



**The Seventh-
Day Adventist
Health
Message**

Jupiter

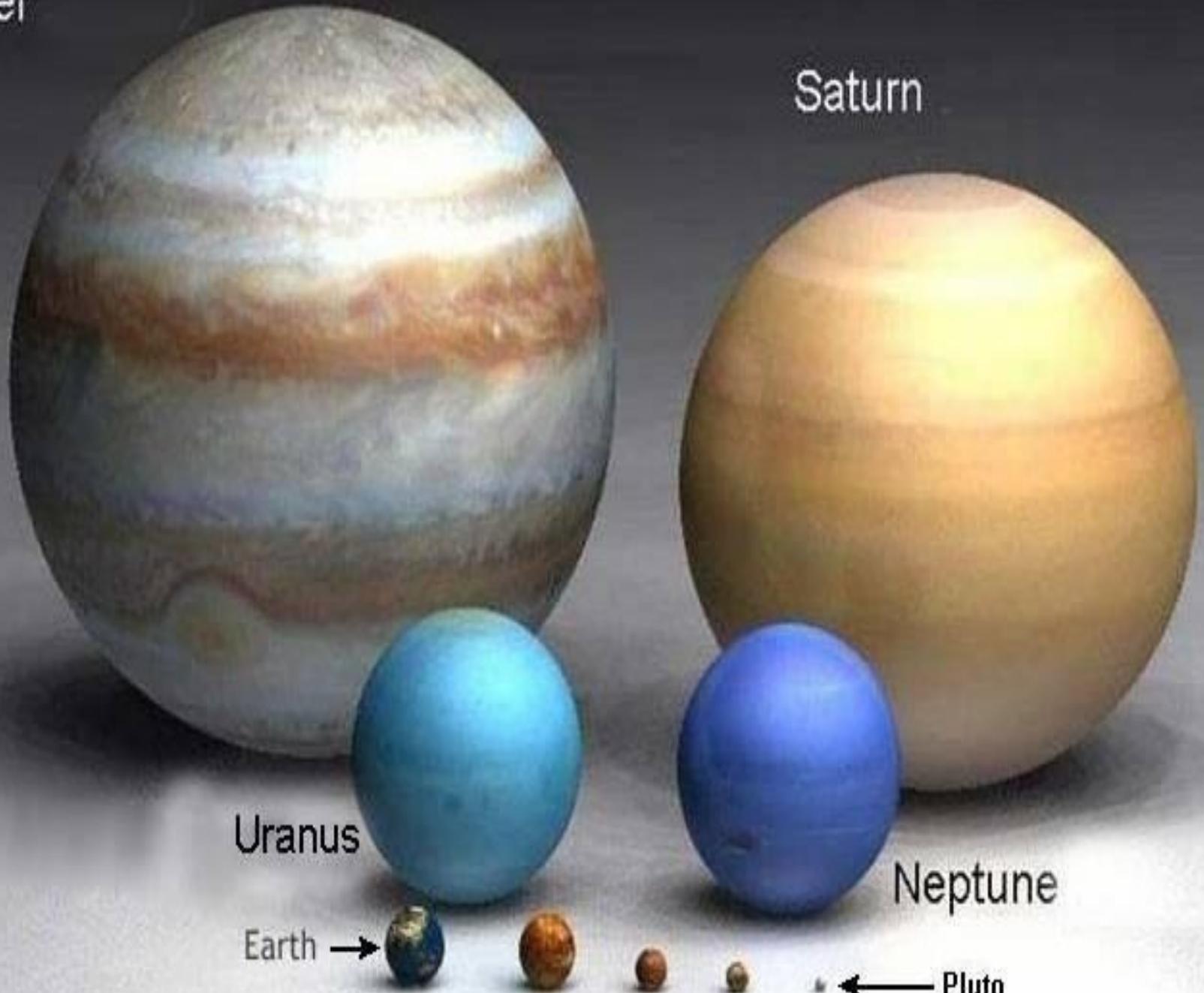
Saturn

Uranus

Neptune

Earth

Pluto



Sun

About
1.300.000
earths could
fit into the
size of one
sun

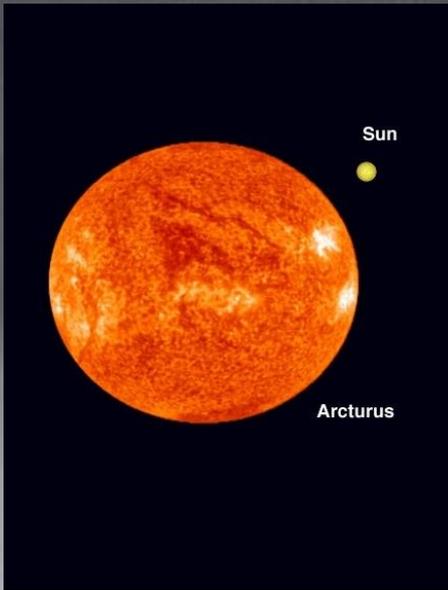
Jupiter



Earth

Pluto





**3rd brightest
star
seen at
night
It has a
diameter 26
times that
of the sun**

Arcturus



Pollux



Sirius



Sun



Jupiter is about 1 pixel in size

Earth is invisible at this scale



Betelgeuse



It has a radius of approximately 800 times that of the sun

Antares



Rigel



Aldebaran

Sun (1 pixel)



Sirius



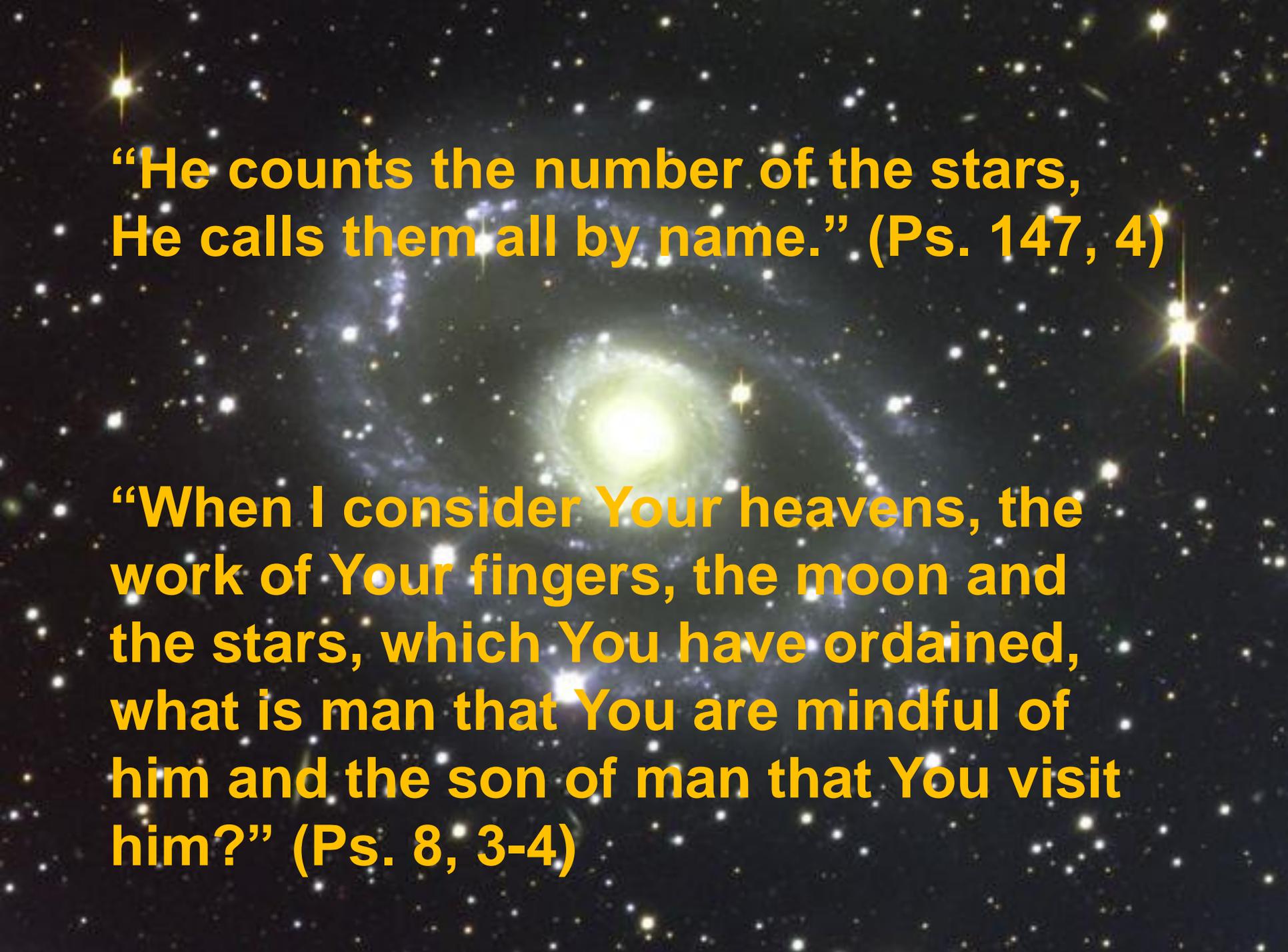
Pollux



Arcturus



Jupiter is invisible at this scale

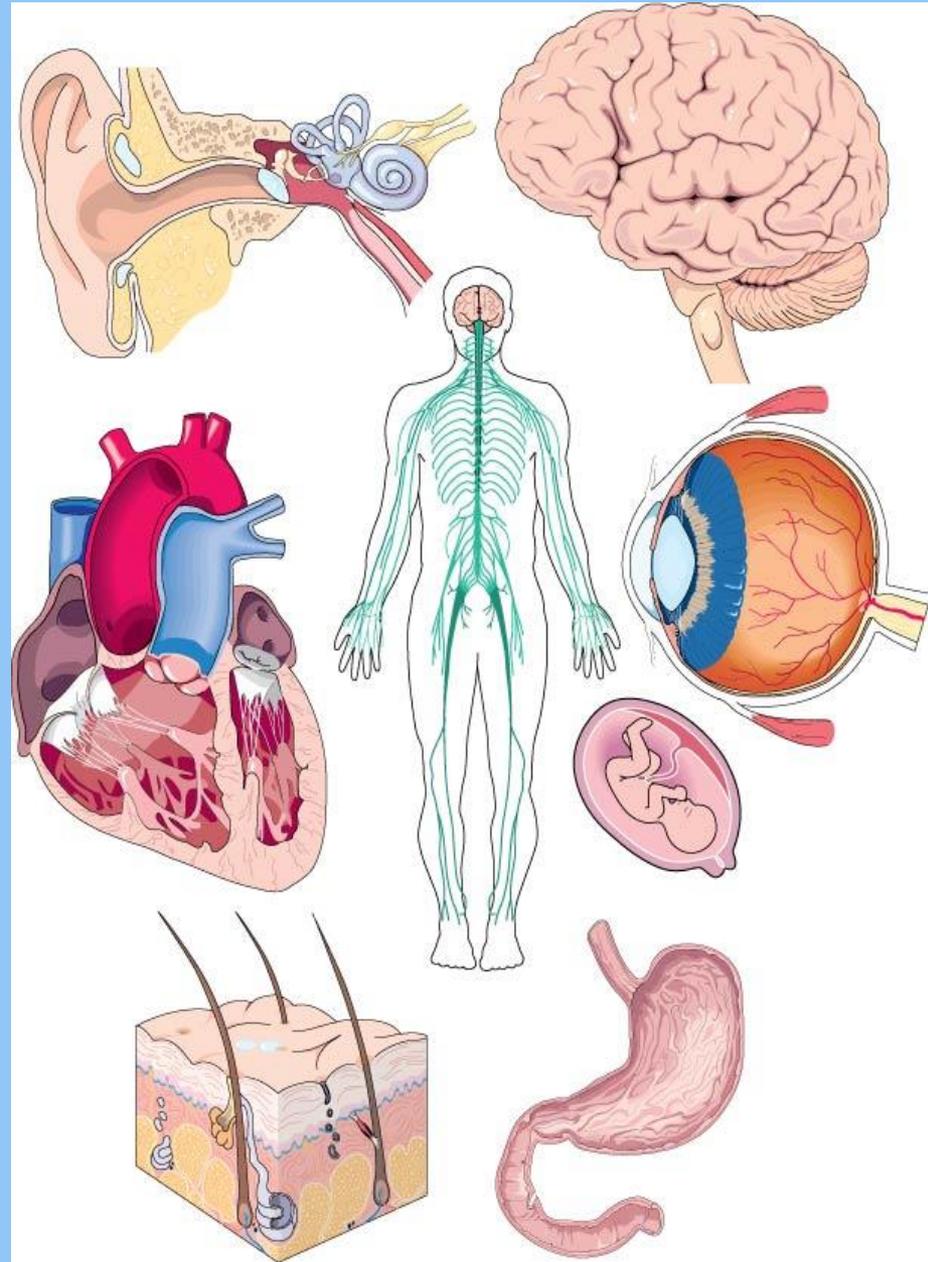


**“He counts the number of the stars,
He calls them all by name.” (Ps. 147, 4)**

**“When I consider Your heavens, the
work of Your fingers, the moon and
the stars, which You have ordained,
what is man that You are mindful of
him and the son of man that You visit
him?” (Ps. 8, 3-4)**

“I will praise You, for I
am fearfully and
wonderfully made:
Marvelous are Your
works, and that my
soul knows very well.”

Ps. 139, 14



Luke 13,6-9



He also spoke this parable: “A certain man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none.



Then he said to the keeper of his vineyard, 'Look, for three years I have come seeking fruit on this fig tree and find none. Cut it down why does it use up the ground?'

**But he answered and said
to him, 'Sir, let it alone this
year also, until I dig around
it and fertilize it.**

And if it bears fruit,
well. But if not, after
that you can cut it
down.””

**“For the vineyard of the
LORD of hosts is the house
of Israel, and the men of
Judah are His pleasant
plant.” Isa. 5, 7**

**“... they may be called
trees of righteousness,
the planting of the
LORD, that He may be
glorified.” Isa. 61, 3**



**“I chose you and
appointed you that
you shall go and
bear fruit, ...”**

John 15, 16

“I have had great light from the Lord upon the subject of health reform. I did not seek this light; I did not study to obtain it; it was given to me by the Lord to give to others.”

E.G. White, Ms 29, 1897; cited in CD 493

- **Chicken soup diet**
- **Russian air force diet**
- **Hallelujah diet**
- **Beverly Hills diet**
- **Metabolic typing diet**
- **The Jerusalem diet**
- **The leptin diet**
- **The brain diet**
- **The zone diet**
- **Flat belly diet**
- **Paleo diet:**
- **The diet solution program**
- **The cabbage soup diet**
- **The raw foodism**
- **The Gandhi diet**
- **Hollywood cookie diet**
- **A low-fat diet works**

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The

Cigare

tte

Diet

A sunset scene over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water's surface. The sky is filled with scattered clouds, some of which are illuminated by the setting sun, creating a mix of orange, red, and blue tones. The overall atmosphere is serene and dramatic.

Breatharianism Diet



The Luigi Cornaro Diet



**The
Tapeworm
Diet**

The Reasons for the Health Message

1. We do not belong to ourselves, we are the temple of the Holy Spirit.
2. So we may live longer and render better service to God .
3. To better understand the truth that we might attain greater spiritual growth and development.
4. **So we be good witnesses that we might help non-Adventists find the benefits and blessings of good health and to open the door to tell them about salvation in Jesus.**

**“About 45 million Americans
are trying to lose weight
every year. They spent about
\$30 billion to achieve their
goal.”**

American Obesity Association

- **Digestive problems > \$100 billion**
 - \$6.3 billion on Nexium
 - \$725 million on laxative
- **New automobiles \$65 billion**
- **Higher education \$62 billion**
- **Weight loss \$33 billion**
- **Vacation \$10 billion**

Best-selling prescription drugs

- **Lipitor (Pfizer)** - cholesterol lowering drug
- **Plavix (Bristol-Myers Squibb/Sanofi-Aventis)** - prescribed to lower risk for heart attack and stroke,
- **Nexium (AstraZeneca)** - heartburn and acid reflux
- **Abilify (Bristol Mayers)** – depression, psychosis
- **Zocor (Merck)** - cholesterol lowering
- **Prevacid (Abbott Labs/Takeda Pharmaceutical)** – heartburn

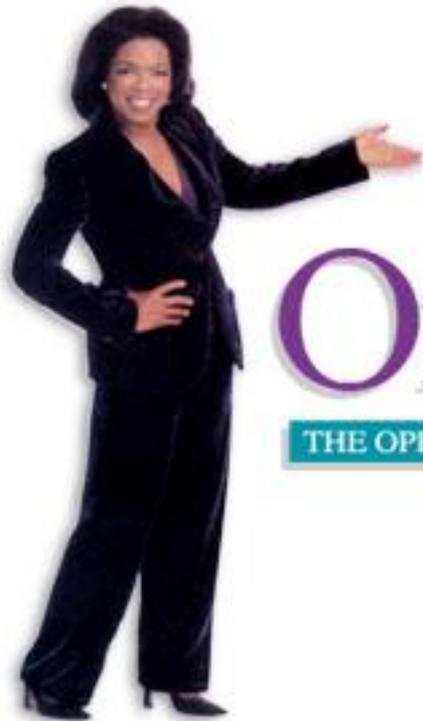




Hulda Crooks 1896 - 1997

"No mountain was ever too high for this gentle giant," Congressman Lewis said. "With a twinkle in her eye, and purpose in her step, 'Grandma Whitney' showed the world that mental, physical and spiritual health is attainable at any age."





OPRAH
THE OPRAH WINFREY SHOW

- “Home to the longest-living Americans is Loma Linda, California, a town 60 miles east of Los Angeles.

A big part of life in Loma Linda revolves around faith—it's home to 9,000 followers of the Seventh Day Adventist church. The Christian religion emphasizes diet and health and frowns on smoking, drinking and eating meat and processed foods. ...”

Growing Up After Cancer: Follow the journey of one North Texas boy and his family.

Diet And Colon Cancer: What Seventh-Day Adventists Can Teach Us

By SAM BAKER • MAR 30, 2015

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<http://keranews.org/post/diet-and-colon-cancer-what-seventh-day-adventists-can-teach-us>



**The US News and World's
Report, March 1, 2009 published
an article "10 health habits that
will help you to live to 100".**

<http://health.usnews.com/articles/health/baby-boomer-health/2009/02/20/10-health-habits-that-will-help-you-live-to-100.html?PageNr=2>

The 8th principle says:

“Live like a Seventh Day Adventist .

Americans who define themselves as Seventh Day

Adventists have an average life expectancy of 89,

about a decade longer than the average American.

One of the basic tenets of the religion is that it's

important to cherish the body that's on loan from

God, which means no smoking, alcohol abuse, or

overindulging in sweets. ...”

America's A.T. health & *column*
Over 3 million copies in print.

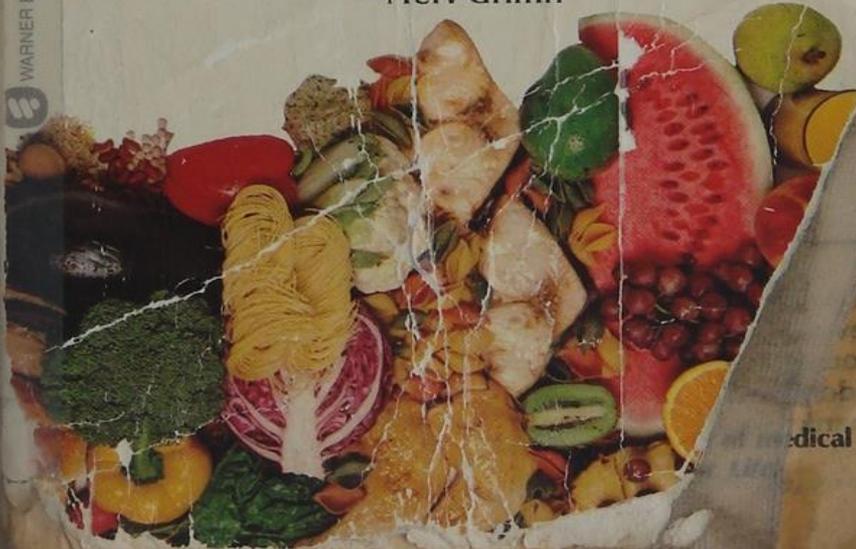
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— Merv Griffin



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Newsletter calls
Fit for Life ‘typical
of the new wave of
books that
intertwine
scientific detail
with pure
nonsense.’”

James J. Kenney,
Ph.D., R.D.

“My Well-beloved has a vineyard On a very fruitful hill. He dug it up and cleared out its stones, And planted it with the choicest vine. He built a tower in its midst, And also made a winepress in it; So He expected *it* to bring forth *good* grapes, But it brought forth wild grapes.”

Is. 5, 1-2

“And now, O inhabitants of Jerusalem and men of Judah, judge, please, between Me and My vineyard. What more could have been done to My vineyard that I have not done in it? Why then, when I expected it to bring forth good grapes, did it bring forth wild grapes?”

Iz. 5, 3-4

“... for three years I have come seeking fruit on this fig tree and find none.”



**“... Sir, let it alone this year also,
until I dig around it and fertilize
it.**

**And if it bears fruit, well. But if
not, after that you can cut it
down.”**

Luke 13. 8-9

The International Paper for Seventh-day Adventists

October 2014

ADVENTIST WORLD



Planting
**Community
Health Centers**





Every Church a
Community
Health Center

By PETER N. LANDLESS and ALLAN R. HANDYSIDES

“The time indeed has come, as Ellen White so profoundly and inspirationally stated, for ‘every member of the church [to] take hold of medical missionary work.’”

health professionals within our congregations in the selection and presentation of health programs. It's also important to involve them in the training of church members for the presentation of health programs and principles, so that every member can indeed become a medical missionary and health promoter. We should never forget that the relief of physical suffering and caring for the whole person are inseparably related; Jesus, our “Pattern Man,” modeled this special ministry.

replace the treatment or management being given by any individual's health-care provider. All our programs are intended to be instructive and most often preventive; we should never interfere with people's medications or treatment schedules. In fact, should screening programs discover issues that may be dangerous to the health of an individual, we need to encourage them to consult with their personal physicians or health-care providers. It's true that many lifestyle interven-



Peter N. Landless, a board-certified nuclear cardiologist, is director of the General Conference Health Ministries Department.



Allan R. Handysides, a board-certified gynecologist, is a former director of the General Conference Health Ministries Department.

John 6, 66





“I chose you
and appointed
you to go and
bear fruit”

Sample Only

