Proverbs 21:9

Adventist Home, p. 121. “Jesus did not enforce celibacy upon any class of men. He came not to destroy the sacred relationship of marriage, but to exalt it and restore it to its original sanctity. He looks with pleasure upon the family relationship where sacred and unselfish love bears sway.” (Celibacy = An unmarried state; a single life. It is most frequently if not always applied to males, or to a voluntary single life. *Noah Webster’s 1828 Dictionary*)

Messages to Young People, p. 461. “The marriage institution was designed of Heaven to be a blessing to man; but, in a general sense, it has been abused in such a manner as to make it a dreadful curse.”

4 Testimonies, p. 503. “There is not one marriage in one hundred that results happily, that bears the sanction of God, and places the parties in a position better to glorify Him.”

Messages to Young People, p. 455. “Satan is busily engaged in influencing those who are wholly unsuited to each other to unite their interests. He exults in this work, for by it he can produce more misery and hopeless woe to the human family than by exercising his skill in any other direction.”

Review and Herald, March 24, 1868. “As in the days of Noah, one of the signs of these times is a passion for injudicious and hasty marriages. Satan is in this. If Paul could remain single, and recommend the same to others, that he and they might be wholly His, and wish to make a sure thing of avoiding the cares, trials, and bitter anguish, so frequent in the experiences of those who choose the married life, remain as he was? And more, if he chose to remain so, and could recommend it to others, eighteen centuries since, would not to remain as he was, be a commendable course for those who are waiting for the coming of the Son of man, unless evidences were unquestionable that they were bettering their condition, and making Heaven more sure by so doing? When so much is at stake, why not be on the sure side every time?”

5 Testimonies, p. 366. “In this age of the world, as the scenes of earth's history are soon to close and we are about to enter upon the time of trouble such as never was, the fewer the marriages contracted, the better for all, both men and women.”

Origin of True Love

1 John 4:7. “Love is of God.”

Messages to Young People, p. 435. “Love is a precious gift, which we receive from Jesus. Pure and holy affection is not a feeling, but a principle. Those who are actuated by true love are neither unreasonable nor blind.”

Messages to Young People, p. 440. “Only where Christ reigns, can there be deep, true, unselfish love. Then soul will be knit with soul, and the two lives will blend in harmony.”

True Love Compared to Infatuation

Adventist Home, p. 50.3, 5. “True love is a high and holy principle, altogether different in character from that love which is awakened by impulse, and which suddenly dies when severely tested. Love is a plant of heavenly growth, and it must be fostered and nourished. Affectionate hearts, truthful, loving words, will make happy families and exert an elevating influence upon all who come within the sphere of their influence.

Love . . . is not unreasonable; it is not blind. It is pure and holy. But the passion of the natural heart is another thing altogether. While pure love will take God into all its plans, and will be in perfect harmony with the Spirit of God, passion will be headstrong, rash, unreasonable, defiant of all restraint, and will make the object of its choice an idol. In all the department of one who possesses true love, the grace of God will be shown. Modesty, simplicity, sincerity, morality, and religion will characterize every step toward an alliance in marriage. Those who are thus controlled will not be absorbed in each other's society, at a loss of interest in the prayer meeting and the religious service. Their fervor for the truth will not die on account of the neglect of the opportunities and privileges that God has graciously given to them.”

Adventist Home, p. 51. “True love is not a strong, fiery, impetuous passion. On the contrary, it is calm and deep in its nature. It looks beyond mere externals, and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding.”

Adventist Home, p. 71. “Two persons become acquainted; they are infatuated with each other, and their whole attention is absorbed. Reason is blinded, and judgment is overthrown. They will not submit to any advice or control, but insist on having their own way, regardless of consequences.”

For further study: *Adventist Home* chapter 6, “The Great Decision” and *Review and Herald*, January 26, 1886 “Courtship and Marriage”, 1 Corinthians 13, 1 John 4, *Adventist Home* chapter 7 “True Love or Infatuation”, *1 Mind Character, and Personality* chapter 32, “Infatuation and Blind Love”

Chapter 2 – Christian Association and Courtship

Familiarity

1 Thessalonians 5:22. “Abstain from all appearance of evil.”

2 *Selected Messages*, p. 30. “The truth of heavenly origin never degrades the receiver, never leads him to the least approach to undue familiarity; on the contrary, it sanctifies the believer, refines his taste, elevates and ennobles him, and brings him into a close connection with Jesus. It leads him to regard the apostle Paul’s injunction to abstain from even the appearance of evil, lest his good should be evil spoken of.”

Counsels on Health, p. 295. “Moral purity, self-respect, a strong power of resistance, must be firmly and constantly cherished. There should not be one departure from reserve. One act of familiarity, one indiscretion, may jeopardize the soul, by opening the door to temptation and thus weakening the power of resistance.”

Counsels on Health, p. 570. “The sisters should encourage true meekness. They should not be forward, talkative, and bold, but modest and slow to speak. They should be courteous. To be kind, tender, pitiful, forgiving, and humble, would be becoming and well pleasing to God. If they occupy this position, they will not be burdened with undue attention from gentlemen. It will be felt by all that there is a sacred circle of purity around these God-fearing women, which shields them from any unwarrantable liberties.”

Gospel Workers, p. 129. “The usefulness of young ministers, married or unmarried, is often destroyed by the attachment shown to them by young women. . . . They should show a distaste for such attention; and if they take the course which God would have them, they will not long be troubled. They should shun every appearance of evil; and when young women are very sociable, it is the ministers’ duty to let them know that this is not pleasing. They must repulse forwardness, even if they are thought to be rude, in order to save the cause from reproach.”

Counsels on Health, p. 294. “When young men and women work together a sympathy is created among them which frequently grows into sentimentalism. If the guardians are indifferent to this, lasting injury may be done to these souls and the high moral tone of the institution will be compromised. If any, patients or helpers, continue their familiarity by deception after having had judicious instruction, they should not be retained in the institution, for their influence will affect those who are innocent and unsuspecting.”

Counsels to Parents, Teachers, and Students, p. 257. “Those who do nothing to encourage temptation will have strength to withstand it when it comes; but those who keep themselves in an atmosphere of evil will have only themselves to blame if they are overcome and fall from their steadfastness.”

Counsels on Health, p. 341. “The only way for us to become truly courteous, without affectation, without undue familiarity, is to drink in the spirit of Christ, to heed the injunction, ‘Be ye holy; for I am holy.’”

In modern society, a tremendous amount of pressure is exerted on the young (and the not so young) to be in a romantic relationship. People also seek relationships for many different motives: loneliness, desire to have fun, desire for financial security, or a desire for a partner in ministry for the Lord. The statements below show us how important it is to counsel with others before getting involved in a relationship with the opposite gender.

Counsel at Every Step

Proverbs 11:14. “Where no counsel is, the people fall: but in the multitude of counsellors there is safety.”

Proverbs 12:15. “The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise.”

Proverbs 15:22. “Without counsel purposes are disappointed: but in the multitude of counsellors they are established.”

God as Our Counselor

Psalms 32:8. “I will instruct thee and teach thee in the way which thou shalt go.”

Adventist Home, p. 331. “There is no safety for any man, young or old, unless he feels the necessity of seeking God for counsel at every step.”

Adventist Home, p. 43. “Marriage is something that will influence and affect your life, both in this world, and in the world to come. A sincere Christian will not advance his plans in this direction without the knowledge that God approves his course. He will not want to choose for himself, but will feel that God must choose for him.”

Parents as Counselors

Proverbs 1:8, 9. “My son, hear the instruction of thy father, and forsake not the law of thy mother: For they [shall be] an ornament of grace unto thy head, and chains about thy neck.”

Ephesians 6:2. “Honour thy father and mother; (which is the first commandment with promise;)”

Messages to Young People, p. 435. “If you are blessed with God-fearing parents, seek counsel of them. Open to them your hopes and plans, learn the lessons which their life experiences have taught, and you will be saved many a heartache.”

Patriarchs and Prophets, p. 171. “In ancient times marriage engagements were generally made by the parents, and this was the custom among those who worshiped God. None were required to marry those whom they could not love; but in the bestowal of their affections the youth were guided by the judgment of their experienced, God-fearing parents. It was regarded as a dishonor to parents, and even a crime, to pursue a course contrary to this.”

5 Testimonies, p. 108. “‘Should parents,’ you ask, ‘select a companion without regard to the mind or feelings of son or daughter?’ I put the question to you as it should be: Should a son or daughter select a companion without first consulting the parents, when such a step must materially affect the happiness of parents if they have any affection for their children? And should that child, notwithstanding the counsel and entreaties of his parents, persist in following his own course? I answer decidedly: No; not if he never marries. The fifth commandment forbids such a course. “Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.” Here is a commandment with a promise which the Lord will surely fulfill to those who obey.”

Counsel with Men of Experience

Messages to Young People, p. 445. “While they are to love and honor their parents, they are also to respect the judgment of men of experience with whom they are connected in the church.”

Acts of the Apostles, p. 205. “In his work, Timothy constantly sought Paul's advice and instruction. He did not move from impulse, but exercised consideration and calm thought, inquiring at every step, Is this the way of the Lord?”

2 Testimonies, p. 227. (Chapter - Contemplating Marriage) “You have now made your religious progress tenfold more difficult than when you stood alone. It is true you were lonely, for you had lost a precious jewel. But if you had counseled with your brethren, and committed your ways to the Lord, He would have opened the way for you to have connected yourself with one who could have been a help to you instead of a hindrance.”

Adventist Home, p. 72. “When so much misery results from marriage, why will not the youth be wise? Why will they continue to feel that they do not need the counsel of older and more experienced persons? In business, men and women manifest great caution. Before engaging in any important enterprise, they prepare themselves for their work. Time, money, and much careful study are devoted to the subject, lest they shall make a failure in their undertaking.

How much greater caution should be exercised in entering the marriage relation--a relation which affects future generations and the future life?”

“Be Ye Holy”

2 Selected Messages, p. 361. “Some men have insight into matters, having ability to counsel. It is a gift of God. In moments when the cause of God is in need of words, sound and solemn and solid, they can speak words which will lead minds perplexed and in darkness, to see as a quick flash of sunlight the course for them to pursue, [the answer to the question] which has filled them with perplexity and baffled their minds in study for weeks and months.”

When Counsel from Men Differs from Our View

5 Testimonies, p. 29.5. “‘Counsel together’ is the message which has been again and again repeated to me by the angel of God. By influencing one man's judgment, Satan may endeavor to control matters to suit himself. He may succeed in misleading the minds of two persons; but, when several consult together, there is more safety.”

Testimonies to Ministers, p. 315. “You must not walk independently of all counsel. It is your duty to counsel with your brethren. This may touch your pride, but the humility of a mind taught by the Holy Spirit will listen to counsel, and will banish all self-confidence. When counsel is given that conflicts with your personal wishes, you are not to think that your own wisdom is sufficient . . . or that you can afford to neglect the counsel given.”

When Counsel from Men Differs from God's View

5 Testimonies, p. 724. “While education, training, and the counsel of those of experience are all essential, the workers should be taught that they are not to rely wholly upon any man's judgment. As God's free agents, all should ask wisdom of Him. When the learner depends wholly upon another's thoughts, and goes no further than to accept his plans, he sees only through that man's eyes and is, so far, only an echo of another . . . He does not intend that one man shall become the shadow of another, uttering only another's sentiments . . . Men are individually accountable to God, and each must act as God moves upon him, not as he is moved by the mind of another.”

8 Testimonies, p. 146. “There is danger that men will receive the counsel of men, when by so doing they will discard the counsel of God.”

Desire of Ages, p. 668. “We are not to place the responsibility of our duty upon others, and wait for them to tell us what to do. We cannot depend for counsel upon humanity. The Lord will teach us our duty just as willingly as He will teach somebody else. If we come to Him in faith, He will speak His mysteries to us personally. Our hearts will often burn within us as One draws nigh to commune with us as He did with Enoch.”

For Further Study: *Selections from the Testimonies for Students and Workers of our Sanitariums (SpTB16)* and *Adventist Home* chapter 55, “Moral Standards”, Pamphlet 167 (PH 167) *Counsels to Physicians and Medical Students*, *5 Testimonies* chapter 10, “Unwise Marriages”, *Adventist Home* chapter 55, “Moral Standards,” *2 Testimonies* chapter 31, “Contemplating Marriage”, and *Messages to Young People* chapter 151, “Need of Counsel and Guidance”

Chapter 3 – Steps Toward Marriage

If you, by prayer and counsel, believe that God is leading you to get married carefully consider the following questions before you begin a courtship.

1. Have I Been Faithful in My Parents Home?

Luke 16:10-12.

Messages to Young People, p. 466. “It is by faithfulness to duty in the parental home that the youth are to prepare themselves for homes of their own. Let them here practice self-denial, and manifest kindness, courtesy, and Christian sympathy. Thus love will be kept warm in the heart.”

2. Do I Need a Companion Now?

Ecclesiastes 3:1, 8, 11 – God knows the right timing for everything in our lives.

Philippians 4:11 – It is important to be content as a single individual.

Philippians 4:19 – We must trust that God will provide for us according to our needs.

Am I old enough?

Ministry of Healing, p. 358. “Early marriages are not to be encouraged.”

Messages to Young People, p. 452. “Boys and girls enter upon the marriage relation with unripe love, immature judgment, without noble, elevated feelings, and take upon themselves the marriage vows, wholly led by their boyish, girlish passions . . .

The young affections should be restrained until the period arrives when sufficient age and experience will make it honorable and safe to unfetter them. Those who will not be restrained will be in danger of dragging out an unhappy existence. A youth not out of his teens is a poor judge of the fitness of a person as young as himself to be his companion for life.”

Will it interfere with my education?

Fundamentals of Education, p. 62. “Young people are sent to school by their parents to obtain an education, not to flirt with the opposite sex.”

Counsels to Parents, Teachers, and Students, p. 101.1,3. “In all our dealings with students, age and character must be taken into account. We cannot treat the young and the old just alike. There are circumstances under which men and women of sound experience and good standing may be granted some privileges not given to the younger students. The age, the conditions, and the turn of mind must be taken into consideration. We must be wisely considerate in all our work. But we must not lessen our firmness and vigilance in dealing with students of all ages, nor our strictness in forbidding the unprofitable and unwise association of young and immature students.

Again and again I stood before the students in the Avondale school with messages from the Lord regarding the deleterious influence of free and easy association between young men and young women. I told them that if they did not keep themselves to themselves, and endeavor to make the most of their time, the school would not benefit them, and those who were paying their expenses would be disappointed.”

3. Am I Prepared?

Do I have sufficient health?

Messages to Young People, p. 461. “Most men and women have acted in entering the marriage relation as though the only question for them to settle was whether they loved each other. But they should realize that a responsibility rests upon them in the marriage relation farther than this. They should consider whether their offspring will possess physical health, and mental and moral strength.”

Christian Home

“Be Ye Holy”

Is my judgment mature?

Adventist Home, p. 79. “A youth not out of his teens is a poor judge of the fitness of a person as young as himself to be his companion for life.”

Is my character developed sufficiently?

Messages to Young People, p. 442. “The good of society, as well as the highest interest of the students, demands that they shall not attempt to select a life partner while their own character is yet undeveloped, their judgment immature.”

Have I acquired sufficient practical skills?

Adventist Home, p. 87. “It is the right of every daughter of Eve to have a thorough knowledge of household duties, to receive training in every department of domestic labor. Every young lady should be so educated that if called to fill the position of wife and mother, she may preside as a queen in her own domain. She should be fully competent to guide and instruct her children and to direct her servants, or, if need be, to minister with her own hands to the wants of her household. It is her right to understand the mechanism of the human body and the principles of hygiene, the matters of diet and dress, labor and recreation, and countless others that intimately concern the well-being of her household. It is her right to obtain such a knowledge of the best methods of treating disease that she can care for her children in sickness, instead of leaving her precious treasures in the hands of stranger nurses and physicians.”

Education, p. 276. “Before taking upon themselves the possibilities of fatherhood and motherhood, men and women should become acquainted with the laws of physical development—with physiology and hygiene, with the bearing of prenatal influences, with the laws of heredity, sanitation, dress, exercise, and the treatment of disease; they should also understand the laws of mental development and moral training.”

Can I provide for a family?

Patriarchs and Prophets, p. 188. “In early times custom required the bridegroom, before the ratification of a marriage engagement, to pay a sum of money or its equivalent in other property, according to his circumstances, to the father of his wife. This was regarded as a safeguard to the marriage relation. Fathers did not think it safe to trust the happiness of their daughters to men who had not made provision for the support of a family. If they had not sufficient thrift and energy to manage business and acquire cattle or lands, it was feared that their life would prove worthless. But provision was made to test those who had nothing to pay for a wife. They were permitted to labor for the father whose daughter they loved, the length of time being regulated by the value of the dowry required. When the suitor was faithful in his services, and proved in other respects worthy, he obtained the daughter as his wife; and generally the dowry which the father had received was given her at her marriage.”

Am I truly converted?

Adventist Home, p. 95. “Both of you need to be converted. Neither of you have a proper idea of the meaning of obedience to God. Study the words, ‘He that is not with Me is against Me; and he that gathereth not with Me scattereth abroad.’”

Is there a large difference in age?

Adventist Home, p. 81. “The parties may not have worldly wealth, but they should have far greater blessing of health. And in most cases there should not be a great disparity in age.”

4. Who Should I Consider?

Marriage with unbelievers - Deuteronomy 7:3,4; Amos 3:3, and 2 Corinthians 6:14

Adventist Home, p. 64. “In forming an alliance with a heathen nation, and sealing the compact by marriage with an idolatrous princess, Solomon rashly disregarded the wise provisions that God had made

for maintaining the purity of His people. The hope that this Egyptian wife might be converted was but a feeble excuse for the sin. In violation of a direct command to remain separate from other nations, the king united his strength with the arm of flesh.

For a time God in His compassionate mercy overruled this terrible mistake. Solomon's wife was converted; and the king, by a wise course, might have done much to check the evil forces that his imprudence had set in operation.”

Who is an unbeliever? (1 Corinthians 2:14)

5 Testimonies, p. 362. “My sister, unless you would have a home where the shadows are never lifted, do not unite yourself with one who is an enemy of God.”

4 Testimonies, p. 505. “The unbelieving may possess an excellent moral character; but the fact that he or she has not answered to the claims of God, and has neglected so great salvation, is sufficient reason why such a union should not be consummated. The character of the unbelieving may be similar to that of the young man to whom Jesus addressed the words, 'One thing thou lackest;' that was the one thing needful.

The plea is sometimes made that the unbeliever is favorable to religion and is all that could be desired in a companion except in one thing--he is not a Christian. Although the better judgment of the believer may suggest the impropriety of a union for life with an unbeliever, yet, in nine cases out of ten, inclination triumphs. Spiritual declension commences the moment the vow is made at the altar; religious fervor is dampened, and one stronghold after another is broken down, until both stand side by side under the black banner of Satan.”

5 Testimonies, p. 364. “Though the companion of your choice were in all other respects worthy (which he is not), yet he has not accepted the truth for this time; he is an unbeliever, and you are forbidden of Heaven to unite yourself with him. You cannot, without peril to your soul, disregard this divine injunction.”

If You Can Answer the Above Questions Positively Proceed Prayerfully

Proper courtship

Adventist Home, p. 49. “Let every step toward a marriage alliance be characterized by modesty, simplicity, sincerity, and an earnest purpose to please and honor God.”

Messages to Young People, p. 449. “If there ever was a subject that needed to be viewed from every standpoint, it is this (marriage). The aid of the experience of others, and a calm, careful weighing of the matter on both sides, is positively essential. It is a subject that is treated altogether too lightly by the great majority of people.”

Messages to Young People, p. 449. “Weigh every sentiment, and watch every development of character in the one with whom you think to link your life destiny. The step you are about to take is one of the most important in your life, and should not be taken hastily.”

Messages to Young People, p. 439. “Before giving her hand in marriage, every woman should inquire whether he with whom she is about to unite her destiny is worthy. What has been his past record? Is his life pure? Is the love which he expresses of a noble, elevated character, or is it a mere emotional fondness? Has he the traits of character that will make her happy? Can she find true peace and joy in his affection? Will she be allowed to preserve her individuality, or must her judgment and conscience be surrendered to the control of her husband? As a disciple of Christ, she is not her own; she has been bought with a price. Can she honor the Saviour's claims as supreme? Will body and soul, thoughts and purposes, be preserved pure and holy? These questions have a vital bearing upon the well-being of every woman who enters the marriage relation.”

Common Mistakes

Messages to Young People, p. 450. “Courtship, as carried on in this age, is a scheme of deception and hypocrisy, with which the enemy of souls has far more to do than the Lord. Good common sense is needed here if anywhere; but the fact is, it has little to do in the matter.” (*RH, January 26, 1886 par. 13*)

Christian Home

“Be Ye Holy”

Messages to Young People, p. 446. “A deceptive courtship is maintained, private communications are kept up, until the affections of one who is inexperienced, and knows not whereunto these things may grow, are in a measure withdrawn from her parents and placed upon him who shows by the very course he pursues that he is unworthy of her love. The Bible condemns every species of dishonesty.”

Messages to Young People, p. 445. “He who would lead a daughter away from duty, who would confuse her ideas of God's plain and positive commands to obey and honor her parents, is not one who would be true to the marriage obligations.”

3 Testimonies, p. 44. “The habit of frequently being in the society of the one of your choice, and that, too, at the sacrifice of religious privileges and of your hours of prayer, is dangerous; you sustain a loss that you cannot afford. The habit of sitting up late at night is customary; but it is not pleasing to God, even if you are both Christians. These untimely hours injure health, unfit the mind for the next day's duties, and have an appearance of evil.”

Messages to Young People, p. 459. “Advice is only thrown away on those who are determined to have their own way. Passion carried such individuals over every barrier that reason and judgment can interpose.”

Engagement

Messages to Young People, p. 449. “Examine carefully to see if your married life would be happy, or inharmionious and wretched. Let the questions be raised, Will this union help me heavenward? will it increase my love for God? and will it enlarge my sphere of usefulness in this life? If these reflections present no drawback, then in the fear of God move forward.

But even if an engagement has been entered into without a full understanding of the character of the one with whom you intend to unite, do not think that the engagement makes it a positive necessity for you to take upon yourself the marriage vow, and link yourself for life to one whom you cannot love and respect.”

Marriage Ceremony

Adventist Home, p. 100. “The Scriptures state that both Jesus and His disciples were called to this marriage feast (at Cana). Christ has given Christians no sanction to say when invited to a marriage, We ought not to be present on so joyous an occasion. By attending this feast Christ taught that He would have us rejoice with those who do rejoice in the observance of His statutes. He never discouraged the innocent festivities of mankind when carried on in accordance with the laws of Heaven. A gathering that Christ honored by His presence, it is right that His followers should attend. After attending this feast, Christ attended many others, sanctifying them by His presence and instruction.”

4 Testimonies, p. 503. “There should be no great display and rejoicing over the union of the parties.”

4 Testimonies, p. 515. “When there is so much uncertainty, so great danger, there is no reason why we should make great parade or display, even if the parties were perfectly suited to each other; but that remains to be tested.”

Revelation 21

For further study: *Adventist Home* chapter 8, “Common Courtship Practices,” *Adventist Home* chapter 11, “Hasty Immature Marriages,” *Adventist Home* chapter 13, “Domestic Training,” and *Adventist Home* chapter 15, “Solemn Promises”

Chapter 4 - Building a Successful Marriage

The Important First Year

Adventist Home, p. 102. “My Dear Brother and Sister: You have united in a lifelong covenant. Your education in married life has begun. The first year of married life is a year of experience, a year in which husband and wife learn each other's different traits of character, as a child learns lessons in school. In this, the first year of your married life, let there be no chapters that will mar your future happiness. . . .

My brother, your wife's time and strength and happiness are now bound up with yours. Your influence over her may be a savor of life unto life or of death unto death. Be very careful not to spoil her life.

My sister, you are now to learn your first practical lessons in regard to the responsibilities of married life. Be sure to learn these lessons faithfully day by day. . . . Guard constantly against giving way to selfishness.”

How to Blend Two Lives

Matthew 19:6. “Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder.”

1. Learn to Keep God First

Luke 14:26. “If any [man] come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.”

Adventist Home, p. 102. “In your life union your affections are to be tributary to each other's happiness. Each is to minister to the happiness of the other. This is the will of God concerning you. But while you are to blend as one, neither of you is to lose his or her individuality in the other. God is the owner of your individuality. Of Him you are to ask: What is right? What is wrong? How may I best fulfill the purpose of my creation?”

By drawing closer to God, husbands and wives will inevitably draw closer to one another. It is like a triangle with God at the top and the husband and wife on the two bottom corners. The closer they reach the top, the closer they grow to each other.

2. Learn How to Communicate Effectively

Hebrews 13:16. “But to do good and to communicate forget not: for with such sacrifices God is well pleased.”

13 Manuscript Releases, p. 138. “Mistakes are made through ignorance, and the result that is sure to follow is misunderstanding and alienation. If the husband and wife would freely talk over the matter with each other in the spirit of Christ, the difficulty would be healed. But too often they remain apart, and brood over the trouble, and it wounds them continually.”

Practical Steps for Good Communicationⁱ

1. Make time for communication.
 - a. Set aside some time on a regular basis (preferably every day) to talk together with just the two of you. Make it a high priority that does not get displaced by less important things.
2. Listen with a heart to understand.
 - a. Effective communication includes listening to the other person with a heart to understand, not just to come up with a response to their conversation or give them a solution for their problem. It means to listen with a mindset of knowing the other person's thoughts, feelings and perspective better, even if you do not agree with them.
3. Allow for differences of opinion and perspective.
 - a. Continuing on from the previous point, our spouse needs to feel that we will listen to and respect their thoughts, feelings and perspectives even if we do not agree with them. This is not to say that we compromise principle in order to preserve peace, but it does mean that we open up our minds enough to listen to differing opinions and be willing to consider them.

Christian Home

“Be Ye Holy”

1 Corinthians 13:4, 5, 7. “[Love] suffereth long, [and] is kind; [love] envieth not; [love] vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil. Beareth all things, believeth all things, hopeth all things, endureth all things.”

4. Express appreciation.
 - a. Use positive language instead of negative criticism. Human nature tends to focus on the negative, and this breaks relationships. Positive statements of affirmation do more to help people change bad behaviors than exaggerations, overstatements, and isolated statements.
 - b. Examples include: “Thank you for spending time with the children tonight! I can see that they really enjoyed it” instead of “It is about time you spent some time with the children. They hardly even know who you are anymore.” And, “Thank you for helping clean up the house” instead of “I hate coming home to such a mess!”
5. Be sensitive to non-verbal communication.
 - a. Some experts suggest that over 90% of communication is in the form of facial expressions, tone of voice and gestures so it is essential to understand these forms of communication
6. Stay on topic.
 - a. When an important discussion is started regarding a particular issue make sure it concludes before moving on to the next subject. This may be challenging when an emotional issue is raised, but it is very important.
7. Be honest.
 - a. Honesty is important in every relationship in life but especially in the marriage relationship. When something is wrong do not say, “Everything is alright.” Pray for tact and openly discuss the issue. Do not assume that the other person should understand the non-verbal signals you have been sending – talk about it. Also, try to avoid generalizations like “you always” or “you never.”

Learn to Express Yourself Using I-messagesⁱⁱ

Certified Family Life Educator Nancy Van Pelt accurately states that “One of the big challenges in marriage is learning to talk with your mate about something you don’t like or a behavior that is irritating to you... When this happens to you and you find your partner’s behavior unacceptable, rather than blaming and judging him or her, **assume ownership of the problem...** Your partner may be the cause of the problem, but if you are the one who is irritated, you now own the problem.”

One of the most effective ways to deal with these situations is using I-messages. These messages allow you to express your feelings directly without attacking or ridiculing them.

Use this formula: **I feel** _____ (sad, angry, embarrassed, uncomfortable, etc.) **when you** _____ (do not spend quality time with me, tell jokes about me, spend money without telling me, etc.) **because** _____ (I have a real need to be alone with you, it hurts me deeply, I do not feel like we are making decisions together, etc.).

3. Learn to Plan and Work Together

Amos 3:3 “Can two walk together, except they be agreed?”

Ministry of Healing, p. 393. “Perfect confidence should exist between husband and wife. Together they should consider their responsibilities.”

It is very important for the husband and wife to set goals and priorities for their marriage and family and review them often. Plans, desires, and circumstances change over time so it is essential to work together throughout life’s journey.

4. Learn How to Make the Other Person Feel Loved

Proverbs 5:18, 19. “Let thy fountain be blessed: and rejoice with the wife of thy youth. [Let her be as] the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.”

Ministry of Healing, p. 361. “Let each give love rather than exact it. Cultivate that which is noblest in yourselves, and be quick to recognize the good qualities in each other. The consciousness of being appreciated is a wonderful stimulus and satisfaction. Sympathy and respect encourage the striving after excellence, and love itself increases as it stimulates to nobler aims.”

Dr. Gary Chapman has written several resources suggesting that each person feels the most loved with one of the following five love languages: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touchⁱⁱⁱ. It would be wise to spend time learning how to show your husband or wife how much you care in a way they will best understand and appreciate.

5. Learn What God Expects of Our Different Roles

Ephesians 5:21-33.

Both husband and wife should be:

1. Missionaries.

Welfare Ministry, p. 132. “Holy and devout persons, both men and women, are wanted now to go forth as medical missionaries.”

2. Able to gain a livelihood.

Health Reformer, December 1, 1877. “A woman who has been taught to take care of herself, is also fitted to take care of others. She will never be a drag [a drag or burden] in the family or in society. When fortune frowns, there will be a place for her somewhere, a place where she can earn an honest living, and assist those who are dependent upon her. Woman should be trained to some business whereby she can gain a livelihood if necessary.”

Husband's Role:

1. House-band.

Health Reformer, July 1, 1877. “The husband is the house-band of the home treasures, binding by his strong, earnest, devoted affection the members of the household, mother and children, together in the strongest bonds of union.”

2. Lawmaker and priest.

2 Testimonies, p. 701. “All members of the family center in the father. He is the lawmaker, illustrating in his own manly bearing the sterner virtues, energy, integrity, honesty, patience, courage, diligence, and practical usefulness. The father is in one sense the priest of the household, laying upon the altar of God the morning and evening sacrifice.”

3. Provider.

Youth Instructor February 7, 1901. “No man is excusable for being without financial ability. Of many a man it may be said, He is kind, amiable, generous, a good man, and a Christian, but he is not qualified to manage his own business. As far as the proper outlay of money is concerned, he is a mere child. He has not been educated by his parents to understand and practice the principles of self-support.”

4. Gentle leader.

Ministry of Healing, p. 374. “In life's toilsome way let the husband and father ‘lead on softly,’ as the companion of his journey is able to endure. Amidst the world's eager rush for wealth and power, let him learn to stay his steps, to comfort and support the one who is called to walk by his side.”

Christian Home

“Be Ye Holy”

Wife’s Role:

1. Companion and helper.

Adventist Home, p. 99. “God made from the man a woman, to be a companion and helpmeet for him, to be one with him, to cheer, encourage, and bless him, he in his turn to be her strong helper. All who enter into matrimonial relations with a holy purpose—the husband to obtain the pure affections of a woman's heart, the wife to soften and improve her husband's character and give it completeness—fulfill God's purpose for them.”

2. The best homemaker.

Adventist Home, p. 91. “Passing over other honorable employments, every girl should learn to take charge of the domestic affairs of home, should be a cook, a housekeeper, a seamstress. She should understand all those things which it is necessary that the mistress of a house should know, whether her family are rich or poor. Then, if reverses come, she is prepared for any emergency; she is, in a manner, independent of circumstances.”

3. Be attractive.

Adventist Home, p. 253. “Sisters, when about their work, should not put on clothing which would make them look like images to frighten the crows from the corn. It is more gratifying to their husbands and children to see them in a becoming, well-fitting attire than it can be to mere visitors or strangers.”

4. Queen of the home and children’s educator.

Adventist Home, p. 231. “Woman should fill the position which God originally designed for her, as her husband's equal. The world needs mothers who are mothers not merely in name but in every sense of the word. We may safely say that the distinctive duties of woman are more sacred, more holy, than those of man. Let woman realize the sacredness of her work and in the strength and fear of God take up her life mission. Let her educate her children for usefulness in this world and for a home in the better world.

The wife and mother should not sacrifice her strength and allow her powers to lie dormant, leaning wholly upon her husband. Her individuality cannot be merged in his. She should feel that she is her husband's equal-- to stand by his side, she faithful at her post of duty and he at his. Her work in the education of her children is in every respect as elevating and ennobling as any post of duty he may be called to fill, even if it is to be the chief magistrate of the nation.”

ⁱ Waters, Tom and Alane. (2012). *For Better or For Worst-Best*. Coldwater, MI: Remnant Publications.

ⁱⁱ Van Pelt, Nancy. (1997). *Heart to Heart: The Art of Communication*. Madrid, Spain: Editoria Safeliz.

ⁱⁱⁱ www.5lovelanguages.com

Chapter 5 – Parenting Tips

Psalm 127:3. “Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.”

Adventist Home, p. 159. “Children are the heritage of the Lord, and we are answerable to Him for our management of His property. . . . In love, faith, and prayer let parents work for their households, until with joy they can come to God saying, “Behold, I and the children whom the Lord hath given me.”

A childless house is a desolate place. The hearts of the inmates are in danger of becoming selfish, of cherishing a love for their own ease, and consulting their own desires and conveniences. They gather sympathy to themselves, but have little to bestow upon others.”

Size of Family

Adventist Home, p. 163. “Parents should not increase their families any faster than they know that their children can be well cared for and educated. A child in the mother's arms from year to year is great injustice to her. It lessens, and often destroys, social enjoyment and increases domestic wretchedness. It robs their children of that care, education, and happiness which parents should feel it their duty to bestow upon them.”

Adventist Home, p. 165, 166. “In sending missionaries to distant countries, those men should be selected who know how to economize, who have not large families, and who, realizing the shortness of time and the great work to be accomplished, will not fill their hands and houses with children, but will keep themselves as free as possible from everything that will divert their minds from their one great work. The wife, if devoted and left free to do so, can, by standing by the side of her husband, accomplish as much as he. God has blessed woman with talents to be used to His glory in bringing many sons and daughters to God; but many who might be efficient laborers are kept at home to care for their little ones.”

Pre-natal Influences

Adventist Home, p. 256. “Even before the birth of the child, the preparation should begin that will enable it to fight successfully the battle against evil.

If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, these traits will be reflected in the disposition of the child. Thus many children have received as a birthright almost unconquerable tendencies to evil.

But if the mother unswervingly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unselfish, she may give her child these same precious traits of character.”

2 Testimonies, p. 381, 382. “It is an error generally committed to make no difference in the life of a woman previous to the birth of her children. At this important period the labor of the mother should be lightened. Great changes are going on in her system. It requires a greater amount of blood, and therefore an increase of food of the most nourishing quality to convert into blood. Unless she has an abundant supply of nutritious food, she cannot retain her physical strength, and her offspring is robbed of vitality. Her clothing also demands attention. Care should be taken to protect the body from a sense of chilliness.”

Infancy is a Very Important Time

Child Guidance, p. 194. “Mothers, be sure that you properly discipline your children during the first three years of their lives. Do not allow them to form their wishes and desires. The mother must be mind for her child. The first three years is the time in which to bend the tiny twig. Mothers should understand the importance attaching to this period. It is then that the foundation is laid.”

Child Guidance, p. 300. “During the first six or seven years of a child's life, special attention should be given to its physical training, rather than the intellect. After this period, if the physical constitution is good, the education of both should receive attention. Infancy extends to the age of six or seven years. Up to this period children should be left, like little lambs, to roam around the house and in the yards, in the buoyancy of their spirits, skipping and jumping, free from care and trouble.

Parents, especially mothers, should be the only teachers of such infant minds. They should not educate from books. The children generally will be inquisitive to learn the things of nature.”

Christian Home

“Be Ye Holy”

Education, p. 208. “For the first eight or ten years of a child's life the field or garden is the best schoolroom, the mother the best teacher, nature the best lesson book. Even when the child is old enough to attend school, his health should be regarded as of greater importance than a knowledge of books. He should be surrounded with the conditions most favorable to both physical and mental growth.”

Important Lessons to be Learned

1. Obedience, Respect, and Reverence

Child Guidance, p. 82. “Obedience to parental authority should be inculcated in babyhood and cultivated in youth.

Some parents think that they can let their little ones have their own way in their babyhood, and then when they get older, they will reason with them; but this is a mistake. Begin in the baby life to teach obedience. . . . Require obedience in your home school.

From their earliest life children should be taught to obey their parents, to respect their word, and to reverence their authority.”

2. Self-Control

Child Guidance, p. 92. “One precious lesson which the mother will need to repeat again and again is that the child is not to rule; he is not the master, but her will and her wishes are to be supreme. Thus she is teaching them self-control. Give them nothing for which they cry, even if your tender heart desires ever so much to do this; for if they gain the victory once by crying they will expect to do it again. The second time the battle will be more vehement.”

3. Health Principles

Child Guidance, p. 103. “From the first dawn of reason, the human mind should become intelligent in regard to the physical structure.” (This includes: anatomy and physiology, cleanliness, order, regularity, etc.)

4. Helpfulness, Responsibility and Industry

Counsels to Parents, Teachers, and Students, p. 122. “In the home school the children should be taught how to perform the practical duties of everyday life. While they are still young, the mother should give them some simple task to do each day. It will take longer for her to teach them how than it would to do it herself; but let her remember that she is to lay for their character building the foundation of helpfulness. Let her remember that the home is a school in which she is the head teacher. It is hers to teach her children how to perform the duties of the household quickly and skillfully. As early in life as possible they should be trained to share the burdens of the home. From childhood, boys and girls should be taught to bear heavier and still heavier burdens, intelligently helping in the work of the family firm.”

5. Purity

Child Guidance, p. 114. “With what care parents should guard their children from careless, loose, demoralizing habits! Fathers and mothers, do you realize the importance of the responsibility resting on you? Do you allow your children to associate with other children without being present to know what kind of education they are receiving? Do not allow them to be alone with other children. Give them your special care.”

6. Simplicity

Child Guidance, p. 141. “Parents have a sacred duty to perform in teaching their children to help bear the burdens of the home, to be content with plain and simple food, and neat and inexpensive dress.”

7. Self-denial and love

6 Testimonies, p. 214. “By precept and example, teach self-denial, economy, largeheartedness, and self-reliance. Everyone who has a true character will be qualified to cope with difficulties and will be prompt in following a ‘Thus saith the Lord.’”

Winning Your Children’s Hearts

1. Spend time with them.

a. Worship

“In every family there should be a fixed time for morning and evening worship. How appropriate it is for parents to gather their children about them before the fast is broken, to thank the heavenly Father for His protection during the night, and to ask Him for His help and guidance and watchcare during the day! How fitting, also, when evening comes, for parents and children to gather once more before Him and thank Him for the blessings of the day that is past!” *7 Testimonies, p. 43.*

b. Play

“There is danger that both parents and teachers will command and dictate too much, while they fail to come sufficiently into social relation with their children or scholars. They often hold themselves too much reserved, and exercise their authority in a cold, unsympathizing manner, which cannot win the hearts of their children and pupils. If they would gather the children close to them and show that they love them, and would manifest an interest in all their efforts and even in their sports, sometimes even being a child among them, they would make the children very happy and would gain their love and win their confidence. And the children would more quickly learn to respect and love the authority of their parents and teachers.” *Counsels to Parents, Teachers, and Students, p. 76.*

c. Working

“Since both men and women have a part in home-making, boys as well as girls should gain a knowledge of household duties. To make a bed and put a room in order, to wash dishes, to prepare a meal, to wash and repair his own clothing, is a training that need not make any boy less manly; it will make him happier and more useful. And if girls, in turn, could learn to harness and drive a horse, and to use the saw and the hammer, as well as the rake and the hoe, they would be better fitted to meet the emergencies of life.” *Education p. 216.*

2. Learn their love language and do things that they will feel the most loved.

3. Show interest in things they are interested in.

“Fathers should unbend from their false dignity, deny themselves some slight self-gratification in time and leisure, in order to mingle with the children, sympathizing with them in their little troubles, binding them to their hearts by the strong bonds of love, and establishing such an influence over their expanding minds that their counsel will be regarded as sacred.” *Adventist Home, p. 220.*

Choosing a School

Child Guidance, p. 303. “Parents, guardians, place your children in training schools where the influences are similar to those of a rightly conducted home school; schools in which the teachers will carry them forward from point to point, and in which the spiritual atmosphere is a savor of life unto life.”

High School / Secondary School and College (University)

Child Guidance, p. 328. “You pray, ‘Lead us not into temptation.’ Then do not consent for your children to be placed where they will meet unnecessary temptation. Do not send them away to schools where they will be associated with influences that will be as tares sown in the field of their heart.

In the home school, during their early years, train and discipline your children in the fear of God. And then be careful lest you place them where the religious impressions they have received will be effaced, and the love of God taken out of their hearts. Let no inducement of high wages or of apparently great educational advantages lead you to send your children away from your influence, to places where they will be exposed to great temptations. ‘What shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?’ Mark 8:36, 37.”

Chapter 6 – Overcoming Life’s Challenges

The first year or years of marriage have passed, the honeymoon stage as some call it, and now life seems to be demanding all of your time. Little annoyances that you used to overlook now threaten to break the marriage. The romance seems gone from your love life; financial struggles have crushed your high hopes. What is going on? Did you make a mistake? Every marriage goes through major challenges and tests of love, which will make a marriage stronger or weaker, based on the decisions and commitment of each partner. For Christians, it is a call to a greater death to self and a deeper grasp upon agape or unconditional love.

Unfortunately even among Christians nearly 50% of marriages end in divorce. Why?

Top 5 Reasons for Divorce

* Infidelity * Lack of Communication * Abuse * Financial issues * Addiction

How to Divorce-Proof Your Marriage

1. Remember Your Commitment to Become One Flesh

Matthew 19:6. “Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder.”

Keep in mind that you have made a commitment to stay together throughout life’s journey before God and witnesses. Do not let divorce enter your vocabulary.

2. Continue the Early Attentions

Ministry of Healing, p. 360. “Though difficulties, perplexities, and discouragements may arise, let neither husband nor wife harbor the thought that their union is a mistake or a disappointment. Determine to be all that it is possible to be to each other. Continue the early attentions. In every way encourage each other in fighting the battles of life. Study to advance the happiness of each other.”

Most young couples do not have any trouble thinking of small things to do for their significant other. Keep looking for opportunities to let the other person know they are special to you.

3. Maintain Moral Purity

Exodus 20:14. “Thou shalt not commit adultery.”

Patriarchs and Prophets, p. 308. “(Exodus 20:14 quoted). This commandment forbids not only acts of impurity, but sensual thoughts and desires, or any practice that tends to excite them. Purity is demanded not only in the outward life but in the secret intents and emotions of the heart.”

For men there is temptation to look lustfully upon other women. It is important for men to follow Job’s example in Job 31:1. “I made a covenant with mine eyes; why then should I think upon a maid?”

For women there is a temptation to become emotionally attached to other men. Consider this counsel very carefully:

Evangelism, p. 460. “When a woman is in trouble, let her take her trouble to women. If this woman who has come to you has cause of complaint against her husband, she should take her trouble to some other woman who can, if necessary, talk with you in regard to it, without any appearance of evil.”

4. Make Regular Time for Special Uninterrupted Communication

Ephesians 4:29. “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.”

It is essential for a marriage to survive that the husband and wife set aside time to communicate (honest talking and careful listening) with each other – alone.

5. Keep a Sacred Circle Around the Family

Adventist Home, p. 177. “There is a sacred circle around every family which should be preserved. No other one has any right in that sacred circle. The wife should have no secrets to keep from her husband and let others know, and the husband should have no secrets to keep from his wife to relate to others. The heart of his wife should be the grave for the faults of the husband, and the heart of the husband the grave for his wife's faults. Never should either party indulge in a joke at the expense of the other's feelings. Never should either the husband or wife in sport or in any other manner complain of each other to others, for frequently indulging in this foolish and what may seem perfectly harmless joking will end in trial with each other and perhaps estrangement. . . . The home circle should be regarded as a sacred place. . . . Friends and acquaintances we may have, but in the home life they are not to meddle.”

6. Be Forgiving

Messages to Young People, p. 450. “True affection will overlook many mistakes.”

My Life Today, p. 32. “At the season of evening worship let every member of the family search well his own heart. Let every wrong that has been committed be made right. If during the day, one has wronged another or spoken unkindly, let the transgressor seek pardon of the one he has injured.”

7. Pray Together

In addition to family worship there should also be a time when the husband and wife pray together.

8. Show Daily Affection

1 Corinthians 7:3. “Let the husband render unto the wife due benevolence (affection): and likewise also the wife unto the husband.”

2 Testimonies, p. 417. “A house with love in it, where love is expressed in words and looks and deeds, is a place where angels love to manifest their presence and hallow the scene by rays of light from glory.”

9. Foster Intimacy

1 Corinthians 7:5. “Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.”

Intimacy means much more than a sexual experience. It is the special connection of mind, emotion, and understanding, and will make a sexual experience much more fulfilling.

10. Live Within Your Means

Romans 13:8. “Owe no man any thing.”

Counsels on Stewardship, p. 249. “Many, very many, have not so educated themselves that they can keep their expenditures within the limit of their income. They do not learn to adapt themselves to circumstances, and they borrow and borrow again and again, and become overwhelmed in debt, and consequently they become discouraged and disheartened.”

See Appendix C for an example budget.

11. Maintain Good Health

Romans 12:1. “by the mercies of God, that ye present your bodies a living sacrifice.”

12. Plan Regular Days of Recreation

Mark 6:31.

1 Testimonies, p. 515. “They (office workers) should have a change frequently, should often devote a day wholly to recreation with their families, who are almost entirely deprived of their society.”

Appendix A – Contemplating Courtship and Marriage

By honestly answering the questions below you will see if you are ready to begin a courtship.

- | | | |
|--|-----|----|
| 1. Have I been faithful in my parents home? | Yes | No |
| 2. Am I old enough? | Yes | No |
| 3. Will a courtship interfere with my education? | Yes | No |
| 4. Do I have sufficient health to have a family? | Yes | No |
| 5. Is my judgment mature? | Yes | No |
| 6. Is my character developed sufficiently? | Yes | No |
| 7. Have I acquired sufficient practical skills? | Yes | No |
| 8. Can I provide for a family? | Yes | No |
| 9. Am I truly converted? | Yes | No |
| 10. Is there a large difference in age? | Yes | No |
| 11. Am I committed to only marry a believer? | Yes | No |
| 12. Do Godly counselors (especially parents) think I am ready for courtship? | Yes | No |
| 13. Do I firmly believe that God wants me to seek a courtship? | Yes | No |

Scoring: It is ideal that all answers are YES before contemplating a courtship.

Appendix B – How Well Do I Communicate

Choose the response that best describes how you are interacting with your spouse at present.

	Never	Occasionally	Often	Always
If I disagree with my spouse’s opinion, I do so respectfully.	1	3	4	5
My tone of voice is pleasant and not sharp or irritating.	1	3	4	5
When listening to my spouse I maintain good eye contact.	1	3	4	5
I feel free to share my innermost thoughts with my spouse.	1	3	4	5
I avoid interrupting my spouse when he/she is speaking.	1	3	4	5
When communicating, my manner conveys that I respect my spouse.	1	3	4	5
I encourage my spouse to discuss everyday concerns and happenings with me.	1	3	4	5
When I am irritated or angry with my spouse, I can state my feelings openly, honestly, yet kindly through I-messages.	1	3	4	5
When my spouse shares his/her concerns with me I can listen empathetically without trying to solve the problem.	1	3	4	5
I carefully analyze my spouse’s facial expressions and body language before leaping to conclusions.	1	3	4	5
I avoid using “silence” as a weapon or form of control when I am irritated or angry.	1	3	4	5
I am satisfied with the present amount of communication taking place in our marriage.	1	3	4	5
I provide an atmosphere free of criticism or judgment whereby my spouse can share feelings with me.	1	3	4	5
When an issue arises I can discuss the ‘pros’ and ‘cons’ without resorting to name-calling or other destructive habits.	1	3	4	5
Any confidences my spouse shares with me are held strictly confidential.	1	3	4	5

Scoring

- 52-60 Excellent communication skills.
- 44-51 Above average communication skills.
- 36-43 Average communication skills. Make improvements where needed.
- 1-35 Poor communication skills. You will need to work hard to improve but you can do it!

Adapted and used with permission from *Heart to Heart: The Art of Communication* by Nancy Van Pelt.

Christian Home

“Be Ye Holy”

Appendix C – Income vs. Expense Worksheet

GROSS INCOME PER MONTH

Salary _____
 Interest _____
 Other (_____) _____
 Other (_____) _____

LESS:

1. Tithe (10%) _____
2. Tax (Federal, State, etc.) _____

NET SPENDABLE INCOME

3. Offering _____
 Church _____
 Special Projects _____
 Other (_____) _____
4. Housing _____
 Mortgage (rent) _____
 Taxes _____
 Insurance _____
 Electricity _____
 Gas _____
 Water _____
 Sanitation _____
 Telephone _____
 Maintenance _____
 Other (_____) _____
 Other (_____) _____
5. Food _____
6. Automobile(s) _____
 Payments _____
 Gas and Oil _____
 Insurance _____
 License/Taxes _____
 Maintenance _____
 Replacement _____
7. Insurance _____
 Medical _____
 Other (_____) _____
8. Debts _____
 Credit Card _____
 Loans and notes _____
9. Clothing _____

10. School/Child Care

Tuition _____
 Materials _____
 Transportation _____
 Day Care _____
 Other (_____) _____
 Other (_____) _____

11. Medical Expenses

Doctor _____
 Dentist _____
 Herbs/Medicines _____
 Other (_____) _____
 Other (_____) _____

12. Recreation

Eating out _____
 Family Activities _____
 Vacation _____

13. Miscellaneous

Toiletries _____
 Laundry _____
 Haircuts _____
 Subscriptions _____
 Gifts _____
 Mobile Phone _____
 Internet _____
 Cash _____
 Allowances _____
 Other (_____) _____
 Other (_____) _____

14. Investments

15. Savings

TOTAL EXPENSES

INCOME VERSUS EXPENSES

Net Spendable Income _____
 Less Expenses _____

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Finishing the Work

“Arouse to Action”

Chapter 1 - A Call for God’s Church

The Second Coming

“One of the most solemn and yet most glorious truths revealed in the Bible.” - *Great Controversy*, p. 299.

What should our attitude be? Revelation 22:20 and 2 Peter 3:10-12 give us a clearer understanding.

Hasting = *to make haste; to desire earnestly*

Maranatha, p. 19. “By giving the gospel to the world it is in our power to hasten our Lord's return. We are not only to look for but to hasten the coming of the day of God. 2 Peter 3:12, margin. Had the church of Christ done her appointed work as the Lord ordained, the whole world would before this have been warned, and the Lord Jesus would have come to our earth in power and great glory.”

In Revelation 7:1-3 we see a picture of angels holding the four winds until God’s people are sealed. What does it mean?

Winds = strife and violence. See also Jeremiah 49:36 and Zechariah 2:6.

In Heavenly Places, p. 96. “Why is it that all this wickedness does not break forth in decided violence against righteousness and truth? It is because the four angels are holding the four winds, that they shall not blow upon the earth.”

Last Day Events, p. 125. (after quoting Rev. 7:1-3) “This points out the work we now have to do, which is to cry to God for the angels to hold the four winds...”

Are we to pray for a delay? Why are we crying for the violence not to come? Should we not rejoice because we see signs of Jesus’ soon coming? What about hastening the coming of the Lord?

Reasons why we should pray for the angels to hold the 4 winds:

5 Testimonies, pp. 713, 714. “Let none sit in calm expectation of the evil, comforting themselves with the belief that this work must go on because prophecy has foretold it, and that the Lord will shelter his people. We are not doing the will of God if we sit in quietude, doing nothing to preserve liberty of conscience.”

Review and Herald, December 18, 1888. (Revelation 7:1-3 quoted) “Here was a work to be done before the angels should let go the four winds (the sealing); and if we shall awake to what is transpiring right around us, we must admit that we are not ready for the contest and the perplexities which are to be brought upon us, after the decree shall go forth... We are to cry to the God of heaven in earnest, united prayer, for the angels to hold the four winds till missionaries shall be sent to all parts of the world, till we have proclaimed the warning against disobedience to the law of Jehovah, and against worshiping the beast and his image. The claims of God's law must be made known to the inhabitants of the earth. This is our work; but every conceivable thing that the enemy can do will be done to hinder the people of God from awaking.”

Review and Herald, January 1, 1889. “It is essential that we be much in prayer to God, that his voice and his power may be manifested in behalf of his people, and that the angels may hold the four winds until the truth is more fully proclaimed, and the servants of God are sealed in their foreheads.”

Testimonies, vol. 5, pp. 713, 714. “We as a people have not accomplished the work which God has committed to us. We are not ready for the issue to which the enforcement of the Sunday law will bring us. It is our duty, as we see the signs of approaching peril, to arouse to action....Fervent, effectual prayer should be ascending to heaven that this calamity may be deferred until we can accomplish the work which has so long been neglected. Let there be more earnest prayer; and then let us work in harmony with our prayers.”

In Summary, we need to pray for the angels to hold the winds:

- ▶ Because we are not ready to meet the coming events
- ▶ To proclaim the truth more fully
- ▶ To proclaim the warning against disobedience to the law of God
- ▶ To work to preserve liberty of conscience
- ▶ So that we may arouse to action
- ▶ To be sent and to send missionaries to all parts of the earth
- ▶ So that we have time to be ready for the sealing of God

If we are doing all of this in answer to our prayer that the angels hold the four winds, we really are hastening the coming of the Lord. (Read 2 Peter 3:3-12)

The Second Coming Deferred in Mercy

1868 - “The long night of gloom is trying, but the morning is deferred in mercy, because if the Master should come, so many would be found unready. God's unwillingness to have His people perish, has been the reason of so long delay.” (*Testimonies, vol. 2, p. 194*).

The Work Might Have Been Done

1900 - “Had the purpose of God been carried out by His people in giving to the world the message of mercy, Christ would, ere this, have come to the earth, and the saints would have received their welcome into the city of God.” (*Testimonies, vol. 6, p. 450*).

We should not add Sin to Sin

- 1901 - “We may have to remain here in this world because of insubordination many more years, as did the children of Israel; but for Christ's sake, His people should not add sin to sin by charging God with the consequence of their own wrong course of action.” (*Evangelism 696*).
- 1902 - “Many whose names are on the church roll, are living as if there were no great emergency, no fearful danger of their fellow men losing eternal life. Many fold their hands at ease, yet profess to be followers of Christ. The burden of the work has been left largely with those who are laboring under salary. But this is not as it should be. The great missionary field is open to all, and the lay members of our churches must understand that no one is exempted from labor in the Master's vineyard.” (*Review and Herald, October 22, 1914 par. 12*).

9 *Testimonies, p. 116*. “The work of God in this earth can never be finished until the men and women comprising our church membership rally to the work and unite their efforts with those of ministers and church officers.”

What was the majority of the church doing?

2 *Testimonies, p. 195*. “Nearly all have ceased their watching and waiting; we are not ready to open to Him immediately. The love of the world has so occupied our thoughts that our eyes are not turned upward, but downward to the earth. We are hurrying about, engaging with zeal and earnestness in different enterprises, but God is forgotten, and the heavenly treasure is not valued. We are not in a waiting, watching position. The love of the world and the deceitfulness of riches eclipse our faith, and we do not long for, and love, the appearing of our Saviour. We try too hard to take care of self ourselves.”

8 *Testimonies, p. 148*. “Not one in a hundred among us is doing anything beyond engaging in common, worldly enterprises. We are not half awake to the worth of the souls for whom Christ died.”

Maranatha, p. 242. “I saw that many were neglecting the preparation so needful and were looking to the time of “refreshing” and the “latter rain” to fit them to stand in the day of the Lord and to live in His sight. Oh, how many I saw in the time of trouble without a shelter!”

God is Waiting

Acts of the Apostles, p. 111. “Long has God waited for the spirit of service to take possession of the whole church so that everyone shall be working for Him according to his ability. When the members of the church of God do their

Finishing the Work

“Arouse to Action”

appointed work in the needy fields at home and abroad, in fulfillment of the gospel commission, the whole world will soon be warned and the Lord Jesus will return to this earth with power and great glory.”

Review and Herald, July 21, 1896. “When we have entire, wholehearted consecration to the service of Christ, God will recognize the fact by an outpouring of His Spirit without measure; but this will not be while the largest portion of the church are not laborers together with God.”

Medical Ministry, p. 248. “The ordained ministers, alone, are not equal to the task. God is calling Bible workers, and other consecrated laymen of varied talent who have a knowledge of present truth, to consider the needs of the unwarned cities. There should be one hundred believers actively engaged in personal missionary work where now there is but one. Time is rapidly passing. There is much work to be done before satanic opposition shall close up the way. Every agency must be set in operation, that present opportunities may be wisely improved.”

Gospel Workers, p. 200. “Let ministers teach church-members that in order to grow in spirituality, they must carry the burden that the Lord has laid upon them,—the burden of leading souls into the truth... In thus working they will have the co-operation of heavenly angels, and will obtain an experience that will increase their faith, and give them a strong hold on God.”

Ministry of Healing, p. 105. “By all that has given us advantage over another,—be it education and refinement, nobility of character, Christian training, religious experience,—we are in debt to those less favored; and, so far as lies in our power, we are to minister unto them. If we are strong, we are to stay up the hands of the weak.”

7 Testimonies, p. 254. “Many fields ripe for the harvest have not yet been entered because of our lack of self-sacrificing helpers. These fields must be entered, and many laborers should go to them with the expectation of bearing their own expenses.”

Review and Herald, January 1, 1889 par. 21. “Will we now, who have such great light, make some sacrifice for Jesus, who for our sakes became poor, that we through his poverty might be made rich? We must arouse, and through piety and earnest work for the Master, partake of his spirit of love for souls, of faith in God, that he may work with us, by us, and through us.”

Chapter 2 - The Example of Paul

Important Statistics – (SDA Church Yearbook 2011)

287 laymen to support 1 minister in the North American Division

706 laymen to support 1 minister as an average for the worldwide SDA Church

2,000 laymen to support 1 minister in the Southern Asia Division (India) & Southern Africa-Indian Ocean Division

How can lay-members work as missionaries without financial support from the church?

1. Trust God to provide as did the twelve apostles – see Matthew 10:5-10; Luke 22:35
2. Follow the example of Paul as a self-supporting worker.

Why did Paul, an ordained minister, an apostle and prophet, work to support his and others livelihood?

Acts of the Apostles, p. 347. “Before he became a disciple of Christ, Paul had occupied a high position and was not dependent upon manual labor for support. But afterward, when he had used all his means in furthering the cause of Christ, he resorted at times to his trade to gain a livelihood. Especially was this the case when he labored in places where his motives might have been misunderstood.”

1 Corinthians 9:6,7,12,14,15,18.

“They which preach the gospel should live of the gospel” is the principle of God’s regular organized work for full time service. See *Acts of the Apostles*, p. 335.

1 Thessalonians 2:9. “For ye remember, brethren, our labor and travail: for laboring night and day, because we would not be chargeable unto any of you, we preached unto you the gospel of God”

2 Thessalonians 3:8. “Neither did we eat any man’s bread for nought; but wrought with labor and travail night and day, that we might not be chargeable to any of you.”

Acts 20:34. “Yea, ye yourselves know, that these hands have ministered unto my necessities, and to them that were with me.”

Acts of the Apostles, p. 348. “Paul was not wholly dependent upon the labor of his hands for support while at Thessalonica. Referring later to his experiences in that city, he wrote to the Philippian believers in acknowledgment of the gifts he had received from them while there, saying, “Even in Thessalonica ye sent once and again unto my necessity.” *Philippians 4:16*. Notwithstanding the fact that he received this help he was careful to set before the Thessalonians an example of diligence, so that none could rightfully accuse him of covetousness, and also that those who held fanatical views regarding manual labor might be given a practical rebuke.”

Acts of the Apostles, p. 349. “When Paul first visited Corinth, he found himself among a people who were suspicious of the motives of strangers. The Greeks on the seacoast were keen traders. So long had they trained themselves in sharp business practices, that they had come to believe that gain was godliness, and that to make money, whether by fair means or foul, was commendable. Paul was acquainted with their characteristics, and he would give them no occasion for saying that he preached the gospel in order to enrich himself. He might justly have claimed support from his Corinthian hearers; but this right he was willing to forgo, lest his usefulness and success as a minister should be injured by the unjust suspicion that he was preaching the gospel for gain. He would seek to remove all occasion for misrepresentation, that the force of his message might not be lost.”

An Example for Laymen - *Acts of the Apostles*, p. 355.

“Paul set an example against the sentiment, then gaining influence in the church, that the gospel could be proclaimed successfully only by those who were wholly freed from the necessity of physical toil. He illustrated in a practical way what might be done by consecrated laymen in many places where the people were unacquainted with the truths of the gospel.”

Paul Inspired Many - *Acts of Apostles*, p.355, concluded.

“His course inspired many humble toilers with a desire to do what they could to advance the cause of God, while at the same time they supported themselves in daily labor.”

Creates Strong Workers - *Acts of the Apostles*, p. 355.

“There is a large field open before the self- supporting gospel worker. Many may gain valuable experiences in ministry while toiling a portion of the time at some form of manual labor, and by this method strong workers may be developed for important service in needy fields.”

A Waste of Time? - *Acts of the Apostles*, p. 351.

“There were some who objected to Paul's toiling with his hands, declaring that it was inconsistent with the work of a gospel minister. Why should Paul, a minister of the highest rank, thus connect mechanical work with the preaching of the word? Was not the laborer worthy of his hire? Why should he spend in making tents time that to all appearance could be put to better account?”

What Paul Accomplished - *Acts of the Apostles*, p. 351.

“But Paul did not regard as lost the time thus spent. As he worked with Aquila he kept in touch with the Great Teacher, losing no opportunity of witnessing for the Saviour, and of helping those who needed help. His mind was ever reaching out for spiritual knowledge. He gave his fellow workers instruction in spiritual things, and he also set an example of industry and thoroughness.”

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Reached the Unreached - *Acts of the Apostles, p. 351*, concluded.

“He was a quick, skillful worker, diligent in business, ‘fervent in spirit, serving the Lord.’ Romans 12:11. As he worked at his trade, the apostle had access to a class of people that he could not otherwise have reached. He showed his associates that skill in the common arts is a gift from God, who provides both the gift and the wisdom to use it aright. He taught that even in everyday toil God is to be honored.”

Highest Christianity - *Sketches from the Life of Paul, p. 101*.

“While thus preaching and working, he presented the highest type of Christianity.”

Teaching the importance of Exercise - *Acts of the Apostles p. 353*.

“Paul knew that those who neglect physical work soon become enfeebled. He desired to teach young ministers that by working with their hands, by bringing into exercise their muscles and sinews, they would become strong to endure the toils and privations that awaited them in the gospel field. And he realized that his own teachings would lack vitality and force if he did not keep all parts of the system properly exercised.”

Young Ministers to follow Paul - *Acts of the Apostles, p. 354*.

“Not all who feel that they have been called to preach, should be encouraged to throw themselves and their families at once upon the church for continuous financial support. There is danger that some of limited experience may be spoiled by flattery, and by unwise encouragement to expect full support independent of any serious effort on their part.”

Other Aspects of Working for God - *Conflict and Courage, p. 221*.

“Because they are not connected with some directly religious work, many feel that their lives are useless, that they are doing nothing for the advancement of God's kingdom....A man may be in the active service of God while engaged in the ordinary, everyday duties-- while felling trees, clearing the ground, or following the plow. The mother who trains her children for Christ is as truly working for God as is the minister in the pulpit.”

Watching for Souls - *Acts of the Apostles, pp. 354, 355*.

“He (Paul) ever held himself ready to lay aside his secular work, in order to meet the opposition of the enemies of the gospel, or to improve a special opportunity to win souls to Jesus.”

Character Developed by Laymen - *Child Guidance, pp. 358, 359*.

“It requires much more grace and stern discipline of character to work for God in the capacity of mechanic, merchant, lawyer, or farmer, carrying the precepts of Christianity into the ordinary business of life, than to labor as an acknowledged missionary in the open field, where one's position is understood and half its difficulties obviated by that very fact.”

Religion in the Workshop - *Child Guidance, pp. 358, 359*, concluded.

“It requires strong spiritual nerve and muscle to carry religion into the workshop and business office, sanctifying the details of everyday life, and ordering every worldly transaction to the standard of a Bible Christian.”

Why did Paul work as a self-supporting missionary? - Summary

- To show he was not preaching the gospel for gain.
- To witness to a class of people he could not otherwise reach.
- To be able to teach his fellow workers while working.
- To correct the fanatical views of some on manual labor.
- To show the importance of industry and thoroughness.
- To show that skill in common arts is a gift from God.
- To teach young ministers the importance of exercise.
- To show that manual labor gives vitality and force to his teaching.
- To show the laymen how they could preach the gospel.

Chapter 3 - Highways and Hedges

The Vineyard

“And He said unto them, Go ye into all the world, and preach the gospel to every creature.” *Mark 16:15*.

“and to every nation, and kindred, and tongue, and people” *Revelation 14:6*.

“And the lord said unto the servant, Go out into the highways and hedges, and compel them to come in, that my house may be filled.” *Luke 14:23*.

Christ's Object Lessons, p. 226. “(Luke 14:23) Here Christ pointed to the work of the gospel outside the pale of Judaism, in the highways and byways of the world.”

Global Statistics (SDA Church Yearbook 2011: CIA World Factbook)

Region	SDA Ratio	Population
Trans-Mediterranean Mission (Turkey, Iran, Afgan., Lybia, Morrocco...)	1 in 560,532	238,226,000
Pakistan Union	1 in 12,970	176,745,000
Middle East Union (Iraq, Saudi Arabia, Egypt, Sudan...)	1 in 12,657	247,554,000
Southern Union Mission (Kazakhstan, Uzbekistan, Kyrgystan...)	1 in 10,313	64,240,000
Japan Union Mission	1 in 8,332	127,368,000
Polish Union	1 in 6,640	38,415,000
Italian Union	1 in 6,447	60,770,000
Franco/Belgium Union	1 in 5,020	76,068,000
East Asia Association (China)	1 in 3,292	1,366,475,000
Spain Union	1 in 2,921	47,043,000
British Union	1 in 2,141	67,769,000
Worldwide Average	1 in 400	7,000,000,000
Southern Union (USA)	1 in 239	62,357,000
Papua New Guinea Union Mission	1 in 25	6,310,000
Zambia Union Mission	1 in 18	13,818,000
Jamaican Union	1 in 10	2,709,000

Words of Encouragement to Self-Supporting Workers

(Report of a talk by Mrs. E. G. White to the teachers and students of the Nashville Agricultural and Normal Institute at Madison, Tenn., April 26, 1909)

“Christ meant much when He said, go out into the highways and the hedges. You must not neglect the highways. You must bring the truth before those in the highways. Neither are you to neglect those that are in the hedges. In addition to the work that must be done in the great cities, there is a work to be performed for those that are scattered all through the regions round about.” p. 3

“Some, it is true, must plan to look forward to the time when they will do a large work in response to general calls; but who will attend to the highways? Who will go into the hedges? There are those that Christ will move upon, and they will see the necessity of entering neglected portions of the vineyard. They will delight to open the Scriptures to

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those that are in darkness and do not understand the truth. This is the very work that is to be done. Let every one of us stand in our lot and in our place. And if there are those whom the Lord moves upon to give themselves to the neglected portions of the vineyard, let no man seek to turn them away from their appointed work. If those who know the truth, conceal from others the great light that has shined into their own hearts, they are held accountable for neglecting their duty.” p. 4

“There are those among us who have been in the truth for years, who have never seen nor sensed the need there is for working the highways and the hedges. All such should seek for reconversion of heart, for divine enlightenment, that they may discern the needs of a dying world.” p. 10

“The light is given that we must not have special anxiety to crowd too many interests into one locality, but should look for places in out-of-the-way districts and work in new places. . . The seeds of truth are to be sown in uncultivated centers. . .” p. 21

Review and Herald, Aug. 2, 1906. “Those of our people who are living in large centers would gain a precious experience if, with their Bibles in their hands, and their hearts open to the impressions of the Holy Spirit, they would go forth to the highways and byways of the world with the message they have received.”

Christian Service, p. 66. “Students, go out into the highways and hedges. Endeavor to reach the higher as well as the lower classes. Enter the homes of the rich as well as the poor.”

Manuscript 11, 1908. “Prepare workers to go out in the highways and hedges. We need wise nurserymen who will transplant trees to different localities and give them advantages, that they may grow. It is the positive duty of God's people to go into the regions beyond. Let forces be set at work to clear new ground, to establish new centers of influence wherever an opening can be found.”

Fundamentals of Christian Education, p 366. “God is waiting for men to engage in home missionary work in our large cities, and men and women are retained in Battle Creek when they should be distributed in the cities and towns, along the highways and hedges.”

The Workers

Personal Letter, Oct., 1908. “The church-members should be drawn out to labor. . . . I am instructed to say that the angels of God will direct in the opening of fields nigh as well as afar off. . . . God calls upon believers to obtain an experience in missionary work by branching out into new territory, and working intelligently for the people in the byways. . . . The Lord is certainly opening the way for us as a people to divide and subdivide the companies that have been growing too large to work together to the greatest advantage.”

Pamphlet 005, An Appeal for Self-Supporting Laborers to Enter Unworked Fields, p. 29. “The whole church needs to be imbued with the missionary spirit; then there will be many to work unselfishly in various ways as they can, without being salaried. . . . Young men need to catch the missionary spirit, to be thoroughly imbued with the spirit of the message.”

Medical Ministry, p. 321. “Young men, go forth into the places to which you are directed by the Spirit of the Lord. Work with your hands, that you may be self-supporting, and as you have opportunity proclaim the message of warning.”

Pamphlet 113, Words of Encouragement to Self-Supporting Workers. “I am glad that our people are established here at Madison. I am glad to meet these workers here, who are offering themselves to go to different places. God's work is to advance steadily; his truth is to triumph. To every believer we would say: Let no one stand in the way. Say not, “We cannot afford to work in a sparsely-settled field, and largely in a self-supporting way, when out in the world are great fields where we might reach multitudes.” And let none say, “We cannot afford to sustain you in an effort to work in those out-of-the-way places.” What! Cannot afford it! You cannot afford not to work in these isolated places; and if you neglect such fields, the time will come when you will wish that you had afforded it. There is a world to be saved.

Let some of our consecrated teachers go out into the highways and the hedges, and compel the honest in heart to come in,—not by physical force; oh, no! but with the weight of evidence as presented in God's Word.”

Letter 136, 1902. “Let married men and women who know the truth go forth to the neglected fields to enlighten others. Follow the example of those who have done pioneer work in new fields. Wisely work in places where you can best labor. Learn the principles of health reform, in order that you may be able to teach them to others. By reading and studying the various books and periodicals on the subject of health, learn to give treatment to the sick, and thus to do better work for the Master.”

Pamphlet 005, An Appeal for Self-Supporting Laborers to Enter Unworked Field, p. 35. “How are the people to be warned in these countries, is the question. What can be done to proclaim the message when we have so little means to work with, and so few workers.

If several families who could understand the situation would move to these countries and engage in some business in places where a few keeping the Sabbath, and do missionary work for Christ's sake, I know that by personal labor and holding a steady influence they could do much good. O that the Lord would stir up the minds of many in America to give themselves to this work! I have tried again and again to place the situation before our people in Battle Creek, but no one responds.

Sometimes I feel that I must never leave this field until families are settled here from America as missionaries, not ordained ministers, but workers in different lines.”

Review and Herald, May 25, 1897. “Why has it not been understood from the Word of God that the work being done in medical missionary lines is a fulfillment of the scripture, ‘Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind. . . . The servant said, Lord, it is done as thou hast commanded, and yet there is room. And the lord said unto the servant, Go out into the highways and hedges, and compel them to come in, that my house may be filled.’

This is a work that the churches in every locality, north and south and east and west, should do. The churches have been given the opportunity of answering this work. Why have they not done it? Someone must fulfill the commission.”

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Chapter 4 - Origins and Development of Self-supporting Work

E.A. Sutherland (1865-1955) (Excerpts taken from “Madison, God’s Beautiful Farm”)

Edward Sutherland was a young man who grew up in Battle Creek near the home of Ellen G. White. As a boy he would often visit and sit at her feet while she told stories. In 1890 he graduated from Battle Creek and for the next two years gained some teaching experience.

1892—Seen as a highly capable young man, he was chosen as the first principle of our college in Walla Walla, Washington.

1894—He was elected president of Walla Walla and sought to model the school after Avondale, our school in Australia where Ellen White had helped form the curriculum and student work program. Ellen White was shown that practical education for the students was as important, if not more important, than intellectual learning, and that they were to go hand in hand. She also appealed that our colleges work to become self-supporting financially by having students and staff working at trades connected with the school.

At Walla Walla Sutherland had students and staff working together on the school farm and lumber business he started. Soon the school was breaking even financially and no longer needed funds from the General Conference to support it.

February 1897—After giving a report of his work at Walla Walla the General Conference appointed Sutherland president of Battle Creek at age 32 and his good friend Percy Magan as the Dean of the college.

He made strong efforts to keep the focus of the school on missionary training and not just studying for degrees. He also worked to introduce the work program at Battle Creek, but it was difficult while the school was in the city.

“Sutherland and Magan surveyed the crowded conditions on the campus and resolved to do something even on this restricted campus of seven acres—including a tennis court. ‘Let’s turn the tennis court and the baseball diamond into a vegetable garden,’ Edward Sutherland suggested. ‘I’ll help you.’ Percy Magan Magan rolled up his sleeves.” So they did, and soon successfully had their students outdoors - learning how to grow food rather than just playing games.

1901—Through the council of Ellen White, the support of the General Conference, and a vote by the college board, Sutherland and Magan were able to move the college from Battle Creek to Berrien Springs.

1903—The school re-opened in its new location and was re-named Emmanuel Missionary College. Here Sutherland was able to bring in the full program as outlined by Sister White. The students were not to be there for selfish purposes, but rather to develop their talents to be used for God’s glory in the mission field. Each student was required to work half of their day in practical work in addition to their studies of scripture and the sciences.

1904—Due to resistance to the program instituted by President Sutherland, he and Percy Magan resigned at a Lake Union meeting held on the campus.

The Madison School

1904—At the suggestion of Ellen White, E.A. Sutherland and Percy T. Magan moved south where the three angels’ messages had not spread very far and where they could start their own school without as much resistance as at the center of education of our denomination.

“Both men still shared the dream of a school where the science of true education might be brought to full fruition, unhampered by criticism—a school where God’s plan could be carried out in every particular.” Land was purchased just outside of Nashville in Madison, Tennessee for this purpose and was owned by a non-profit corporation formed by Ellen White herself, with E.A. Sutherland, Percy Magan, George Butler- President of the Southern Union and former General Conference President and S.N. Haskell. At first the leaders at the General Conference disapproved of this decision, but through the continued support of Ellen White and the Holy Spirit’s work on the hearts of men, the Madison school would finally receive approval of the church leaders in Washington D.C. This was the first and only

board that Ellen G. White was ever a member of. She also wrote a series of special testimonies called “The Madison School.”

SpTB11, The Madison School, p. 21. “Words of instruction were given me to speak to you and Elders-----,-----, and ---. I said: You have a work to do to encourage the school work in Madison, Tennessee. . . . The workers who have been striving to carry out the mind and will of God in Madison have not received the encouragement they should have. . . . The brethren who have influence should do all in their power to hold up the hands of these workers by encouraging and supporting the work of the Madison school. Means should be appropriated to the needs of the work in Madison, that the labors of the teachers may not be so hard in the future.”

1908—Madison won the confidence of General Conference President A.G. Daniels and the General Conference gave \$19,500 to the school for assistance.

1909—At the 1909 session of the general conference, at Washington, D.C., the general conference made the following recommendation:

“We Recommend,

That our stronger conferences search out and encourage suitable persons to undertake the self-supporting work, and that the workers thus selected be encouraged to pursue a course of instruction at the Nashville Agricultural and Normal Institute.”

Those desiring information should address,
E.A. Sutherland, Madison, Tenn.

1914—Percy Magan left the Madison School to help establish a new medical missionary school in Southern California called Loma Linda.

1930-40’s—Madison’s Golden Age, especially in the 1930’s during economic hard times in the U.S. the Madison College flourished because students could not take out school loans to go to college and at Madison they could work their way through school and get practical skills at the same time. The graduates from Madison were of a higher caliber than from other schools because of their clear intellect, disciplined lives and practical know how. These graduates came out of Madison and started dozens of other small self-supporting ministries across the South including lifestyle centers, elementary schools and vegetarian restaurants.

1938—Nationwide articles in the “Readers Digest”, the “New York Times”, “Ripley’s Believe it or Not” and even an article from the president of the United States wife, Eleanor Roosevelt, called “My Day” where she shares about her visit to the first “Self-supporting College.”

1942—Wildwood Lifestyle Center & Hospital was started two hours from the Madison School by a Southern California conference evangelist named W.D. Frazee along with a team of Madison College graduates.

Adventist-laymen’s Services and Industries (ASI)

1947—E.A. Sutherland was called by the General Conference to visit Washington D.C. to discuss how to unify supporting ministries and the denomination. After one week of discussion and prayer ASI was birthed, which stood for Association of Seventh-day Adventist Self-supporting Institutions.

1979—Over the years ASI began to include businesses and Adventist entrepreneurs and professionals. Thus in 1979, to better reflect ASI’s diverse membership, the organization’s name was changed to Adventist-laymen’s Services & Industries. ASI’s headquarters is located at the North American Division headquarters in Silver Springs, Maryland. All members of ASI must prove support of the vision, purpose, and doctrine of the Seventh-Day Adventist church and agree not to direct tithe money from church members into their ministries.

Examples of ASI members: 3ABN, Amazing Facts, Gospel Outreach International, Adventist Frontier Missions, Outpost Centers International, Adventist Southeast Asia Projects and over 1000 more!

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Outpost Centers International (OCI)

1983—Through the 1970’s and early 80’s Wildwood was instrumental in helping to establish several new self-supporting ministries around the world. With ASI growing and broadening its membership, there was a felt need for a nurturing organization that could serve as counselor and encourager to many of the new self-supporting institutions. This organization could facilitate the growth of self-supporting work, network existing projects, and help train and strengthen leaders. In 1983 Outpost Centers International or OCI was formed to serve this purpose. OCI itself and all of its members are also members of ASI.

Examples of OCI members: Wildwood Lifestyle Center & Hospital, Uchee Pines, Eden Valley, Riverside Farms-Zambia, Herghelia Lifestyle Center-Romania, Living Springs-India, Lay Institute for Global Health Training (LIGHT) and over 80 more!

Lay Institute for Global Health Training (LIGHT)

2008—To make short health evangelism training available to every member around the world in their own country and language and to assist in the further establishment of permanent centers of health and healing, LIGHT was established in 2008 as an ASI member and supporting ministry of the Seventh-day Adventist church.

Additional Reading:

Pamphlet 012, An Appeal to Seventh-day Adventists to Fulfill Their Duty to the South, p. 15.
<http://download.lightingtheworld.org/MMDocs/>

Chapter 5 - Comprehensive Sustainable Evangelism

Two Heads Are Better Than One

Evangelism, p. 73. “When one labors alone continually, he is apt to think that his way is above criticism, and he feels no particular desire to have anyone labor with him. But it is Christ’s plan that someone should stand right by his side, so that the work shall not be molded entirely by one man’s mind, and so that his defects of character shall not be regarded as virtues by himself or by those who hear him.”

Counsels to Parents, Teachers, and Students, p. 521. “No one man, whether a teacher, a physician, or a minister, can ever hope to be a complete whole. God has given to every man certain gifts and has ordained that men be associated in His service in order that the varied talents of many minds may be blended. The contact of mind with mind tends to quicken thought and increase the capabilities. The deficiencies of one laborer are often made up by the special gifts of another; and as physicians and teachers thus associated unite in imparting their knowledge, the youth under their training will receive a symmetrical, well-balanced education for service.”

Proverbs 27:17 - Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

Counsels on Health, p. 493. “Let schools and sanitariums now be established in many places in the Southern States. Let centers of influence be made in many of the Southern cities by the opening of food stores and vegetarian restaurants. Let there also be facilities for the manufacture of simple, inexpensive health foods. But let not selfish, worldly policy be brought into the work, for God forbids this. Let unselfish men take hold of this work in the fear of God and with love for their fellow men.”

City Work

7 Testimonies, pp. 122, 123. “I have been instructed that one of the principal reasons why hygienic restaurants and treatment-rooms should be established in the centers of large cities, is that by this means the attention of leading men will be called to the third angel’s message. Noticing that these restaurants are conducted in a way altogether different from the way in which ordinary restaurants are conducted, men of intelligence will begin to inquire into the reasons for the difference in business methods, and will investigate the principles that lead us to serve superior food. Thus they will be led to a knowledge of the message for this time.”

7 Testimonies, p. 129. “The knowledge of methods for the manufacture of health foods, which God gave to His people as a means of helping to sustain His cause, these men have disclosed to worldly businessmen, who are using it for personal gain. They have sold the Lord's goods for personal profit.”

Counsels on Health, p. 468. “In every city where we have a church, there is need of a place where treatment can be given.”

Outpost Centers

Country Living, p. 31. “Repeatedly the Lord has instructed us that we are to work the cities from outpost centers. In these cities we are to have houses of worship, as memorials for God, but institutions for the publication of our literature, for the healing of the sick, and for the training of workers, are to be established outside the cities. Especially is it important that our youth be shielded from the temptations of city life.”

Medical Ministry, pp. 308, 309. “Let men of sound judgment be appointed, not to publish abroad their intentions, but to search for such properties in the rural districts, in easy access to the cities, suitable for small training schools for workers, and where facilities may also be provided for treating the sick and weary souls who know not the truth. Look for such places just out from the large cities, where suitable buildings may be secured, either as a gift from the owners, or purchased at a reasonable price by the gifts of our people. Do not erect buildings in the noisy cities.”

Training Schools

Counsels to Parents, Teachers, and Students, p. 469. “And while God is calling upon young men and women who have already gained a practical knowledge of how to treat the sick, to labor as gospel medical missionaries in connection with experienced evangelical workers, He is also calling for many recruits to enter our medical missionary training schools to gain a speedy and thorough preparation for service. Some need not spend so long a time in these schools as do others. It is not in harmony with God's purpose that all should plan to spend exactly the same length of time, whether three, four, or five years, in preparation, before beginning to engage in active field work. Some, after studying for a time, can develop more rapidly by working along practical lines in different places, under the supervision of experienced leaders, than they could by remaining in an institution. As they advance in knowledge and ability, some of these will find it much to their advantage to return to one of our sanitarium training schools for more instruction. Thus they will become efficient medical missionaries, prepared for trying emergencies.”

9 Testimonies, p. 172. “Workers--gospel medical missionaries--are needed now. You cannot afford to spend years in preparation.”

8 Testimonies, pp. 229, 230. “The youth should be encouraged to attend our training schools for Christian workers, which should become more and more like the schools of the prophets. These institutions have been established by the Lord, and if they are conducted in harmony with His purpose, the youth sent to them will quickly be prepared to engage in various lines of missionary work. Some will be trained to enter the field as missionary nurses, some as canvassers, and some as gospel ministers.”

Christian Educator, August 1, 1897 par. 4. “Now as never before we need to understand the true science of education. If we fail to understand this, we shall never have a place in the kingdom of God.”

Spalding and Magan Collection, p. 397. “We need schools that will be self-supporting; and this can be, if teachers and students will be helpful, industrious, and economical.”

6 Testimonies, p. 145. “Though in many respects our institutions of learning have swung into worldly conformity, though step by step they have advanced toward the world, they are prisoners of hope. Fate has not so woven its meshes about their workings that they need to remain helpless and in uncertainty. If they will listen to His voice and follow in His ways, God will correct and enlighten them, and bring them back to their upright position of distinction from the world.”

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Chapter 6 - Small Sanitariums and Treatment Rooms

Pamphlet 119, An Appeal for the Madison School, p. 2. “It is essential that there shall be a sanitarium connected with the Madison school. The educational work at the school and the sanitarium can go forward hand in hand. The instruction given at the school will benefit the patients, and the instruction given to the sanitarium patients will be a blessing to the school.”

Pamphlet 005, An Appeal for Self-Supporting Laborers to Enter Unworked Field, p. 38. “Today the truth is to be proclaimed as Christ proclaimed it when He was on this earth. Our people who are collected together at large centers should be out in the field working for souls. They should go to places where the truth has not yet been heard, and pray and plan and work and gain an experience by practical work. Is not Christ in our world today as verily as He was then? Can He not heal the sick as well now as then? Let small sanitariums and treatment rooms be established, and let people be given an education in the simple methods of treating disease. Those who take up this work will increase in capability; for unseen heavenly agencies will be present to help them.”

Manuscript 5, 1908. “To preach the gospel means much more than many realize. It is a broad, far-reaching work. Our sanitariums have been presented to me as most efficient mediums for the promotion of the gospel message.”

Letter 213, 1902. “The conversion of souls is the one great object to be sought for in our medical institutions. It is for this that these institutions are established.”

Medical Ministry, p. 327. “Our sanitariums are to help to make up the number of God's people. We are not to establish a few mammoth institutions; for thus it would be impossible to give the patients the messages that will bring health to the soul. Small sanitariums are to be established in many places.”

Counsels on Health, p. 211. “not expensive, mammoth sanitariums, but homelike institutions in pleasant places.”

Medical Ministry, p. 158. “Break up the large centers,” has been the word of the Lord. “Carry the light to many places.” Those who are desirous of receiving a training for effective medical missionary work should understand that large sanitariums will be conducted so much like institutions of the world that students laboring in such sanitariums cannot obtain a symmetrical training for Christian medical missionary work.”

Counsels on Health, p. 469. “When the light came that we should begin sanitarium work, the reasons were plainly given. There were many who needed to be educated in regard to healthful living. As the work developed, we were instructed that suitable places were to be provided, to which we could bring the sick and suffering who knew nothing of our people and scarcely anything of the Bible, and there teach them how to regain health by rational methods of treatment without having recourse to poisonous drugs, and at the same time surround them with uplifting spiritual influences. As a part of the treatment, lectures were to be given on right habits of eating and drinking and dressing. Instruction was to be given regarding the choice and the preparation of food, showing that food may be prepared so as to be wholesome and nourishing and at the same time appetizing and palatable.”

Manuscript 5, 1908. “Let the spiritual atmosphere of these institutions be such that men and women who are brought to the sanitariums to receive treatment for their bodily ills shall learn the lesson that their diseased souls need healing.

...

Simple, earnest talks may be given in the parlors, pointing the sufferers to their only hope for the salvation of the soul. These religious meetings should be short and right to the point, and they will prove a blessing to the hearers... Publications containing the precious truths of the gospel should be in the rooms of the patients, or where they can have easy access to them. There should be a library in every sanitarium, and it should be supplied with books containing the light of the gospel. Judicious plans should be laid that the patients may have constant access to reading matter that contains the light of present truth. . . .

Let our sanitariums become what they should be-- homes where healing is ministered to sin-sick souls. And this will be done when the workers have a living connection with the Great Healer.”

Medical Ministry, p. 27. “As to drugs' being used in our institutions, it is contrary to the light which the Lord has been pleased to give. The drugging business has done more harm to our world and killed more than it has helped or cured. The light was first given to me why institutions should be established, that is, sanitariums were to reform the medical practices of physicians.”

Ministry of Healing, p. 237. “But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.”

Medical Ministry, p. 191. “Let every means be devised to bring about the saving of souls in our medical institutions. This is our work. If the spiritual work is left undone, there is no necessity of calling upon our people to build these institutions. Those who have no burning desire to save souls are not the ones who should connect with our sanitariums.”

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Appendix A - Additional Counsels on Education & the Madison School

Christian Education, p. 17-20. “Physical labor will not prevent the cultivation of the intellect. Far from this. The advantages gained by physical labor will so balance the mind that it shall not be overworked. The toil will then come upon the muscles, and relieve the wearied brain. There are many listless, useless girls who consider it unlady-like to engage in active labor. But their characters are too transparent to deceive sensible persons in regard to their real worthlessness... Physical soundness, and a practical knowledge in all the necessary household duties, is never a hindrance to a well-developed intellect, but is highly important for a lady.

All the powers of the mind should be called into use, and developed, in order for men and women to have well-balanced minds. The world is full of one-sided men and women, because one set of the faculties is cultivated, while others are dwarfed from inaction. The education of most youth is a failure. They overstudy, while they neglect that which pertains to practical business life.

There should have been in past generations provisions made for education upon a larger scale.... I have been led to inquire, Must all that is valuable in our youth be sacrificed in order that they may obtain an education at the schools? If there had been agricultural and manufacturing establishments in connection with our schools, and competent teachers had been employed to educate the youth in the different branches of study and labor, devoting a portion of each day to mental improvement, and a portion of the day to physical labor, there would now be a more elevated class of youth to come upon the stage of action, to have influence in moulding society. The youth who would graduate at such institutions would many of them come forth with stability of character. They would have perseverance, fortitude, and courage to surmount obstacles, and principles that would not be swerved by wrong influence, however popular. There should have been experienced teachers to give lessons to young ladies in the cooking department. Young girls should have been instructed to manufacture wearing apparel, to cut, make, and mend garments, and thus become educated for the practical duties of life.

For young men there should be establishments where they could learn different trades, which would bring into exercise their muscles as well as their mental powers. If the youth can have but a one-sided education, and it is asked, Which is of the greater consequence, the study of the sciences with all the disadvantages to health and life, or the knowledge of labor for practical life, we unhesitatingly say, The latter. If one must be neglected, let it be the study of books.

The impression that work is degrading to fashionable life, has laid thousands in the grave who might have lived. . . . Intellectual, physical, and moral culture should be combined in order to have well-developed and well-balanced men and women. Some are qualified to exercise greater intellectual strength than others, while others are inclined to love and enjoy physical labor. Both of these should seek to improve where they are deficient, that they may present to God their entire being, a living sacrifice, holy and acceptable to him, which is their reasonable service. The habits and customs of fashionable society should not shape their course of action. The inspired apostle adds (Romans 12:2 quoted).”

Counsels to Parents, Teachers, and Students, p. 426. “Yet the study of the sciences is not to be neglected. Books must be used for this purpose; but they should be in harmony with the Bible, for that is the standard. Books of this character should take the place of many of those now in the hands of students.”

Pamphlet 119, An Appeal for the Madison School, pp. 2-3. “The class of education given at the Madison school is such as will be accounted a treasure of great value by those who take up missionary work in foreign fields. If many more in other schools were receiving a similar training, we as a people would be a spectacle to the world, to angels, and to men. The message would be quickly carried to every country, and souls now in darkness would be brought to the light.

It would have been pleasing to God if, while the Madison school has been doing its work, other such schools had been established in different parts of the Southern field. There is plenty of land lying waste in the South that might have been improved as the land about the Madison school has been improved. The time is soon coming when God's people, because of persecution, will be scattered in many countries. Those who have received an all-round education will have a great advantage wherever they are. The Lord reveals divine wisdom in thus leading His people to train all their faculties and capabilities for the work of disseminating truth.

Every possible means should be devised to establish schools of the Madison order in various parts of the South; and those who lend their means and their influence to help this work, are aiding the cause of God. I am instructed to say to those who have means to spare: Help the work at Madison. You have no time to lose. Satan will soon rise up to create hindrances; let the work go forward while it may.

Let us strengthen this company of educators to continue the good work in which they are engaged, and labor to encourage others to do a similar work. Then the light of truth will be carried in a simple and effective way, and a great work will be accomplished for the Master in a short time.”

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Introduction

Review and Herald, March 9, 1905. “Let us strive with all the power that God has given us to be among the hundred and forty-four thousand.”

Revelation 7:14; 14:1-5 – represents a class of fully mature Christians

1 John 3:2 – those that remain on the earth when Jesus comes will have His character

Romans 8:29 – conform or with the form, shape, or likeness of

Romans 12:2 – transformed, reformed into God’s image

Genesis 1:26 – we were created in God’s image; yet, because of sin we need to be transformed

2 Corinthians 5:17; Psalm 51:10 – We cannot change ourselves. It’s a creative miracle!

Matthew 7:13 – The world is following the broad road to destruction. If we are following the straight and narrow way we will be in the minority.

2 Corinthians 3:2,3 – We are to be examples to the world.

Romans 12:2 – We are transformed by the renewing of our mind. God wants us to think straight on every subject.

John 17:17 – God has given us a standard to measure our thinking – His Word.

2 Corinthians 3:18 – It is by beholding that we become changed. We must be willing to have our mind changed. God’s plan is to work inside out.

Early Writings, p. 71. “I also saw that many do not realize what they must be in order to live in the sight of the Lord without a high priest in the sanctuary through the time of trouble. Those who receive the seal of the living God and are protected in the time of trouble **must reflect the image of Jesus fully.**”

I saw that many were neglecting the preparation so needful and were looking to the time of “refreshing” and the “latter rain” to fit them to stand in the day of the Lord and to live in His sight. Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful preparation; therefore they could not receive the refreshing that all must have to fit them to live in the sight of a holy God.

Those who refuse to be hewed by the prophets and fail to purify their souls in obeying the whole truth, and who are willing to believe that their condition is far better than it really is, will come up to the time of the falling of the plagues, and then see that they needed to be hewed and squared for the building. But there will be no time then to do it and no Mediator to plead their cause before the Father. Before this time the awfully solemn declaration has gone forth, “He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.”

I saw that none could share the “refreshing” unless they obtain the victory over every besetment, over pride, selfishness, love of the world, and over every wrong word and action. We should, therefore, be drawing nearer and nearer to the Lord and be earnestly seeking that preparation necessary to enable us to stand in the battle in the day of the Lord. Let all remember that God is holy and that none but holy beings can ever dwell in His presence.”

1 Selected Messages, p. 191. “The latter rain will come, and the blessing of God will fill every soul that is purified from every defilement. It is **our work today to yield our souls to Christ**, that we may be fitted for the time of refreshing from the presence of the Lord--fitted for the baptism of the Holy Spirit.”

Our High Calling, p. 15. “As Satan seeks to break down the barriers of the soul, by tempting us to indulge in sin, we must by living faith retain our connection with God, and have confidence in His strength to enable us to overcome every besetment. We are to flee from evil, and seek righteousness, meekness, and holiness.”

Sons and Daughters of God, p. 370. “In order to gain the victory over every besetment of the enemy, we must lay hold on a power that is out of and beyond ourselves. We must maintain a constant, living connection with Christ, who has power to give victory to every soul that will maintain an attitude of faith and humility.”

Great Controversy, p. 425. (After quoting Malachi 3:2, 3) “Those who are living upon the earth when the intercession of Christ shall cease in the sanctuary above are to stand in the sight of a holy God without a mediator. Their robes must be spotless, their characters must be purified from sin by the blood of sprinkling. Through the grace of God and their own diligent effort they must be conquerors in the battle with evil. While the investigative judgment is going forward in heaven, while the sins of penitent believers are being removed from the sanctuary, there is to be a special work of purification, of putting away of sin, among God’s people upon earth. This work is more clearly presented in the messages of Revelation 14.”

The devil is trying to do everything he can to stop this great work from happening in God’s people.

Great Controversy, p. 516. “There is nothing that the great deceiver fears so much as that we shall become acquainted with his devices.”

Chapter 1 - Character

Importance of a Consistent Christian Character

Reflecting Christ, p. 185. “True beauty of character is not something that shines out only on special occasions; the grace of Christ dwelling in the soul is revealed under all circumstances. He who cherishes this grace as an abiding presence in the life will reveal beauty in character under trying as well as under easy circumstances. In the home, in the world, in the church, we are to live the life of Christ. There are souls all around in need of conversion. When the law of God is written upon the heart, and is witnessed to in a holy character, those who know not the power of the grace of Christ will be led to desire it, and will be converted.” (*Signs of the Times, November 14, 1911*)

Prophets and Kings, p. 233. “To the heart that has become purified, all is changed. Transformation of character is the testimony to the world of an indwelling Christ. The Spirit of God produces a new life in the soul, bringing the thoughts and desires into obedience to the will of Christ; and the inward man is renewed in the image of God. Weak and erring men and women show to the world that the redeeming power of grace can cause the faulty character to develop into symmetry and abundant fruitfulness.”

Treasure of a Christian Character – Matthew 6:19-21

Child Guidance, p. 161. “A character formed according to the divine likeness is the only treasure that we can take from this world to the next. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions. And in heaven we are continually to improve. How important, then, is the development of character in this life.”

How Character is Formed

Child Guidance, p. 164. “Character does not come by chance. It is not determined by one outburst of temper, one step in the wrong direction. It is the repetition of the act that causes it to become habit, and molds the character either for good or for evil. Right characters can be formed only by persevering, untiring effort, by improving every entrusted talent and capability to the glory of God. Instead of doing this, many allow themselves to drift wherever impulse or circumstances may carry them. This is not because they are lacking in good material, but because they do not realize that in their youth God wants them to do their very best.

Our first duty to God and our fellow beings is in self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable. In order to purify and refine our characters, we need the grace given us of Christ that will enable us to see and correct our deficiencies and improve that which is excellent in our characters.”

Thoughts ⇒ Actions ⇒ Habits ⇒ Character ⇒ Destiny

Child Guidance, p. 199. “It is . . . by a repetition of acts that habits are established and character confirmed.”

Character Consists of Two Main Things

Child Guidance, p. 161. “Strength of character consists of two things--power of will and power of self-control. Many youth mistake strong, uncontrolled passion for strength of character; but the truth is that he who is mastered by his passions is a weak man. The real greatness and nobility of the man is measured by his powers to subdue his feelings, not by the power of his feelings to subdue him. The strongest man is he who, while sensitive to abuse, will yet restrain passion and forgive his enemies.”

We Are to Work with God in Forming Our Characters

Child Guidance, pp. 164, 165. “To a great extent everyone is the architect of his own character. Every day the structure more nearly approaches completion. The Word of God warns us to take heed how we build, to see that our building is founded upon the Eternal Rock. The time is coming when our work will stand revealed just as it is. Now is the time for all to cultivate the powers that God has given them, that they may form characters for usefulness here and for a higher life hereafter. . . .

God expects us to build characters in accordance with the pattern set before us. We are to lay brick by brick, adding grace to grace, finding our weak points and correcting them in accordance with the directions given. When a crack is seen in the walls of a mansion, we know that something about the building is wrong. In our character building, cracks are often seen. Unless these defects are remedied, the house will fall when the tempest of trial beats

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upon it.

God gives us strength, reasoning power, time, in order that we may build characters on which He can place His stamp of approval. He desires each child of His to build a noble character, by the doing of pure, noble deeds, that in the end he may present a symmetrical structure, a fair temple, honored by man and God.... In our character building we must build on Christ. He is the sure foundation--a foundation which can never be moved. The tempest of temptation and trial cannot move the building which is riveted to the Eternal Rock.

He who would grow into a beautiful building for the Lord must cultivate every power of the being. It is only by the right use of the talents that the character can develop harmoniously. Thus we bring to the foundation that which is represented in the Word as gold, silver, precious stones--material that will stand the test of God's purifying fires. In our character building Christ is our example.”

Sanctified Life, p. 93. “If we would develop a character which God can accept, we must form correct habits in our religious life. Daily prayer is as essential to growth in grace, and even to spiritual life itself, as is temporal food to physical well-being. We should accustom ourselves to lift the thoughts often to God in prayer. If the mind wanders, we must bring it back; by persevering effort, habit will finally make it easy. We cannot for one moment separate ourselves from Christ with safety. We may have His presence to attend us at every step, but only by observing the conditions which He Himself has laid down.”

Exhortation

Youth's Instructor, August 18, 1886 par. 7. “Now is the time to consult the mirror of God's word, to look carefully to see if you do not stand condemned by it. If you stand condemned, then change at once your habits; for you can never reach the hand of Christ by continuing to transgress the law of God. But when you exercise repentance toward God because you have transgressed his law, then your only hope is to have faith in Jesus Christ. If we sin, we have an advocate with the Father, Jesus Christ the righteous. Come to Jesus by living faith. Put off evil, which clings to the soul to poison all its springs of action. We must fight against the sins that war against the soul. You cannot in your own strength do this work, but come to Jesus in faith. He will help you and strengthen you to put away evil tendencies, and will array you in the true beauty of his character. We are exhorted to put on the Lord Jesus. Simple faith and obedience go hand in hand. Your faith without obedience to God's holy law is of no value, but obedience to God and faith in the Great Sacrifice offered,--that his blood was shed for you, and you will accept the righteousness of Christ,--will make you an overcomer. Put your trust in Jesus Christ, and he will bring you off more than conqueror.”

Are There any Character Defects that Cannot Be Fixed?

Christ's Object Lessons, p. 331. “Let no one say, I cannot remedy my defects of character. If you come to this decision, you will certainly fail of obtaining everlasting life. The impossibility lies in your own will. If you will not, then you can not overcome. The real difficulty arises from the corruption of an unsanctified heart, and an unwillingness to submit to the control of God.”

Christ's Object Lessons, p. 331. “But Christ has given us no assurance that to attain perfection of character is an easy matter. A noble, all-round character is not inherited. It does not come to us by accident. A noble character is earned by individual effort through the merits and grace of Christ. God gives the talents, the powers of the mind; we form the character. It is formed by hard, stern battles with self. Conflict after conflict must be waged against hereditary tendencies. We shall have to criticize ourselves closely, and allow not one unfavorable trait to remain uncorrected.”

Is Character Development a Life or Death Matter?

Child Guidance, p. 162. “The formation of character is the work of a lifetime, and it is for eternity. If all could realize this, if they would awake to the thought that we are individually deciding our own destiny for eternal life or eternal ruin, what a change would take place! How differently would this probationary time be occupied, and what different characters would fill our world!”

For Further Study: *Education* chapter 25, “Education and Character,” *Counsels to Parents, Teachers, and Students* chapter 8, “Character Building”

Chapter 2 - Separation & Balance

Separation

* Deuteronomy 14:2 * Exodus 19:5 * Titus 2:14 * 1 Peter 2:9 * 2 Corinthians 6:14-18

Matthew 7:13,14. “Enter ye in at the strait gate: for wide *is* the gate, and broad *is* the way, that leadeth to destruction, and many there be which go in thereat: Because strait *is* the gate, and narrow *is* the way, which leadeth unto life, and few there be that find it.”

1 Testimonies, pp. 127,8. “(Matthew 7:13,14 quoted). These roads are distinct, separate, in opposite directions. One leads to eternal life, the other to eternal death. I saw the distinction between these roads, also the distinction between the companies traveling them. The roads are opposite; one is broad and smooth, the other narrow and rugged. So the parties that travel them are opposite in character, in life, in dress, and in conversation. Those who travel in the narrow way are talking of the joy and happiness they will have at the end of the journey. Their countenances are often sad, yet often beam with holy, sacred joy. They do not dress like the company in the broad road, nor talk like them, nor act like them. A pattern has been given them. A man of sorrows and acquainted with grief opened that road for them, and traveled it Himself. His followers see His footsteps, and are comforted and cheered. He went through safely; so can they, if they follow in His footsteps. In the broad road all are occupied with their persons, their dress, and the pleasures in the way. They indulge freely in hilarity and glee, and think not of their journey's end, of the certain destruction at the end of the path. Every day they approach nearer their destruction; yet they madly rush on faster and faster. Oh, how dreadful this looked to me! I saw many traveling in this broad road who had the words written upon them: ‘Dead to the world. The end of all things is at hand. Be ye also ready.’ They looked just like all the fain ones around them, except a shade of sadness which I noticed upon their countenances. Their conversation was just like that of the gay, thoughtless ones around them; but they would occasionally point with great satisfaction to the letters on their garments, calling for the others to have the same upon theirs. They were in the broad way, yet they professed to be of the number who were traveling the narrow way. Those around them would say: ‘There is no distinction between us. We are alike; we dress, and talk, and act alike.’”

1 Testimonies, p. 131. “I was shown the conformity of some professed Sabbath keepers to the world. Oh, I saw that it is a disgrace to their profession, a disgrace to the cause of God. They give the lie to their profession. They think they are not like the world, but they are so near like them in dress, in conversation, and actions, that there is no distinction. I saw them decorating their poor, mortal bodies, which are liable at any moment to be touched by the finger of God and laid upon a bed of anguish....Why is it so hard to lead a self-denying, humble life? Because professed Christians are not dead to the world. It is easy living after we are dead. But many are longing for the leeks and onions of Egypt. They have a disposition to dress and act as much like the world as possible and yet go to heaven. Such climb up some other way. They do not enter through the strait gate and narrow way.”

2 Testimonies, p. 125. “Many of the professed, peculiar people of God are so conformed to the world that their peculiar character is not discerned, and it is difficult to distinguish ‘between him that serveth God and him that serveth Him not.’ Malachi 3:18. God would do great things for His people if they would come out from the world and be separate. If they would submit to be led by Him, He would make them a praise in all the earth.”

Fundamentals of Christian Education, p. 288. “By conforming entirely to the will of God, we shall be placed upon vantage ground, and shall see the necessity of decided separation from the customs and practices of the world. We are not to elevate our standard just a little above the world's standard; but we are to make the line of demarcation decidedly apparent. There are many in the church who at heart belong to the world, but God calls upon those who claim to believe the advanced truth, to rise above the present attitude of the popular churches of today. Where is the self-denial, where is the cross-bearing that Christ has said should characterize His followers? The reason we have had so little influence upon unbelieving relatives and associates is that we have manifested little decided difference in our practices from those of the world. Parents need to awake, and purify their souls by practicing the truth in their home life. When we reach the standard that the Lord would have us reach, worldlings will regard Seventh-day Adventists as odd, singular, strait-laced extremists. ‘We are made a spectacle unto the world, and to angels, and to men.’ 1 Corinthians 4:9.”

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6 Testimonies, p. 91. “Baptism is a most solemn renunciation of the world.... ‘Come out from among them, and be ye separate,...and touch not the unclean thing.’”

Does this Mean We Should not Mingle with the World? Look at Jesus example in Luke 15:1

* Jesus taught the perfect balance of separation and association with the world... let’s follow Him!

Balance

The Word of God Stands Without Need of Adjustment

Deuteronomy 4:2. “Ye shall not add unto the word which I command you, neither shall ye diminish ought from it.”

Deuteronomy 17:20. “turn not aside from the commandment, to the right hand, or to the left”

Joshua 1:8. “This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”

5 Testimonies p. 305. “There is in human nature a tendency to run to extremes and from one extreme to another entirely opposite. Many are fanatics.”

There are Two Extremes to Every Situation

5 Testimonies, p. 644. “We have found in our experience that if Satan cannot keep souls bound in the ice of indifference, he will try to push them into the fire of fanaticism. When the Spirit of the Lord comes among His people, the enemy seizes the opportunity to work also, seeking to mold the work of God through the peculiar, unsanctified traits of different ones who are connected with that work. Thus there is always danger that unwise moves will be made. Many carry on a work of their own devising, a work which God has not prompted.

But, as far as the work has gone here in Battle Creek, there has been no fanaticism. We have felt the need of guarding it on every hand with the greatest care; for if the enemy can push individuals to extremes, he is well pleased. He can thus do greater harm than if there had been no religious awakening. We know that there has never yet been a religious effort made in which Satan has not tried his best to intrude himself, and in these last days he will do this as never before. He sees that his time is short, and he will work with all deceivableness of unrighteousness to mingle errors and incorrect views with the work of God and push men into false positions.”

Gospel Workers, p. 316. “As the end draws near, the enemy will work with all his power to bring in fanaticism among us. He would rejoice to see Seventh-day Adventists going to such extremes that they would be branded by the world as a body of fanatics. Against this danger I am bidden to warn ministers and lay members. Our work is to teach men and women to build on a true foundation, to plant their feet on a plain ‘Thus saith the Lord.’”

1 Sermons and Talks, p. 12. “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. Do not be peculiar for the sake of being peculiar.”

Let Reformers Guard Against Harshness

Education, p. 293. “In this time of special danger for the young, temptations surround them on every hand; and while it is easy to drift, the strongest effort is required in order to press against the current. Every school should be a “city of refuge” for the tempted youth, a place where their follies shall be dealt with patiently and wisely. Teachers who understand their responsibilities will separate from their own hearts and lives everything that would prevent them from dealing successfully with the willful and disobedient. Love and tenderness, patience and self-control, will at all times be the law of their speech. Mercy and compassion will be blended with justice. When it is necessary to give reproof, their language will not be exaggerated, but humble. In gentleness they will set before the wrongdoer his errors and help him to recover himself. Every true teacher will feel that should he err at all, it is better to err on the side of mercy than on the side of severity.”

Galatians 6:1,2. “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of **meekness**; considering thyself, lest thou also be tempted. (2) Bear ye one another's burdens, and so fulfill the law of Christ.

4 Testimonies, p. 64. “You would better err, if you err at all, on the side of mercy and forbearance than that of intolerance.”

How to Become Balanced

Desire of Ages, p. 251. “God takes men as they are, and educates them for His service, if they will yield themselves to Him. The Spirit of God, received into the soul, will quicken all its faculties. Under the guidance of the Holy Spirit, the mind that is devoted unreservedly to God develops harmoniously, and is strengthened to comprehend and fulfill the requirements of God. The weak, vacillating character becomes changed to one of strength and steadfastness. Continual devotion establishes so close a relation between Jesus and His disciple that the Christian becomes like Him in mind and character. Through a connection with Christ he will have clearer and broader views. His discernment will be more penetrative, his judgment better balanced. He who longs to be of service to Christ is so quickened by the life-giving power of the Sun of Righteousness that he is enabled to bear much fruit to the glory of God.”

Applications of the Principle of Balance

- *How much honey should we use?* Proverbs 24:13 , Proverbs 25:27, Proverbs 25:16
- *How much work should we do?* Genesis 3:19 , Ecclesiastes 9:10 -- Mark 6:31
- *How much sleep should we have?* Psalms 127:2 -- Proverbs 24:30-34
- *How much study should we get?* 2 Timothy 2:15 -- Ecclesiastes 12:12

8 Manuscript Releases, p. 330. “By studying after nine o'clock, there is nothing gained but much lost. Teach and practice that the time can be systematically employed, one duty after another attended to promptly, not allowed to lag, so that midnight hours will not have to be employed in laborious studies.” (*Letter 85, 1888*)

7 Manuscript Releases, p. 224. “I know from the testimonies given me from time to time for brain workers, that sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock...” (*Letter 85, 1888*)

Balance in Diet

7 Testimonies, p. 133. “In the use of foods we should exercise good, sound common sense. When we find that a certain food does not agree with us, we need not write letters of inquiry to learn the cause of the disturbance. Change the diet; use less of some foods; try other preparations. Soon we shall know the effect that certain combinations have on us. As intelligent human beings let us individually study the principles and use our experience and judgment in deciding what foods are best for us.”

For Further Study: *2 Testimonies* chapter 17, “*Separation from the World*”

Chapter 3 - Sacred Music

Why is Music Important to Study?

1. Music is a Part of God’s character.

Zephaniah 3:17. “The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.”

Ministry of Healing, p. 52. “With the voice of singing He welcomed the morning light. With songs of thanksgiving He cheered His hours of labor, and brought heaven's gladness to the toil-worn and disheartened.”

2. The Bible and Spirit of Prophecy Encourage Singing and Making Music that Glorifies God.

Psalms 100:2. “Serve the LORD with gladness: come before his presence with **singing**.”

1 Chronicles 13:8. “And David and all Israel played before God with all their might, and with singing, and with harps, and with psalteries, and with timbrels, and with cymbals, and with trumpets.”

Colossians 3:16. “Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”

Evangelism, p. 507. “Music forms a part of God's worship in the courts above. We should endeavor in our songs of praise to approach as nearly as possible to the harmony of the heavenly choirs.”

Education, p. 47. “The chief subjects of study in these schools (the Schools of the Prophets) were the law of God, with the instruction given to Moses, sacred history, **sacred music**, and poetry... Sanctified intellect brought forth from the treasure house of God things new and old, and the Spirit of God was manifested in prophecy and **sacred song**.”

3. The Devil is a Musician.

Ezekiel 28:13-15

Tabrets = timbrel or tambourine; from taphaph which means:

- 1) to play or sound the timbrel, beat, play upon, drum (on a timbrel or other object)

1 Spirit of Prophecy, p. 28. “The hour for joyful, happy songs of praise to God and his dear Son had come. Satan had led the heavenly choir. He had raised the first note, then all the angelic host united with him, and glorious strains of music had resounded through Heaven in honor of God and his dear Son. But now, instead of strains of sweetest music, discord and angry words fall upon the ear of the great rebel leader.”

4. Music Is a Significant Tool in the Great Controversy.

Education, p. 167. “The history of the songs of the Bible is full of suggestion as to the uses and benefits of music and song. Music is often perverted to serve purposes of evil, and it thus becomes one of the most alluring agencies of temptation. But, rightly employed, it is a precious gift of God, designed to uplift the thoughts to high and noble themes, to inspire and elevate the soul.”

1 Testimonies, p. 497. “Music, when not abused, is a great blessing; but when put to a wrong use, it is a terrible curse. It excites, but does not impart that strength and courage which the Christian can find only at the throne of grace...Satan is leading the young captive. Oh, what can I say to lead them to break his power of infatuation! He is a skillful charmer, luring them on to perdition.”

Music on the Side of Christ - (1 Samuel 16:23)

3 Selected Messages, p. 332. “I saw we must be daily rising and keep the ascendancy above the powers of darkness. Our God is mighty. I saw singing to the glory of God often drove the enemy [away], and praising God would beat

him back and give us the victory.” (*Manuscript 5, 1850*)

Ministry of Healing, p. 254. “Song is a weapon that we can always use against discouragement.”

Music on the Side of Satan

Exodus 32:17-19 - golden calf

Daniel 3:7 - image worship

Numbers 25 - Baal worship

Patriarchs & Prophets, p. 454. “At Balaam's suggestion, a grand festival in honor of their gods was appointed by the king of Moab, and it was secretly arranged that Balaam should induce the Israelites to attend. He was regarded by them as a prophet of God, and hence had little difficulty in accomplishing his purpose. Great numbers of the people joined him in witnessing the festivities. They ventured upon the forbidden ground, and were entangled in the snare of Satan. Beguiled with music and dancing, and allured by the beauty of heathen vestals, they cast off their fealty to Jehovah. As they united in mirth and feasting, indulgence in wine beclouded their senses and broke down the barriers of self-control. Passion had full sway; and having defiled their consciences by lewdness, they were persuaded to bow down to idols. They offered sacrifice upon heathen altars and participated in the most degrading rites.”

5. Satan Is Using All Kinds of Music Today to Draw Minds Away from Christ.

The Adventist Home, p. 407. “They have a keen ear for music, and Satan knows what organs to excite to animate, engross, and charm the mind so that Christ is not desired...The introduction of music into their homes, instead of inciting to holiness and spirituality, has been the means of diverting their minds from the truth. Frivolous songs and the popular sheet music of the day seem congenial to their taste. The instruments of music have taken time which should have been devoted to prayer... Satan is leading the young captive. Oh, what can I say to lead them to break his power of infatuation! He is a skillful charmer luring them on to perdition.”

The mixture of dance rhythms and gospel music of today is not new; in fact it appeared in 1900, during one of the Seventh-day Adventist camp meetings in September of that year Elder and Mrs. S.N. Haskell were sent by the General Conference to assist at the camp meeting held at Muncie, Indiana. Apparently a fanatical movement was attempting to dominate the meetings. Although the Haskell's had witnessed similar manifestations before, that which they witnessed at Muncie was even more serious.

Mrs. Haskell wrote to Sara McEnterfer and described not only the meeting in general, but also gave a helpful description of the music used: “We have a big drum, two tambourines, a big bass fiddle, two small fiddles, a flute, and two cornets, and an organ, and a few voices. They have Garden of Spices as the songbook and **party dance tunes to sacred words.**”

Before this, Mrs. White had received a vision in which this entire event was shown her. In her reply to the Haskells she wrote:

2 Selected Messages, p. 36. “The things you have described as taking place in Indiana, the Lord has shown me would take place just before the close of probation. Every uncouth thing will be demonstrated. There will be shouting, with drums, music, and dancing. The senses of rational beings will become so confused that they cannot be trusted to make right decisions. And this is called the moving of the Holy Spirit.

The Holy Spirit never reveals itself in such methods, in such a bedlam of noise. This is an invention of Satan to cover up his ingenious methods for making of none effect the pure, sincere, elevating, ennobling, sanctifying truth for this time. Better never have the worship of God blended with music than to use musical instruments to do the work which last January was represented to me would be brought into our camp meetings. The truth for this time needs nothing of this kind in its work of converting souls. A bedlam of noise shocks the senses and perverts that which if conducted aright might be a blessing. The powers of satanic agencies blend with the din and noise, to have a carnival, and this is termed the Holy Spirit's working.” “Those things which have been in the past will be in the future. Satan will make music a snare by the way in which it is conducted.”

Christian Living

“A Living Sacrifice”

Evaluating the Components of a Musical Work

1 – Melody. The melody is the most prominent part of the music. It is the “story line” of a piece of music and consists in the horizontal arrangement of notes. In sacred music the melody will have rise and fall (i.e., pitches going up and down). A melody that remains static (on the same pitch) can through repetition produce a hypnotic effect. It will have satisfying proportions (i.e., a beginning, middle, and ending) and give a sense of completeness. The melody tells the story of the piece. It will at some point (usually near the end) come to a climax and then a resolution. It will be written in such a way to elicit an emotional response from the listener.

2 – Harmony. Occurs when two or more tones are sounded at the same time. As the melody provides the “profile” for a piece of music, the harmony is its “personality”.

3 - The Rhythm. A specific allotment of time given to a note or syllable in a verse and the time meter of a composition of music. It is the orderly movement of music through time.

The rhythm element of music consists of measurements of time divided into bar cycles, or measures. The most common time units are measures containing two beats (double time), three beats (triple time), or four beats (quadruple time). In any good piece of music, the strongest beat in a pattern (measure) is the down beat (the first beat in the pattern). If the pattern has four beats, the strongest beat is the first, and the second strongest beat is the third, as pictured in the measure below:

/ONE, two, THREE, four/

Rock music reverses the common order of the beat by placing the emphasis on what is known as the offbeat. In the offbeat, the main emphasis falls on beat four and the secondary beat is on beat two as pictured in the measure below:

/one, TWO, three, FOUR/

Good music follows exact mathematical rules, which cause the mind to feel comforted, encouraged, and safe.

The devil has reversed this order by making the rhythm the most prominent part of music, instead of the melody. Notice, Galatians 5:16,17; and recall *2 Selected Messages*, p. 36.

The Effect of Music on the Body

Dr. John Diamond, a medical doctor, has conducted extensive research on the medical effects of music. He has noted that man is rhythmic in respiration, heartbeat, pulse, speech, and gait, and when the rhythm of music corresponds to the natural body rhythms, it produces feelings of ecstasy, alertness, and peace, and it energizes the mind and body, and facilitates balance and self-control. (These secular medical findings are also supported by Scripture - I Samuel 16:15-17,23).

“By contrast, exposure to music with “dis-harmonic” rhythms, “whether it be the ‘tension’ caused by dissonance or ‘noise’ or the unnatural swings of misplaced rhythmical accents, syncopation, and poly-rhythms, or inappropriate tempo – can result in a variety of changes including: **an altered heart rate** with its corresponding **change in blood pressure**; **an over stimulation of hormones** (especially the opiates of endorphins) causing an **altered state of consciousness** from mere exhilaration of one end of the spectrum to unconsciousness on the other; and **improper digestion**” (Louis Torres, *Notes on Music*, p. 19).

"To the question, 'Does music affect man's physical body?,' modern research applies in the clear affirmative. **There is scarcely a single function of the body which cannot be affected by musical tones.** Investigation has shown that music affects digestion, internal secretions, circulation, nutrition and respiration. Even neural networks of the brain have been found to be sensitive to harmonic principles" (David Tame, *The Secret Power of Music*, p. 136).

How Does Music Affect Our Whole Body?

“To appreciate the effects of music, we need to be aware of the basic processes that take place in the human ear at the sound of music. The sound waves (vibrations) hitting the ear drum are transformed into chemical and nerve impulses which register in our mind the different qualities of sounds we are hearing. What many do not know is that “the roots of the auditory nerves—the nerves of the ear—are more widely distributed and have more extensive connections than those of any other nerves in the body....[Due to this extensive networking] there is scarcely a function of the body which may not be affected by the pulsations and harmonic combinations of musical tones” (Podolsky, *Music for Your Health*, pp.26, 27).

“Music, which does not depend upon the master brain (centers of reason) to gain entrance into the organism, can still arouse by way of the thalamus—the relay station of all emotions—sensations and feelings. Once a stimulus has been able to reach the thalamus, the master brain is automatically invaded” (Altshuler, *Music and Medicine*, p. 270).

Does Rock Music Stimulate Sexual Arousal?

When the relentless syncopated beat of rock music, regardless to the lyrics, enters the body, the brain is put into a state of stress. In reaction to this stress the brain releases several hormones. Two examples are: **Natural opioids**, which are chemically similar to morphine, to control the body’s sensitivity to pain; and **gonadotrophins**, a sex hormone, which results in either **sexual arousal or arousal to aggression**. In this way the listener experiences an addictive “high”. These forces of arousal might also be neutralized by means of dance.

In essence, what the medical experts are saying is that today's rock sound (irrespective of the lyrics tacked-on to it in order to classify it as either secular or "Christian") fights against the rhythmic nature of man's creation. Music has largely become a sensual experience that not only exists in the nightclubs and rock concerts, but also in churches.

Any attempt to Christianize the secular rock music by changing its lyrics ultimately results in the prostitution of the Christian faith and worship, for five major reasons:

1. Rock Music distorts the Message of the Bible the medium affects the message
2. Rock Music Compromises the Church’s Stand for Separation
3. Rock Music Embodies the Spirit of Rebellion
4. Rock Music Can Alter the Mind
5. By Emphasizing the Beat, Rock Music Gratifies the Carnal Nature

What about David’s dancing?

Adventist Home, p. 517. “David's dancing in reverent joy before God has been cited by pleasure lovers in justification of the fashionable modern dance, but there is no ground for such an argument. In our day dancing is associated with folly and midnight reveling. Health and morals are sacrificed to pleasure. By the frequenters of the ballroom God is not an object of thought and reverence; prayer or the song of praise would be felt to be out of place in their assemblies. This test should be decisive. Amusements that have a tendency to weaken the love for sacred things and lessen our joy in the service of God are not to be sought by Christians. The music and dancing in joyful praise to God at the removal of the ark had not the faintest resemblance to the dissipation of modern dancing. The one tended to the remembrance of God and exalted His holy name. The other is a device of Satan to cause men to forget God and to dishonor Him.”

Other Counsels Regarding Sacred Music

Evangelism, pp. 508,9. “In their efforts to reach the people, the Lord's messengers are not to follow the ways of the world. In the meetings that are held, they are not to depend on worldly singers and theatrical display to awaken an interest. How can those who have no interest in the Word of God, who have never read His Word with a sincere desire to understand its truths, be expected to sing with the spirit and the understanding? How can their hearts be in harmony with the words of sacred song? How can the heavenly choir join in music that is only a form?”

Evangelism, p. 508. “I saw that all should sing with the spirit and with the understanding also.”

Evangelism, p. 505. “It is **not loud singing** that is needed, but clear intonation, correct pronunciation, and distinct utterance. **Let all take time to cultivate the voice**, so that God's praise can be sung in clear, soft tones, not with harshness and shrillness that offend the ear.”

Evangelism, p. 507. “I have often been pained to hear untrained voices, pitched to the highest key, literally shrieking the sacred words of some hymn of praise. How inappropriate those sharp, rasping voices for the solemn, joyous worship of God. I long to stop my ears, or flee from the place, and I rejoice when the painful exercise is ended.”

Evangelism, p. 507. “Music forms a part of God's worship in the courts above. We should endeavor in our songs of praise to approach as nearly as possible to the harmony of the heavenly choirs.”

Christian Living

“A Living Sacrifice”

Guidelines of Sacred Music

1. Bring glory to God and assist us in acceptably worshiping Him. *1 Corinthians 10:31*
2. Ennoble, uplift and purify the Christians thoughts. *Philippians 4:8; Patriarchs and Prophets, p. 594*
3. Have a text which is in harmony with the scriptural teachings of the church.
4. Shun theatrical and prideful display. *Evangelism, p. 137*
5. Have all elements of the music (i.e. melody, harmony, rhythm, tempo, volume) in a proper balance.
6. Have rhythmic cycle's which emphasize the 'down beat' instead of the 'back beat', and are largely free from syncopation, and poly-rhythms, so to reinforce the rhythmic cycles of the human body.
“We should exercise great care in the choice of music in our homes, social gatherings, schools, and churches. Any melody partaking of the nature of jazz, rock, or related hybrid forms, or any language expressing foolish or trivial sentiments, will be shunned.” (*Seventh-Day Adventist Church Manual, 18th edition (2010), p.144*).
7. Be appropriate for the occasion, the setting and the audience, for which it is attended. *Evangelism, pp. 507-8*
8. Be sung or played with the spirit and understanding. *Evangelism, pp. 508,510.*

For Further Study: *Evangelism* chapter 15, “Song Evangelism”

Chapter 4 - Witnessing vs. Acting

Importance of a Personal Experience with God

Psalm 45:1,2 – Jesus had a daily experience with God and daily received fresh grace.

Luke 4:22 – Gracious words poured out of Jesus mouth because grace was poured in.

Isaiah 50:4 – How can we speak words like this?

Education, pp. 78,79. "What He taught, He lived. . . . And more than this; what He taught, He was. His words were the expression, not only of His own life experience, but of His own character. Not only did He teach the truth, but He was the truth. "It was this that gave Him teaching, power ."

This is what will give power to the remnant. This is the power of the Loud Cry; beautiful words and truths, from beautiful lives. But, it must come in before it can come out, for "out of the abundance of the heart the mouth speaketh" Matthew 12:34.

Ministry of Healing, p. 100. “Our confession of His faithfulness is Heaven's chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine. Every individual has a life distinct from all others, and an experience differing essentially from theirs. God desires that our praise shall ascend to Him, marked by our own individuality.”

Education, p. 154. “Ye are My witnesses, saith the Lord, that I am God” (Isaiah 43:12)--witnesses that He is good, and that goodness is supreme. ‘We are made a theater unto the world, both (R.V., margin) to angels, and to men.’ 1 Corinthians 4:9, margin.”

This is what will bring life back into our churches!

Jesus Compared with the Pharisees

Jesus example: “There was no falsity, no acting, in what He (Jesus) did.” - *Evangelism* p. 267

Rebuke to the Pharisees: “But woe unto you scribes and Pharisees hypocrites!”- Matthew 23:13

Hypocrite - Strongs #5273 ‘*hupokrites*’ - an actor, stage player, pretender

Witness – Strongs #3140 ‘*martureo*’ – 1) meaning to be a witness, to bear witness, i.e. to affirm that one has seen or heard or experienced something a) to give (not to keep back) testimony. See also Matthew 24:14 and Acts 4:33 (Strongs #3142), and Revelation 1:5; 3:14 (Strongs #3144)

The church is a place for sincere witnessing not acting.

Manuscript Release No. 926, p. 61. “The strange part of the matter is that our own people are so ready to accept theatrical demonstrations as the inspiration of the Spirit of God.”

Theatrical - a. Pertaining to a theater or to scenic representations; resembling the manner of dramatic performers.
- Webster’s 1828 Dictionary

Specific Areas to Avoid the Theatrical

1. In Evangelism and Preaching.

Evangelism, p. 396. “The work that Christ did in our world is to be our example, as far as display is concerned. **We are to keep as far from the theatrical and the extraordinary as Christ kept in His work.** Sensation is not religion, although religion will exert its own pure, sacred, uplifting, sanctifying influence, bringing spiritual life, and salvation.”

Evangelism, p. 640. “I see that great reformation must take place in the ministry before it shall be what God would have it. Ministers in the desk have no license to behave like theatrical performers, assuming attitudes and expressions calculated for effect. They do not occupy the sacred desk as actors, but as teachers of solemn truths. There are also fanatical ministers, who, in attempting to preach Christ, storm, halloo, jump up and down, and pound the desk before them, as if this bodily exercise profited anything. Such antics lend no force to the truths uttered, but, on the contrary, disgust men and women of calm judgment and elevated views. It is the duty of men who give themselves to the ministry to leave all coarseness and boisterous conduct outside the desk at least.”

Evangelism, p. 207. “**Ministers are not to preach men's opinions, not to relate anecdotes, get up theatrical performances, not to exhibit self;** but as though they were in the presence of God and of the Lord Jesus Christ, they are to preach the word. Let them not bring levity into the work of the ministry, but let them preach the word in a manner that will leave a most solemn impression upon those who hear.” (*Review and Herald*, September 28, 1897)

3 Manuscript Releases, p. 277. “To bring anything of a theatrical nature into the preaching of the word of God is to use common fire instead of the sacred fire of God's kindling.”

Evangelism, p. 139. “Our success will depend on carrying forward the work in the simplicity in which Christ carried it forward, without any theatrical display.”

Evangelism, p. 137. “I have a message for those in charge of our work. Do not encourage the men who are to engage in this work to think that they must proclaim the solemn, sacred message in a theatrical style. **Not one jot or tittle of anything theatrical is to be brought into our work.** God's cause is to have a sacred, heavenly mold. Let everything connected with the giving of the message for this time bear the divine impress. Let nothing of a theatrical nature be permitted, for this would spoil the sacredness of the work.”

2. In the Sabbath School.

Fundamentals of Education, p. 253. “We might see a different order of things should a number consecrate themselves wholly to God, and then devote their talents to the Sabbath school work, ever advancing in knowledge, and educating themselves so that they would be able to instruct others as to the best methods to employ in the work; but it is not for the workers to seek for methods by which they can make a show, consuming time in theatrical performances and musical display, for this benefits no one. It does no good to train the children to make speeches for special occasions. They should be won to Christ, and instead of expending time, money, and effort to make a display, let the whole effort be made to gather sheaves for the harvest.”

Christian Living

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3. For Fund Raising or Entertainment in the Church.

Signs of the Times, January 26, 1882. “Church-members expend their Lord's money in various forms of self-indulgence, and when means are needed to sustain the church, a fair, a theatrical entertainment, or a grand supper is given. Thus professed Christians unite with worldlings in mirth and frivolity, feasting and display--sometimes, far worse, in practices which in a slightly different form are denounced as crimes by the laws of the land. And all this to obtain means from those who have no interest in religion, and who are actuated only by a desire for sensual gratification! Is not this base idolatry?”

4. In Our Sanitariums.

4 Testimonies, p. 577. “Those who bear the responsibility at the sanitarium should be exceedingly guarded that the amusements shall not be of a character to lower the standard of Christianity, bringing this institution down upon a level with others and weakening the power of true godliness in the minds of those who are connected with it. Worldly or theatrical entertainments are not essential for the prosperity of the sanitarium or for the health of the patients. The more they have of this kind of amusements, the less will they be pleased unless something of the kind shall be continually carried on. The mind is in a fever of unrest for something new and exciting, the very thing it ought not to have. And if these amusements are once allowed, they are expected again, and the patients lose their relish for any simple arrangement to occupy the time. But repose, rather than excitement, is what many of the patients need.”

Other Counsels Regarding Theatrics and Theater Going

11 Manuscript Releases, p. 338. “There is an abundance of theatrical performances in our world, but in its highest order it is without God.”

Evangelism, p. 266. “Satan's ruling passion is to **pervert the intellect** and cause men to **long for shows and theatrical performances.**”

Counsels to Parents, Teachers, and Students, p. 274. “**...theatrical performances...will so confuse the senses of the youth that God and heaven will be forgotten.**” (Review and Herald, October 3, 1912 par. 5)

Adventist Home, p. 516. “**Among the most dangerous resorts for pleasure is the theater.** Instead of being a school for morality and virtue, as is so often claimed, it is the very hotbed of immorality. Vicious habits and sinful propensities are strengthened and confirmed by these entertainments. Low songs, lewd gestures, expressions, and attitudes deprave the imagination and debase the morals. Every youth who habitually attends such exhibitions will be corrupted in principle. There is no influence in our land more powerful to poison the imagination, to destroy religious impressions, and to blunt the relish for the tranquil pleasures and sober realities of life than theatrical amusements. The love for these scenes increases with every indulgence as the desire for intoxicating drink strengthens with its use. **The only safe course is to shun the theater,** the circus, and every other questionable place of amusement.”

Adventist Home, p. 515. “**The true Christian will not desire to enter any place of amusement or engage in any diversion upon which he cannot ask the blessing of God. He will not be found at the theater...**”

Seventh-Day Adventist Church Manual, 18th edition (2010), p.142-143. “Unfortunately, however, modern mass media also can bring to their audiences almost continuous theatrical and other performances with influences that are neither wholesome nor uplifting. If we are not discriminating, they will bring sordid programs right into our homes... We must avoid anything that dramatizes, graphically presents, or suggests the sins and crimes of humanity—murder, adultery, robbery, and similar evils, which to a large degree are responsible for the breakdown of morality... Safety for ourselves and our children is found in a determination, by God's help, to follow the admonition of the apostle Paul: “Finally... whatever things are true... noble... just... pure... lovely... of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Phil. 4:8).”

See also: Psalm 119:37

How Serious Will the Effects of the Theatrical Be in the Last Days?

Signs of the Times, April 21, 1890. “The words of Jesus addressed to this generation may well be regarded with sorrow and awe. He asks, “When the Son of man cometh, shall he find faith on the earth?” Christ looked down the

ages, and with prophetic eye marked the conflict between the antagonistic principles of truth and error. **He saw how real Christianity would become almost extinct in the world**, so that at his second advent he would find a state of society similar to that which existed before the flood. **The world would be engaged in festivity and amusement, in theatrical shows, in the indulgence of base passions.** Intemperance of every grade would exist, and even the churches would be demoralized, and the Bible would be neglected and desecrated. He saw that the desperate revelries of the last days would only be interrupted by the judgments of God."

For Further Study: *2 Selected Messages* chapter 1, "Warnings against sensational teachings and emotional religion"

Chapter 5 - Truth vs. Fiction

In Psalm 119:30 David said: "I have chosen the way of truth"

In John 14:6 Jesus said: "I am the way, the truth, and the life."

In 1 John 2:21 John said: "no lie is of the truth."

John 8:44 tells us that "he (Satan) is a liar, and the father of it" and Romans 1:25 talks of those follow Satan's example and "who changed the truth of God into a lie"

Ministry of Healing, p. 439. "The mastermind in the confederacy of evil is ever working to keep out of sight the words of God, and to bring into view the opinions of men."

Areas of Reading We Are Warned Against

Philosophical Speculation and False Sciences - "Philosophical speculation and scientific research in which God is not acknowledged are making skeptics of thousands." (*Ministry of Healing*, p. 439.2)

Writings of Infidels - "In order to obtain an education, many think it essential to study the writings of infidel authors, because these works contain many bright gems of thought. But who was the originator of these gems of thought. It was God, and God only. He is the source of all light. Why then should we wade through the mass of error contained in the works of infidels for the sake of a few intellectual truths, when all truth is at our command." (*Ministry of Healing*, p. 440.2)

The Usual History Books - "There is a study of history that is not to be condemned. Sacred history was one of the studies in the schools of the prophets. In the record of His dealings with the nations were traced the footsteps of Jehovah. So today we are to consider the dealings of God with the nations of the earth. We are to see in history the fulfillment of prophecy, to study the workings of Providence in the great reformatory movements, and to understand the progress of events in the marshaling of the nations for the final conflict of the great controversy." (*Ministry of Healing*, p. 441.2)

Ministry of Healing, p. 442.2. "But history, as commonly studied, is concerned with man's achievements, his victories in battle, his success in attaining power and greatness. God's agency in the affairs of men is lost sight of. Few study the working out of His purpose in the rise and fall of nations."

Many Books on Theology - "And, to a great degree, theology, as studied and taught, is but a record of human speculation, serving only to "darken counsel by words without knowledge." Too often the motive in accumulating these many books is not so much a desire to obtain food for mind and soul, as it is an ambition to become acquainted with philosophers and theologians, a desire to present Christianity to the people in learned terms and propositions." (*Ministry of Healing*, p. 442.3)

The Classics - "Those who are conversant with the classics declare that "the Greek tragedies are full of incest, murder, and human sacrifices to lustful and revengeful gods." Far better would it be for the world were the education gained from such sources to be dispensed with." (*Ministry of Healing*, p. 443.4)

Christian Living

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Books Portraying Sin - "Many of the popular publications of the day are filled with sensational stories that are educating the youth in wickedness and leading them in the path to perdition. Mere children in years are old in a knowledge of crime. They are incited to evil by the tales they read. In imagination they act over the deeds portrayed, until their ambition is aroused to see what they can do in committing crime and evading punishment." (*Ministry of Healing*, pp. 444,5)

Ministry of Healing, p. 445.1. "Works of romance, frivolous, exciting tales, are, in hardly less degree, a curse to the reader. The author may profess to teach a moral lesson, throughout his work he may interweave religious sentiments; but often these serve only to veil the folly and worthlessness beneath."

Science Fiction/Myths/Fairy Tales - "In the education of children and youth, fairy tales, myths, and fictitious stories are now given a large place. Books of this character are used in the schools, and they are to be found in many homes. How can Christian parents permit their children to use books so filled with falsehood? When the children ask the meaning of stories so contrary to the teaching of their parents, the answer is that the stories are not true; but this does not do away with the evil results of their use. The ideas presented in these books mislead the children. They impart false views of life and beget and foster a desire for the unreal."... "Never should books containing a perversion of truth be placed in the hands of children or youth." (*Ministry of Healing*, pp. 446, 447).

Fiction for the Purpose of Teaching Truth - "There are works of fiction that were written for the purpose of teaching truth or exposing some great evil. Some of these works have accomplished good. Yet they have also wrought untold harm. They contain statements and highly wrought pen pictures that excite the imagination and give rise to a train of thought which is full of danger, especially to the youth. The scenes described are lived over and over again in their thoughts." (*Ministry of Healing*, p. 445.3)

What about Parables and Allegories?

Great Controversy, p. 252.2. "In a loathsome dungeon crowded with profligates and felons, John Bunyan breathed the very atmosphere of heaven; and there he wrote his wonderful allegory of the pilgrim's journey from the land of destruction to the celestial city. For over two hundred years that voice from Bedford jail has spoken with thrilling power to the hearts of men. Bunyan's Pilgrim's Progress and Grace Abounding to the Chief of Sinners have guided many feet into the path of life."

Parable = a simple story used to illustrate a moral or spiritual lesson, as told by Jesus in the Gospels.

Allegory = a story in which people, things, and happenings have another meaning.

Results of Improper Reading

Destroys Interest in the Bible - "The readers of fiction are indulging an evil that destroys spirituality, eclipsing the beauty of the sacred page. It creates an unhealthy excitement, fevers the imagination, unfits the mind for usefulness, weans the soul from prayer, and disqualifies it for any spiritual exercise." (*Messages to Young People*, p. 272.2)

Diseases Imagination - "That mind is ruined which is allowed to be absorbed in story-reading. The imagination becomes diseased, sentimentalism takes possession of the mind, and there is a vague unrest, a strange appetite for unwholesome mental food, which is constantly unbalancing the mind." (*Messages to Young People*, p. 290.3)

Encourages Reading only for Amusement - "Even fiction which contains no suggestion of impurity, and which may be intended to teach excellent principles, is harmful. It encourages the habit of hasty and superficial reading merely for the story... By fostering love for mere amusement, the reading of fiction creates a distaste for life's practical duties." (*Ministry of Healing*, pp. 445,6)

What is the cure for those who have indulged?

4 Testimonies, p. 581.1. "The glory of God is displayed in His handiwork. Here are mysteries that the mind will become strong in searching out. Minds that have been amused and abused by reading fiction may in nature have an open book, and read truth in the works of God around them."

2 *Manuscript Releases*, p. 245. "The mind that rejects all this cheapness, and is taxed to dwell only upon elevated, ponderous, deep, and broad truths, will strengthen. A knowledge of the Bible excels all other knowledge in strengthening the intellect. If your lyceums and literary societies would be made an opportunity for searching the Bible, it would be far more an intellectual society than it can ever become through the attention being turned to theatrical performances. What high and noble truths the mind may fasten upon and explore in God's Word! The mind may go deeper and still deeper in its research, becoming stronger with every effort to comprehend truth, and yet there will be an infinity beyond."

Notice What the Early Disciples Did with Some Ungodly Books - Acts 19:19

Messages to Young People, p. 278. "When the transforming grace of Christ is upon the heart, a righteous indignation will take possession of the soul because the sinner has so long neglected the great salvation that God has provided for him. He will then surrender himself, body, soul, and spirit, to God and will withdraw from companionship with Satan, through the grace given him of God. He will, like the Ephesians, denounce sorcery, and will cut the last thread that binds him to Satan. He will leave the banner of the prince of darkness, and will come under the bloodstained banner of Prince Emmanuel. He will burn the magical books."

What Other Areas of Life Do These Counsels Apply? Audio Books, Radio, Television, Movies, Internet

For Further Study: *Ministry of Healing* chapter 37, "The false and the true in education"

Chapter 6 - Love vs. Rivalry

Love

1. Who is the originator?

1 John 4:7 - "God is love"

2. What is the basis of comparison?

COL 402 "the loveliness of Christ"

Philippians 2:3 - "Let each esteem other better than themselves."

3. Where does each look for reward?

Colossians 3:23, 24 - "of the Lord ye shall receive the reward of inheritance."

4. If I win, what is the result to others?

1 Corinthians 13:5 NKJV - "Love... dos not seek it's own."

The truly converted Christian will have a sweet influence on all he comes in contact with, encouraging them to be overcomers.

5. What is the outlook toward others?

John 3:30 Proverbs 24:17 Isaiah 35:3.4

Rivalry

1. Who is the originator?

Isaiah 14:12-14 - "Lucifer... I will ascend... I will exalt..."

2. What is the basis of comparison?

2 Corinthians 10:12 - "comparing themselves among themselves"

3. Where does each look for reward?

Matthew 6:2 - "that they may have glory of men"

4. If I win, what is the result to others?

1 Corinthians 9:24 - "one receiveth the prize"

Acts of the Apostles, p. 313. "However eagerly and earnestly the runners might strive, the prize could be awarded to but one. One hand only could grasp the coveted garland. Some might put forth the utmost effort to obtain the prize but as they reached forth the hand to secure it, another, an instant before them, might grasp the coveted treasure."

5. What is the outlook toward others?

Desire of Ages, p. 436. "Dominion becomes the prize of the strongest. The kingdom of Satan is a kingdom of force: every individual regards every other as an obstacle in the way of his own advancement."

Education, p. 190.2. "The student...should understand the nature of the two principles that are contending for supremacy, and should learn to trace their working through the records of history and prophecy, to the great consummation. He should see how this controversy enters into every phase of human experience; how **in every act of life he himself reveals the one or the other of the two antagonistic motives**; and how, whether he will or not, he is even now deciding upon which side of the controversy he will be found."

Common areas we are tempted to compete in:

1 Selected Messages, p. 132. “Have not the playing of games, and rewards, and the using of the **boxing glove** been educating and **training after Satan's direction** to lead to the possession of his attributes?”

1 Selected Messages, p. 131. “When the students at the school went into their **match games** and **football playing**, when they became absorbed in the amusement question, Satan saw it a good time to step in and make of none effect the Holy Spirit...”

8 Testimonies, p. 52. “I was told by my Guide: “Look ye, and behold the idolatry of My people, to whom I have been speaking, rising up early, and presenting to them their dangers. I looked that they should bring forth fruit.” There were some who were **striving for the mastery**, each trying to excel the other in the swift running of their bicycles. **There was a spirit of strife and contention among them as to which should be the greatest.** The spirit was similar to that manifested in the **baseball games** on the college ground. Said my Guide: “These things are an offense to God. Both near and afar off souls are perishing for the bread of life and the water of salvation.”

Counsels to Teachers, Parents, and Students, p. 350. “In the night season I was a witness to the performance that was carried on on the school grounds. The students who engaged in the grotesque mimicry that was seen, acted out the mind of the enemy, some in a very unbecoming manner. A view of things was presented before me in which the students were **playing games of tennis and cricket**. Then I was given instruction regarding the character of these amusements. They were presented to me as **a species of idolatry**, like the idols of the nations.”

Adventist Home, p. 499. **“I do not condemn the simple exercise of playing ball; but this, even in its simplicity, may be overdone.** I shrink always from the almost sure result which follows in the wake of these amusements. **It leads to an outlay of means** that should be expended in bringing the light of truth to souls that are perishing out of Christ. The amusements and expenditures of **means for self-pleasing**, which lead on step by step to **self-glorifying**, and the educating in these games for pleasure produce **a love and passion for such things that is not favorable to the perfection of Christian character.**

The way that they have been conducted at the college does not bear the impress of heaven. It does not strengthen the intellect. It does not refine and purify the character. There are threads leading out through the habits and customs and worldly practices, and the actors become so engrossed and infatuated that they are pronounced in heaven lovers of pleasure more than lovers of God. In the place of the intellect becoming strengthened to do better work as students, to be better qualified as Christians to perform the Christian duties, **the exercise in these games is filling their brains with thoughts that distract the mind from their studies. . . .**

Is the eye single to the glory of God in these games? I know that this is not so. There is a losing sight of God's way and His purpose. The employment of intelligent beings, in probationary time, is superseding God's revealed will and substituting for it the speculations and inventions of the human agent, with Satan by his side to imbue with his spirit. . . . The Lord God of heaven protests against the burning passion cultivated for supremacy in the games that are so engrossing.”

Fundamentals of Christian Education, p. 229. “I cannot find an instance in the life of Christ where He devoted time to play and amusement. He was the great Educator for the present and the future life.”

For Further Study: *Adventist Home* chapter 80, “What Shall We Play”

Chapter 7 – Recreation

Isaiah 30:15. “For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.”

Mark 6:31. “And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.”

Matthew 11:28,29. “Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”

Health Reformer, July 1, 1871 par.3. “It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God. Our recreations should not be scenes of senseless mirth, taking the form of the nonsensical. We can conduct them in such a manner as will benefit and elevate those with whom we associate, and better qualify us and them to more successfully attend to the duties devolving upon us as Christians. We cannot be excusable in the sight of God if we engage in amusements which have a tendency to unfit us for the faithful performance of the ordinary duties of life, and thus lessen our relish for the contemplation of God and heavenly things. The religion of Christ is cheering and elevating in its influence. It is above everything like foolish jesting and joking, vain and frivolous chit-chat. In all our seasons of recreation we may gather from the Divine Source of strength fresh courage and power, that we may the more successfully elevate our lives to purity, true goodness, and holiness.”

Wholesome Recreation

1. Spiritual Activity.

1 Testimonies, p. 503. “The young urge that they need something to enliven and divert the mind. I saw that there is pleasure in industry, a satisfaction in pursuing a life of usefulness. Some still urge that they must have something to interest the mind when business ceases, some mental occupation or amusement to which the mind can turn for relief and refreshment amid cares and wearing labor. The Christian's hope is just what is needed. Religion will prove to the believer a comforter, a sure guide to the Fountain of true happiness. The young should study the word of God and give themselves to meditation and prayer, and they will find that their spare moments cannot be better employed.”

2. Time in Nature.

Education, p. 211. “In early ages, with the people who were under God's direction, life was simple. They lived close to the heart of nature. Their children shared in the labor of the parents and studied the beauties and mysteries of nature's treasure house. And in the quiet field and wood they pondered those mighty truths handed down as a sacred trust from generation to generation. Such training produced strong men. In this age, life has become artificial, and men have degenerated. While we may not return fully to the simple habits of those early times, we may learn from them lessons that will make our seasons of recreation what the name implies--seasons of true up building for body and mind and soul.”

Adventist Home, p. 501. “Let several families living in a city or village unite and leave the occupations which have taxed them physically and mentally, and make an excursion into the country, to the side of a fine lake, or to a nice grove where the scenery of nature is beautiful.”

Ministry of Healing, p. 52. “He (Jesus) found recreation amidst the scenes of nature, gathering knowledge as He sought to understand nature's mysteries.”

Examples of good recreation: a. hiking b. camping c. canoeing
 d. learning names of flowers, trees, etc. e. noticing object lessons in nature

3. Social gatherings.

Counsels to Teachers, Parents, and Students, p. 344. “I do not recommend pleasure parties where young people assemble together for mere amusement, to engage in cheap, nonsensical talk, and where loud, boisterous laughter is to be heard. I do not recommend the kind of gathering where there is a letting down of dignity, and the scene is one of weakness and folly.”

1 Testimonies, p. 288. “I have been shown that the true followers of Jesus will discard picnics, donations (parties), shows, and other gatherings for pleasure. They can find no Jesus there, and no influence which will make them heavenly-minded, and increase their growth in grace.”

Adventist Home, p. 502. “Gatherings for social intercourse are made in the highest degree profitable and instructive when those who meet together have the love of God glowing in their hearts, when they meet to exchange thoughts in regard to the word of God or to consider methods for advancing His work and doing good to their fellow men.”

4. Missionary Activity.

Counsels to Teachers, Parents, and Students, pp. 549,50. “While we were living at Cooranbong, where the Avondale school is established, the question of amusements came up for consideration. ‘What shall we do to provide for the amusement of our students?’ the faculty inquired. We talked matters over together, and then I came before the students and said to them: ‘We can occupy our minds and our time profitably without trying to devise methods for amusing ourselves. Instead of spending time in playing the games that so many students play, strive to do something for the Master. The very best course for you to pursue is to engage in missionary work for the people of the neighborhood and in the nearby settlements. Whenever you are listening to an interesting discourse, take notes and mark down the passages that the minister uses, so that you can review the subject carefully. Then after faithful study you will soon be able to give a synopsis of the discourses, in the form of Bible readings, to some who do not come to our meetings.’ The older students decided to follow this suggestion. They had evening meetings for studying the Scriptures together. They worked first of all for one another, and as a result of the Bible studies among themselves, a number of the unconverted were won to the truth. And the effort in behalf of the neighbors was a blessing not only to themselves, but to those for whom they labored.

Those who went out to work for the neighbors were instructed to report any case of sickness they might find; and those who had training in giving treatment to the sick were encouraged to use their knowledge in a practical way. To work for the Master came to be regarded as Christlike recreation.”

5. Useful Activity.

Education, p. 215. “As a rule, the exercise most beneficial to the youth will be found in useful employment. The little child finds both diversion and development in play; and his sports should be such as to promote not only physical, but mental and spiritual growth. As he gains strength and intelligence, the best recreation will be found in some line of effort that is useful. That which trains the hand to helpfulness, and teaches the young to bear their share of life's burdens, is most effective in promoting the growth of mind and character.”

1 Testimonies, p. 503. “I saw that there is pleasure in industry, a satisfaction in pursuing a life of usefulness.”

6. Playing or Practicing Sacred Music.

Messages to Young People, pp. 291,2. “song has wonderful power. It has power to subdue rude and uncultivated natures; power to quicken thought and to awaken sympathy, to promote harmony of action, and to banish the gloom and foreboding that destroy courage and weaken effort.”

7. Letter writing.

13 Manuscript Releases, p. 403. “The influence of letter writing is a power for good or for evil. My soul is sick and disgusted with the contents of very many letters. I hope that all our household will have an eye single to the glory of God in the letters they write as well as the testimonies which they bear in meeting. Let not one sentence appear upon the pure paper to soil its purity. Let every word traced be of a character to elevate, ennoble, and lead upward to heaven and the better life.”

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Summary

Adventist Home, p. 512. “There is a distinction between recreation and amusement. Recreation, when true to its name, re-creation, tends to strengthen and build up. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body and thus enables us to return with new vigor to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure and is often carried to excess; it absorbs the energies that are required for useful work and thus proves a hindrance to life's true success.”

Adventist Home, p. 493. “There are persons with a diseased imagination to whom religion is a tyrant, ruling them as with a rod of iron. Such are constantly mourning over their depravity and groaning over supposed evil. Love does not exist in their hearts; a frown is ever upon their countenances. They are chilled by the innocent laugh from the youth or from anyone. They consider all recreation or amusement a sin and think that the mind must be constantly wrought up to just such a stern, severe pitch. This is one extreme. Others think that the mind must be ever on the stretch to invent new amusements and diversions in order to gain health. They learn to depend on excitement and are uneasy without it. Such are not true Christians. They go to another extreme.”

Recreation Should Have the Following Four Elements:

1. Refreshing
2. Enjoyable
3. Instructive
4. Diversion from the routine

For Further Study: *Adventist Home* chapters 79 – 84

Chapter 8 - Modest Dress

Importance to the Christian - (1 Corinthians 10:31)

Education p. 246. “No education can be complete that does not teach right principles in regard to dress. Without such teaching, the work of education is too often retarded and perverted. Love of dress, and devotion to fashion, are among the teacher's most formidable rivals and most effective hindrances.”

Review and Herald, June 10, 1852. “Let us strive to be Christians (Christ-like) in every sense of the word, and let our dress, conversation and actions preach that Christ is formed within, the hope of glory, and that we are looking for that blessed hope and glorious appearing of Jesus. Let us show to those around us, that this world is not our home, that we are pilgrims and strangers here.”

6 Testimonies, p. 96. “One of the points upon which those newly come to the faith will need instruction is the subject of dress. Let the new converts be faithfully dealt with. Are they vain in dress? Do they cherish pride of heart? The idolatry of dress is a moral disease. It must not be taken over into the new life. In most cases, submission to the gospel requirements will demand a decided change in the dress.

There should be no carelessness in dress. For Christ's sake, whose witnesses we are, we should seek to make the best of our appearance. In the tabernacle service, God specified every detail concerning the garments of those who ministered before Him. Thus we are taught that He has a preference in regard to the dress of those who serve Him. Very specific were the directions given in regard to Aaron's robes, for his dress was symbolic. So the dress of Christ's followers should be symbolic. In all things we are to be representatives of Him.”

Review and Herald, January 6, 1863. “Many, I saw, dressed like the world to have an influence. But here they make a sad and fatal mistake. If they would have a true and saving influence, let them live out their profession, show their faith by their righteous works, and make the distinction great between the Christian and the world. I saw that the words, the dress, and actions should tell for God. Then a holy influence will be shed upon all, and all will take knowledge of them that they have been with Jesus, and unbelievers will see that the truth we profess has a holy influence, and that faith in Christ's coming affects the character of the man or woman. If any wish to have their influence tell in favor of truth, let them live it out, and imitate the humble Pattern.”

Conversion brings about a change of dress - (Luke 8:27-35)

Dress is an Index of the Character

Counsels for the Church, 180. “The dress and its arrangement upon the person is generally found to be the index of the man or the woman.

We judge of a person's character by the style of dress worn. A modest, godly woman will dress modestly. A refined taste, a cultivated mind, will be revealed in the choice of a simple, appropriate attire. The one who is simple and unpretending in her dress and in her manners shows that she understands that a true woman is characterized by moral worth. How charming, how interesting, is simplicity in dress, which in comeliness can be compared with the flowers of the field!”

Dangers of Fashion

4 Testimonies, p. 647. “Fashion is deteriorating the intellect and eating out the spirituality of our people. Obedience to fashion is pervading our Seventh-day Adventist churches and is doing more than any other power to separate our people from God.”

Review and Herald, March 31, 1891. “This idolatry of dress destroys all that is humble, meek, and lovely in character. It consumes the precious hours that should be devoted to meditation, to searching the heart, to the prayerful study of God's word. In the word of God, inspiration has recorded lessons especially for our instruction. . . . No Christian can conform to the demoralizing fashions of the world without imperiling his soul's salvation.”

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Is There an Exact Pattern that Everyone Must Follow?

Spalding and Magan Collection, p. 91. “No one precise style has been given me as the exact rule to guide in their dress.”

1 Testimonies, p. 425. “We must dress modestly.... There is a medium position in these things. Oh, that we all might wisely find that position and keep it.”

Thus we need to study principles to find out what dress is most pleasing to heaven.

Characteristics of a Christian’s Dress

1. Modest

Ministry of Healing, p. 287. “The Bible teaches modesty in dress. “In like manner also, that women adorn themselves in modest apparel.” I Timothy 2:9. This forbids display in dress, gaudy colors, profuse ornamentation. Any device designed to attract attention to the wearer or to excite admiration is excluded from the modest apparel which God's word enjoins.”

Signs of the Times, July 1, 1903. “When once the barriers of female modesty are removed, the basest licentiousness does not appear exceeding sinful. Alas, what terrible results of woman's influence for evil may be witnessed in the world today! Through the allurements of “strange women,” thousands are incarcerated in prison cells, many take their own lives, and many cut short the lives of others. How true the words of Inspiration, “Her feet go down to death; her steps take hold on hell.”

2 Testimonies, p. 458. “My sisters, avoid even the appearance of evil. In this fast age, reeking with corruption, you are not safe unless you stand guarded. Virtue and modesty are rare. I appeal to you as followers of Christ, making an exalted profession, to cherish the precious, priceless gem of modesty. This will guard virtue. If you have any hope of being finally exalted to join the company of the pure, sinless angels, and to live in an atmosphere where there is not the least taint of sin, cherish modesty and virtue. Nothing but purity, sacred purity, will stand the grand review, abide the day of God, and be received into a pure and holy heaven.”

2. Simple

4 Testimonies, p. 643. “Simplicity of dress will make a sensible woman appear to the best advantage... A refined taste, a cultivated mind, will be revealed in the choice of simple and appropriate attire.”

3. Neat

1 Testimonies, p. 275. “When we lose taste for order and neatness in dress we virtually leave the truth, for the truth never degrades, but elevates.”

4. Attractive

General: “The influence of believers would be tenfold greater if men and women who accept the truth, who have been formerly careless and slack in their habits, would be so elevated and sanctified through the truth as to observe habits of neatness, order, and good taste in their dress. Our God is a God of order, and he is not in any degree pleased with distraction, with filthiness, or with sin.” *Review and Herald, January 30, 1900, Art. B.*

Ladies: “Let the mother's dress, also, be simple and neat. So may she preserve her dignity and influence. If mothers allow themselves to wear untidy garments at home, they are teaching their children to follow in the same slovenly way. Many mothers think that anything is good enough for home wear, be it ever so soiled and shabby. But they soon lose their influence in the family. The children draw comparisons between their mother's dress and that of others who dress neatly, and their respect for her is weakened. Mothers, make yourselves as attractive as possible, not by elaborate trimming, but by wearing clean, well-fitting garments.” *Christian Temperance and Bible Hygiene, p. 143.*

Men: “A minister who is negligent in his apparel often wounds those of good taste and refined sensibilities.... The loss of some souls at last will be traced to the untidiness of the minister. The first appearance affected the people unfavorably, because they could not in any way link his appearance with the truths he presented.” *2 Testimonies*, p. 613.

Children and Youth: “The young should be encouraged to form correct habits in dress, that their appearance may be neat and attractive; they should be taught to keep their garments clean and neatly mended. All their habits should be such as to make them a help and a comfort to others.” *6 Testimonies*, p. 169.

5. Clean

Signs of the Times, April 22, 1880. “God requires his people to be neat and orderly. All his directions to the children of Israel were of a character to establish habits of order and cleanliness in their dress, and in their surroundings. This was essential in order for them to preserve health, and to exert a proper influence upon other nations as a people adopted by the living God.”

6. Durable

Ministry of Healing, p. 288. “But our clothing, while modest and simple, should be of good quality, of becoming colors, and suited for service. It should be chosen for durability rather than display.”

Review and Herald, December 1, 1910. “It is right to buy good material and have it carefully made. This is economy.”

7. Appropriate for Church Services

5 Testimonies, p. 499. “All should be taught to be neat, clean, and orderly in their dress, but not to indulge in that external adorning which is wholly inappropriate for the sanctuary. There should be no display of the apparel; for this encourages irreverence. The attention of the people is often called to this or that fine article of dress, and thus thoughts are intruded that should have no place in the hearts of the worshipers. God is to be the subject of thought, the object of worship; and anything that attracts the mind from the solemn, sacred service is an offense to Him. The parading of bows and ribbons, ruffles and feathers, and gold and silver ornaments is a species of idolatry and is wholly inappropriate for the sacred service of God, where the eye of every worshiper should be single to His glory... let none dishonor God’s sanctuary by their showy apparel.”

6 Testimonies, p. 355. “Many need instruction as to how they should appear in the assembly for worship on the Sabbath. They are not to enter the presence of God in the common clothing worn during the week. All should have a special Sabbath suit, to be worn when attending service in God’s house. While we should not conform to worldly fashions, we are not to be indifferent in regard to our outward appearance. We are to be neat and trim, though without adornment.”

8. Avoids Needless Display

Bible Training School, May 1, 1908. “(1 Peter 3:3,4 quoted). The ornamentation of the person with jewels and luxurious things is a species of idolatry. This needless display reveals a love for those things which are supposed to place a value upon the person. It gives evidence to the world of a heart destitute of the inward adornment.”

Seventh-Day Adventist Church Manual, 18th edition (2010), p.141. “To dress plainly, abstaining from display of jewelry and ornaments of every kind, is in keeping with our faith.”—*Testimonies*, vol. 3, p. 366. It is clearly taught in the Scriptures that the wearing of jewelry is contrary to the will of God. The apostle Paul admonishes us to dress ourselves “in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing” (1 Tim. 2:9). The wearing of ornaments of jewelry is a bid for attention not in keeping with Christian self-forgetfulness.” When Jacob and his family rededicated their lives to the Lord, they buried their jewelry in the earth (Genesis 35:1, 2, 4). When the Israelites were about to enter the promised land, the Lord commanded them to remove their ornaments (Exodus 33:5, 6).

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9. Healthful

Ministry of Healing, pp. 271, 272. “At every pulsation of the heart the blood should make its way quickly and easily to all parts of the body. Its circulation should not be hindered by tight clothing or bands, or by insufficient clothing of the extremities. Whatever hinders the circulation forces the blood back to the vital organs, producing congestion. Headache, cough, palpitation of the heart, or indigestion is often the result.”

Summary:

Review and Herald, January 30, 1900. “Christians should not take pains to make themselves gazing-stocks by dressing differently from the world. But if, in accordance with their faith and duty in respect to their dressing modestly and healthfully, they find themselves out of fashion, they should not change their dress in order to be like the world. But they should manifest a noble independence and moral courage to be right, if all the world differs from them. If the world introduces a modest, convenient, and healthful mode of dress, which is in accordance with the Bible, it will not change our relation to God or to the world to adopt such a style of dress. Christians should follow Christ, and conform their dress to God's word. They should shun extremes. They should humbly pursue a straight-forward course, irrespective of applause or of censure, and should cling to the right because of its own merits.”

Seventh-Day Adventist Church Manual, 18th edition (2010), p.140-141 “Dress: As Seventh-day Adventists Christians we have been called out from the world. Our religion must have a molding influence on all our activities. Our habits must stem from principle and not from the example of the world. Customs and fashions may change, but principles of right conduct remain the same. Early in our history Ellen G. White wrote that the purpose of Christian dress is ‘to protect the people of God from the corrupting influence of the world, as well as to promote physical and moral health.’ —*Testimonies*, vol. 4, p. 634. . . .The people of God should always be found among the conservatives in dress, and will not let ‘the dress question fill the mind.’—*Evangelism*, p. 273.”

For Further Study: Education chapter 28, “Relation of Dress to Education,” *1 Testimonies* chapter 83, “Reform in Dress,” and *4 Testimonies* chapter 62, “Simplicity in Dress”

Chapter 9 - Sound Speech

Proverbs 17:7

Malachi 3:16

Matthew 12:37

Titus 2:8

Inappropriate Jestings and Joking

Ephesians 5:4. “Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.”

Our High Calling, p. 292. “A man's character may be quite accurately estimated by the nature of his conversation... Those who jest and joke and indulge in cheap conversation place themselves upon a level where Satan can gain access to them... Jestings and joking may please a class of cheap minds, and yet the influence of this kind of conduct is destructive to spirituality. I speak to you as a class and also as individuals: Guard your words. Let sobriety and sound common sense characterize your conversation. Do not trifle with the purity and nobility of your souls by condescending to indulgence in stale jokes, and in cultivating habits of trifling conversation...”

O that every one of our youth would realize the evil of foolish conversation, and correct the habit of speaking idle words! Let every one who has indulged in this sin repent of it, confess it before God, and put it far from him. In speaking foolish words, you have dishonored the name of Christ; for you have misrepresented Him in character. No word of guile was found in His lips, no word of prevarication or falsehood. The people that are described as making up the one hundred and forty-four thousand, have the Father's name written in their foreheads, and of them it is said: ‘In their mouth was found no guile: for they are without fault before the throne of God.’ Rev. 14:5.”

Avoiding Controversy and Vain Babbling

2 Timothy 2:16. “But shun profane and vain babblings: for they will increase unto more ungodliness.”

Review and Herald, September 11, 1888 par. 7. “(2 Timothy 2:15,16 quoted). The special, deceptive work of Satan has been to provoke controversies, that there might be strivings about words to no profit. He well knows that this will occupy the mind and the time. It raises the combativeness, and quenches the spirit of conviction, in the minds of many, drawing them into diversity of opinions, accusation, and prejudice, which closes the door to the truth. This was the effect in the days of Paul, and we see that it has been the same in our own time. It shakes the confidence of those already partially convinced, and it turns away others who are waiting for some excuse for rejecting the truth. The less the preacher shall multiply words of his own, the more distinct and clear will be the living utterances of God. Let your words be few. Let God speak. Let the plain, ‘Thus saith the Lord’ settle all controversies.”

Godly Conversations

Colossians 4:6. “Let your speech be alway with grace, seasoned with salt.”

Faith I Live By, p. 236. “How is it that many who profess the name of Christ utter so many vain, idle words? Satan watches to obtain an advantage over those who speak in a reckless manner... When we utter meaningless and silly words we encourage others to indulge in the same kind of conversation... The only words that should come from our lips should be pure, clean words. No one can tell how much sin is created by careless, foolish, unmeaning words. Every word you speak is as a seed that will germinate and produce either good or bad fruit.

When in the company of those who indulge in foolish talk, it is our duty to change the subject of conversation if possible. By the help of the grace of God we should quietly drop words or introduce a subject that will turn the conversation into a profitable channel.

He {God} desires us to be cheerful, but not trifling. He says to each one of us, ‘But as he which hath called you is holy, so be ye holy in all manner of conversation.’ 1 Peter 1:15. God wants us to be happy. He desires to put a new song on our lips, even praise to our God...

We lose much by not talking more of Jesus and of heaven, the saints' inheritance. The more we contemplate heavenly things, the more new delights we shall see, and the more will our hearts be brimful of thanks to our beneficent Creator.” (*Youth Instructor, June 27, 1895 par. 2*)

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“A Living Sacrifice”

Fault-finding

Review & Herald, November 24, 1904. “I have been especially instructed in regard to the danger of drawing apart, and of evil speaking and contention... **The precious time that should be spent in speaking of the Saviour's power to save, is being spent by many in carrying evil reports.** Unless they make a decided change, they will be found wanting. **Unless they have an entire transformation of character, they will never enter heaven.** A deep, thorough work needs to be done in the hearts of those who profess to be children of God. Until they reveal the faith that works by love and purifies the soul, very little genuine work for God will be done in the world.

Let our people take up their appointed work,--the work of soul-saving. Let them not think that upon them has been laid the burden of watching and criticizing the work of others. Those who put their whole souls into the work that God gives them will have no time to criticize the efforts of their fellow workers, no time to weaken the hands of those who are straining every nerve and muscle to advance the work.

Let not any man or woman feel that he or she has been appointed to carry evil reports from church to church, and from conference to conference. I have been grieved beyond measure to see how easy it is for persons to spend precious time in this cruel work. The proclamation of the first, second, and third angels' messages is now to be our burden. Those who spend their time in thinking and speaking evil are bringing to the foundation, material represented by hay, wood, and stubble, which will be consumed by the fires of the last days. They will one day see that their time has been spent in weakening churches, institutions, and conferences.

God hates all such work. **He will call to account all who engage in it.** Let those who fear God and believe his word put a guard on their lips. **Let them be determined not to speak words that will injure the cause of God,** or give a wrong representation of the work being done in any of his institutions. Let them be careful not to speak words that will be a temptation to some one else to withhold the confidence and the words of courage that ought to be given to those who are severely tried, and who, perhaps, work early and late to fulfill the many calls of duty, until it seems as if mind and body would give way under the strain.

Words of suspicion and distrust, like the thistle-down carried by the wind, are scattered far and wide, and can never be recalled. **Un-Christlike speech lies at the foundation of nine tenths of all the difficulties that exist in the church.** Satan's agents are industriously trying to get professed Christians to speak unadvisedly. When they succeed, Satan exults, because God's followers have hurt their influence. We have no time, in these solemn moments, to contend with one another. Those who give way to evil-thinking and evil-speaking do not realize how much time they cause others to lose. God's servants have been called upon to settle difficulties between brother and brother, and time has been spent in this way that belonged to souls ready to perish,--time that ought to have been devoted to the fulfilling of the gospel commission.”

For Further Study: *Review & Herald, November 24, 1904, “A Preparation for the Coming of the Lord,”* and *Voice in Speech and Song* chapters 1 thru 3

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“Knowing the Times”

Chapter 1 – Knowing the Times

What Has God Revealed Concerning the Signs of the Times?

Matthew 24:36. “But of that day and hour knoweth no man, no, not the angels of heaven, but my Father only.”

1 Thessalonians 5:2. “For yourselves know perfectly that the day of the Lord so cometh as a thief in the night.”

1 Thessalonians 5:4-6. “But ye, brethren, are not in darkness, that that day should overtake you as a thief. (5) Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. (6) Therefore let us not sleep, as do others; but let us watch and be sober.”

Great Controversy, p. 360. “Did our Lord say that that day and hour should never be known? Did He not give us signs of the times, in order that we may know at least the approach of His coming, as one knows the approach of the summer by the fig tree putting forth its leaves? *Matthew 24:32.* Are we never to know that period, whilst He Himself exhorteth us not only to read Daniel the prophet, but to understand it? and in that very Daniel, where it is said that the words were shut up to the time of the end (which was the case in his time), and that ‘many shall run to and fro’ (a Hebrew expression for observing and thinking upon the time), ‘and knowledge’ (regarding that time) ‘shall be increased.’ *Daniel 12:4.* Besides this, our Lord does not intend to say by this, that the approach of the time shall not be known, but that the exact ‘day and hour knoweth no man.’ Enough, He does say, shall be known by the signs of the times, to induce us to prepare for His coming, as Noah prepared the ark.”

Great Controversy, p. 356. “But since 1798 the book of Daniel has been unsealed, knowledge of the prophecies has increased, and many have proclaimed the solemn message of the judgment near.”

Daniel 12:4. “But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased.”

What Time Are We Living In?

- The Time of the End (Since 1798) – *Daniel 7:25; 11:35; 12:4*
- The Investigative Judgment (Since 1844) – *Daniel 7:9, 10; 8:14*

It Is in Knowing the Time that We Know What to Do

Romans 13:11. “And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.”

1 Chronicles 12:32. “And of the children of Issachar which were men that had understanding of the times, to know what Israel ought to do . . .”

Are there Any More Time Prophecies after 1844? – *Revelation 10:2, 6.*

Are We to Continue to Study End Time Events?

- “Take heed that no man deceive you. For many shall come in my name. . . and deceive many.” *Matthew 24:4,5.*
- “But ye brethren are not in darkness, that that day should overtake you as a thief.” *1 Thessalonians 5:4.*
- “Thy word is a lamp unto my feet and a light unto my path.” *Psalms 119:105.*

We Must Give Study to the Things God has Revealed and Ignore Speculation

- *Deuteronomy 29:29.* “The secret things belong unto the LORD our God: but those things which are revealed belong unto us and to our children for ever, that we may do all the words of this law.”
- *Acts 1:7.* “It is not for you to know the times or the seasons, which the Father hath put in his own power.”
- W.D. Frazee. “Nothing presents a more fertile field for speculation than the subject of the future.”

A Lesson From the Early Disciples

Great Controversy, p. 594. "Before His crucifixion the Saviour explained to His disciples that He was to be put to death and to rise again from the tomb, and angels were present to impress His words on minds and hearts. But the disciples were looking for temporal deliverance from the Roman yoke, and they could not tolerate the thought that He in whom all their hopes centered should suffer an ignominious death. The words which they needed to remember were banished from their minds; and when the time of trial came, it found them unprepared. The death of Jesus as fully destroyed their hopes as if He had not forewarned them. So in the prophecies the future is opened before us as plainly as it was opened to the disciples by the words of Christ. The events connected with the close of probation and the work of preparation for the time of trouble, are clearly presented. But multitudes have no more understanding of these important truths than if they had never been revealed."

Chapter 2 – Three Angels’ Messages

Introduction: Revelation 14:6-11.

What Is the Result of This message? Revelation 14:12.

‘Patience’ Greek *hupomone* – Meaning: steadfastness, endurance, perseverance

What Have God’s People Had to Endure? The great struggle with the dragon, beast and his image: Revelation 12:17; 13.

Satan and all his forces are moved against the development of God’s people. This is the great final conflict on earth. This threefold message is the last warning message given on earth to help decide who will stand at the Lord’s appearing: Revelation 14:14, 15.

Early Writings, p. 256. “These messages were represented to me as an anchor to the people of God. Those who understand them and receive them will be kept from being swept away by the many delusions of Satan.”

1st Angel’s Message

Revelation 14:6,7. “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, ⁷Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.

The announcement of Judgment, from Daniel 8:14, began on October 22, 1844.

When Did This Message Begin to Be Preached?

In the 1830’s William Miller in the U.S. and dozens of others from around the world were studying the 2300 year prophecy of Daniel 8:14 and all came to the conclusion that Jesus would return in about 1844. They also could see the fulfillment of several other prophecies in connection with the soon coming of our Lord.

- **1755 - Great Lisbon earthquake** (Revelation 6:12; *Great Controversy*, p. 305.)
- **1780 - Dark day, moon turned to blood** (Revelation 6:13; *Great Controversy*, p. 306.)
- **1798 - Papal Empire fell as predicted** (Daniel 7, Revelation 13.)
- **1833 - Stars fell from heaven** (*Great Controversy*, p. 333; Revelation 6:13.)

As a result of William Miller’s preaching, hundred’s of ministers from all denominations joined him in giving this warning message of the soon coming Christ. This message culminated in the summer of 1844 as it swept from

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“Knowing the Times”

town to town, from city to city, and from state to state. Thousands were converted, and there were anywhere from fifty to a hundred thousand people that were confidently expecting Jesus to come on October 22, 1844. They had thought that the sanctuary being cleansed from Daniel 8:14 meant that the earth was to be cleansed at the second coming. The date was correct, but the event was misunderstood.

Purpose of the 1st Angel’s Message

Great Controversy, p. 379. “The first angel’s message of Revelation 14, announcing the hour of God’s judgment and calling upon men to fear and worship Him, was designed to separate the professed people of God from the corrupting influences of the world and to arouse them to see their true condition of worldliness and backsliding.”

2nd Angel’s Message

Revelation 14:8. “And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication.”

‘**Babylon**’ – Greek *Babulo* – Meaning: Confusion; derived originally from the tower of Babel (Genesis 11:9).

- In Revelation 17 Babylon is represented as a harlot woman.
- A woman in prophecy is a symbol of a church – Jeremiah 6:2; 2 Corinthians 11:2; Ephesians 5:23, 32.
- Pure woman = pure church; harlot woman = apostate church
- The harlot woman (Babylon) of Revelation 17, which is “drunken with the blood of the saints”, is a clear symbol of the Roman Church.
- She is called the mother of harlots, thus her daughters must be those churches that cling to her doctrines.
- The fall of Babylon from Revelation 14:8 must symbolize those churches that once were pure and have become corrupt.
- According to Revelation 18:1-4, many of God’s people must still be in Babylon.

When did this message first apply?

While the first angel’s message was spreading in the 1830’s and early 1840’s, many of the Protestant churches opened their doors to the preaching of the message. But as the message gained in power, especially by the summer of 1844, it brought more and more a separation in spirit between those who fully accepted it and those who rejected it. Many of the leaders in the popular churches turned against the message with a great deal of opposition. It was then that the message of the second angel was first given, “Babylon is fallen, is fallen.” This message applied directly to those protestant churches that rejected the message of the first angel.

How did the protestant churches fall to such a level?

Great Controversy, p. 384. “What was the origin of the great apostasy? How did the church first depart from the simplicity of the gospel? By conforming to the practices of paganism, to facilitate the acceptance of Christianity by the heathen. The apostle Paul declared, even in his day, “The mystery of iniquity doth already work.” 2 Thessalonians 2:7.”

Great Controversy, p. 385. “Has not the same process been repeated in nearly every church calling itself Protestant? As the founders, those who possessed the true spirit of reform, pass away, their descendants come forward and “new-model the cause.” While blindly clinging to the creed of their fathers and refusing to accept any truth in advance of what they saw, the children of the reformers depart widely from their example of humility, self-denial, and renunciation of the world. Thus “the first simplicity disappears.” A worldly flood, flowing into the church, carries “with it its customs, practices, and idols.”

Great Controversy, p. 380. “In refusing the warning of the first angel, they rejected the means which Heaven had provided for their restoration. They spurned the gracious messenger that would have corrected the evils which separated them from God, and with greater eagerness they turned to seek the friendship of the world. Here was the cause of that fearful condition of worldliness, backsliding, and spiritual death which existed in the churches in 1844.”

Is the fall of Babylon complete?

Great Controversy, p. 389. "The second angel's message of Revelation 14 was first preached in the summer of 1844, and it then had a more direct application to the churches of the United States, where the warning of the judgment had been most widely proclaimed and most generally rejected, and where the declension in the churches had been most rapid. But the message of the second angel did not reach its complete fulfillment in 1844. The churches then experienced a moral fall, in consequence of their refusal of the light of the advent message; but that fall was not complete. As they have continued to reject the special truths for this time they have fallen lower and lower. Not yet, however, can it be said that "Babylon is fallen,... because she made all nations drink of the wine of the wrath of her fornication." She has not yet made all nations do this. The spirit of world conforming and indifference to the testing truths for our time exists and has been gaining ground in churches of the Protestant faith in all the countries of Christendom; and these churches are included in the solemn and terrible denunciation of the second angel. But the work of apostasy has not yet reached its culmination."

What did this message mean to the believers?

Great Controversy, p. 376. "Thus the believers found themselves in a position of great trial and perplexity. They loved their churches and were loath to separate from them; but as they saw the testimony of God's word suppressed and their right to investigate the prophecies denied they felt that loyalty to God forbade them to submit. Those who sought to shut out the testimony of God's word they could not regard as constituting the church of Christ, "the pillar and ground of the truth." Hence they felt themselves justified in separating from their former connection. In the summer of 1844 about fifty thousand withdrew from the churches."

Acceptance of this message brought tremendous revival amongst the believers as they searched their hearts and lives to be cleansed from the influences of the world and the popular churches of the day.

What happened to the believers when Jesus did not come on October 22, 1844?

Great Controversy, p. 403. "The time of expectation passed, and their Saviour did not appear. With unwavering confidence they had looked forward to His coming, and now they felt as did Mary when, coming to the Saviour's tomb and finding it empty, she exclaimed with weeping: "They have taken away my Lord, and I know not where they have laid Him." John 20:13 . . .

. . . A large class who had professed to believe in the Lord's soon coming, renounced their faith. Some who had been very confident were so deeply wounded in their pride that they felt like fleeing from the world. Like Jonah, they complained of God, and chose death rather than life. Those who had based their faith upon the opinions of others, and not upon the word of God, were now as ready again to change their views. The scoffers won the weak and cowardly to their ranks, and all these united in declaring that there could be no more fears or expectations now. The time had passed, the Lord had not come, and the world might remain the same for thousands of years."

Great Controversy, p. 405. "The first and second angels' messages were given at the right time and accomplished the work which God designed to accomplish by them."

Great Controversy, pp. 406, 407. "True, there had been a failure as to the expected event, but even this could not shake their faith in the word of God . . . God did not forsake His people; His Spirit still abode with those who did not rashly deny the light which they had received, and denounce the advent movement."

Great Controversy, p. 410. "But God had led His people in the great advent movement; His power and glory had attended the work, and He would not permit it to end in darkness and disappointment, to be reproached as a false and fanatical excitement. He would not leave His word involved in doubt and uncertainty . . . As they could see no error in their reckoning of the prophetic periods, they were led to examine more closely the subject of the sanctuary."

Those who searched God's word with an open heart discovered the true meaning of the cleansing of the sanctuary.

Great Controversy, p. 417. "The question, What is the sanctuary? is clearly answered in the Scriptures. The term "sanctuary," as used in the Bible, refers, first, to the tabernacle built by Moses, as a pattern of heavenly things; and, secondly, to the "true tabernacle" in heaven, to which the earthly sanctuary pointed. At the death of Christ the typical service ended. The "true tabernacle" in heaven is the sanctuary of the new covenant. And as the prophecy of Daniel 8:14 is fulfilled in this dispensation, the sanctuary to which it refers must be the sanctuary of the new covenant."

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God’s Purpose in the Great Disappointment

Early Writings, p. 235. “I saw the people of God joyful in expectation, looking for their Lord. But God designed to prove them. His hand covered a mistake in the reckoning of the prophetic periods. Those who were looking for their Lord did not discover this mistake, and the most learned men who opposed the time also failed to see it. God designed that His people should meet with a disappointment. The time passed, and those who had looked with joyful expectation for their Saviour were sad and disheartened, while those who had not loved the appearing of Jesus, but embraced the message through fear, were pleased that He did not come at the time of expectation. Their profession had not affected the heart and purified the life. The passing of the time was well calculated to reveal such hearts. They were the first to turn and ridicule the sorrowful, disappointed ones who really loved the appearing of their Saviour. I saw the wisdom of God in proving His people and giving them a searching test to discover those who would shrink and turn back in the hour of trial.”

Revelation 10:9, 10. – This great disappointment was prophesied by John the revelator in chapter 10.

Revelation 10:11. – The first angel’s message was to continue to sound from the beginning of judgment on October 22, 1844, to the close of probation of all humanity (Daniel 12:1; Revelation 22:11).

3rd Angel’s Message

Great Controversy, p. 423. “The subject of the sanctuary was the key which unlocked the mystery of the disappointment of 1844. It opened to view a complete system of truth, connected and harmonious, showing that God’s hand had directed the great advent movement and revealing present duty as it brought to light the position and work of His people.”

Great Controversy, p. 424. “But the people were not yet ready to meet their Lord. There was still a work of preparation to be accomplished for them. Light was to be given, directing their minds to the temple of God in heaven; and as they should by faith follow their High Priest in His ministration there, new duties would be revealed. Another message of warning and instruction was to be given to the church.”

Great Controversy, p. 431. “They had a clearer understanding of the first and second angels’ messages, and were prepared to receive and give to the world the solemn warning of the third angel of Revelation 14.”

The first and second angel’s message pointed to Christ’s ministration in the most holy place, to His work of judgment, the cleansing of the sanctuary (Daniel 8:14), and the cleansing of the sins of His people.

Malachi 3:1. “The Lord, whom ye seek, shall suddenly come to His temple, even the Messenger of the covenant, whom ye delight in: behold, He shall come, saith the Lord of hosts.”

Revelation 11:19. Within the most holy place is the Ark of the Covenant containing the Ten Commandments.

Great Controversy, p. 433. “Those who by faith followed their great High Priest as He entered upon His ministry in the most holy place, beheld the ark of His testament. As they had studied the subject of the sanctuary they had come to understand the Saviour’s change of ministration, and they saw that He was now officiating before the ark of God, pleading His blood in behalf of sinners.”

Great Controversy, p. 436. “That men may be prepared to stand in the judgment, the message commands them to ‘fear God, and give glory to Him’, ‘and worship Him that made heaven, and earth, and the sea, and the fountains of waters.’”

What does it mean to fear God and give glory to Him?

Ecclesiastes 12:13. “Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.”

Great Controversy, p. 436. “In order to be prepared for the judgment, it is necessary that men should keep the law of God. That law will be the standard of character in the judgment. The apostle Paul declares: ‘As many as have sinned in the law shall be judged by the law, . . . in the day when God shall judge the secrets of men by Jesus Christ.’ And he says that ‘the doers of the law shall be justified.’ Romans 2:12-16. Faith is essential in order to the keeping of the

law of God; for ‘without faith it is impossible to please Him.’ And ‘whatsoever is not of faith is sin.’ Hebrews 11:6; Romans 14:23.”

1 Corinthians 6:19, 20. “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”

Summary: We give glory to God by being partakers of His spirit and reflecting His character of love to the world through a keeping of His commandments by faith.

How are we to give true worship to God?

Revelation 14:7. “And worship Him that made heaven, and earth, and the sea, and the fountains of waters” is a quote from the fourth commandment of the Decalogue (Exodus 20:8-11) regarding the 7th day Sabbath.

Great Controversy, p. 436. “The duty to worship God is based upon the fact that He is the Creator and that to Him all other beings owe their existence.”

The Sabbath is the special day for worship and is a sign for God's people: Exodus 31:13-17; Ezekiel 20:12,20.

Great Controversy, p. 436. “The result of an acceptance of these messages is given in the word: “Here are they that keep the commandments of God, and the faith of Jesus.”

Summary: The first angel's message calls for a return of the true worship of God through keeping the 7th day Sabbath. The early Adventist believers understood this truth in the months following the disappointment of 1844 and began to keep the Sabbath holy.

The 3rd Angel's Message Warns Against a Counterfeit Worship – Revelation 14:9-11.

What is the wrath of God? Revelation 15:1.

Summary: In contrast with those that fear God, worship Him and keep His commandments are those that worship the beast and his image and thus receive the mark of the beast. Those that receive this mark will receive the wrath of God, which is the seven last plagues.

The Three Angels Messages – A Firm Platform

Early Writings, p. 258. “I saw a company who stood well guarded and firm, giving no countenance to those who would unsettle the established faith of the body. God looked upon them with approbation. I was shown three steps--the first, second, and third angels' messages. Said my accompanying angel, “Woe to him who shall move a block or stir a pin of these messages. The true understanding of these messages is of vital importance. The destiny of souls hangs upon the manner in which they are received.”

Early Writings, p. 260. “Those who rejected the first message could not be benefited by the second; neither were they benefited by the midnight cry, which was to prepare them to enter with Jesus by faith into the most holy place of the heavenly sanctuary. And by rejecting the two former messages, they have so darkened their understanding that they can see no light in the third angel's message, which shows the way into the most holy place. I saw that as the Jews crucified Jesus, so the nominal churches had crucified these messages, and therefore they have no knowledge of the way into the most holy, and they cannot be benefited by the intercession of Jesus there.”

Summary: The three angels messages are given to help prepare a people for the return of Jesus. They announce that judgment has begun, pointing us to the priestly ministry of Jesus on our behalf and His work to cleanse us from all sin. As we turn from the false doctrines, worldliness and traditions of the fallen churches (or Babylon), we are called to fear God and give glory to Him alone by being partakers of His Spirit and nature, thus keeping His commandments by faith and worshiping Him as our creator as He commanded on the seventh-day Sabbath. Those who refuse to repent of their sins and fail to follow Jesus into the Most Holy place, but, rather hold on to the traditions, sins and counterfeit worship of the fallen churches will receive the mark of the beast and the seven last plagues.

Further Study: Read *Great Controversy* chapters 20-24, “A Great Religious Awakening”, “A Warning Rejected”, “Prophecies Fulfilled”, “What is the Sanctuary?”, and “In the Holy of Holies”.

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Chapter 3 – National Sunday Law

1st Beast - Revelation 13:1-8.

- Rises out of the sea
 - Seas represent peoples, and multitudes, and nations, and tongues Revelation 17:15.
 - Compare with Daniel 7:2, 3. “The four winds of heaven striving upon the great sea represent the terrible scenes of conquest and revolution by which kingdoms have attained to power.” {Great Controversy, p. 439.}
- Had power for 42 months, 1260 days or 3½ years (notice the similarities between the Beast and Jesus)
- Mouth speaking great things and blasphemies against God
- He made war with the saints
- Received a deadly wound which would be healed
- The whole world wondered after the beast

Summary: Characteristics of the 1st beast clearly link this power to the little horn of Daniel 7, the Roman Church.

2nd Beast – Revelation 13:11-14.

- Rises just after the 1st Beast
- Seen coming up out of the earth
 - If seas represent multitudes and nations, earth would represent a sparsely populated area
 - The Greek word here rendered "coming up" literally signifies "to grow or spring up as a plant."
 - “Instead of overthrowing other powers to establish itself, the nation thus represented must arise in territory previously unoccupied and grow up gradually and peacefully. It could not, then, arise among the crowded and struggling nationalities of the Old World--that turbulent sea of "peoples, and multitudes, and nations, and tongues." It must be sought in the Western Continent.” *Great Controversy, p. 440.*
- Two horns like a lamb
 - Lamblike horns indicate youth, innocence, and gentleness
 - A lamb is a symbol of Jesus, so this power would profess Christian principles
- Speaks as a dragon
 - This symbol points to a striking contradiction between the professions and the practice of the nation thus represented. The "speaking" of the nation is the action of its legislative and judicial authorities.
- World power exercising all the power of the 1st Beast
- Causes the world to worship the 1st beast “whose deadly wound was healed” (verse 12), after 1798.
- A democratic power, saying to it’s people that “they should make an image to the beast” (verse 14)

Summary: What nation arose around 1798, not by violent conquest so much as by quiet, plant-like growth in a relatively unpopulated and “new” area of planet Earth, that advocates a democratic form of government, without a king, which seeks to model and reflect Christian principles of liberty, freedom and fairness, and would eventually possess unprecedented global influence? This 2nd beast power can symbolize none other than the United States of America.

Mark of the Beast – Revelation 13:15-17.

- The mark of the beast comes as a result of false worship
- Those that refuse to worship the beast and his image are those that keep the commandments of God – Revelation 14:12.
- God’s mark or seal will be placed upon His loyal commandment-keeping people – Revelation 7:2, 3.
- Sabbath keeping is the sign of God’s people – Exodus 31:13; Ezekiel 20:12.
- Sunday keeping acknowledges authority to the Roman Catholic Church – Daniel 7:25, Revelation 13:12.

Summary: In Revelation 13 we see the 2nd beast, or the U.S.A. causing the whole world to worship the 1st beast, or the Roman Catholic Church, by creating an image to the beast and persecuting those that would not partake of this false worship. Those that remain faithful to God through this time of trial and persecution receive the seal of God and are shown as keeping the commandments of God. The Sabbath is the sign for God’s people and through keeping it they acknowledge Him as creator; Sunday-keeping, or the false Sabbath, is the mark of authority for the Roman Catholic church who made this change to the law of God. As the U.S.A. and the Roman church join hands to enforce this false Sabbath upon the world, those that trample God’s law and worship this image of the beast will receive the mark of the beast. This will bring a tremendous test upon God’s people.

Maranatha, p. 131. “A great crisis awaits the people of God. A crisis awaits the world. The most momentous struggle of all the ages is just before us. . . . The question of enforcing **Sunday observance** has become one of national interest and importance. We well know what the result of this movement will be. But are we ready for the issue?”

A Sign for God’s People

1. End of probation for the United States. (Revelation 18:1-3)

5 Testimonies, p. 451. “To secure popularity and patronage, legislators will yield to the demand for a Sunday law. Those who fear God cannot accept an institution that violates a precept of the Decalogue. On this battlefield comes the last great conflict of the controversy between truth and error. And we are not left in doubt as to the issue. Now, as in the days of Mordecai, the Lord will vindicate His truth and His people. By the decree enforcing the institution of the papacy in violation of the law of God, our nation will disconnect herself **fully** from righteousness. . . . As the approach of the Roman armies was a sign to the disciples of the impending destruction of Jerusalem, so may this apostasy be a sign to us that the limit of God’s forbearance is reached, that the measure of our nation’s iniquity is full, and that the angel of mercy is **about** to take her flight, never to return.”

- “National apostasy will be followed by national ruin.” – *7 Bible Commentary, p. 977 (1888).*
- “The national apostasy is the signal for national ruin.” – *2 Selected Messages, p. 373 (1891).*
- “This national apostasy will speedily be followed by national ruin.” – *Review and Herald, June 15, 1897.*
- “There will be a national apostasy, which will end only in national ruin.” – *Evangelism, p. 235 (1899).*

2. Marvelous Working of Satan. (Revelation 13:13, 14)

5 Testimonies, p. 451. “When Protestantism shall stretch her hand across the gulf to grasp the hand of the Roman power, when she shall reach over the abyss to clasp hands with spiritualism, when, under the influence of this threefold union, our country will repudiate every principle of its Constitution as a Protestant and republican government, and shall make provision for the propagation of papal falsehoods and delusions, then we may know that the time has come for the marvelous working of Satan and that the end is near.”

Last Day Events, p. 136. “The wicked . . . declared that they had the truth, that miracles were among them, that angels from heaven talked with them and walked with them, that great power and signs and wonders were performed among them, and that this was the temporal millennium that they had been expecting so long. The whole world was converted and in harmony with the Sunday law.”

3. Image to the Beast is set up.

Story of Redemption, pp. 381, 382. “The image to the beast represents another religious body clothed with similar powers. The formation of this image is the work of that beast whose peaceful rise and mild professions render it so striking a symbol of the United States. Here is to be found an image of the Papacy. When the churches of our land, uniting upon such points of faith as are held by them in common, shall influence the State to enforce their decrees and sustain their institutions, then will Protestant America have formed an image of the Roman hierarchy. Then the true church will be assailed by persecution, as were God’s ancient people.”

Great Controversy, p. 588. “Through the two great errors, the immortality of the soul and Sunday sacredness, Satan will bring the people under his deceptions. While the former lays the foundation of spiritualism, the latter creates a bond of sympathy with Rome. The Protestants of the United States will be foremost in stretching their hands across the gulf to grasp the hand of spiritualism; they will reach over the abyss to clasp hands with the Roman power; and under the influence of this threefold union, this country will follow in the steps of Rome in trampling on the rights of conscience.”

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Great Controversy, pp. 448, 449. “The enforcement of Sundaykeeping on the part of Protestant churches is an enforcement of the worship of the papacy--of the beast. Those who, understanding the claims of the fourth commandment, choose to observe the false instead of the true Sabbath are thereby paying homage to that power by which alone it is commanded. But in the very act of enforcing a religious duty by secular power, the churches would themselves form an image to the beast; hence the enforcement of Sunday-keeping in the United States would be an enforcement of the worship of the beast and his image.”

4. Leave the large cities.

5 Testimonies, p. 464. “The time is not far distant, when, like the early disciples, we shall be forced to seek a refuge in desolate and solitary places. As the siege of Jerusalem by the Roman armies was a signal for flight to the Judean Christians, so the assumption of power on the part of our nation in the decree enforcing the papal sabbath will be a warning to us. It will then be time to leave the **large** cities, preparatory to leaving the **smaller** ones for retired homes in **secluded** places among the mountains.”

Does that mean that people are not to leave the large cities until then?

6 Testimonies, p. 195. “Get out of the large cities as fast as possible.” (1901)

Review and Herald, April 14, 1903. “My warning is: Keep out of the cities. Build no sanitariums in the cities. Educate our people to get out of the cities into the country, where they can obtain a small piece of land, and make a home for themselves and their children.”

Country Living, p. 9. “Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one.”

5. Brings Persecution.

Great Controversy, p. 607. “The power attending the message (3rd angel) will only madden those who oppose it. The clergy will put forth almost superhuman efforts to shut away the light lest it should shine upon their flocks. By every means at their command they will endeavor to suppress the discussion of these vital questions. The church appeals to the strong arm of civil power, and, in this work, papists and Protestants unite. As the movement for Sunday enforcement becomes more bold and decided, the law will be invoked against commandment keepers. They will be threatened with fines and imprisonment, and some will be offered positions of influence, and other rewards and advantages, as inducements to renounce their faith. But their steadfast answer is: ‘Show us from the word of God our error.’ Those who are arraigned before the courts make a strong vindication of the truth, and some who hear them are led to take their stand to keep all the commandments of God.”

- **Economic Restrictions** – “That no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.” **Revelation 13:17.**
- **Civil Penalties and Death** - *Great Controversy*, p. 604. “All who refuse compliance will be visited with civil penalties, and it will finally be declared that they are deserving of death.” **Revelation 13:15.**

Signs of the Times, May 6, 1897, par. 16. “Trial and persecution will come to all who, in obedience to the Word of God, refuse to worship this false sabbath. Force is the last resort of every false religion. At first it tries attraction, as the king of Babylon tried the power of music and outward show. If these attractions, invented by men inspired by Satan, failed to make men worship the image, the hungry flames of the furnace were ready to consume them. So it will be now. The papacy has exercised her power to compel men to obey her, and she will continue to do so. We need the same spirit that was manifested by God's servants in the conflict with paganism.”

Further Study: Read *Great Controversy* chapter 25, “God’s Law Immutable” and *5 Testimonies* chapter 52, “The Coming Crisis”.

Chapter 4 – The Loud Cry

Revelation 18:1-4

1. Message of the Loud Cry

Great Controversy, p. 390. “Revelation 18 points to the time when, as the result of rejecting the threefold warning of Revelation 14:6-12, the church will have fully reached the condition foretold by the second angel, and the people of God still in Babylon will be called upon to separate from her communion.”

- Exposure of the sins of Babylon
 - Verse 2 – Here we find a clear description of the entrance of spiritualism within Protestantism.
 - Verse 3 – The protestant churches fornication would be in their uniting with the Harlot woman, the Roman church, to enforce Sunday observance.
- A call to come out
 - God’s people who are still in these fallen churches are given the final warning to come out.
 - They are told to come out “that they be not partakers of her sins”.
 - “Sin is the transgression of the law.” *1 John 3:4*.
 - God’s people are then to come out of every law-breaking church.

2. Time of the Loud Cry

Great Controversy, pp. 603, 604, 606. “[Revelation 18:1, 2, 4, quoted.] This scripture points forward to a time when the announcement of the fall of Babylon, as made by the second angel of Revelation 14 (verse 8), is to be repeated, with the additional mention of the corruptions which have been entering the various organizations that constitute Babylon, since that message was first given, in the summer of 1844. . . . These announcements, uniting with the third angel's message, constitute the final warning to be given to the inhabitants of the earth. . . .

The sins of Babylon will be laid open. The fearful results of enforcing the observances of the church by civil authority, the inroads of spiritualism, the stealthy but rapid progress of the papal power--all will be unmasked. By these solemn warnings the people will be stirred. Thousands upon thousands will listen who have never heard words like these.”

What marks the close of the loud cry?

- Those that reject the loud cry and the 3 angels message will receive the plagues – Revelation 14:10; 15:1; 18:4, 8.
- The plagues begin at the close of probation – Daniel 12:1; Revelation 15,16.
- The loud cry will not sound then after probation closes because every case has been decided.

Summary: The Loud Cry is a result of the rejection of the threefold messages of Revelation 14; it begins before the Sunday law, but swells to full power at the time of the Sunday law, and, continues until the close of probation when the plagues will fall.

3. Power of the Loud Cry

Great Controversy, p. 611. “The angel who unites in the proclamation of the third angel's message is to lighten the whole earth with his glory. A work of world-wide extent and unwonted power is here foretold. The advent movement of 1840-44 was a glorious manifestation of the power of God; the first angel's message was carried to every missionary station in the world, and in some countries there was the greatest religious interest which has been witnessed in any land since the Reformation of the sixteenth century; but these are to be exceeded by the mighty movement under the last warning of the third angel.”

Where does the power of this message come from?

Isaiah 60:1. “Arise, shine; for thy light is come, and the glory of the LORD is risen upon thee.”

Hosea 6:3. “Then shall we know, if we follow on to know the LORD: his going forth is prepared as the morning; and he shall come unto us as the rain, as the latter and former rain unto the earth.”

Coming Events

“Knowing the Times”

James 5:7. “Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain.”

Early Writings, pp. 85, 86. “While the work of salvation is closing, trouble will be coming on the earth, and the nations will be angry, yet held in check so as not to prevent the work of the third angel. At that time the ‘**latter rain**,’ or refreshing from the presence of the Lord, will come, to give power to the loud voice of the third angel, and prepare the saints to stand in the period when the seven last plagues shall be poured out.”

Power will be seen through signs and wonders

Early Writings, p. 278. “Mighty miracles were wrought, the sick were healed, and signs and wonders followed the believers. God was in the work, and every saint, fearless of consequences, followed the convictions of his own conscience and united with those who were keeping all the commandments of God; and with power they sounded abroad the third message. I saw that this message will close with power and strength far **exceeding** the midnight cry.”

4. Rejection of the Loud Cry

Review and Herald, December 23, 1890, par. 18. “There is to be in the churches a wonderful manifestation of the power of God; but it will not move upon those who will not humble themselves before the Lord, and open the door of their heart by confession and repentance. In the manifestation of that power, which lightens the earth with the glory of God, they will see only something which in their blindness they think dangerous, something which will arouse their fears, and they will brace themselves to resist it.”

Review and Herald, December 23, 1890, par. 18. “Because the Lord does not work according to their expectations and ideal they will oppose the work. Why, they say, should we not know the Spirit of God when we have been in the work so many years, because they did not respond to the warnings, the entreaties of the messages of God, but persistently said, ‘I am rich, and increased with good, and have need of nothing.’”

Review and Herald, May 27, 1890, par. 6. “The third angel’s message will not be comprehended. The light which will lighten the earth with its glory will be called a false light by those who refuse to walk in its advancing glory.”

Testimonies to Ministers, p. 300. “Unless those who can help in _____ are aroused to a sense of their duty, they will not recognize the work of God when the loud cry of the third angel shall be heard. When light goes forth to lighten the earth, instead of coming up to the help of the Lord, they will want to bind about His work to meet their narrow ideas. Let me tell you that the Lord will work in this last work in a manner very much out of the common order of things, and in a way that will be contrary to any human planning. There will be those among us who will always want to control the work of God, to dictate even what movements shall be made when the work goes forward under the direction of the angel who joins the third angel in the message to be given to the world. God will use ways and means by which it will be seen that He is taking the reins in His own hands. The workers will be surprised by the simple means that He will use to bring about and perfect His work of righteousness.”

Summary: This does not mean that the Seventh-day Adventist church is going to fall apart or be rejected by God. God will lead this movement that He began in 1844 through to the end, though many within our ranks will abandon the faith, not receive the latter rain and be shaken out of the church due to lack of preparation and heart surrender to God.

5. Ingathering of the Loud Cry

Early Writings, pp. 278, 279. “Servants of God, endowed with power from on high, with their faces lighted up, and shining with holy consecration, went forth to proclaim the message from heaven. Souls that were scattered all through the religious bodies answered the call, and the precious were hurried out of the doomed churches, as Lot was hurried out of Sodom before her destruction.”

Great Controversy, p. 612. “The message will be carried not so much by argument as by the deep conviction of the Spirit of God. The arguments have been presented. The seed has been sown, and now it will spring up and bear fruit. The publications distributed by missionary workers have exerted their influence, yet many whose minds were impressed have been prevented from fully comprehending the truth or from yielding obedience. Now the rays of

light penetrate everywhere, the truth is seen in its clearness, and the honest children of God sever the bands which have held them. Family connections, church relations, are powerless to stay them now. Truth is more precious than all besides. Notwithstanding the agencies combined against the truth, a large number take their stand upon the Lord's side.”

Last Day Events, p. 182. “The broken ranks will be filled up by those represented by Christ as coming in at the eleventh hour. There are many with whom the Spirit of God is striving . . . Large numbers will be admitted who in these last days hear the truth for the first time.”

8 Testimonies, p. 41. “Standard after standard was left to trail in the dust as company after company from the Lord's army joined the foe and tribe after tribe from the ranks of the enemy united with the commandment-keeping people of God.”

6. Babylon's Opposition

Great Controversy, p. 607. “The power attending the message will only madden those who oppose it. The clergy will put forth almost superhuman efforts to shut away the light lest it should shine upon their flocks. By every means at their command they will endeavor to suppress the discussion of these vital questions. The church appeals to the strong arm of civil power, and, in this work, papists and Protestants unite. As the movement for Sunday enforcement becomes more bold and decided, the law will be invoked against commandment keepers. They will be threatened with fines and imprisonment, and some will be offered positions of influence, and other rewards and advantages, as inducements to renounce their faith. But their steadfast answer is: ‘Show us from the word of God our error’ - the same plea that was made by Luther under similar circumstances. Those who are arraigned before the courts, make a strong vindication of the truth, and some who hear them are led to take their stand to keep all the commandments of God.”

Great Controversy, p. 48. “Why is it, then, that persecution seems in a great degree to slumber? The only reason is, that the church has conformed to the world's standard, and therefore awakens no opposition.”

7. Glory of the Loud Cry

The loud cry is more than a message; it is a revelation of Jesus Christ!

Review and Herald, November 22, 1892, par. 7. “The time of test is just upon us, for the loud cry of the third angel has already begun in the revelation of the righteousness of Christ, the sin-pardoning Redeemer. This is the beginning of the light of the angel whose glory shall fill the whole earth. For it is the work of every one to whom the message of warning has come, to lift up Jesus, to present Him to the world as revealed in types, as shadowed in symbols, as manifested in the revelations of the prophets, as unveiled in the lessons given to His disciples and in the wonderful miracles wrought for the sons of men. Search the Scriptures; for they are they that testify of Him.

If you would stand through the time of trouble, you must know Christ, and appropriate the gift of His righteousness, which He imputes to the repentant sinner.”

Christ's Object Lessons, p. 415. “Those who wait for the bridegroom's coming are to say to the people, ‘Behold your God.’ The last rays of merciful light, the last rays of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory in their own life and character. They are to reveal what the grace of God has done for them.”

There is no better way of revealing Christ to the world than through medical missionary work.

Loma Linda Messages, p. 336. “The truth for this time, the third angel's message, is to be proclaimed with a loud voice, (meaning with increasing power), as we approach the great final test. This test must come to the churches in connection with the true medical missionary work.”

Summary: Those that give the loud cry message will be those that have fully yielded their lives to Jesus and have been imbued with the Holy Spirit. In this way they will give the most solemn warning with a most compassionate love. Christ will be seen in them through not only their words but also their actions as they minister to souls as Christ ministered himself. This is the loud cry in its fullness.

Further Study: Read *Great Controversy* chapter 38, “The Final Warning”, and *Early Writings*, pp. 277-282.

Coming Events

“Knowing the Times”

Chapter 5 – The Marvelous Working of Satan

A Part of Biblical Prophecy

- 2 Thessalonians 2:8-12
- Revelation 13:12-14
- Revelation 16:13, 14
 - **Dragon** – Revelation 12:3; 13:1. The first member of this threefold religious union is generally identified either as spiritualism or as paganism. Indeed, many pagans worship spirits and practice various forms of spiritualism more or less resembling modern spiritualism as practiced in Christian lands.
 - **Beast** – Compare with the beast from Revelation 13:1 representing the Roman Catholic Church.
 - **False Prophet** – Apparently to be identified with the 2nd beast of Revelation 13, Protestant America, which professes to teach the truth but supports the false doctrines of the 1st beast or Roman church.

National Sunday Law Marks the Time

5 Testimonies, p. 451. “By the decree enforcing the institution of the papacy in violation of the law of God, our nation will disconnect herself fully from righteousness . . . then we may know that the time has come for the **marvelous working of Satan** and that the end is near.”

Spirit Manifestations

Early Writings, p. 87. “Satan will have power to bring before us the appearance of forms purporting to be our relatives or friends now sleeping in Jesus. It will be made to appear as if these friends were present; the words that they uttered while here, with which we were familiar, will be spoken, and the same tone of voice that they had while living will fall upon the ear. All this is to deceive the saints and ensnare them into the belief of this delusion.”

How can we be kept from this powerful deception?

Early Writings, p. 87. “I saw that the saints must get a thorough understanding of present truth, which they will be obliged to maintain from the Scriptures. They must understand the state of the dead; for the spirits of devils will yet appear to them, professing to be beloved friends and relatives, who will declare to them that the Sabbath has been changed, also other unscriptural doctrines. They will do all in their power to excite sympathy and will work miracles before them to confirm what they declare. The people of God must be prepared to withstand these spirits with the Bible truth that the dead know not anything, and that they who appear to them are the spirits of devils.”

Mighty Miracles of Healing

Great Controversy, p. 588. “Through the agency of spiritualism, miracles will be wrought, the sick will be healed, and many undeniable wonders will be performed. And as the spirits will profess faith in the Bible, and manifest respect for the institutions of the church, their work will be accepted as a manifestation of divine power.”

1 Testimonies, p. 302. “Some will be tempted to receive these wonders as from God. The sick will be healed before us. Miracles will be performed in our sight. Are we prepared for the trial which awaits us when the lying wonders of Satan shall be more fully exhibited?”

False Healings – “We need not be deceived. Wonderful scenes, with which Satan will be closely connected, will soon take place. God's Word declares that Satan will work miracles. He will make people sick, and then will suddenly remove from them his satanic power. They will then be regarded as healed. These works of apparent healing will bring Seventh-day Adventists to the test. Many who have had great light will fail to walk in the light, because they have not become one with Christ.” *Maranatha, p. 209.*

Mind Control and Modern Day Healings – “We are to be on guard against Satan's deceptive arts. Man and women are not to study the science of how to take captive the minds of those who associate with them. This is the science that Satan teaches. . . . We are not to tamper with mesmerism and hypnotism, the science of the one who lost his first estate, and was cast out of the heavenly courts.” *Medical Ministry, p. 110.*

Distinguishing between True and False Healings

9 Testimonies, p. 16. “Satan, surrounded by evil angels, and claiming to be God, will work miracles of all kinds, to deceive, if possible, the very elect. God's people will not find their safety in working miracles, for Satan will counterfeit the miracles that will be wrought. God's tried and tested people will find their power in the sign spoken of in Exodus 31:12-18.”

Isaiah 8:20. “To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.”

Great Controversy, p. 562. “Except those who are kept by the power of God, through faith in His word, the whole world will be swept into the ranks of this delusion.”

Many will Separate from the Fallen Churches

Great Controversy, p. 464. “Notwithstanding the widespread declension of faith and piety, there are true followers of Christ in these churches. Before the final visitation of God's judgments upon the earth there will be among the people of the Lord such a revival of primitive godliness as has not been witnessed since apostolic time. The Spirit and power of God will be poured out upon His children. At that time many will separate themselves from those churches in which the love of this world has supplanted love for God and His word. Many, both of ministers and people, will gladly accept those great truths which God has caused to be proclaimed at this time to prepare a people for the Lord's second coming.”

Counterfeit Revival Precedes the True Revival

Great Controversy, p. 464. “The enemy of souls desires to hinder this work; and before the time for such a movement shall come, he will endeavor to prevent it by introducing a counterfeit. In those churches which he can bring under his deceptive power he will make it appear that God's special blessing is poured out; there will be manifest what is thought to be great religious interest. Multitudes will exult that God is working marvelously for them, when the work is that of another spirit. Under a religious guise, Satan will seek to extend his influence over the Christian world.”

Summary: Satan will bring excitement, miracles, and healings with his counterfeit revival. Through these means he seeks to pervert the tastes and spiritual sensibilities so much that the Christian world will not recognize the true end time message from God. They will be drunken with the wine of Babylon. These deceptions will also be brought upon the Seventh-day Adventist church, but as long as we put our whole trust in the word of God, we will not be moved.

Satan's Crowning Act of Deception

Great Controversy, p. 624. “As the crowning act in the great drama of deception, Satan himself will personate Christ. . . . In different parts of the earth, Satan will manifest himself among men as a majestic being of dazzling brightness, resembling the description of the Son of God given by John in the Revelation. Revelation 1:13-15. The glory what surrounds him is unsurpassed by anything that mortal eyes have yet beheld. The shout of triumph rings put upon the air: ‘Christ has come! Christ has come!’ The people prostrate themselves in adoration before him, while he lifts up his hands and pronounces a blessing upon them, as Christ blessed His disciples when He was upon the earth. His voice is soft and subdued, yet full of melody. In gentle, compassionate tones he presents some of the same gracious, heavenly truths which the Saviour uttered; he heals the diseases of the people, and then, in his assumed character of Christ, he claims to have changed the Sabbath to Sunday, and commands all to hallow the day which he has blessed. He declares that those who persist in keeping holy the seventh day are blaspheming his name by refusing to listen to his angels sent to them with light and truth. This is the strong, almost overmastering delusion. Like the Samaritans who were deceived by Simon Magus, the multitudes, from the least to the greatest, give heed to these sorceries, saying: This is ‘the great power of God.’ Acts 8:10. “But the people of God will not be mislead.”

Matthew 24:24 – Jesus warned us of these events. If we lean on Him we will not be deceived. Let us watch and pray.

Psalm 91 – The assurance that God will carry us through this awful time.

Further Study: Read *Patriarchs and Prophets* chapter 67, “Ancient and Modern Sorcery”.

Coming Events

“Knowing the Times”

Chapter 6 – Time of Trouble and the Last Plagues

2 Great Times of Trouble

Papal Persecutions – “For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be.” *Matthew 24:21, 22.*

Close of Probation – “And there shall be a time of trouble, such as never was since there was a nation even to that same time.” *Daniel 12:1.*

Both are true but what is the difference?

Papal Persecutions - the longest and bloodiest persecution that the church ever endured or ever will endure.

Daniel 12 Time of Trouble – referring to the seven last plagues, this will be the mightiest scourging and universal destruction of the wicked ever witnessed. During this awful time God’s people will be fully protected.

Early Writings, p. 284. “God would not suffer the wicked to destroy those who were expecting translation, and who would not bow to the decree of the beast or receive his mark. I saw that if the wicked were permitted to slay the saints, Satan and all his evil host, and all who hate God, would be gratified.”

Beginning of the Time of Trouble

Daniel 12:1 – Michael standing up refers to the close of probation as Jesus finishes His intercessory work in the heavenly sanctuary.

Early Writings, p. 36. “Then I saw that Jesus would not leave the most holy place until every case was decided either for salvation or destruction, and that the wrath of God could not come until Jesus had finished His work in the most holy place.”

Great Controversy, p. 613. “When the third angel’s message **closes**, mercy **no longer pleads** for the guilty inhabitants of the earth . . . The people of God have **accomplished their work**. They have **received ‘the latter rain,’** ‘the refreshing from the presence of the Lord,’ and they are prepared for the trying hour before them.”

Every Case Decided – “The final test has been brought upon the world, and all who have proved themselves loyal to the divine precepts have **received ‘the seal of the living God.’** Then **Jesus ceases His intercession** in the sanctuary above. He lifts His hands and with a loud voice says, ‘It is done;’ and all the angelic host lay off their crowns as He makes the **solemn announcement:** ‘He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still!’ Revelation 22:11. **Every case has been decided** for life or death. Christ has made the atonement for His people and blotted out their sins.” *Great Controversy, p. 613.*

Without an Intercessor – “In that fearful time the righteous must live in the sight of a holy God without an intercessor . . . Now, while our great High Priest is making the atonement for us, we should seek to become perfect in Christ.” *Great Controversy, p. 614.*

How is God’s wrath poured out? – Revelation 14:9, 10 – without mixture.

What does the wrath of God refer to? – Revelation 15:1 – the Seven Last Plagues.

Early Writings, p. 36. “Then Jesus will step out from between the Father and man, and God will keep silence no longer, but pour out His wrath on those who have rejected His truth . . . The nations are now getting angry, but when our High Priest has finished His work in the sanctuary, He will stand up, put on the garments of vengeance, and then the seven last plagues will be poured out . . . I saw that the four angels would hold the four winds until Jesus’ work was done in the sanctuary, and then will come the seven last plagues.”

Last Plagues – Revelation 16:1-16

Plagues Not Universal – “These plagues are not universal, or the inhabitants of the earth would be wholly cut off. Yet they will be the most awful scourges that have ever been known to mortals.” *Great Controversy*, p. 628.

Death Decree and Jacob’s Time of Trouble – “These plagues enraged the wicked against the righteous; they thought that we had brought the judgments of God upon them, and that if they could rid the earth of us, the plagues would then be stayed. A decree went forth to slay the saints, which caused them to cry day and night for deliverance. This was the time of Jacob’s trouble.” *Early Writings*, pp. 36, 37.

Death Decree Comes before 3rd Plagues – “And ‘the rivers and fountains of waters . . . became blood.’ Terrible as these inflictions are, God’s justice stands fully vindicated. The angel of God declares: ‘Thou art righteous, O Lord, . . . because Thou hast judged thus. For they have shed the blood of saints and prophets, and Thou hast given them blood to drink; for they are worthy’ (Revelation 16:2-6). By condemning the people of God to death, they have as truly incurred the guilt of their blood as if it had been shed by their hands.” *Great Controversy*, p. 628.

Great Controversy, pp. 635. “When the protection of human laws shall be withdrawn from those who honor the law of God, there will be, in different lands, a simultaneous movement for their destruction. As the time appointed in the decree draws near, the people will conspire to root out the hated sect. It will be determined to strike in one night a decisive blow, which shall utterly silence the voice of dissent and reproof.”

Great Controversy, p. 635. “The people of God - some in prison cells, some hidden in solitary retreats in the forests and the mountains - still plead for divine protection, while in every quarter companies of armed men, urged on by hosts of evil angels, are preparing for the work of death. It is now, in the hour of utmost extremity, that the God of Israel will interpose for the deliverance of His chosen.”

Further Study: Read *Great Controversy* chapter 39, “The Time of Trouble”.

Coming Events

“Knowing the Times”

Chapter 7 – The Deliverance

The Last Agony of the Saints – “Could men see with heavenly vision, they would behold companies of angels that excel in strength stationed about those who have kept the word of Christ's patience. With sympathizing tenderness, angels have witnessed their distress and have heard their prayers. They are waiting the word of their Commander to snatch them from their peril. But they must wait a little longer. The people of God must drink of the cup and be baptized with the baptism. The very delay, so painful to them, is the best answer to their petitions. As they endeavor to wait trustingly for the Lord to work they are led to exercise faith, hope, and patience, which have been too little exercised during their religious experience.” *Great Controversy*, pp. 630, 631.

A Rainbow of Promise – “With shouts of triumph, jeering, and imprecation, throngs of evil men are about to rush upon their prey, when, lo, a dense blackness, deeper than the darkness of the night, falls upon the earth. Then a rainbow, shining with the glory from the throne of God, spans the heavens, and seems to encircle each praying company. The angry multitudes are suddenly arrested. Their mocking cries die away. The objects of their murderous rage are forgotten. With fearful forebodings they gaze upon the symbol of God's covenant, and long to be shielded from its overpowering brightness.” *Great Controversy*, p. 635, 636.

A Vision of Jesus – “By the people of God a voice, clear and melodious, is heard, saying, ‘Look up,’ and lifting their eyes to the heavens, they behold the bow of promise. The black, angry clouds that covered the firmament are parted, and like Stephen they look up steadfastly into heaven and see the glory of God and the Son of man seated upon His throne. In His divine form they discern the marks of His humiliation; and from His lips they hear the request presented before His Father and the holy angels: ‘I will that they also, whom Thou hast given Me, be with Me where I am.’” *Great Controversy*, p. 636.

Seventh Plague - Revelation 16:17-21

Voice from God – “Everything in nature seems turned out of its course. The streams cease to flow. Dark, heavy clouds come up and clash against each other. In the midst of the angry heavens is one clear space of indescribable glory, whence comes the voice of God.” *Great Controversy*, p. 636.

Open Space in Orion – “Dark, heavy clouds came up and clashed against each other. The atmosphere parted and rolled back; then we could look up through the open space in Orion, whence came the voice of God. The Holy City will come down through that open space.” *Early Writings*, p. 41.

Destruction upon the Earth – “The mountains shake like a reed in the wind, and ragged rocks are scattered on every side. There is a roar as of a coming tempest. The sea is lashed into fury. There is heard the shriek of a hurricane like the voice of demons upon a mission of destruction. The whole earth heaves and swells like the waves of the sea. Its surface is breaking up. Its very foundations seem to be giving way. Mountain chains are sinking. Inhabited islands disappear. The seaports that have become like Sodom for wickedness are swallowed up by the angry waters.” *Great Controversy*, p. 637.

A Special Resurrection – Daniel 12:2.

Great Controversy, p. 637. “All who have died in the faith of the third angel's message come forth from the tomb glorified, to hear God's covenant of peace with those who have kept His law.”

Who of the wicked will be raised? – Revelation 1:7 – Those who pierced Jesus.

The Law of God is Seen by All – “Through a rift in the cloud there beams a star whose brilliancy is increased fourfold in contrast with the darkness. It speaks hope and joy to the faithful, but severity and wrath to the transgressors of God's law. . . .

A marvelous change has come over those who have held fast their integrity in the very face of death. They have been suddenly delivered from the dark and terrible tyranny of men transformed to demons. Their faces, so lately

pale, anxious, and haggard, are now aglow with wonder, faith, and love. Their voices rise in triumphant song: [Psalm 46:1-3 quoted] . . .

While these words of holy trust ascend to God, the clouds sweep back, and the starry heavens are seen, unspeakably glorious in contrast with the black and angry firmament on either side. The glory of the celestial city streams from the gates ajar. Then there appears against the sky a hand holding two tables of stone folded together. Says the prophet: "The heavens shall declare His righteousness: for God is judge Himself." Psalm 50:6. That holy law, God's righteousness, that amid thunder and flame was proclaimed from Sinai as the guide of life, is now revealed to men as the rule of judgment. The hand opens the tables, and there are seen the precepts of the Decalogue, traced as with a pen of fire. The words are so plain that all can read them. Memory is aroused, the darkness of superstition and heresy is swept from every mind, and God's ten words, brief, comprehensive, and authoritative, are presented to the view of all the inhabitants of the earth." *Great Controversy*, p. 638, 639.

The Day and Hour of Jesus' Coming – "The voice of God is heard from heaven, declaring the day and hour of Jesus' coming, and delivering the everlasting covenant to His people. Like peals of loudest thunder His words roll through the earth. The Israel of God stand listening, with their eyes fixed upward. Their countenances are lighted up with His glory, and shine as did the face of Moses when he came down from Sinai. The wicked cannot look upon them. And when the blessing is pronounced on those who have honored God by keeping His Sabbath holy, there is a mighty shout of victory." *Great Controversy*, p. 640.

Second Coming of Christ

Great Controversy, pp. 640, 641. "Soon there appears in the east a small black cloud, about half the size of a man's hand. It is the cloud which surrounds the Saviour and which seems in the distance to be shrouded in darkness. The people of God know this to be the sign of the Son of man. In solemn silence they gaze upon it as it draws nearer the earth, becoming brighter and more glorious, until it is a great white cloud."

Who Shall be Able to Stand? – "Before His presence 'all faces are turned into paleness;' upon the rejecters of God's mercy falls the terror of eternal despair. 'The heart melteth, and the knees smite together, . . . and the faces of them all gather blackness.' Jeremiah 30:6; Nahum 2:10. The righteous cry with trembling: 'Who shall be able to stand?' The angels' song is hushed, and there is a period of awful silence. Then the voice of Jesus is heard, saying: 'My grace is sufficient for you.' The faces of the righteous are lighted up, and joy fills every heart. And the angels strike a note higher and sing again as they draw still nearer to the earth." *Great Controversy*, p. 641.

What is the reaction of the wicked as Jesus approaches? – Revelation 6:16

Resurrection of the Saints – "Amid the reeling of the earth, the flash of lightning, and the roar of thunder, the voice of the Son of God calls forth the sleeping saints. He looks upon the graves of the righteous, then, raising His hands to heaven, He cries: 'Awake, awake, awake, ye that sleep in the dust, and arise!' Throughout the length and breadth of the earth the dead shall hear that voice, and they that hear shall live. And the whole earth shall ring with the tread of the exceeding great army of every nation, kindred, tongue, and people." *Great Controversy*, p. 644.

1 Thessalonians 4:16, 17.

A Glorious Reunion – "Angels gather together His elect from the four winds, from one end of heaven to the other.' Little children are borne by holy angels to their mother's arms. Friends long separated by death are united, nevermore to part, and with songs of gladness ascend together to the City of God." *Great Controversy*, p. 645.

Early Writings, p. 16. "We all entered the cloud together, and were seven days ascending to the sea of glass."

Meeting Our Lord, Never to Part Again – "Before entering the City of God, the Saviour bestows upon His followers the emblems of victory and invests them with the insignia of their royal state. The glittering ranks are drawn up in the form of a hollow square about their King, whose form rises in majesty high above saint and angel, whose countenance beams upon them full of benignant love. Throughout the unnumbered host of the redeemed every glance is fixed upon Him, every eye beholds His glory whose 'visage was so marred more than any man, and

Coming Events

“Knowing the Times”

His form more than the sons of men.’ Upon the heads of the overcomers, Jesus with His own right hand places the crown of glory. For each there is a crown, bearing his own "new name" (Revelation 2:17), and the inscription, "Holiness to the Lord." In every hand are placed the victor's palm and the shining harp. Then, as the commanding angels strike the note, every hand sweeps the harp strings with skillful touch, awaking sweet music in rich, melodious strains. Rapture unutterable thrills every heart, and each voice is raised in grateful praise: ‘Unto Him that loved us, and washed us from our sins in His own blood, and hath made us kings and priests unto God and His Father; to Him be glory and dominion for ever and ever.’ Revelation 1:5, 6. . . .

The cross of Christ will be the science and the song of the redeemed through all eternity. In Christ glorified they will behold Christ crucified. Never will it be forgotten that He whose power created and upheld the unnumbered worlds through the vast realms of space, the Beloved of God, the Majesty of heaven, He whom cherub and shining seraph delighted to adore--humbled Himself to uplift fallen man; that He bore the guilt and shame of sin, and the hiding of His Father's face, till the woes of a lost world broke His heart and crushed out His life on Calvary's cross.” *Great Controversy, p. 645, 646.*

Introduction

We are faced with many decisions in life. Some are small and seemingly insignificant, like: what color and style of clothes to wear, what to eat, what to listen to or watch, and so forth. We feel that other decisions are very important and can affect our entire life, such as: what course of education to pursue, what type of occupation to be involved in, who to marry, whether to have children or not, where to live, what church to belong to, etc.

The reality is that we need God's guidance to make the right decision in every area of our lives. Adam and Eve's choice was seemingly small but think of its far reaching results. God will not force His way upon us. Here are very important principles we must apply in our lives to assure that we are making the right choices.

Recognizing our Inability

Jeremiah 10:23. "O Lord, I know that the way of man is not in himself it is not in man that walketh to direct his steps."

The Ministry of Healing, p. 478. "Many are unable to make definite plans for the future. Their life is unsettled. They cannot discern the outcome of affairs, and this often fills them with anxiety and unrest. Let us remember that the life of God's children in this world is a pilgrim life. We have not wisdom to plan our own lives. It is not for us to shape our future. 'By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.'"

The Ministry of Healing, p. 479. "Christ in His life on earth, made no plans for Himself. He accepted God's plans for Him, and day by day the Father unfolded His plans. So should we depend upon God, that our lives may be the simple outworking of His will. As we commit our ways to Him, He will direct our steps."

The Ministry of Healing, p. 479. "Too many, in planning for a brilliant future, make an utter failure. Let God plan for you. As a little child, trust to the guidance of Him who will 'keep the feet of His saints.'"

The First Step--Commitment

Proverbs 3:5, 6. "Trust in the Lord with all thine heart... In all thy ways acknowledge him and he shall direct thy paths."

Matthew 26:39. "And he (Jesus) went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt."

- Jesus struggled with the trial
- Jesus was committed to doing the Father's will

John 7:17. "If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself."

Desire of Ages, p. 668. "Those who decide to do nothing in any line that will displease God, will know, after presenting their case before Him, just what course to pursue. And they will receive not only wisdom, but strength. Power for obedience, for service, will be imparted to them, as Christ has promised."

A Special Place

Prophets and Kings, p. 536. "To every individual God has assigned a place in His great plan."

Christ Object Lessons, p. 301. "There is a place and a work for all."

Christ Object Lessons, p. 326. "Not more surely is the place prepared for us in the heavenly mansions than is the 'special place' designed on earth where we are to work for God."

How He Guides

5 Testimonies, p. 512. "There are three ways in which the Lord reveals His will to us, to guide us, and to fit us to guide others. How may we know His voice from that of a stranger? How shall we distinguish it from the voice of a false shepherd? God reveals His will to us in His word, the Holy Scriptures."

Knowing God's Will

"He Shall Direct Thy Paths"

5 Testimonies, p. 512. "His voice is also revealed in His providential workings; and it will be recognized if we do not separate our souls from Him by walking in our own ways, doing according to our own wills, and following the promptings of an unsanctified heart, until the senses have become so confused that eternal things are not discerned, and the voice of Satan is so disguised that it is accepted as the voice of God."

Testimonies volume 5, p. 512. "Another way in which God's voice is heard is through the appeals of His Holy Spirit, making impressions upon the heart..."

1. **Through the written word of God**
2. **Through God's providential workings**
3. **Through the impressions of the Holy Spirit**

Providence

6 Testimonies, p. 24. "It is the very essence of all right faith to do the right thing at the right time. God is the great Master-Worker, and by His providence He prepares the way for His work to be accomplished. He provides opportunities, opens up lines of influence, and channels of working. If His people are watching the indications of His providence, and stand ready to cooperate with Him, they will see a great work accomplished...a hundred-fold greater results."

Education, p. 267. "We need to follow more closely God's plan of life. To do our best in the work that lies nearest, to commit our ways to God, and to watch for the indications of His providence--these are rules that ensure safe guidance in the choice of an occupation."

How can we recognize providence?

5 Testimonies, p. 134. "Those who are the most closely connected with God are the ones who know His voice when He speaks to them. Those who are spiritual discern spiritual things."

Ministry of Healing, p. 509. "Christ is ever sending messages to those who listen for His voice."

Cautions about Impressions

Acts of the Apostles, p. 279. "Impressions alone are not a safe guide to duty. The enemy often persuades men to believe that it is God who is guiding them, when in reality they are following only human impulse."

5 Testimonies, p. 647. "Men have not the wisdom from God and the constant enlightenment from the Source of all power that would make it safe for them to follow impulses or impressions."

Isaiah 30:21. "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left."

Patience is Needed

5 Testimonies, p. 572. "Wait, and God will help you. Be patient, and the clear light will appear."

Prophets and Kings, p. 220. "If you wait upon the Lord, He will answer your every question."

2 Selected Messages, p. 363. "Let there be much praying done, and even with fasting, that not one shall move in darkness, but move in the light as God is in the light."

A Special Promise

Ministry of Healing, p. 248. "Those who surrender their lives to His guidance and to His service will never be placed in a position for which He has not made provision. Whatever our situation, if we are doers of His word, we have a Guide to direct our way; whatever our perplexity, we have a sure Counselor; whatever our sorrow, bereavement, or loneliness, we have a sympathizing Friend."

Absolute Proof not Given

Testimonies volume 3, p. 258 – “The unbelief that demands perfect knowledge will never yield to the evidence that God is pleased to give. He requires of His people faith that rests upon the weight of evidence, not upon perfect knowledge.”

Testimonies volume 3, p. 255 – “Those who desire to doubt will have plenty of room. God does not propose to remove all occasion for unbelief. He gives evidence...”

Having the Right Motive

Christ's Object Lessons, pp. 398, 399 – “The Lord desires us to rest in Him without a question as to our measure of reward. When Christ abides in the soul, the thought of reward is not uppermost. This is not the motive that actuates our service. . . He would not have us eager for rewards nor feel that for every duty we must receive compensation. We should not be so anxious to gain the reward as to do what is right, irrespective of all gain. Love to God and to our fellow men should be our motive.”

Ministry of Healing, p. 499 – “Remember that in whatever position you may serve, you are revealing motive, developing character. Whatever your work, do it with exactness, with diligence; overcome the inclination to seek an easy task.”

Ministry of Healing, p. 477 – “If any are qualified for a higher position, the Lord will lay the burden, not alone on them, but on those who have tested them, who know their worth, and who can understandingly urge them forward. It is those who perform faithfully their appointed work day by day, who in God's own time will hear His call, 'come up higher.'”

Christ's Object Lessons, p. 402 – “It is not the length of time we labor but our willingness and fidelity in the work that makes it acceptable to God. In all our service a full surrender of self is demanded. The smallest duty done in sincerity and self-forgetfulness is more pleasing to God than the greatest work when marred with self-seeking. He looks to see how much of the spirit of Christ we cherish, and how much of the likeness of Christ our work reveals. He regards more the love and faithfulness with which we work than the amount we do. Only when selfishness is dead, when strife for supremacy is banished, when gratitude fills the heart, and love makes fragrant the life--it is only then that Christ is abiding in the soul, and we are recognized as laborers together with God.”

Matthew 20:26-28. “But it shall not be so among you: but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant: Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.”

The Weight of Evidence

3 Testimonies, p. 258. “The unbelief that demands perfect knowledge will never yield to the evidence that God is pleased to give. He requires of His people faith that rests upon the weight of evidence, not upon perfect knowledge.”

2 Selected Messages, p. 207. “Human wisdom will lead away from self-denial, from consecration, and will devise many things that tend to make of no effect God's messages.”

3 Testimonies, p. 255. “Satan has ability to suggest doubts and to devise objections to the pointed testimony that God sends, and many think it a virtue, a mark of intelligence in them, to be unbelieving and to question and quibble. Those who desire to doubt will have plenty of room. God does not propose to remove all occasion for unbelief. He gives evidence, which must be carefully investigated with a humble mind and a teachable spirit, and all should decide from the weight of evidence.”

The Cost of Evidence Rejected

3 Testimonies, p. 258. “Those who will not act when the lord calls upon them, but who wait for more certain evidence and favorable opportunities, will walk in darkness, for the light will be withdrawn. The evidence given one day, if rejected, may never be repeated.”

5 Testimonies, p. 69. “By once neglecting to comply with the call of God's Spirit and His word, when obedience involves a cross, many have lost much--how much they will never know till the books are opened at the final day.”

Knowing God's Will

"He Shall Direct Thy Paths"

Counsels on Health, p. 561. "I would that all my brethren and sisters would remember that it is a serious thing to grieve the Holy Spirit, and He is grieved when the human agent seeks to work himself and refuses to enter the service of the Lord because the cross is too heavy or the self-denial too great."

Contentment

Philippians 4:11-13 – "...for I have learned, in whatsoever state I am, *therewith* to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me."

Hebrews 13:5 – "Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee."

Christ's Object Lessons, pp. 402,403. "However trying their labor, the true workers do not regard it as drudgery. They are ready to spend and to be spent; but it is a cheerful work, done with a glad heart."

Ministry of Healing, pp. 472,473. "Let us remember that while the work we have to do may not be our choice, it is to be accepted as God's choice for us. Whether pleasing or unpleasing, we are to do the duty that lies nearest."

Desire of Ages, p. 88. "He (Christ) did not strive for worldly greatness, and in even the lowliest position He was content."

Should We Leave Our Appointed Place?

In Heavenly Places, p. 228. "As in a well-disciplined army every soldier has his allotted position and is required to act his part in contributing to the strength and perfection of the whole, so the worker for God must do his allotted part in the great work of God... The man or woman who leaves the place God has given him or her, in order to please inclination and act on his own devised plan, meets with disappointment, because he has chosen his way instead of God's way."

5 Testimonies, p. 184. "But we should fear to leave our appointed work unless the Lord clearly indicates our duty to serve Him in another field. Many are eagerly turning from present duties and opportunities to some wider field; many imagine that in some other position they would find it less difficult to obey the truth."

1 Testimonies, p. 548. "Some will not submit to the planing knife of God. As it passes over them, and the uneven surface is disturbed, they complain of too close and severe work. They wish to get out of God's workshop, where their defects may remain undisturbed. They seem to be asleep as to their condition; but their only hope is to remain where the defects in their Christian character will be seen and remedied."

Need of Counsel

Proverbs 12:15. "The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise."

Proverbs 11:14. "Where no counsel is, the people fall: but in the multitude of counselors there is safety."

Testimony to Ministers, p. 497. "Among God's people are some who have had long experience in His work....These men should be regarded as tried and chosen counselors. They should be respected, and their judgment should be honored by those who are younger or who have had less experience, even though these younger men may be in official positions."

The Blessings of Obedience

Psalms 34:22. "The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate."

4 Bible Commentary, p. 1151. "Of him who walks in the way of life everlasting, using his blessings to bless others, the prophet Isaiah declares: 'The Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.'"

Luke 11:28. "Blessed are they that hear the word of God, and keep it."

Psalms 37:5. "Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."