

Purposeful Healthy Living

Jason Shives, MD

WHY A HEALTH EMPHASIS?

Stories
Spirit of Prophecy
Science
Scriptures
Sources

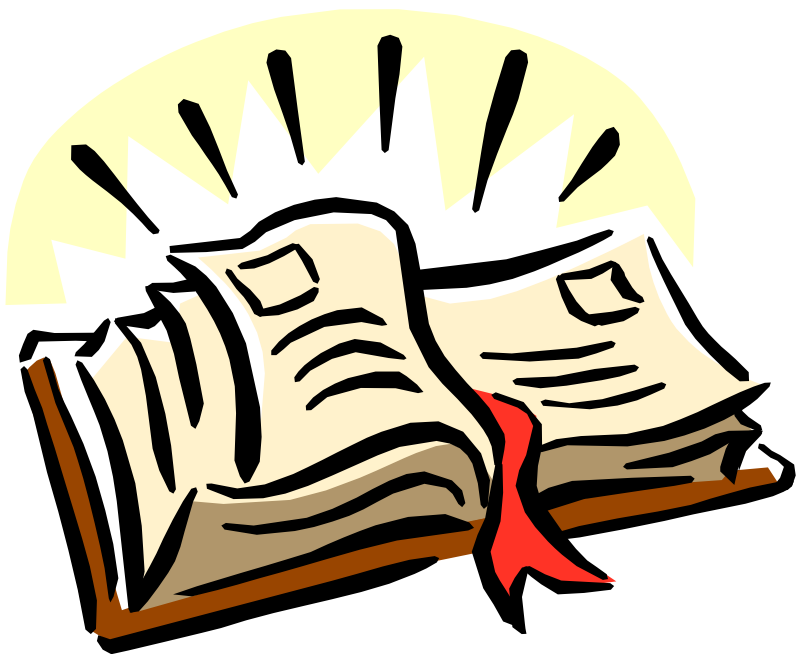


WHY A HEALTH EMPHASIS?

Stories



A CHURCH IS BORN!



A CHURCH IS BORN!

Revelation 14:12

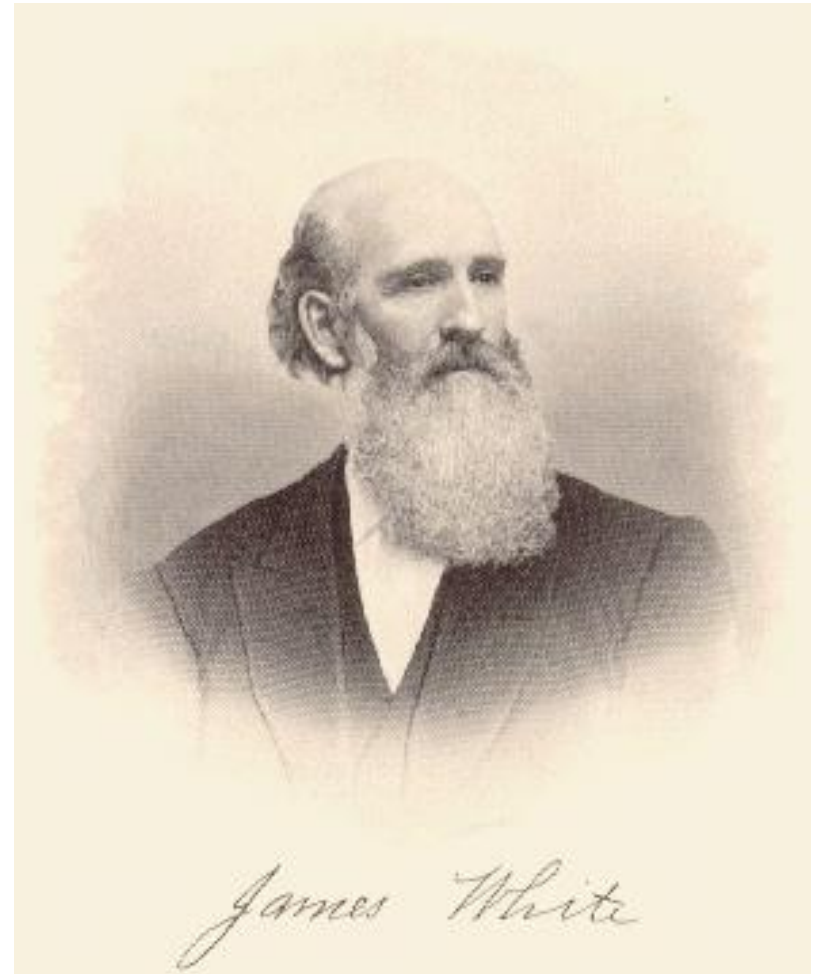
Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.

We have to tell people about this!



EARLY ADVENTIST PIONEERS

James White
Hard Worker
Dedicated Christian
Frequently Sick
Almost died in 1850's
Lived to 1881





EARLY ADVENTIST PIONEERS

John Norton Loughborough

Hard Worker

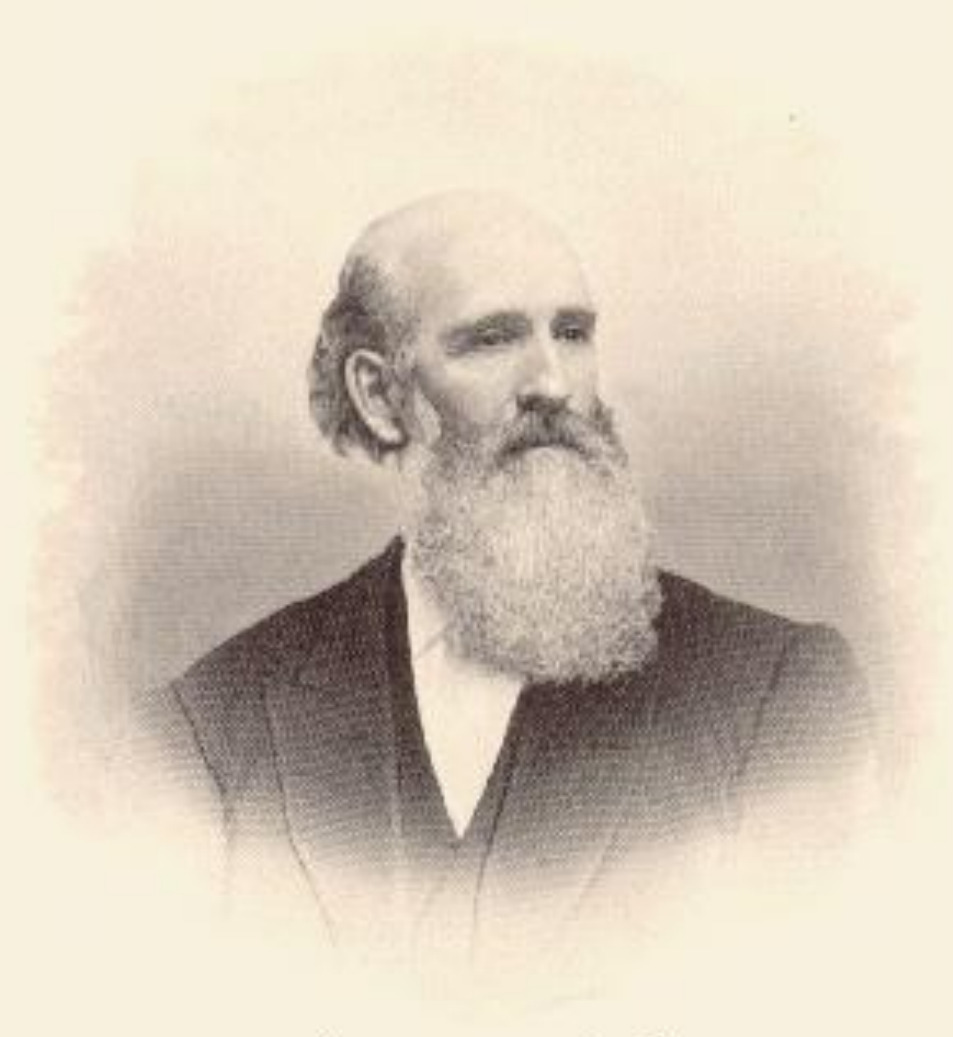
Dedicated Christian

Frequently Sick

Almost died in 1860's

Died 1924 at 92

EARLY ADVENTIST PIONEERS



So what kept these guys alive when they should have died?

MEDICINE IN 1800' S

Barbers as Surgeons

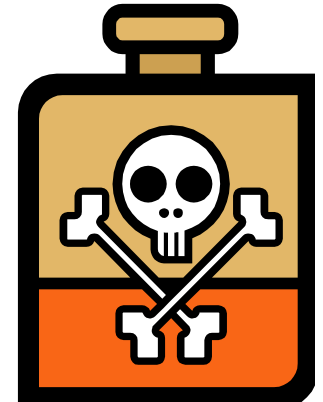
Cure – All Potions vs. Diagnose & Tx

Use of Heavy Metals – Arsenic, Mercury, Strychnine

Inhalation of Tobacco

Blood Letting for Fevers

Draft Dodging – No Fresh Air



QUIZ

What text in the Bible states that God's last day church would keep the commandments of God and have the faith of Jesus?

Revelation 14:12

WHY A HEALTH EMPHASIS?

Spirit of Prophecy



ELLEN WHITE' S VISION

**June 6, 1863 Ostego, MI –
45 minutes**

**Dr. H.S. Lay interview – impressed
“The call for Spiritual Gifts is so
great we are unable to fill orders as
soon as they are received. We have
two binders at work, but...not a
single copy in the office!”**

office worker



THE VISION

Starting a new healthy diet can correct damage done from previous one

Dinner should be light, breakfast larger

A third meal should be rarely eaten

Eating b/n meals injures the digestive system

Rich cakes, pies, and puddings are injurious

Many die from disease caused entirely by eating flesh food

Poor diet control leads to indulgence in sin

Youth that eat meat & spicy food have strong tendencies toward sexual indulgences

THE VISION CONT' D

Wholesome diet unattractive at first to people used to stimulating foods

Swine never to be eaten for any reason

Tobacco is a slow poison

Tea & Coffee are slow poisons like Tobacco

Keep your body and home clean

Bating after waking up is beneficial to health

Parents transmit their weaknesses to their children; prenatal influence is enormous

Light & pure air in sleeping quarters required

THE VISION CONT' D

Many invalids and psych patients started with indulgence of a diseased imagination

Obeying Laws of health prevent many illnesses

Physical labor (done willingly) creates happiness

Outdoor exercise is very important to health, while overworking breaks down mind & body

Routine daily rest is necessary

Caring for the body is a spiritual matter

A healthy mind & body affects one's morals and ability to understand truth

All God's promises are given on condition of obedience

WESTERN REFORM INSTITUTE



JOHN HARVEY KELLOGG

A & E'S AWARD-WINNING SERIES

Biography



One of the most respected physicians
in 1880 – 1920's

Created Corn Flakes, Granola,
Peanut Butter, Electric Blanket, etc.

Convert to SDA Church

About Ellen White, he wrote:

“It is wonderful...[to] look back over the writings that were given to us 30 years ago, and then perhaps the next day pick up a scientific journal and find some new discovery the microscope has made...it is perfectly wonderful how correctly they agree in fact!”

The
Corn Flake Kings

VIDEO

QUIZ

T/F - The main reason that John Harvey Kellogg stayed ahead of the rest of the other physicians in his day was because he took daily baths and ate Corn Flakes.

False – He followed the information that God had given on health, through EGW' s vision.

WHY A HEALTH EMPHASIS?



Science
(The Rocks Cry Out)

MEAL FREQUENCY

“Increased meal frequency does not promote greater weight loss in subjects who were prescribed an 8-week equi-energetic energy-restricted diet.” *Br J Nutr.* 2010 Apr; 103(8):1098-101. doi: 10.1017/S0007114509992984. Epub 2009 Nov 30.



Two Large Meals a Day Tops Six Mini-Meals for Weight Loss

Save +

By Meg Tirrell | Jun 23, 2013 11:50 AM CT | [116 Comments](#) [Email](#) [Print](#)



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Eating two large meals a day yielded more **weight loss** than consuming six mini-meals with the same number of calories, according to a study that challenges the common wisdom on appetite control.

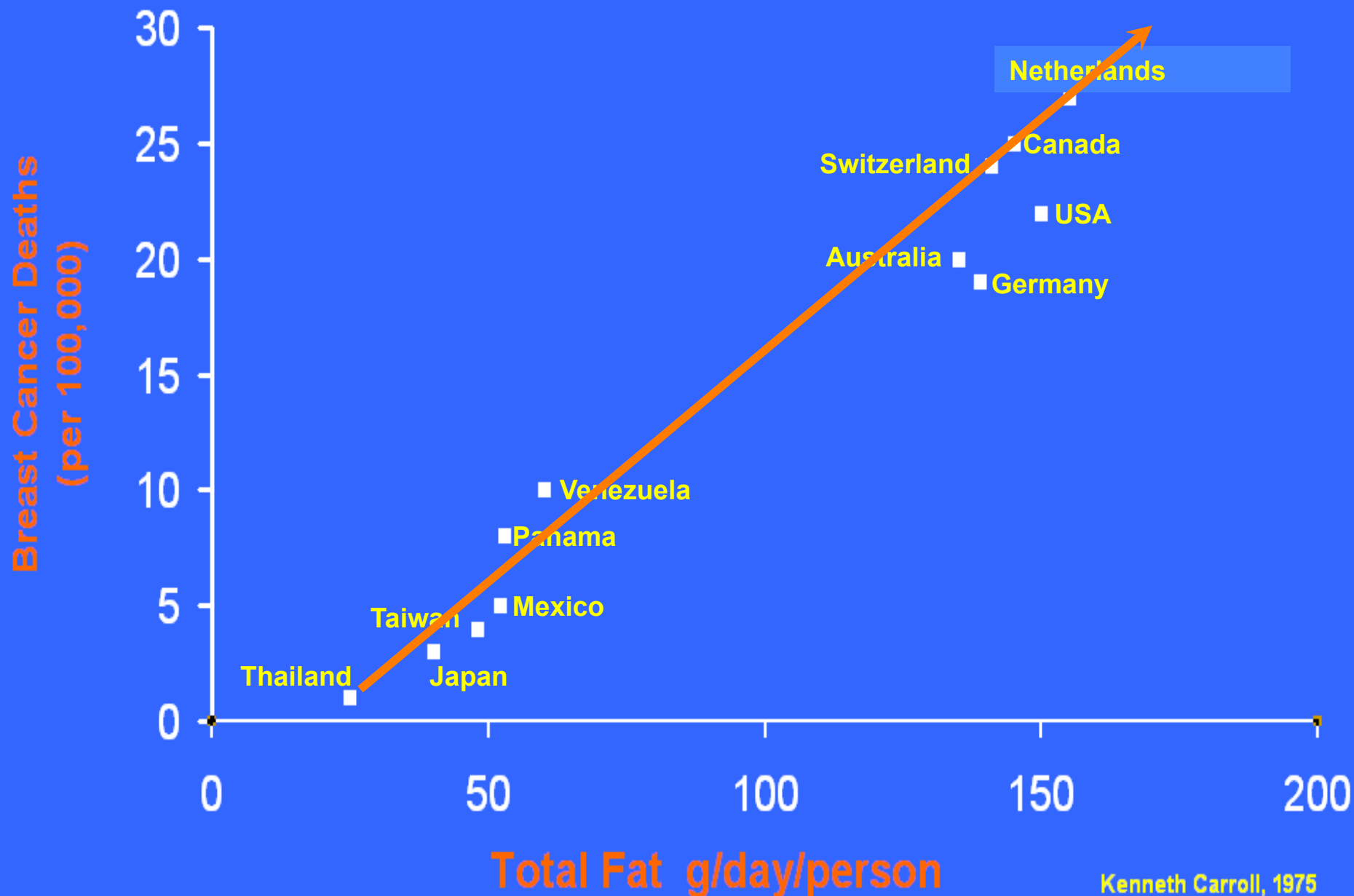
Over 12 weeks, people with **Type 2 diabetes** who ate just breakfast and lunch lost an average of 1.23 points in **body mass index**, or BMI, compared with a loss of 0.82 point for those who ate six smaller meals of the same nutritional and energy content. The data, in a small study involving 54 patients, were presented today at the American Diabetes Association meeting in **Chicago**.



A plate of homemade pasta farfalle.

Source: KBHall via Bloomberg

The Effect of Fat Consumption on Cancer



FAT? FROM WHERE?

The centerpiece of a meal

Western countries

Asian and some S. American countries (poor vs. rich)

Effect on Estrogen

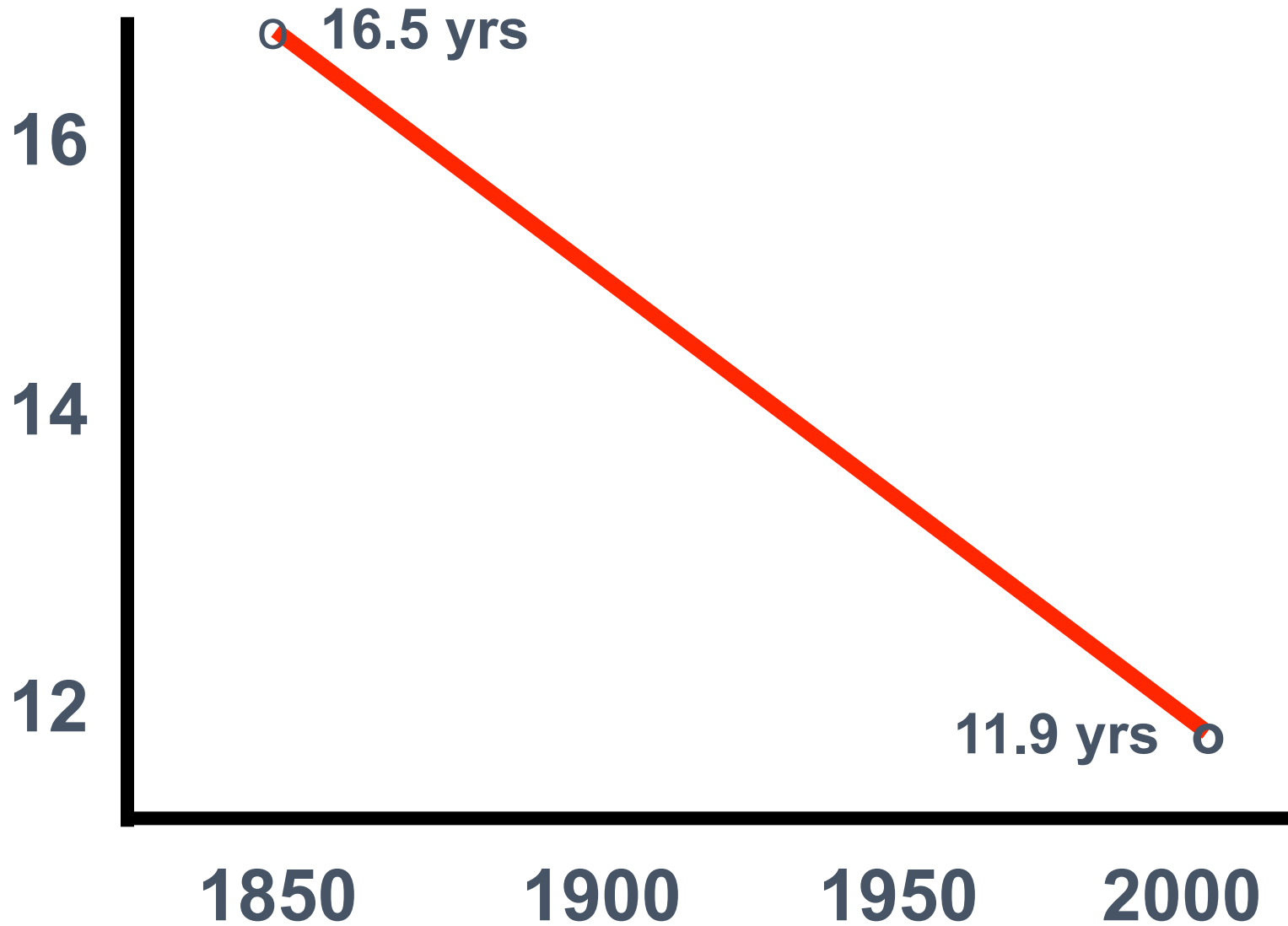
Dr. Barnard Study (GWU) - PMS

RCT, 18 & 21 women on plant-based diet to treat

(no animal products & low veg oil x 2mos)

66 – 75% have an enormous improvement

Menstruation and Diet



Japan: Changing Diet 1955 - 1973

Total Fat

 **157%**

Animal Protein

 **88%**

Vegetable Protein

 **12%**

Changing Cancer Rates

	Japan 1960	Japan 1985	US 1985
Respiratory	11 →	25	41
Colon	4 →	9	18
Breast	3 →	4	17

Breast Cancer & Meat

Japan: 142,000 wealthy women, age 40+
Ten – year follow-up

Prev Med 7:173-95

Fat Content

(% of total calories)

Leanest Beef	29%
Leanest Chicken, no skin	23%
Trout	32%
Tuna	16%

Broccoli	8%
Beans	4%
Rice, Potatoes	1%

Cancer-Causing Chemicals in Cooked Chicken

Heterocyclic Amines found in
Grilled Chicken
Oven-broiled Chicken
Pan-fried Chicken
Barbecued Chicken

***Cancer Research 55:4516-9.
National Cancer Institute***

Cancer-Causing Chemicals in Cooked Chicken

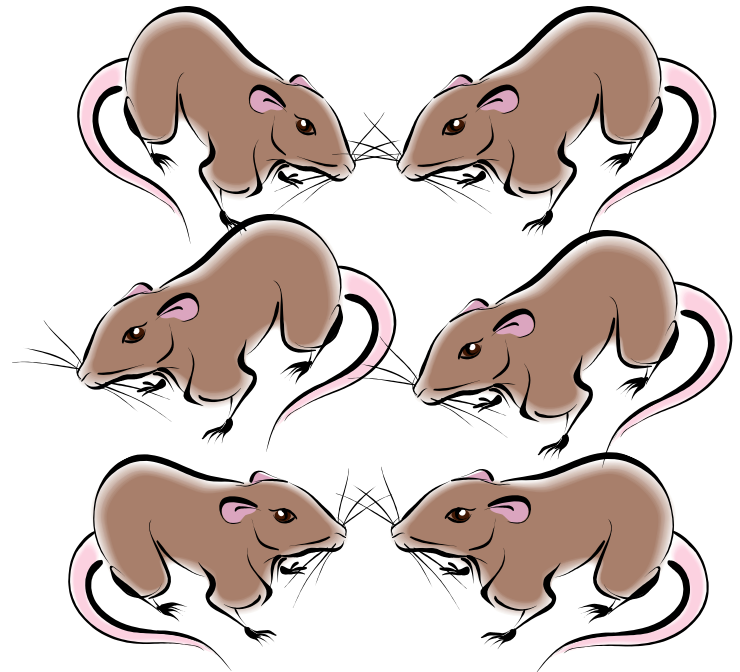
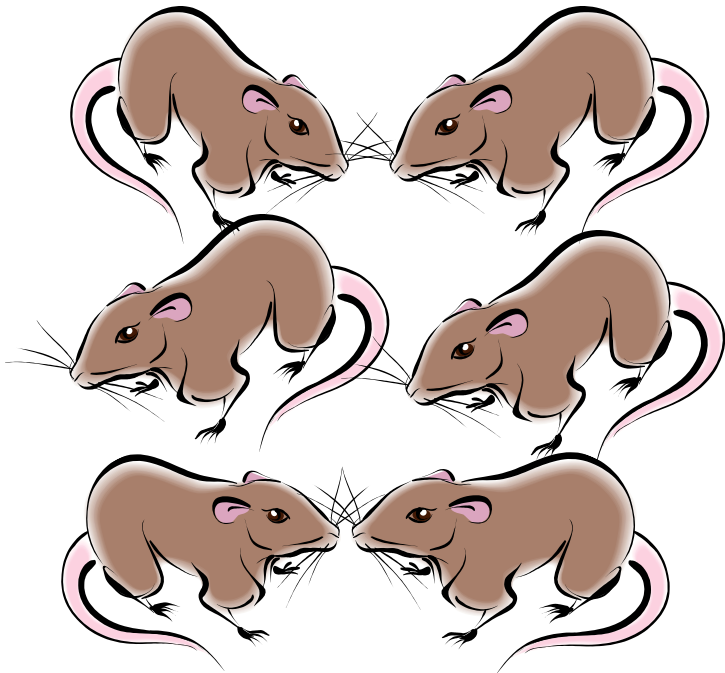
Heterocyclic Amines

Hamburger, well-done	33 ng/g
Grilled Steak	30 ng/g
Grilled Chicken	480 ng/g

*Cancer Research 55:4516-9
National Cancer Institute*

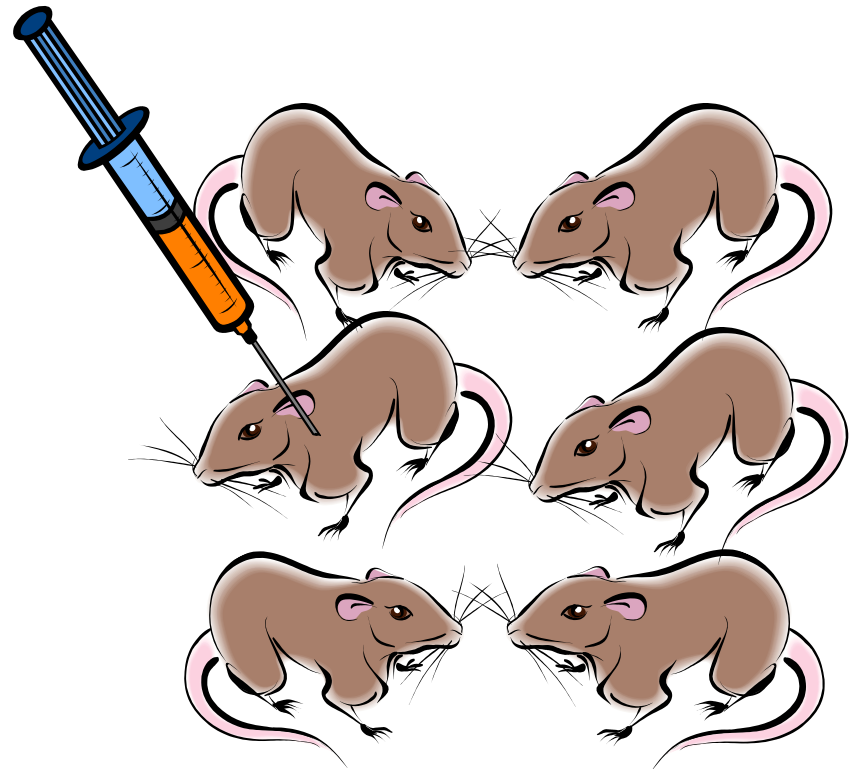
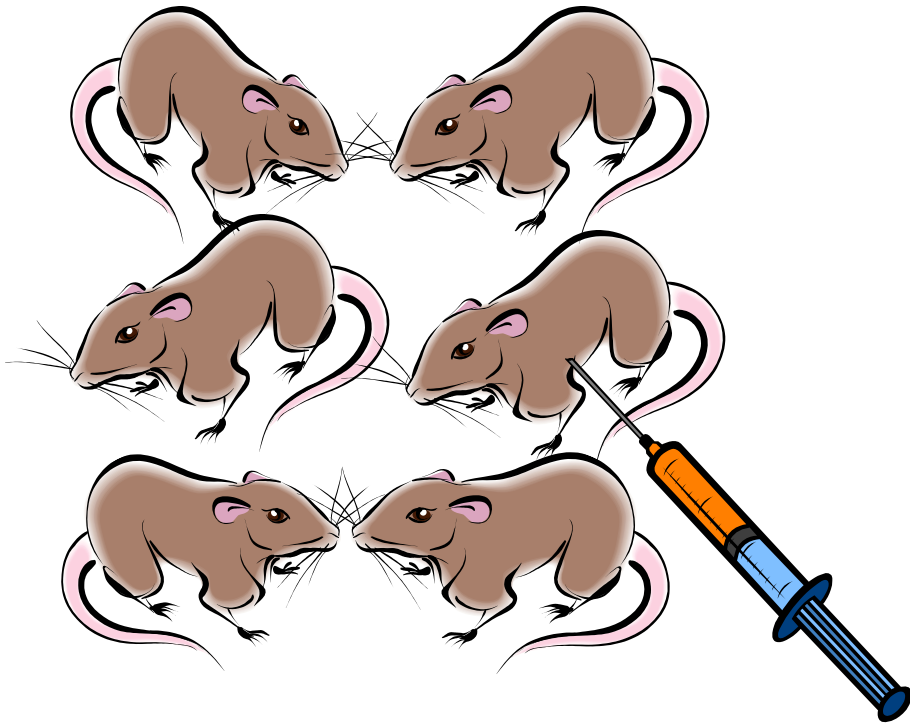
TURN OFF CANCER? #1

T. Colin Campbell, *The China Study*



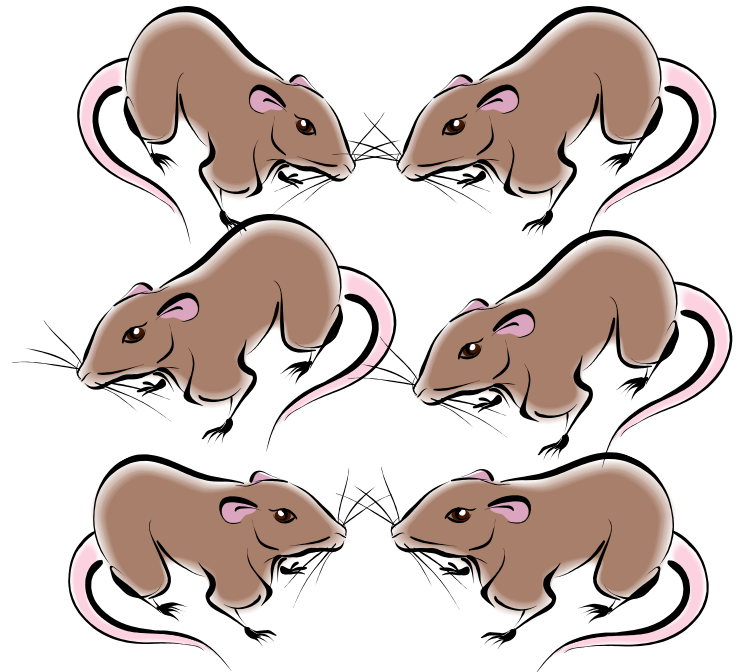
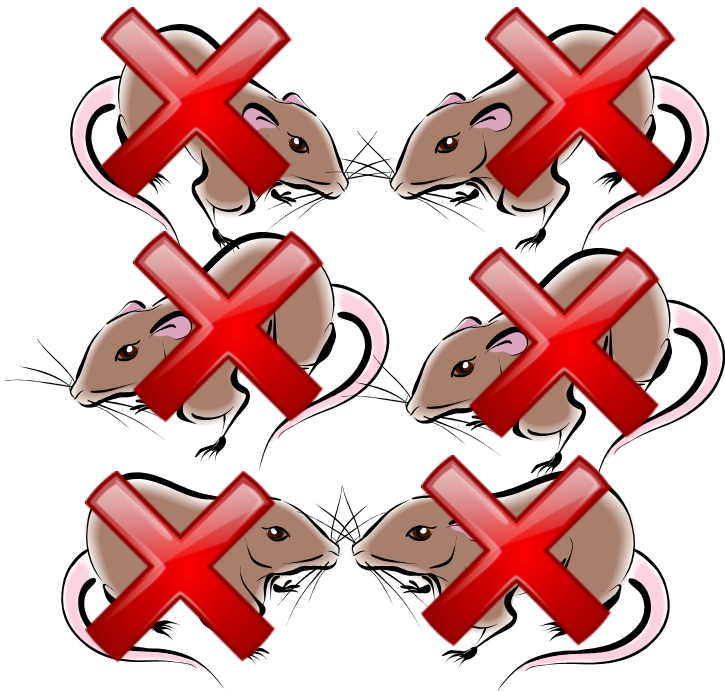
TURN OFF CANCER? #2

T. Colin Campbell, *The China Study*



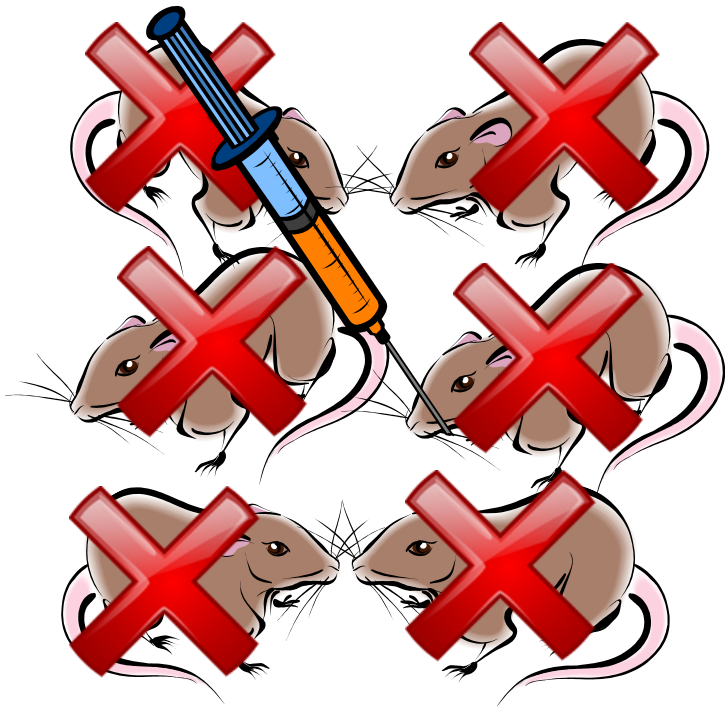
TURN OFF CANCER? #3

T. Colin Campbell, *The China Study*



TURN OFF CANCER? #4

T. Colin Campbell, *The China Study*



China Study Results

Carcinogens are seeds, need “watering”

Animal Protein is Miracle Grow

Plant protein has no effect

Casein, (found in Cow’ s milk) is the strongest Cancer promoting protein

Switching back to a plant-based protein diet was able to shut the cancer progression in most rats with cancer

Animal study results confirmed in China on Human epidemiological studies

YES,

LIFELONG VEGAN



**Would you
me who**

Well do I LOOK malnourished?

NOTABLE ATHLETES/CELEBS

1. Carl Lewis – 9-time Olympic Champion Sprinter
2. Dave Scott – 6 – time Ironman World Champion
3. Joe Namath – Hall of Fame Quarterback
4. Tony Gonzalez – Current Record Holding NFL player
5. Prince Fielder – Power hitter Detroit Tigers
6. Lance Armstrong – Cyclist
7. Bill Clinton – Former US president

From omnivore to vegan: The dietary education of Bill Clinton

See show times »

SANJAY
GUPTA MD

By **David S. Martin**, CNN

August 18, 2011 7:15 a.m. EDT

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\$450,0

**weight
watchers**



Weight Watchers Ranked #1 Best Plan for Weight Loss by U.S. News & World Report.

#1



START NOW

[Home](#) > [Health](#) > [Living Well](#) > *In Pictures: 11 Health Habits That Will Help You Live to 100*

In Pictures: 11 Health Habits That Will Help You Live to 100

By [DEBORAH KOTZ](#)



Live like a Seventh Day Adventist

9 of 12



Seventh Day Adventist 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. Followers typically get plenty of exercise, are vegetarian, and make family and community a focus.



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You can still have pizza
Without cheating.

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JOHN J. RATEY, MD

COAUTHOR OF *DRIVEN TO DISTRACTION*
with **ERIC HAGERMAN**

QUIZ

What is the largest determinate on whether I will get a disease like Cancer or Diabetes?

- A. My Horoscope
- B. My Genetic Makeup
- C. The type of diet I have
- D. God's will

An Extra 10 Years of Life

Adventist Health Study-1 demonstrated that **5 simple habits** Adventists have promoted for over 100 years extend their life by as much as 10 years in both men and women

Regular exercise

Eating plant-based diet

Eating small amounts of nuts regularly

Maintaining normal body weight

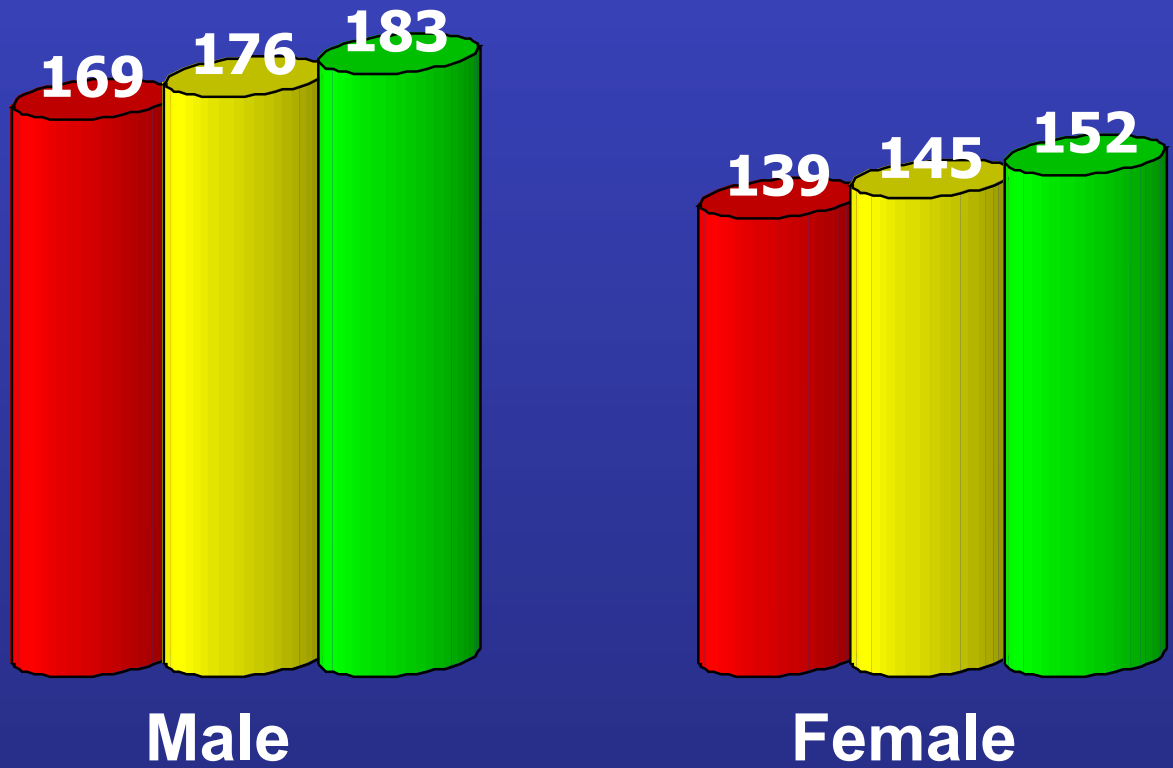
Not smoking

Diet & Weight

AHS-1 1976-88

Veg, **Semi Veg.** **Non Veg.**

Weight
in pounds



Health Habits and Life Expectancy in Adventists

	<u>Men</u>	<u>Women</u>
'Better Habits' ¹	87.0 years	88.5 years
'Poorer Habits' ²	76.2 years	79.8 years
Difference	10.8 years	8.7 years

¹Vegetarians who exercise vigorously at least 3 times weekly, eat nuts ≥ 4 times each week. BMI < 25.90 (males), < 25.20 (females), never smokers.

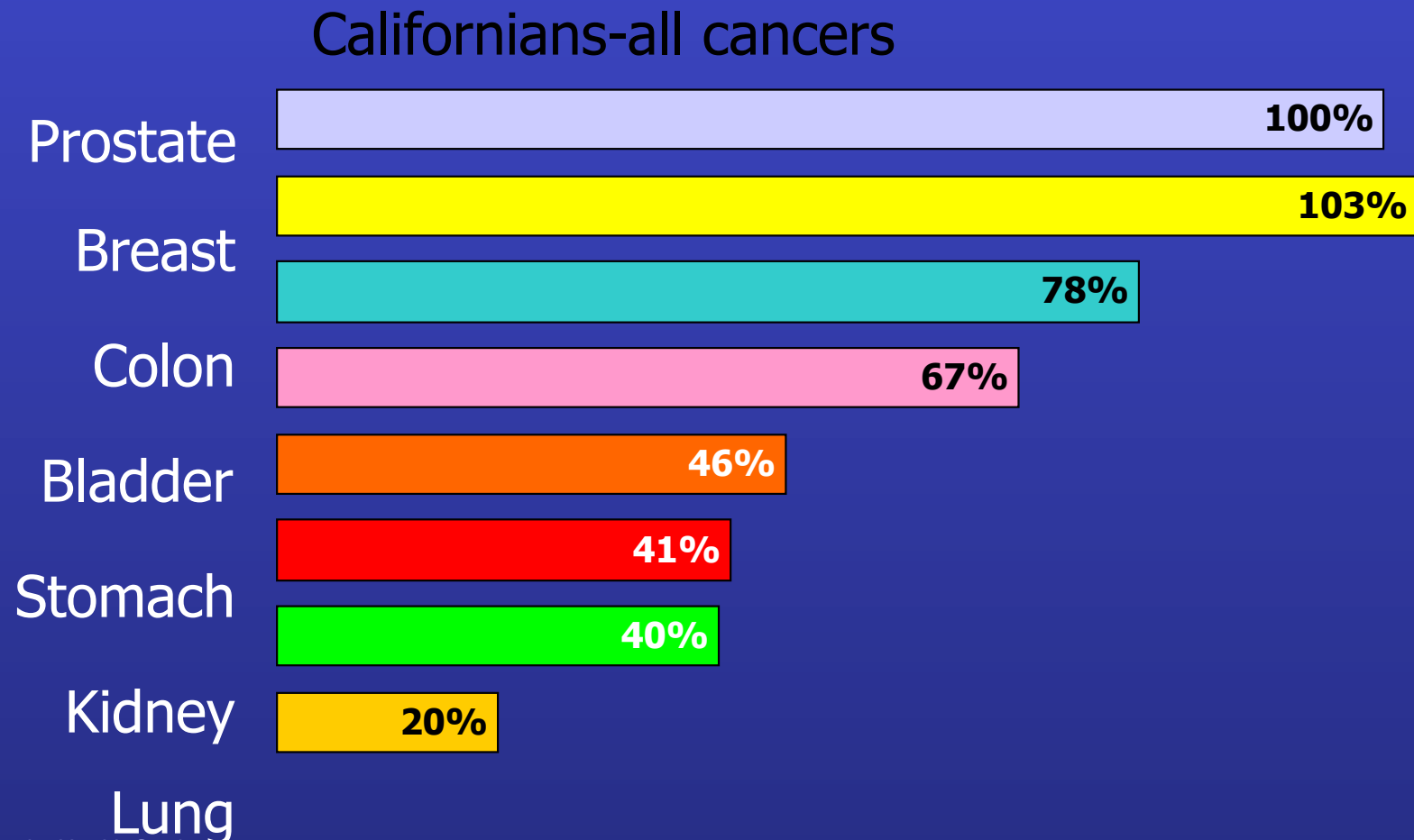
²Converse of the above, including eating nuts < 1 /week, BMI greater than limits shown above.

Effects of Individual Risk Factors To Increase Life Expectancy

<u>Variable</u>	<u>Men</u>	<u>Women</u>
Vegetarian diet	2.38 yrs	1.65 yrs
Vigorous Exercise	2.14 yrs	2.19 yrs
Frequent Nut Consumption	2.87 yrs	1.18 yrs
Avoid High BMI	1.51 yrs	1.90 yrs
Never Smoked	1.33 yrs	1.49 yrs

Cancer Comparisons

Californians & Adventists 1976-88



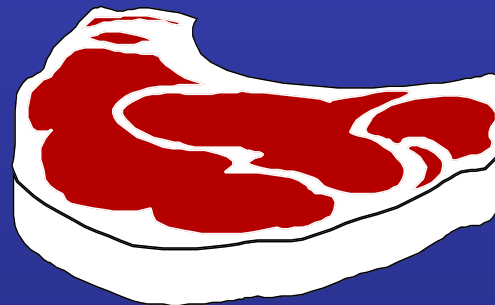
1st to
discover!

Fruits & vegetables
reduce cancer risk



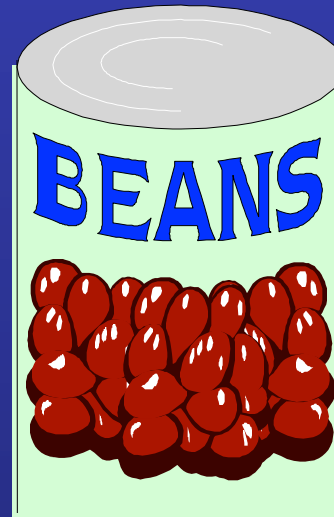
1st to
discover!

Meat increases risk
of colon cancer.



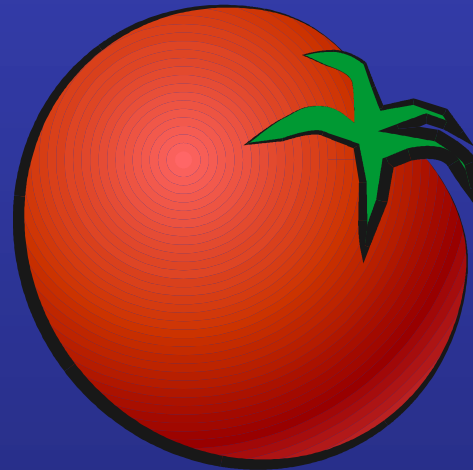
1st to
discover!

Beans reduce
colon cancer risk.



1st to
discover!

Tomatoes reduce
prostate cancer risk.

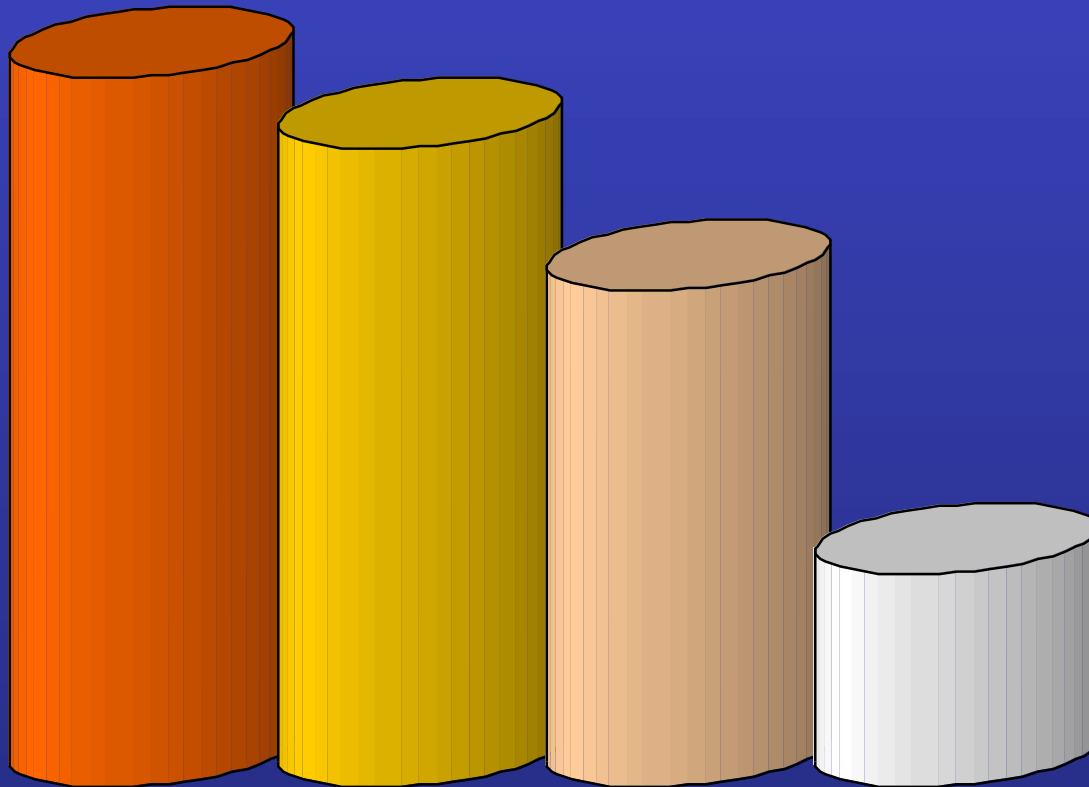


Soy Milk & Prostate Ca

AHS-1 1976-88

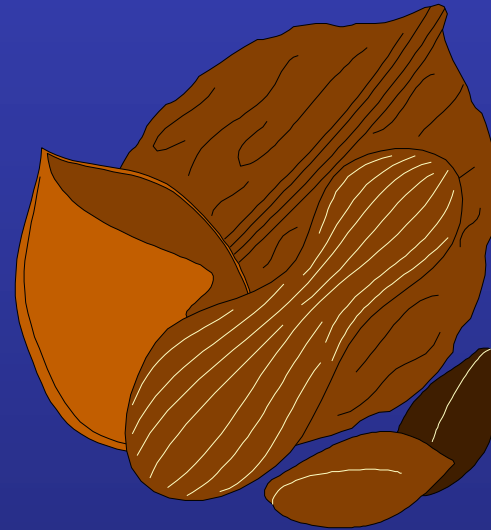
■ Never ■ <1/day ■ 1/day ■ >1/day

Relative
Risk



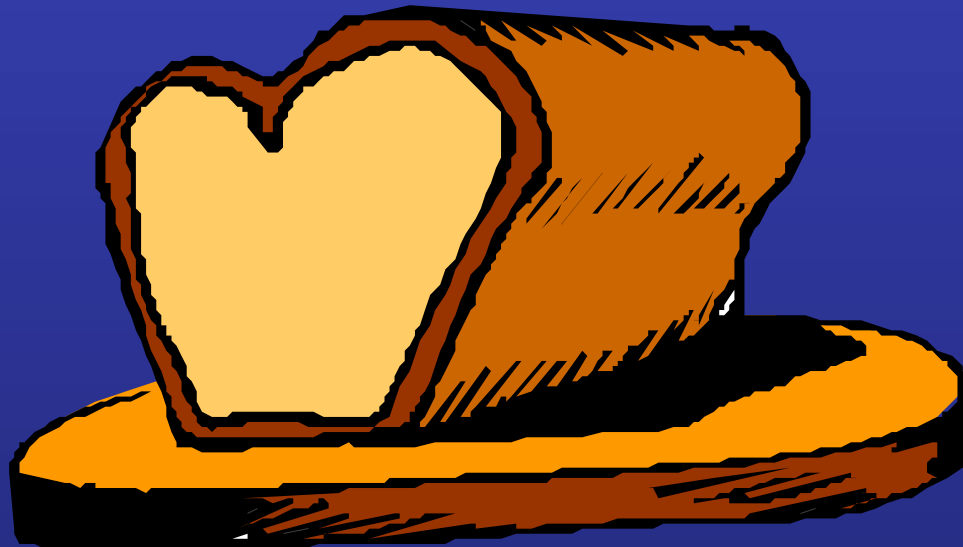
1st to
discover!

Nuts reduce risk
of heart disease.



1st to
discover!

Whole wheat bread
reduces heart disease.



1st to discover!

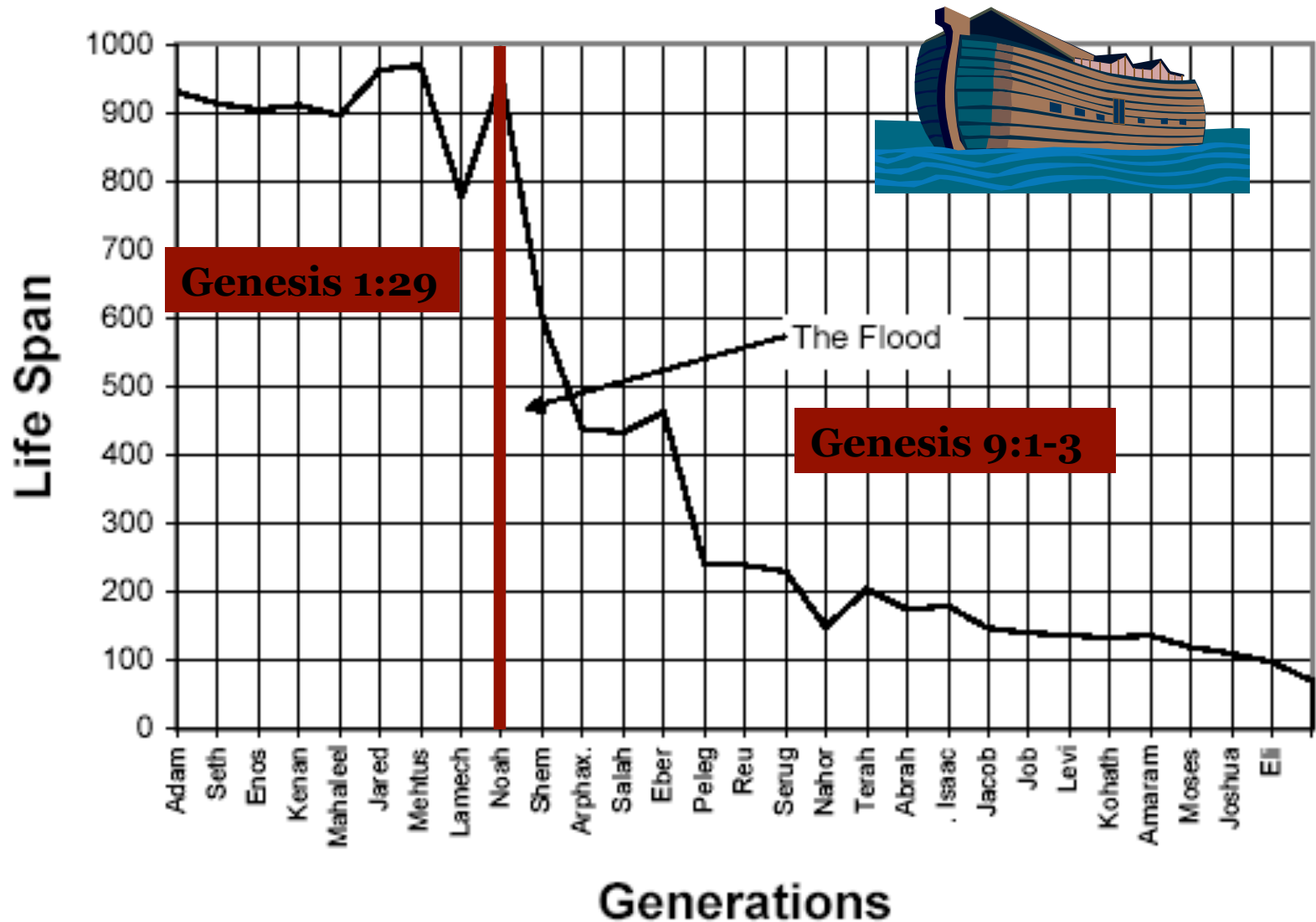
5 + glasses of water a day
lowers heart disease risk.



Adventists & Health? Why?

Scriptures

Longevity of the Patriarchs



DANIEL

Child of God, enslaved by heathens

Would not defile himself even on pain of death

The test: Daniel 1:5, 8 -10, 12 – 16

The ultimate goal? Daniel 1:18 – 20

Daniel 4:37 – The outcome of faithfulness

QUIZ

Who in the list below lived the longest?

- A. Adam
- B. Methuselah
- C. Enoch
- D. Abraham

WHY A HEALTH EMPHASIS?



Sources

BOOKS & DOCUMENTARIES

The Bible

Ministry of Healing, Ellen G. White

Counsels on Diet & Foods, EGW

Counsels on Health, EGW

Call to Medical Evangelism, EGW

Proof Positive, Neil Nedley

The China Study, T. Colin Campbell

Fat, Sick, and Nearly Dead

Forks over Knives

WHY THIS TALK?

If we as Christians choose to turn our back on this message, what are the consequences:

Our health suffers

Our family's health suffers

Our country's health suffers

God gets no credit for his health plan

The Buddhists get the credit

God will find someone else

We may lose our faith in God

WHY THIS TALK?

When God's people are obedient in the little things, like health:

Others are curious and interested in God

We save money on healthcare

Our family's health improves

We are better witnesses for God and the Truth

We are better people in general

We feel closer to God

God is glorified, not Buddha

THE DANIEL CHALLENGE

Step it up for 10 days

Diet

- skip animal products, decrease/cut evening meal if overweight, eat 5 fruits & 5 veggies each day, limit processed foods.

Activity

- 30+ mins vigorous activity daily in the morning (outside preferable)

Water

- drink only water (64 oz average).

Sleep

- Bed by 10pm, awake by 6am.

Share

- Find one person to join you or share this message with in the next 10 days.

THE END