

The Bible alerts us to the fact that our bodies are the temple of God and that He will destroy those that defile or mistreat it. See 1 Corinthians 3:16, 17. Therefore, we follow the scriptures as well as the influence of Mrs. White's writings and in doing so we discovered God's perfect lifestyle for us all.

Have you ever enjoyed a breakfast of Kellogg's corn flakes? Did you know that the inventor of this cereal was Dr. John Harvey Kellogg, a Seventh-Day Adventist and that he was recognized as a renowned physician and surgeon that attributed his success to adhering to the principles advocated by Mrs. White and the Church? He had many well known people as patients at the famous Battle Creek Sanitarium that was built at the turn of the 1900's. The sanitarium was one of America's finest and largest health institutions that the Church ever established. A few of Dr. Kellogg's patients were former president William Taft, John D Rockefeller and JC Penney.

The prestigious Loma Linda Hospital and University Medical School in California was founded in 1905 and today is one of this nation's outstanding medical schools having graduated more doctors than any other school west of the Mississippi river. It too is from the SDA Church.

My own life has been changed by adopting these principles of lifestyle. I can surely say — Now, I have a life worth living!

The typical American way of living nearly destroyed me by age 32 and that was many years ago. I still praise the Lord for bringing this information into my life. This is why I have taken the time to document and share it all with you and I request that you share it with others as well. This program is what rebuilt and restored my health. I do not eat the flesh, or eggs or drink the milk of any of God's creatures. This is what's known as being a Total Vegetarian.

Adherents to this lifestyle have health benefits many times greater than those that do not practice any vegetarianism at all. It saddens me to acknowledge that not all Seventh-Day Adventist live by these principles and experience the wonderful life and health benefits.

Let me share with you that several years ago ABC's "Good Morning America" show featured the oldest known living woman. Mrs. Cynthia Fitzpatrick from Alabama was 113 years old (young) at the time of the interview and stated that she is a Total Vegetarian and Seventh- Day Adventist Christian!

I know that this is just the highlights of what our Creator has in store for you! For more information to assist you, my church has a Christian Book Center located at 4003 Memorial Drive in Decatur, Georgia 30032. You may call them at 404-299-1191 or 1-800-866-4307.

I am a Lifestyle Counselor and I offer a variety of Programs and Classes to assist, encourage and educate. You may contact me by e-mail at ML@GeorgiaCrafter.com

Please send all messages and schedule requests to this address.

May our Lord Jesus Christ bless you more abundantly than you could ever hope or imagine!

GOD'S ANSWER

The Way to Health and Longevity

by Mary Lee Maury

DID YOU KNOW that in Biblical days some people lived to be 900 years old? And many others lived for well over 3 - 400 years! Perhaps it may not be possible to live that many years in this age, but there are ways to increase the quality of the years you have and at the same time expand the life span.

I would like to take the next few minutes and introduce you to GOD'S ANSWER to present day life with its many ups and downs. This is a very simple guide to a basic lifestyle that brings positive changes to all that follow its few and easy steps. There is no restriction, despite your age or position in society and all are welcome to begin right where they are.

Some of the information may be new to you and at first it may appear radical or even trivial. However, I assure you that there is sound medical data to back each claim and that it is presented with every intention to assist you with better health and longevity.

Good health does not come to us accidentally. The laws of nature and our physical beings must be learned and co-operated with in order for the results to be favorable and the blessings realized. It is a fact that we are either helped or harmed by choices made each step of the way in this life.

There is wisdom in the Holy Scriptures, our friend Jesus said "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2 KJV

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 1:29 NKJV

Are you ready now for the 10 steps to a clearer mind, more energy and a healthier body? Remember, the way is simple, all can follow, the cost is cheap and it will do you NO harm. Here are the 10 steps for your future, may the Lord bless as you read and learn on this new journey to GOD'S ANSWER.

Gratitude and Benevolence

This is a work for the heart and mind. Surely there are a few things you can be thankful for in this old world. The fact that you awoke this morning is the first reason to praise the Lord. The alternative is not that desirable to



most folks. So be thankful and show your gratitude in prayer and song to the one that gives and sustains life to us all.

“Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise.” “It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance.” Ministry of Healing page 251.

Simply put, benevolence means to do something for someone that can't do anything for you. As Ms Oprah Winfrey says “a random act of kindness.” We read in the 58th chapter of Isaiah what the Lord instructs us to do. “Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him.” Try it soon and see who smiles and feels better.



Obedience

There are many, varied reasons for us to be concerned and interested in health. To many people health becomes a reason for living and a healthy lifestyle becomes their ‘salvation’, a substitute for a relationship with God.

Despite believing in obedience to physical laws, this becomes an end in itself - a hapless attempt to escape the reality of getting older and someday passing away.

Then we have the ‘flip side of this coin’ with a larger class of Bible believers. They strongly believe in the moral law but feel that God does NOT require authority over their habits or lifestyle choices.

This group fails to realize the impact of physical habits on the moral and spiritual nature, never thinking that God requires obedience to natural laws that keep the body healthy.

Both groups engage in behaviors or attitudes that may bring some health benefits, while disregard for God’s required obedience separates what God has never authorized separation of. We read in 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 the Lord Jesus.”

Is He restricting our lifestyle? NO! Quite the opposite - He is giving us freedom to enjoy life without worrying about consequences of our reckless ways!

We can be spared needless pain and disease that often accompanies the violation of God’s laws, be it moral or physical. “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.” Exodus 15:26

Adhering to Biblical principles of faith, combined with lifestyle, has been associated with:

exercise type should be aerobic in nature, rhythmic and continuous, involving the large muscle groups. Such activities are brisk walking, jogging, rowing and swimming to name just a few.

Please consult a physician before starting any exercise program.



Rest

“The sleep of the working man is sweet.” Ecclesiastes 5:12

To maintain vibrant health you must have a balance between activity and relaxation. To rest means to relax. One way to do this is to exercise vigorously because afterwards you are physically tired and mentally relaxed. Your kidneys, brain and digestive tract rests while you are active because the blood is serving the skeletal muscles. This is one reason for not exercising vigorously just before OR after eating.

Adults need a minimum of 8 hours sleep per night with at least 2 of those hours before midnight. The reason for this is that growth and repair hormone is only active in the sleep hours before midnight. The benefits of rest are better immunity, increased stress tolerance and mental and physical efficiency.

Reference: Agatha Thrash, M.D., Uchee Pines Institute

So where did these health principles originate and how long have they been practiced? Would you be surprised to hear that well over 100 years ago the Seventh-Day Adventist Church started them? But where did they get the wonderful information? In the mid 1800’s the Lord inspired our wise counselor, Mrs. Ellen G. White, when she was a young lady of about 17. Ellen’s formal education was halted after an unfortunate accident and she was home schooled afterwards. This gave her time for prayers, praise and Bible lessons. She was ever eager for the Lord to strengthen His will in her and to use her to assist others in prayer and study. Her writings cover many topics as well as health and she penned some 70 books and many more articles. These have been translated into many languages and have worldwide circulation.

The Saturday Evening Post carried an article Jan/Feb ‘92 by Mr. Patrick Perry that reads: “Members of the Seventh-Day Adventist Church are often acknowledged as the healthiest people in America... male Adventist have a life expectancy 8.9 years longer than average, while females have one that is 7.5 years longer... We encourage you to investigate further and practice the principles of the Seventh-Day Adventist diet.”

News commentator, Mr. Paul Harvey, has often quoted Mrs. White’s health writings. He states that she was 100 years ahead of her time because science is now confirming what she has written.

Nutrition expert, Dr. Clive McKay of Cornell University stated that he has read everything written by Mrs. White on nutrition and that according to his judgment it is all scientifically correct.



Water

This is the *single most important part* of a proper lifestyle!

Our bodies are 75% water and to lose 10% is serious, but to lose 20% would be fatal! The blood is 90% water and it carries oxygen and nutrients to every cell. It also carries the cell waste products away from the cells to be eliminated. Digestion also depends on water, the saliva lubricates the food and enzymes in the stomach digest the food. The kidneys must have adequate water to filter out waste also. When waste

stagnates in them because of a water shortage, we are prone to infections such as cystitis and even bladder cancer.

Please know that THIRST is not a safe guide to when, and how much, you should drink. Eight to ten (8 oz) glasses is the old rule of thumb. To better determine your daily need: Divide your current body weight (in pounds) by two. That is the number of fluid ounces you will need daily. This will change as your weight goes down or up.

Do NOT drink with your meals. This dilutes the digestive enzymes and makes them less effective. For better health drink water no less than 30 minutes before and after each meal.

Reference: *NEWSTART Homestyle* Weimar Institute, Charles Thomas, Ph.D. 1992 revision

Exercise

A daily program is best. From the beginning of time, man was made to be physically active. “The Lord God took the man and put him in the Garden of Eden to work it and take care of it.” Genesis 2:15. It also seems that after sin entered the world the need for exercise itself grew more intense. “By the sweat of your brow you will eat your food.” Genesis 3:19. “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. Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer and winter. Walking is preferable. The lungs are forced into healthy action, since it is impossible to walk briskly without inflating them. Such exercise would in many cases be better for the health than medicine.” Ministry of Healing pages 237, 240.

The Earl of Darby once stated: “Those who cannot find the time for exercise, will have to find the time for illness.”

The length of exercise time should be at least 20 - 30 minutes and preferably 45 - 60 minutes. Time periods that are shorter than this result in little or no change in the cardiovascular fitness. The



- 50% fewer deaths from coronary disease
- 56% fewer deaths from emphysema
- 74% fewer deaths from cirrhosis
- 53% fewer suicides.

Reference: *The Guilt-free Gourmet* by Vicki B. Griffin, Ph D, MACN, 2000

Divine Help

I believe that this is the most important “healing agent” of the entire lifestyle. Because how we deal with issues of stress, doubt, reasoning, proof, conflict, etc. greatly affects our physical health. The immune system is our bodies defense against disease. God created this complex organ system to protect us against everything from cancer to the common cold. It is intricately intertwined with every other system including the mind. God made each of us with a built-in vacuum that only He can fill. We spend a lifetime trying to fill it with substances such as alcohol, drugs, television, recreation, relationships, work, etc. While some of these activities may be constructive others are definitely destructive. We soon realize that even wholesome activities cannot fill the need we have for a relationship with our creator and forever friend, Jesus Christ. Only He can give us peace and true happiness. “*But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you*”. Matthew 6:33



Self-Control

Temperance may be a word with which you are not familiar. A simple meaning is “moderation in that which is good and abstinence from that which is harmful.” So here we see that a balanced lifestyle in work and play is as important to us as eating healthy foods and making wise choices. This is from our wise counselor Mrs. Ellen G. White.

Air

Fresh air is crucial to our health. We are greatly benefited by negative ions which occur outdoors in fresh air, especially in forests and near water. Breath deeply and take in more oxygen and body functions will improve at the cellular level. A lack of oxygen here may play a role in the development of various degenerative diseases. We should exercise regularly in the open air and practice deep breathing, filling the entire lungs.



Always avoid smog, tobacco smoke and auto exhaust fumes. Try sleeping in a well ventilated room, even in wintertime. Whenever possible, you should consider vacationing near oceans or lakes and rivers.

“We can live weeks without food, days without water, but only minutes without AIR!”

Reference: *NEWSTART Homestyle* Weimar Institute Sidney Nixon, M.D. 1992 revision



Nutrition

As we read in Genesis, the diet of the first man and woman was one of fruits and vegetables. A wise counselor said, “Grains, fruits, nuts and vegetables constitute the diet chosen for us by our creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing.” *Counsels on Diet and Foods*, page 81.

The Senate Select Committee reports that diet has been shown to reverse the growth and development of some cancer cells that had already formed malignant tumors. By reducing fat and cholesterol intake the artery plaque formation process can be halted and reversed.

Do you know that cholesterol only comes from meats, eggs and dairy products? These are all from animals, so we are eating the cholesterol that their liver has produced when our liver makes what is needed for our bodies to function! This contributes to high cholesterol levels.

In 1980 the U.S. Department of Agriculture and the Department of Health, Education and Welfare made the following recommendations:

- Decrease consumption of salt & foods high in salt .
- Decrease consumption of refined & processed sugars.
- Decrease consumption of eggs, butterfat & other high cholesterol foods.
- Increase consumption of Complex Carbohydrates & “natural” sugars.
- Increase consumption of fruits, vegetables & whole grains.

The following chart will outline dietary needs:

- Grains & Starches: potatoes, whole grains and whole grain products.
Nutrients: complex carbohydrates, protein, fat, vitamins, minerals, fiber.
Quantity Needed: 2 - 4 (4 ounce) servings daily
- Fruits: these are tree & vine fruits.
Nutrients: complex carbohydrates, vitamins, minerals, fiber.
Quantity Needed: 3 - 6 servings daily.
- Vegetables: green & yellow = leaves, stems, roots, tubers, squashes.
Nutrients: protein, complex carbohydrates, vitamins, minerals, fiber.

Quantity Needed: 1 - 2 (4 oz) servings of green vegetables daily. 1 - 2 (4 oz) servings every other day of Yellows

4. Legumes: beans & peas = fruits or seeds that grow in pods.
Nutrients: fat, minerals, protein, fiber, complex carbohydrates.
Quantity Needed: 1 - 2 (4 oz) servings daily.

5. Nuts & Seeds: tree nuts like Almonds, Pecans and Walnuts, seeds like Sunflower, Sesame and Pumpkin.
Nutrients: calcium, iron, fat, protein, trace minerals.
Quantity Needed: 1- 3 (1 oz) serving daily.

6. Miscellaneous: Choose from root veggies = carrots, potatoes, beets, turnips, sweet herbs, etc. as well as products fortified with B12, like soy milk, cereals, breads and pasta, Sea Vegetables (kelp, nori, kombo, arame, etc.).
Nutrients: trace minerals and vitamin B12 (Read Labels).
Quantity Needed: 1 (4 oz) serving three times weekly.

Reference: *Vegan Nutrition: Pure And Simple*, Michael Klaper, MD 1987, 1998

Sunshine



This is one of the most healing agents in nature. The benefits are:

- Vitamin D is formed in the skin
- Bacteria and viruses are killed
- Cholesterol and triglyceride levels in the blood are lowered
- The available white blood cells are increased
- Blood sugar is lowered
- Blood pressure is lowered
- Sound sleep is promoted - by the raising of the serotonin level
- The tolerance to stress is also increased

NEVER allow yourself to become sunburned! This is when harmful effects take place. Therapeutic effects occur just below the level of turning red. Start with 5 - 10 minutes exposure and increase as the skin tans. Protect the eyes because they will burn easier than skin. Proper clothing and a broad-rimmed hat are the best “sun screens.” Loose-knit, light colored clothing allows some sun light to penetrate while tightly woven material filters out the light. Remember that you can get too much sun even on a hazy or overcast day. Never allow yourself to fall asleep in the sun! Eat a diet of natural foods low in fat and protein and high in vitamins A, C and E, which are protective against skin cancer. Notice that window glass stops 95% of the ultraviolet rays, so we must be outside to enjoy the benefits of sunshine.

Reference: *NEWSTART Homestyle* Weimar Institute, Vernon Foster, M.D. 1992 revision