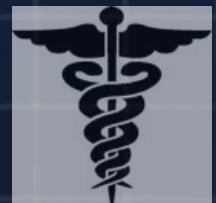
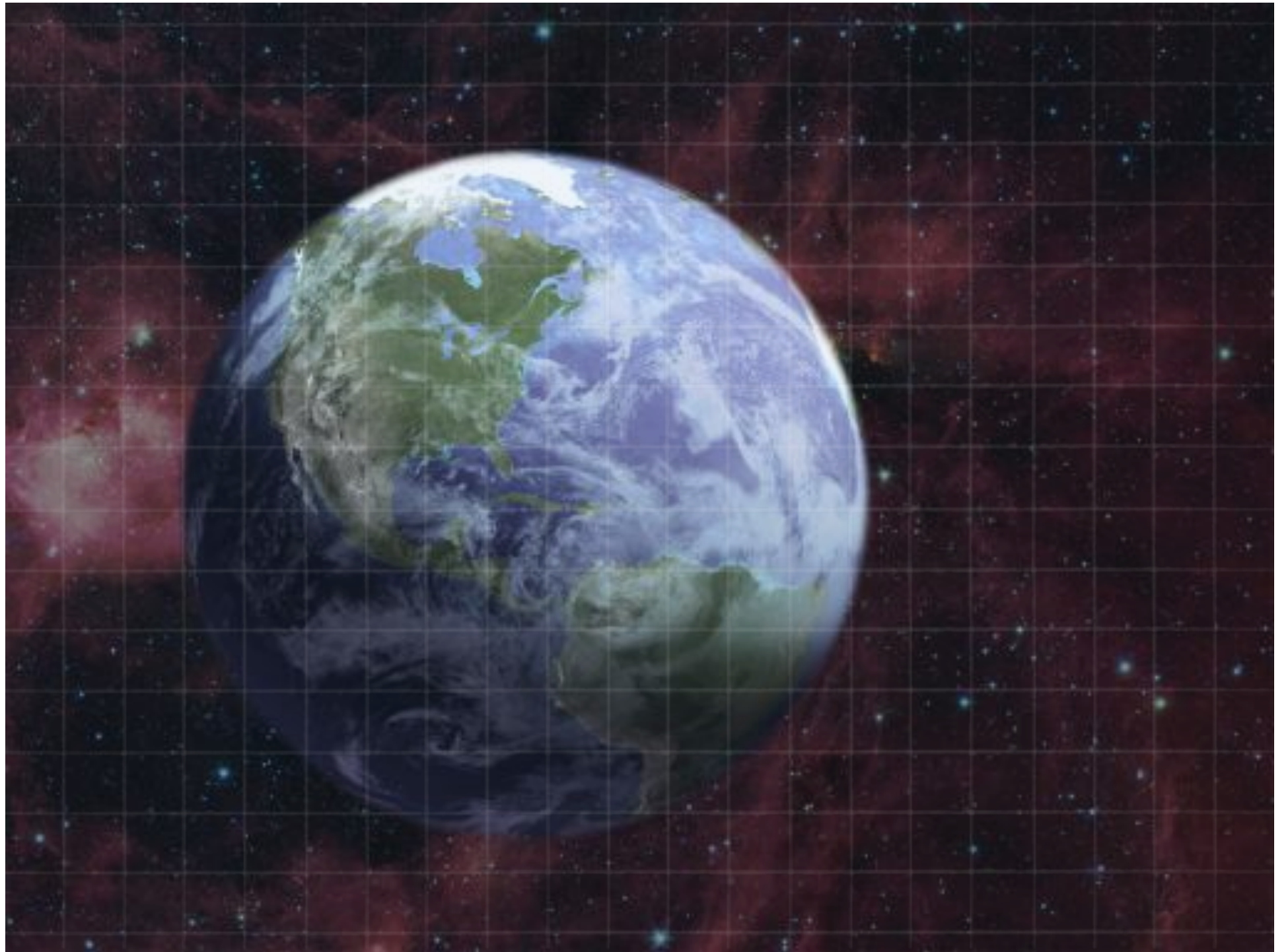


ELLEN WHITE *Finally*

EXPOSED...

“..Outside Adventism”





ELLEN WHITE



FASCINATING POINTS

*During her ministry, Ellen G. White wrote more than 100,000 pages. A total of more than **25 million words**.

*The text most often referred to in Ellen White writings is Matthew 5:14-16. She mentions it 264 times. The text refers to Christians as **"the light of the world."**

*One of Ellen's favorite hymns was **"When Peace like a River"**. She always asked for it when attending Healdsburg Church, Colorado. Alma McKibbin, *My Memories of Sister White* (Wash D.C: Ellen G. White Publications, 1956), 18.

*Ellen White's favorite dishes were *baked corn soufflé, tomatoes and macaroni, and tiny mustard greens cooked.*

FASCINATING POINTS

*EGW's last known writing is the letter titled "***The Victorious Life***". She wrote this letter on June 14, 1914 and you may read it in her book *Testimonies to Ministers*, 516. This letter is a message overflowing with hope and assurance for Christians.

*EGW was a lover of animals, Arthur White wrote that "She knew how to feed and treat...animals with affection. She ***abhorred any practice*** that brought pain or discomfort to animals, and she had firm words of disapproval for anyone who misused a horse or abused a cow" (Ellen White the Person, 9).

*Grace White Jacques, granddaughter of Ellen White, stated that Mrs. White was a buoyant person. "***Never did we feel under a strain or stress in her presence.*** She had deep blue-gray eyes that were kind and alert. She looked at us with love" (My Special Grandmother, 15).

MATTHEW 7:15-17

*“Beware of **false prophets**, who come to you in sheep's clothing, but inwardly they are ravenous wolves. You will **know them by their fruits**. Do men gather grapes from thorn bushes or figs from thistles? Even so, every good tree bears good fruit, but a bad tree bears bad fruit.”*



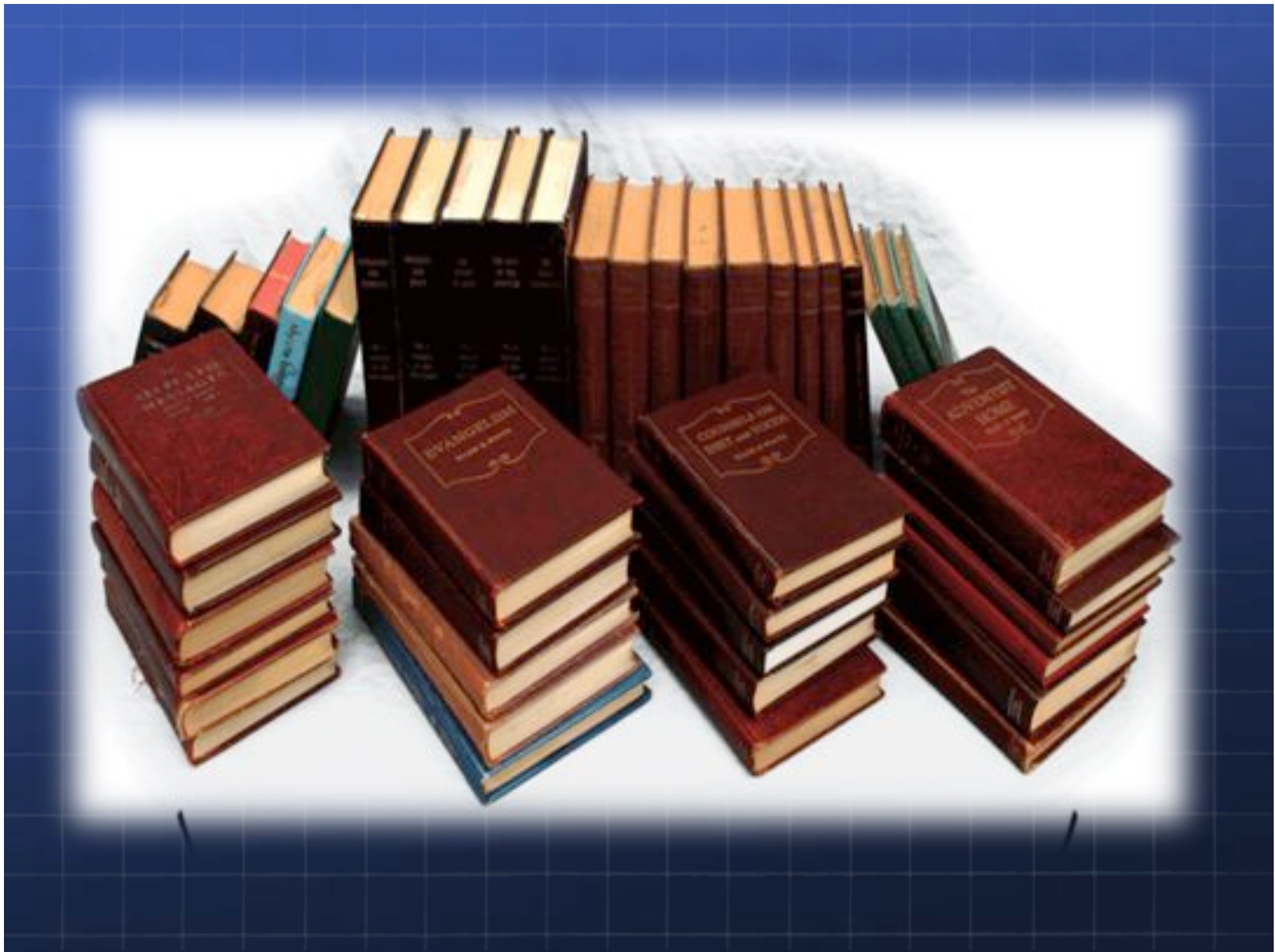
2 KINGS 13:21

*And it came to pass, as they were burying a man, that, behold, they spied a band of men; and they cast the man into the sepulcher of Elisha: and when the man was let down, **and touched the bones of Elisha**, he revived, and stood up on his feet.*



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.** My writings are kept on file in the office, and even though I should not live, these words that have been given to me by the Lord will still have life and will speak to the people. **{1SM 55.5}**





Prophetess. Messenger of the Lord. Adventist Prophet. Spirit of Prophecy. SOP. Sister White. Mrs. White. EGW. EG White. Auntie Ellen. You name it. Many have known her through her writings, her many books, her sermons, her studies, and thru the fruits of her labor. ***But another question is, how did and how does the outside world perceive her writings...***

What happens when sincere, honest folks come into contact with Ellen White? God sent messengers to this world for many reasons but what about someone like her. How does the world *receive* someone like that?

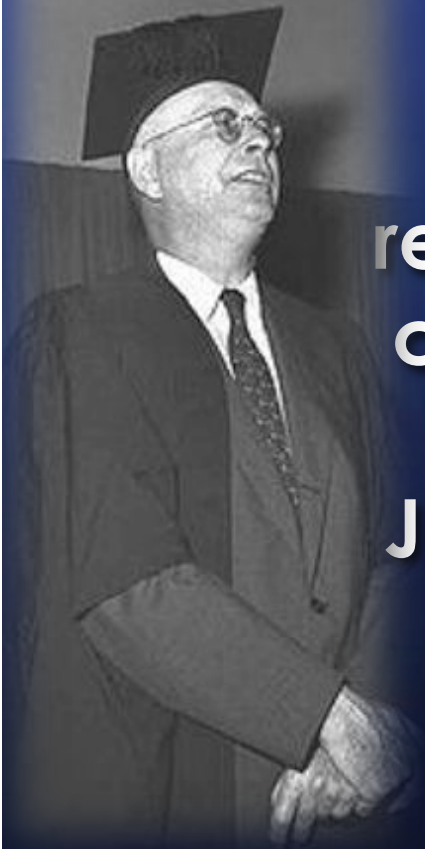
A WELL KNOWN ARCHAEOLOGIST



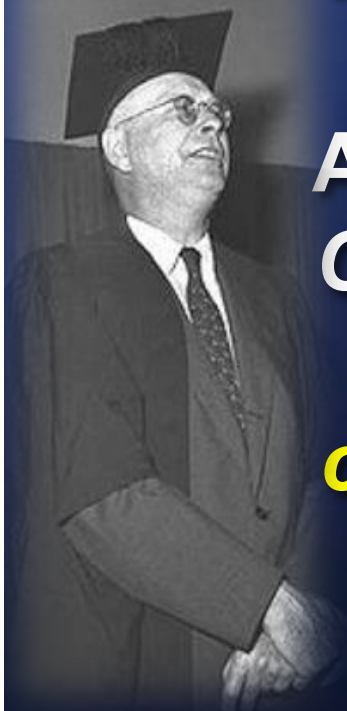
WILLIAM FOXWELL ALBRIGHT

(1891-1971) was America's...and perhaps the world's—foremost archaeologist in the twentieth century.

He earned his Ph.D. from Johns Hopkins University at the age of 25, and during the next 50 years he received 25 honorary doctorates from colleges, universities, and seminaries of Protestant, Roman Catholic, and Jewish faiths. He wrote more than 800 publications on archaeology, the Bible, and Eastern subjects.



In the 1950s one of his doctoral candidates at Johns Hopkins (the late Alger Johns) introduced Albright to Ellen White's writings. His curiosity piqued, the famous archaeologist undertook his own investigation of the life, work, and claims of Ellen White. And in his book *From the Stone Age to Christianity* Albright named Mrs. White as **one of five individuals whom he considered to be authentic "prophets" during the past 250 years.**



A WELL KNOWN EDUCATOR



FLORENCE B. STRATEMEYER

*“Recently the book **Education**, by Ellen G. White, has been brought to my attention. Written at the turn of the century, this volume was more than fifty years ahead of its times. And I was surprised to learn that it was written by a woman with but three years of schooling. The breadth and depth of its philosophy amazed me. Its concepts of balanced education, harmonious development, and of thinking and acting on principle are **advanced educational concepts**. The objective of restoring in man the image of God, the teaching of parental responsibility, and the emphasis on self-control in the child are ideals that the world desperately needs.”*



*Mrs. White did not necessarily use current terms. In fact, she did not use the word curriculum in her writing. But the book Education in certain parts treats of important curriculum principles. She was concerned with the whole learner—the harmonious development of mental, physical, and spiritual powers. Today many are stressing the development of the intellect. But feelings and emotional development are equally important. In our changing society, the ability to act on thought and in terms of principle is central. **It is this harmonious development that is so greatly needed,** yet so generally neglected today. I am not surprised that members of the SDA Church hold the writings of Mrs. White in great respect and make them central in developing the educational program in their schools.”*

Prof. Tsunekichi Mizuno of Japan's Tamagawa Univ. (and formerly head of the Tokyo Museum of Science and director of social education for the Japanese Ministry of Education) recommended *Education* to parents, teachers, and students. He called it "**most profitable reading in our understanding of the 'New Education.'**"- *"Education, written with the inspired pen of Ellen G. White, has for 50 some years been a well-known book which has rendered the greatest possible service and joy to students, teachers, and parents the world over. When I was studying at the University of Illinois, it was my privilege to read the book in its original language. I was profoundly moved by the book at that time and it has been my desire ever since to recommend it to the educators in Japan. It is my sincere joy to hear that the book has been finally translated into the Japanese language."*

Cited in Notes and Papers, pp. 314, 315.

The minister of education of a Southern European country had been studying at Teachers' College, Columbia University. He had come to the US for the best in educational policy & program of his newborn state. Upon his return to Southern Europe, he "authored" a work on religious and moral education. It was written in the Serbian language, published by the state university press, and acclaimed by that institution as the "best book" on religious education in that language .When Adventist church leaders in Serbia read the work, they recognized it immediately—it was a translation of Ellen White's Education, with an introduction written by the Serbian minister of education. 80 percent of the new book came directly from Ellen White's pen!

William Spicer, *The Spirit of Prophecy in the Advent Movement* (Washington, D.C.: Review and Herald Pub. Assn., 1937), pp. 81, 82;



1. ELLEN WHITE WAS A PLAGARIST...

2. ELLEN WHITE DID NOT BELIEVE IN JUSTIFICATION BY FAITH.

3. ELLEN WHITE IS A GIVER OF BIBLE...

4. ELLEN WHITE'S VISIONS WERE THE RESULT OF A TEMPORAL-LOBE EPILEPSY

5. ELLEN WHITE'S PROPHECIES FAILED...

FAILED

A WELL KNOWN LAWYER

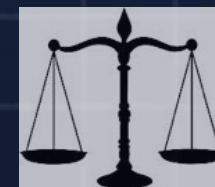


Vincent L. Ramik, a prominent and respected copyright attorney in Washington, D.C., took this case. In 1981, in the midst of the newly-reborn plagiarism charges, the General Conference legal office (the Office of General Counsel) used privately-donated money to hire Ramik to research the case law and the literary evidence to see whether Mrs. White was guilty of plagiarism, literary piracy, or copyright infringement. Ramik, a Roman Catholic, spent some 300 hours reviewing cases and reading the literary evidence. In addition to examining the critics' case, he sampled what he called "a great cross section of her books," even reading *The Great Controversy* all the way through. On the legal matters, he concluded, ***"If I had to be involved in such a legal case [regarding charges of plagiarism, piracy, and copyright infringement against Ellen White], I would much rather appear as defense counsel [for Ellen White] than for the prosecution. There simply is no case!"*** An important part of his legal opinion was his observation regarding how Mrs. White had used the writings of others.



"*Ellen White used the writings of others*," he said, "but in the way she used them, she made them uniquely her own, ethically, as well as legally. And, interestingly, she invariably improved that which she `selected'!.. **She stayed well within the legal boundaries of `fair use,' and all the time created something that was substantially greater (and even more beautiful) than the mere sum of the component parts.** And I think the ultimate tragedy is that the critics fail to see this..."The bottom line is: What really counts is the *message* of Mrs. White, not merely the mechanical *writings* or words, clauses, sentences of Mrs. White. Theologians, I am told, distinguish here between verbal inspiration and plenary inspiration. Too many of the critics have missed the boat altogether. **And it's too bad, too! I, personally, have been moved, deeply moved, by those writings. I have been changed by them. I think I am a better man today because of them. And I wish that the critics could discover that!"**

"There Simply Is No Case," interview with Vincent L. Ramik, *Adventist Review*, Sept. 17, 1981, p. 6, emphasis his. A reprint is available from the EGW Estate.



BARNA GROUP-2005 MOST INFLUENTIAL AUTHORS

Pastors under the age of 40, meanwhile, were more than twice as likely to mention books on prayer; only half as likely to include *The Purpose Driven Life*; and just one-sixth as likely to place *The Purpose Driven Church* in their top-ranked volumes.

In fact, while one-third of all pastors over 40 mentioned at least one book by Rick Warren, just 14% of those under 40 did so.

The under-40 pastors championed several authors who were not ranked highly by older church leaders. Those authors included business consultant James Collins, seminary professor Thom Rainer, nineteenth century Seventh-Day Adventist icon Ellen White, & pastor John Ortberg.

A WELL KNOWN ENEMY



ENEMIES? DM CANRIGHT

*“One thing I have remarked, and that is, that the most bitter opponents of the visions of Sister White admit that she is a Christian. How they can now make this admission is more than I know. They try to fix it up by saying that she is deceived. They are not able to put their finger upon a single stain in all her life, nor an immoral sentence in all her writings. They have to admit that much of her writings are excellent, and whoever would live out all she says would be a good Christian, sure of Heaven. **This is passing strange if she is a tool of the devil, inspired by Satan, or if her writings are immoral or the vagaries of her own mind.**”*

ADVENTISM AND THE UNIVERSE?



In Adventism, we find a theological perspective that is very compatible with the world we are living in. From biology to astronomy, everything found or observed is consistent with the Adventist worldview. The SOP provides a high-level theological framework for an older Universe that has scores of planets, very distant from earth. Science has begun to observe these countless worlds light years away.



One of the founders of the Seventh-Day Adventist Church, **Ellen White**, argued in 1890 that the Logos, passing "from star to star, from world to world, superintending all," found sin on earth and became incarnate to save the human race; this was "a mystery which the sinless intelligences of other worlds desired to understand." In the 19th century, new Protestant movements which one might expect to be narrow pursued this theological perspective. According to Crowe, "[b]y 1917 more than 140 books dealing with the question of extraterritorial life had appeared. By 1917, however, the confidence prevalent a century earlier that the universe teems with life had seriously diminished." It seems that they would have to give up hypotheses that implied a large number of planets. However, after World War I, with the discovery of multiple galaxies through the fashioning of more advanced telescopes, the possibility of other intelligent life reasserted itself.

CHRISTIAN THEOLOGY AND EXTRATERRESTRIAL INTELLIGENT LIFE
THOMAS F. O'MEARA, O.P



Such a view of life elsewhere may already have been transmitted. This description is penned by Ellen G. White, a religious leader and visionary seer whom many believe to have been singularly inspired: **"The Lord has given me," she wrote, "a view of other worlds. Wings were given me, and an angel attended me from the city to a place that was bright and glorious. The grass of the place was living green, and the birds there warbled a sweet song. The inhabitants of the place were of all sizes; they were noble, majestic, and lovely. They bore the express image of Jesus, and their countenances beamed with holy joy, expressive of the freedom and happiness of the place ... Then I was taken to a world which had seven moons ... I begged of my attending angel to let me remain in that place. I could not bear the thought of coming back to this dark world again ..."** (Early Writings, pp. 39, 40) What a contrast between such descriptions and the common portrayal of television, movies, and science-fiction paperbacks. If a vast network of worlds live in unbroken harmony and mutual allegiance - untouched by malice, and death, unspoiled by pollution and violence and greed - then what has been the undoing of earth?

<http://www.torchlightintelligence.com/universe.htm>



For Ellen White, provided a theology that involved extraterrestrials—including the doctrines that sin occurred only on earth and that, correspondingly, Christ came only to our planet. As she wrote in one of her books, *The Story of Patriarches and Prophets*: “**It was the marvel of all the universe that Christ should humble himself to save fallen man. That he who has passed from star to star, from world to world, superintending all..., [should take] upon himself human nature, was a mystery which the sinless intelligences of other worlds desired to understand**” (White [1890] 1948, 69–70). This theology not only provided a way around Paine’s dilemma; it also presented a remarkable cosmic conception that seems to have enhanced the attractiveness of this new religion. White’s denomination has continued to grow and in fact to spread throughout the world, current membership being about 4.4 million.

THE EXTRATERRESTRIAL LIFE DEBATE, 1750-1900



In 1965 a German sociologist, Irmgard Simon, published her doctoral dissertation in Münster, Westphalia. It dealt with Seventh-day Adventists and Ellen White. She said, in part: She was without fear of men; courageous and consistent, she struggled within the movement to solve the many problems. She solved problems which the churches did not expect to see solved in many decades. Simon was unable to find adequate scientific explanation for Ellen White's visions and remarkable experiences. She held the opinion that had Ellen White been a Roman Catholic instead of a Seventh-day Adventist, she might very well be canonized in due course!



“In spite of her strong, yes, ecstatic union with God, she rarely lost the ground of reality. On the contrary, she tackled many practical questions in life! Undoubtedly it was the established fact of her mystic vision of God which worked as a powerful radiance on her fellow believers, enabling her to be their leader without holding an official office in the church.”



*“She functioned as a messenger between God and the churches. Through her the members had a part in the divine Being. This explains the strong position E. G. White has won among Adventists. In spite of her high position, E. G. White never fell for the temptation other founders of various movements have done, where they claimed to be elevated themselves above the weaknesses of human flesh, but was a servant and did not claim the honor that belongs to God. The Seventh-day Adventists **still live on the spirit of E. G. White and only so far as this heritage lives on do the Adventist have a future.**”*



PROVERBS 4:16 *the path of the just is like the shining sun, That shines ever brighter unto the perfect day. The way of the wicked is like darkness; They do not know what makes them stumble. My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And **health to all their flesh.***

PROVERBS 12:18 *There is one who speaks like the piercings of a sword, **But the tongue of the wise promotes health.***

PROVERBS 13:17 *A wicked messenger falls into trouble, **But a faithful ambassador brings health.***

PROVERBS 16:24 *Pleasant words are like a honeycomb, **Sweetness to the soul and health to the bones***



A WELL KNOWN RADIO HOST



PAUL HARVEY

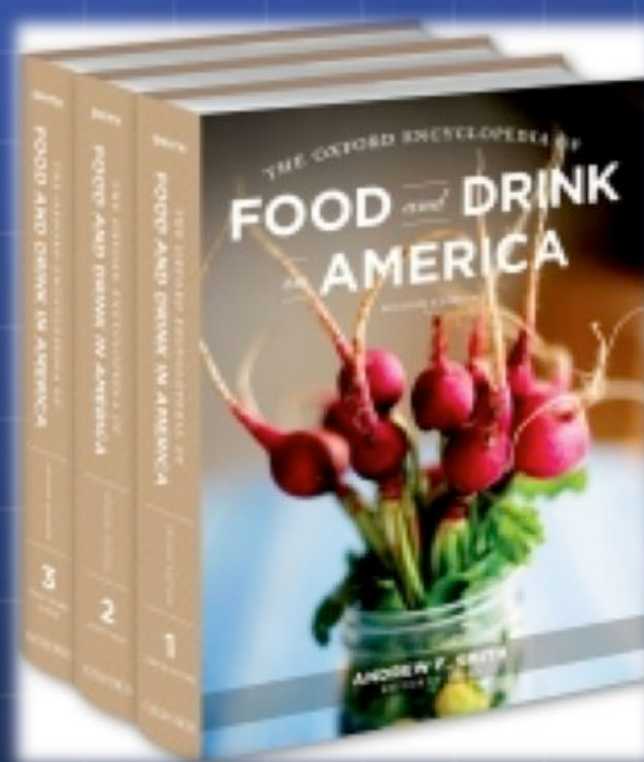
September 4,
1918 – February
28, 2009



In 1960 Paul Harvey wrote: *"Perhaps we should reread what she has taught: 'The oil, as eaten in the olive, is far preferable to animal oil or fat.' Today we know about cholesterol. She knew: 'Fine flour white bread is lacking in nutritive elements to be found in bread made from whole wheat. . She wrote: 'Do not eat largely of salt.' Now we know we should keep the sodium intake low. **We have come to accept the wisdom of such advice so completely that it is difficult for us to realize how revolutionary her theories were almost a century ago....** She urged: 'Pure air, sunlight, abstemiousness, rest, exercise.'* She wrote: *'Tobacco is a slow, insidious, but most malignant poison. It is all the more dangerous because its effects are slow and at first hardly perceptible.'* Ellen White was indeed ahead of her time. Are there additional recommendations, which this remarkable woman urged upon us, which we have, so far, ignored? Speaking about the times in which she lived, Paul Harvey adds: *"Remember, this was in the days when doctors were still blood-letting and performing surgery with unwashed hands. This was in an era, of medical ignorance bordering on barbarism."*

Paul Harvey, in Reading, Pennsylvania, Times, August 11, 1960, reprinted in "Today's Health in 1960."

The Oxford Encyclopedia of Food and Drink in America, originally published in September 2004, covers the significant events, inventions, and social movements that have shaped the way Americans view, prepare, and consume food and drink. Entries range across historical periods and the trends that characterize them, from the extravagant feasts of the Gilded Age to the diet fads of the nineties. This thoroughly updated new edition captures the shifting American perspective on food and ensures that this title is both the most authoritative and the most current reference work on American cuisine.



*“No single individual
influenced American
eating habits during the
early twentieth century
more than Dr John
Harvey Kellogg”*

(1852-1943)

*Oxford Companion to American
Food and Drink Pg 340*



*“John Harvey Kellogg deserves more than any other person to be called **the father of natural health.**”*



<http://naturalhealthperspective.com>

David Paulson, M.D., about the year 1913, reported a conversation that he had with Dr. John Harvey Kellogg a number of years earlier. Introductory to the following statement, it should be mentioned that in the late nineteenth century, John H. Kellogg, M.D., was recognized as a world leader in several areas of medical practice: "Dr. Kellogg asked me in New York City twenty-two years ago if I knew how it was that the Battle Creek Sanitarium was able to keep five years ahead of the medical profession. I did not know. Then he told me..."

"He said when a new thing is brought out in the medical world, he knew from his knowledge of the spirit of prophecy [the writings of Ellen White] whether, it belonged in our system or not. If it did, he instantly adopted it and advertised it while the rest of the doctors were slowly feeling their way, and when they finally adopted it he had five years the start on them. "On the other hand when the medical profession were swept off their feet by some new fad, if it did not fit the light we had received he simply did not touch it. When the doctors finally discovered their mistake, they wondered how it came that Dr. Kellogg did not get caught"

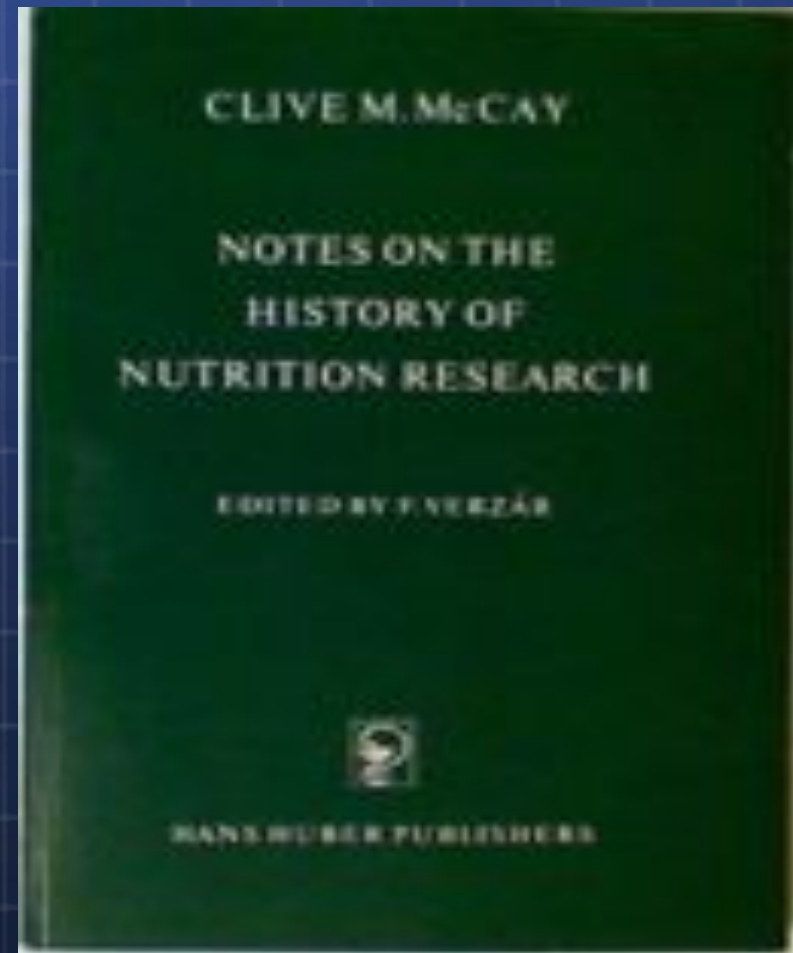
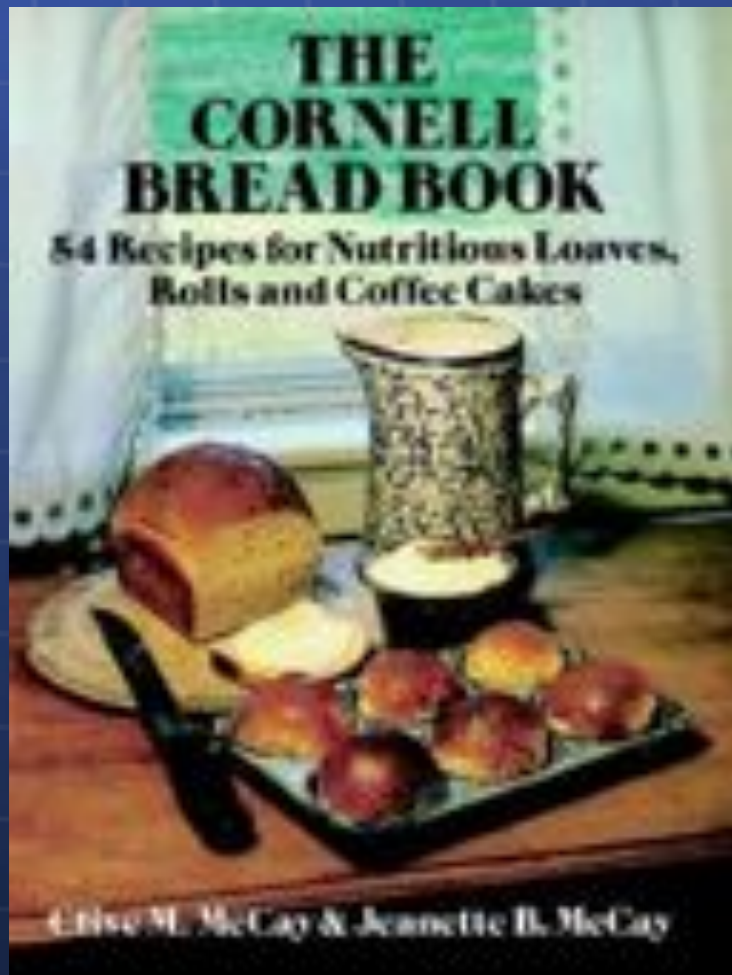
Document File 45, referred to by
Richard A. Schaefer in "Legacy," page 60.

CLIVE M. MCCAY, PH.D



Clive Maine, McCay
(1898–1967) was an
American biochemist,
nutritionist,
gerontologist, and
professor of Animal
Husbandry at Cornell
University from
1927-1963.

CLIVE M. MCCAY, PH.D



Clive M. McCay, Ph.d

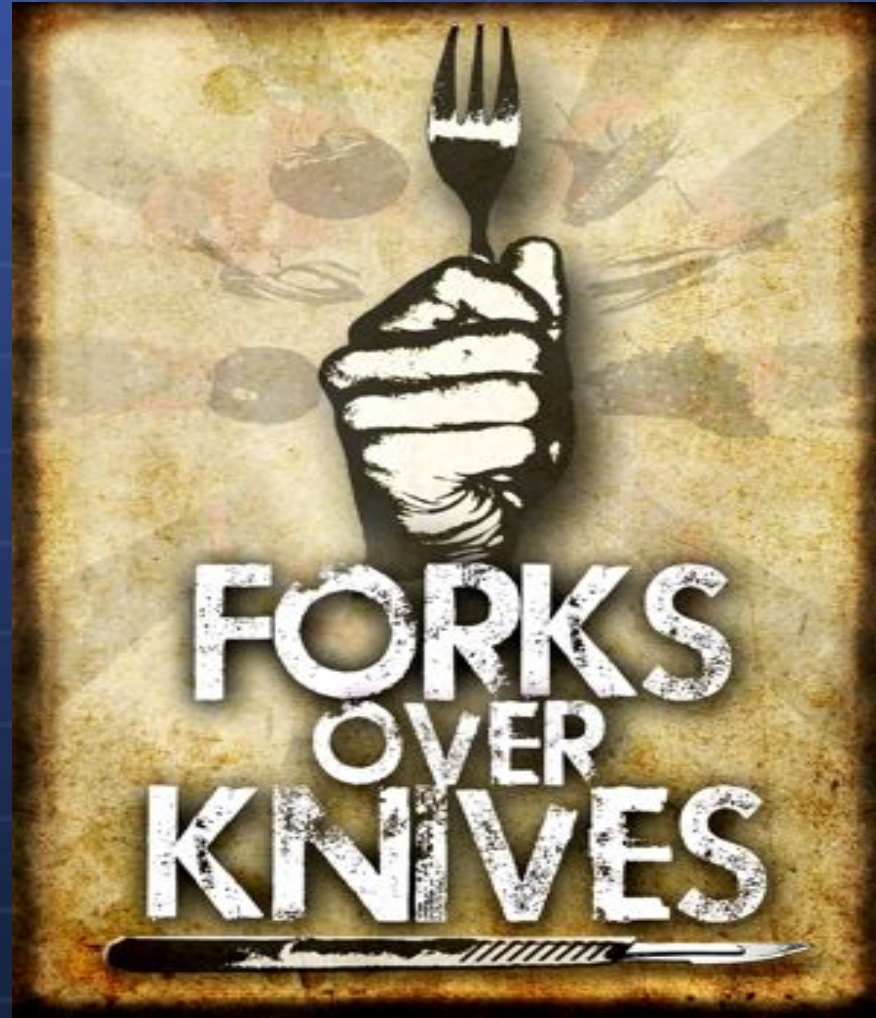
*“In the first place, her basic concepts about the relation between diet and health have been verified in an unusual degree by scientific advances of the past decades...In the second place, everyone who attempts to teach nutrition can hardly conceive of a leadership such as that of Mrs. White that was able to induce a substantial number of people to improve their diet. In the third place, one can only speculate about the large number of sufferers during the past century who could have had improved health if they had accepted the teachings of Mrs. White. Finally, one can wonder how to make her teachings more widely known...**In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today”***

T. COLIN CAMPBELL

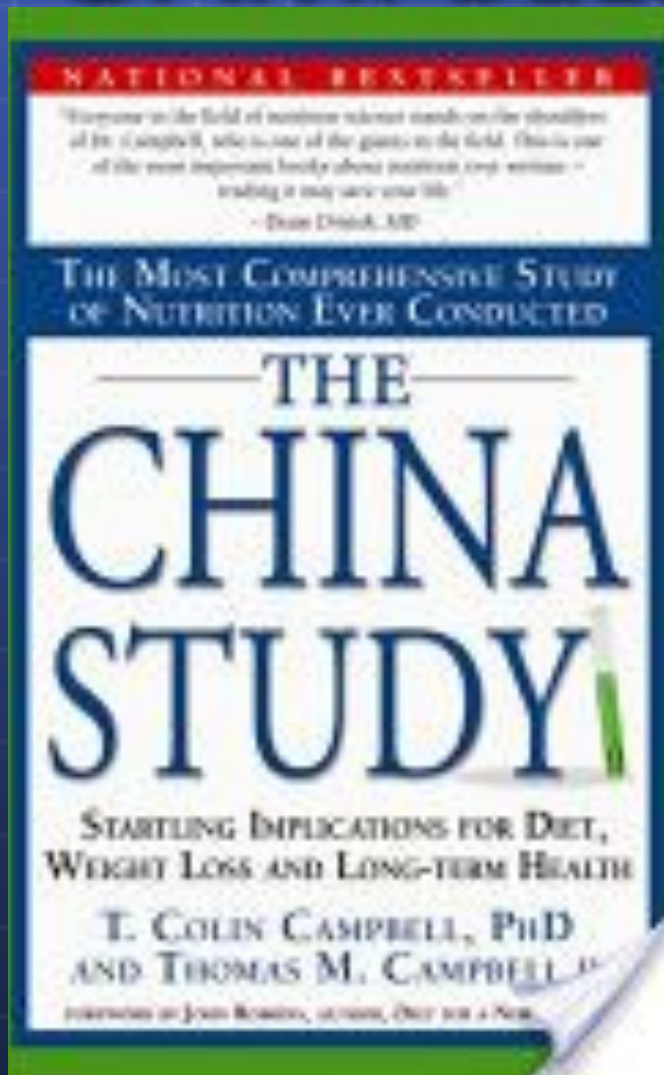
He completed his M.S. in nutrition and biochemistry at Cornell in 1958, where he studied under Clive McCay (known for his research on nutrition and aging), and his Ph.D. in nutrition, biochemistry, and microbiology in 1961, also at Cornell.



Forks Over Knives



T. COLIN CAMPBELL



Vegans and vegetarians typically elect to follow the diet for health reasons. In his book called *The China Study*, American biochemist T. Colin Campbell wrote, *“By any number of measures, America’s health is failing. We spend far more, per capita, on health care than any other society in the world, and yet two thirds of Americans are overweight, and over 15 million Americans have diabetes, a number that has been rising rapidly.”*

http://foodbeast.com/content/2012/04/10/vegan-and-vegetarian-diets-go-mainstream-here-is-a-look/#.Uch83b_30_s

CHINA STUDY

The findings? *"People who ate the most animal-based foods got the most chronic disease..."*

People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease. These results could not be ignored," said Dr. Campbell.

T. COLIN CAMPBELL

Former American President Bill Clinton became a vocal supporter of *The China Study*. In 2010, after years of living with heart disease, he undertook the diet, eating legumes, vegetables, fruit and a protein shake every morning, effectively living as a vegan. [2] Within a short period he had dropped 24 pounds, returning him to his college weight. Sanjay Gupta, CNN's chief medical correspondent, said in his documentary *The Last Heart Attack* in August 2011 that *The China Study* had changed the way people all over the world eat, including Gupta himself.



T. COLIN CAMPBELL INTERVIEW WITH STEVE PRUSSACK –VEGAN RADIO 2006

T. Colin Campbell: ...My son, by the way, Tom, who was trained in theater at Cornell University and was actually an aspiring actor in Chicago doing really quite well, but he wasn't making much money, he came back to work with me on, he was very good in communication and writing and so forth, he came back to work with me on the book. He became eventually so impressed over the time we were working together with all of this information, he's now just starting medical school this next month.

Steve Prussack: Oh wow!

T. Colin Campbell: And he's really now intending to practice a very different kind of medicine than what has been traditionally practiced. He and others call it lifestyle medicine. **I might point out, incidentally, there's a religious group in the country, a Christian--based group, called Seventh Day Adventists, who have really taken health very seriously, I'm very impressed with what they do.** They have a number of hospitals in the country, they have a medical school, quite frankly, a good and rather old medical school in Loma Linda, California. I've spoken to a number of these groups, and I hope that their message, and they get more opportunity to tell what, in fact, they know. But they have started this concept of lifestyle medicine, and I really like it a lot. I think it can be described best as just getting doctors to think more about, when I have a patient to work with, spend a little more time with them, that's always helpful, of course, but start talking to them first and

T. COLIN CAMPBELL INTERVIEW WITH STEVE PRUSSACK –VEGAN RADIO 2006

T. Colin Campbell: ...foremost about the role of diet and lifestyle in solving our problems, and taking that as the first course, the first approach to resolving problems. And so, Tom is not an Adventist, I'm not either, but I must tell you I'm really impressed with what that community does with respect to health.

Steve Prussack: *Is Tom going to the school here in California? Is that the ----*

T. Colin Campbell: *No, unfortunately there's no, almost no medical schools that really offer this kind of program. The Loma Linda School of Medicine, or School of Public Health, actually, in Loma Linda, California, is probably best at promoting the idea, and there's some other medical schools. Generally it's in the schools of public health where they're beginning to think a little more along these lines. I mean, there are individuals at Buffalo, I know, who are certainly interested in this, for example, and as it is true, and also in some other medical schools too. The medical school at Buffalo, as I understand, has just formed a new department that is going to give more emphasis to that.*

Steve Prussack: ***Truly. Well, the seeds have been planted, hopefully the consciousness will begin to change.***

NATHAN PRITIKIN



Nathan Pritikin,
Founder, The Pritikin Program

*"All I'm trying to do is wipe out heart disease,
diabetes, hypertension, and obesity."*

NATHAN PRITIKIN


- 🌐 Q. *Mr. Pritikin, your ideas on nutrition and health are quite similar in many respects to those of Seventh-day Adventists. Are you aware of the Adventist health writings, many of which are more than a century old?*
- 🌐 **A. You mean the writings of Ellen G. White?**
- 🌐 Q. *Yes. What we call our "health message" is largely based on her counsel.*
- 🌐 **A. I have read all her books dealing with health topics.**
- 🌐 Q. *Would you care to comment on the concepts she presents, which we Adventists, unfortunately, have not observed as closely as we should?*

NATHAN PRITIKIN

- *A. I feel that if you Adventists had followed the teachings in these books, you would be a much healthier group. I think that the Adventist dietary plan is really very close to our nutritional recommendations. It was marvelous that this woman was able to write all that she did without any real scientific background.*
- *Q. Of course, we believe that she was inspired.*
- *A. She had to have been inspired. I don't know how she could have gotten this information herself. She certainly did a tremendous job for her time.*
- *Q. As Adventists, we believe that God is the Creator of our bodies, that we have not just evolved, and that our bodies are priceless and wonderful mechanisms. Only a master mind could have planned all the intricate workings of it.*
- *A. The body is a wonderful machine that no one understands completely.*

 Q. I am sure that since you have associated closely with Adventists on your staff, you know that our dietary plan is based on the original diet given to man as recorded in Genesis.

 A. According to Genesis, man can eat animal protein.

 Q. True, but this was not the original diet. Meat-eating was permitted only after the Flood, when all vegetation was destroyed. The original diet in the Garden of Eden given to man was the diet that you have been advocating—"every herb bearing seed...and every tree, in the which is the fruit of a tree yielding seed"—these are the grains, fruits, and nuts...You will be interested in a statement made by Mrs. White regarding the addition of meat to the diet. She stated that God permitted the postdiluvian men to eat the flesh of animals in order to shorten their wicked lives (*Spiritual Gifts*, vol. 4, p. 121). This no doubt refers to the degenerative processes of atherosclerosis caused by the high fat and protein diet. Prior to the Flood, the recorded age of man was more than 900 years.

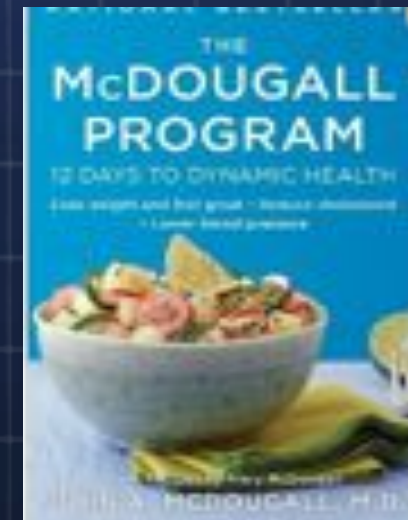
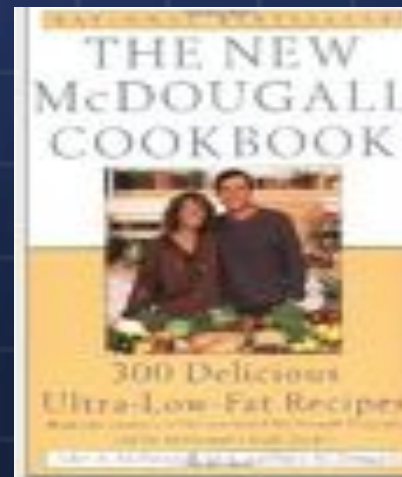
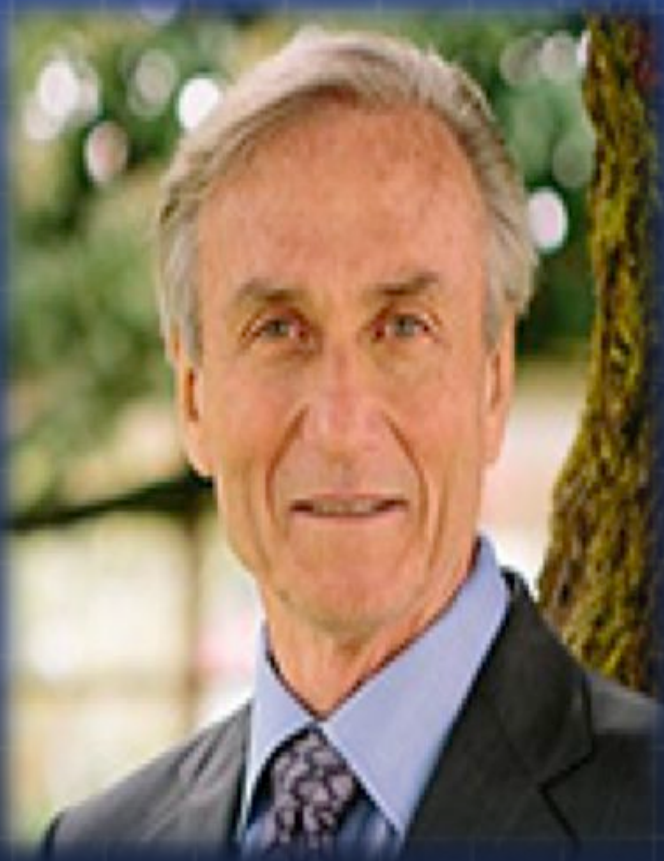
 A. That is interesting, for animal products have certainly caused degenerative diseases.

<https://www.ministrymagazine.org/archive/1978/04/nutrition-and-health>



Nathan Pritikin of the Pritikin diet said in 1979, *"I think that if you want to get to the originator of the proper diet, you have to go back to Ellen White. She laid the guidelines that unfortunately are not being adhered to as strictly as they should be."*

DR. JOHN MCDOUGALL



DR. JOHN MCDOUGALL

- 🌐 THE STARCH SOLUTION
- 🌐 THE MCDOUGALL PLAN: 12 DAYS TO DYNAMIC HEALTH
- 🌐 MCDOUGALL'S MEDICINE
- 🌐 THE MCDOUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS
- 🌐 THE NEW MCDOUGALL COOKBOOK
- 🌐 AND MANY MORE...

DR. JOHN MCDOUGALL

“There are only two people in my lifetime whose words of wisdom I always eagerly awaited **and one of them was Nathan Pritikin** (1915 – 1985). During my final year of Internal Medicine Residency at the University of Hawaii in 1978 I was given a set of audiotape lectures. I felt a sense of relief as I listened and realized someone else had come to similar conclusions to those that I had reached during my time as a sugar plantation doctor on the Big Island of Hawaii between 1973 and 1976.”*

McDougall newsletter 2013

DR. JOHN MCDUGALL

*“...I greatly regret his (Pritikin) untimely death in 1985 at age 69. The world would have been a better place if he had survived another decade or two. For one, Dr. Atkins’ New Diet Revolution would have never become as big as it did in the 2000s. The world would have never heard of the most popular diets these days, the low-carb, Paleo Diets. His wisdom and strength would have stopped this “nutritional nonsense” before it ever got started. We would not be suffering the current US financial fiasco caused in large part by the worst healthcare crisis ever known. **People in the United States would not be known, as they are today, for being less healthy, having more chronic disease and disability, and dying at a younger age than people living in other wealthy nations.**”*

McDougall newsletter 2013

FAT, SICK & NEARLY DEAD

A
Joe Cross
Film





PAUL WENNER



PAUL WENNER

Paul Wenner: *“I really haven't had any health problems since I was 17. When I was about 16 or 17, I started reading books on health and nutrition like Paul Bragg's The Miracle of Fasting and **Ellen B. White, a writer for the Adventist Church.** I started realizing there was a real connection between what you put in your mouth and what you did not put in your mouth, between your health and how you felt. So I immediately changed everything about my diet.”*

<http://bragg.com/about/wenner.html>

Ellen G. White, a pioneering cofounder of the Seventh-day Adventist movement, has been memorialized in São Paulo, Brazil, as her image joined a gallery of portraits at the Open University of the Environment and Culture of Peace (UMAPAZ), which is part of the city of São Paulo.



WRITER'S PORTRAIT: A portrait of Ellen G. White, a pioneering cofounder of the Seventh-day Adventist movement, is added to a gallery of notable reformers at the Open University of the Environment and Culture of Peace in São Paulo, Brazil. The gallery commemorates those whose work has contributed to the good of society, particularly in the areas of sustainable development and peace, as well as social justice and welfare. Among the notables commemorated there is Brazilian abolitionist André Rebouças.

In a December 20, 2012, ceremony held at the Municipal School of Astrophysics in Ibirapuera Park in Sao Paulo, the history, mission, and commitment of Ellen White's health principles were remembered. During the ceremony, the director of the National Centre of Memory in Brazil, Adventist Renato Stencil, shared aspects of the biography and work of Ellen White. He said much of White's writings concerned health principles. The medical health officer of the Municipality of São Paulo, Jorge Eduardo, identified works published by the author that promoted sustainable development, a culture of peace, and health preservation. Audience members at the ceremony each received a copy of the book *The Science of Healing*, presented by the Brazil Publishing House.—reported by Rosemeire Braga Lopes and Murilo Bernardo, South American Division

OPERATION WHITECOAT



Project Whitecoat Volunteers
at SDA Church in 1956

OPERATION WHITECOAT

The first task for the scientists was to find people willing to be infected by pathogens that could make them very sick. They found them in the followers of the Seventh-day Adventist faith. Although willing to serve their country when drafted, the Adventists refused to bear arms. As a result many of them became medics. Now the U.S. was offering recruits an opportunity to help in a different manner: to volunteer for biological tests as a way of satisfying their military obligations. When contacted in late 1954, the Adventist hierarchy readily agreed to this plan. For Camp Detrick scientists, church members were a model test population, since most of them were in excellent health and they neither drank, smoked, nor used caffeine.

PBS- THE LIVING WEAPON/WHITECOAT

OPERATION WHITECOAT REVISITED

Queensland fever - an acute airborne infectious disease common in agricultural areas that incapacitates the victim for two to four weeks. Operation Whitecoat research developed an effective vaccine.

Tularemia - highly virulent microbe common to Northern Hemisphere that produces symptoms ranging from low-grade fever to swollen lymph nodes to fatal infections.

Vaccines developed during the program resulted in control of the disease and decreased mortality.

Viral encephalitis, sand-fly fever, Rocky Mountain spotted fever, Rift Valley fever, typhus and typhoid fever.

Tested and compared gas masks, isolation suits (later used for space exploration), effects of sleep deprivation, etc.

<http://www.atomorrow.com/discus/messages/6198/3609.html>

OPERATION WHITECOAT REVISITED

Approximately 2,300 Seventh-day Adventist Army veterans served as Whitecoat volunteers.

"The effects of the program have been felt from the remote jungles of Latin America to the desert sands of the Middle East to the reaches of outer space," said

doctors in the book "For God and Country; Operation Whitecoat: 1954-1973."



<http://www.atomorrow.com/discus/messages/6198/3609.html>

"A must-read if you want to stay young!"
—ADAMTILDEWIS.

THE
**Blue
Zones**

LESSONS FOR LIVING LONGER
FROM THE PEOPLE
WHO'VE LIVED THE LONGEST
DAN BUETTNER



SEVENTH-DAY ADVENTISTS' HEALTH GUIDELINES, LONGEVITY STILL POWERFUL DRAW

“Ellen White, who wrote scores of books for her fellow Adventists, summarized the “Eight Laws of Health” in the 1860s. Today, as many mainstream Christian denominations are losing members in the United States, Adventists are growing steadily, partly because of their emphasis on wellness.”

http://www.oregonlive.com/living/index.ssf/2012/05/seventh-day_adventists_health.html



HUFFINGTON POST

“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. Followers typically stick to a vegetarian diet based on fruits, vegetables, beans and nuts, and get plenty of exercise.”

THE SECRETS OF LONG LIFE-

*“The Adventist Church—born during the era of 19th-century health reforms that popularized organized vegetarianism, the graham cracker, and breakfast cereals—has always preached and practiced a message of health. It expressly forbids smoking, alcohol consumption, and eating biblically unclean foods, such as pork. It also discourages the consumption of other meat, rich foods, caffeinated drinks, and “stimulating” condiments and spices. **“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator,” wrote Ellen White, an early figure who helped shape the Adventist Church...**Today most Adventists follow the prescribed lifestyle—a testimony, perhaps, to the power of mixing health and religion. From 1976 to 1988 the National Institutes of Health funded a study of 34,000 California Adventists to see whether their health-oriented lifestyle affected their life expectancy and risk of heart disease and cancer. The study found that the Adventists’ habit of consuming beans, soy milk, tomatoes, and other fruits lowered their risk of developing certain cancers”*

http://webcache.googleusercontent.com/search?q=cache:x_AioutDCdwJ:ngm.nationalgeographic.com/print/2005/11/longevity-secrets/buettner-text+adventist+longest+living+%22ellen+white%22&cd=8&hl=en&ct=clnk&gl=us

DEUTERONOMY 28:13

*“And the Lord will **make you the head and not the tail**; you shall be above only, and not be beneath, if you heed the commandments of the Lord your God, which I command you today, and are careful to observe them.”*



Medical missionary work is the pioneer work of the gospel. In the ministry of the word and in the medical missionary work the gospel is to be preached and practiced. He designs that the medical missionary work shall prepare the way for the presentation of the saving truth for this time,—the proclamation of the third angel's message. If this design is met, the message will not be eclipsed nor its progress hindered.—Testimonies for the Church

6:293. —The Ministry of Healing, 144.

I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work...It is because of the directions I have received from the Lord that I have the courage to stand among you and speak as I do, notwithstanding the way in which you may look at the medical missionary work. I wish to say that the medical missionary work is God's work. The Lord wants every one of His ministers to come into line. Take hold of the medical missionary work, and it will give you access to the people. Their hearts will be touched as you minister to their necessities.

EVANGELISM 523

2 CHRONICLES

20:20



*“Believe in the Lord your God, and you shall be established; believe His prophets, and you shall **prosper.**”*