

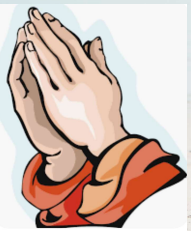


Happy  
Sabbath



# Our Health Message

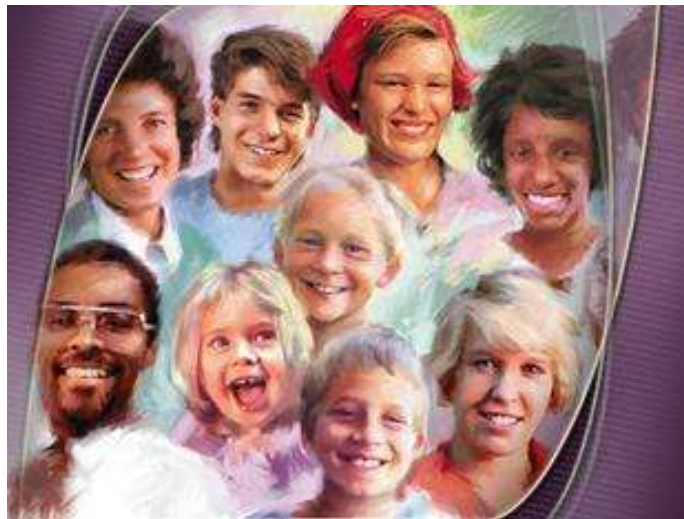
ADVENTIST HEALTH



Who are the  
Healthiest People on  
the face of the  
earth?

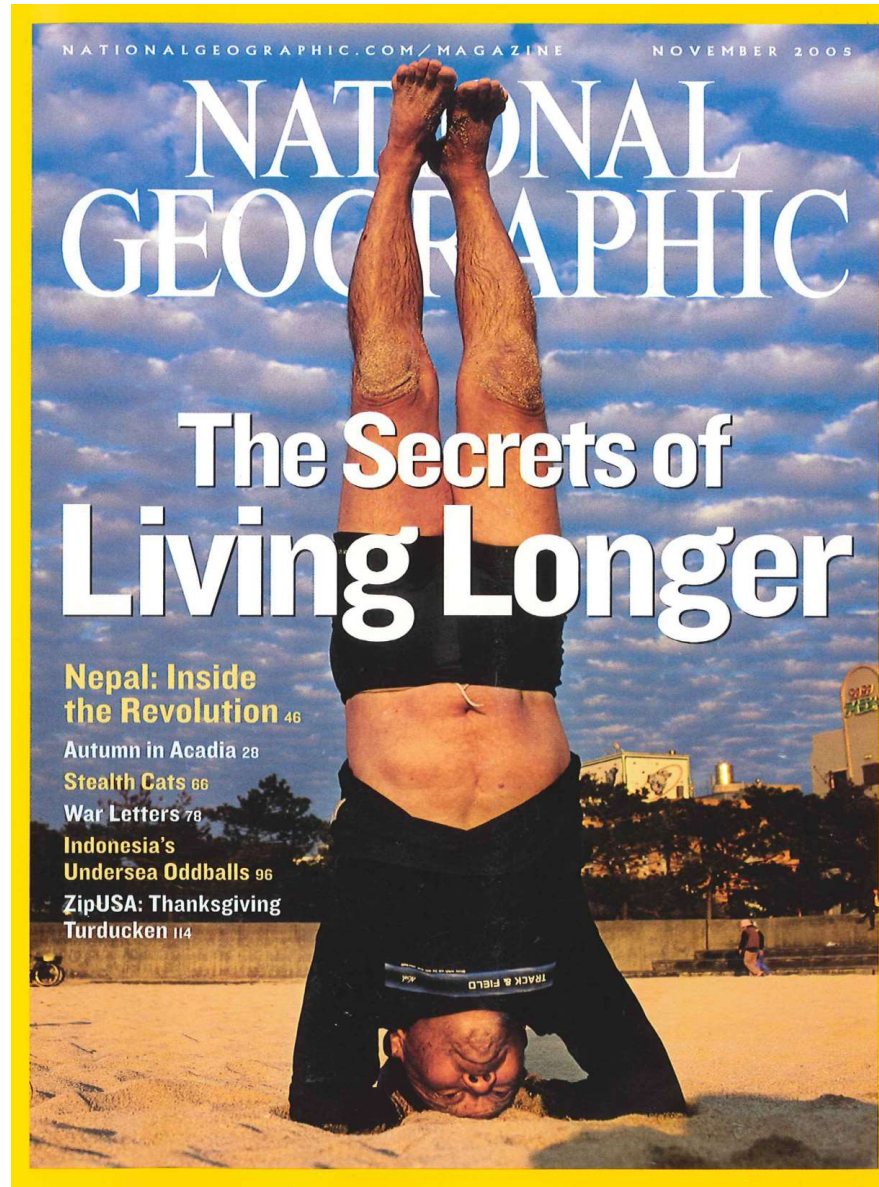


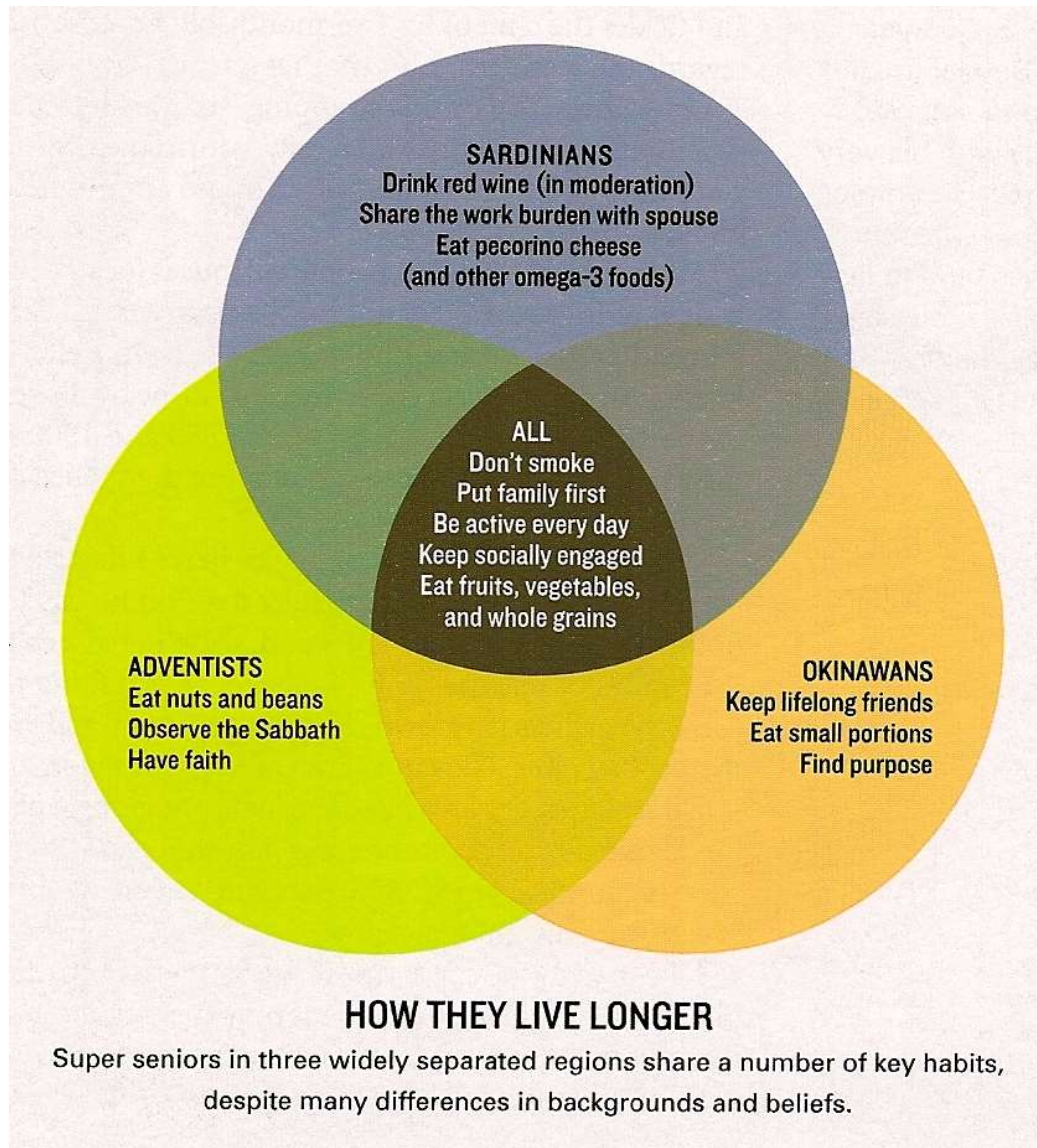
# Seventh-day Adventists who observe the Laws of Health





2005

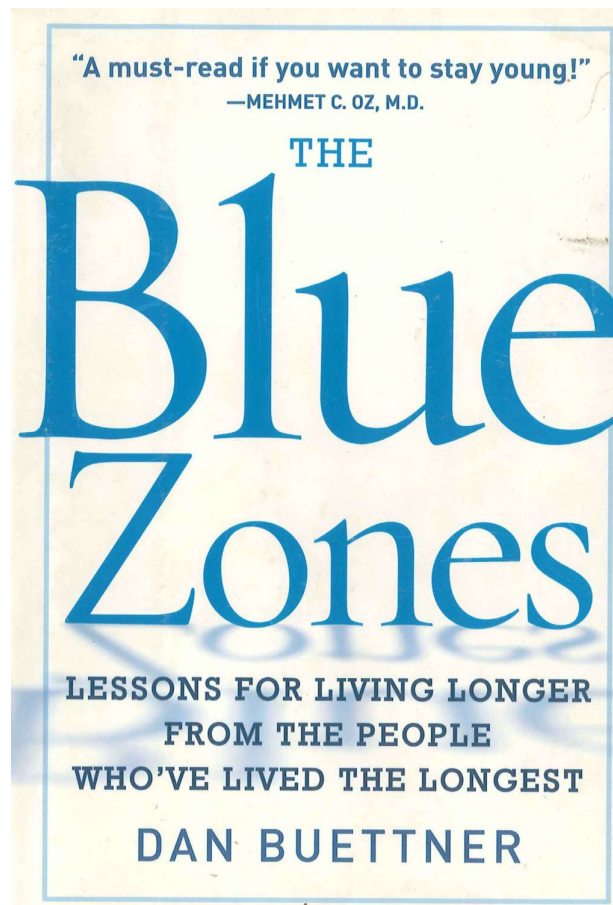




Source: *National Geographic* – November 2005



# The Blue Zone





'The Blue Zone' author Dan Buettner, flanked by California Adventists E'llsworth E. Wareham (93) and Marge Jetton (101), at a recent book signing in Loma Linda. Buettner thinks the **Sabbath rest** and a **plant-based diet** help make Adventists there some of the longest-live.

*Source: [http://en.wikipedia.org/wiki/Blue\\_Zone](http://en.wikipedia.org/wiki/Blue_Zone)*





## Marge Jetton at 101 years

- *Walked a mile*
- *Lifted weights*
- *Ate oatmeal*
- *Avoided junk foods and caffeine*
- *Drove fast*

*Dan Buettner, National Geographic, 2005*



Celebrated 106  
– Sep 29, 2010







## 10 health habits that will help you to live to 100

Feb 2009

1. **Don't retire**
2. **Floss every day**
3. **Move around**
4. **Eat a fiber-rich cereal for breakfast**
5. **Get at least six hours of shut-eye**
6. **Consume whole foods, not supplements**
7. **Be less neurotic**
8. **Live like a Seventh-day Adventist**
9. **Be a creature of habit**
10. **Stay connected**

# Women's World Magazine

– May 18, 2009

Steal  
their  
secret!

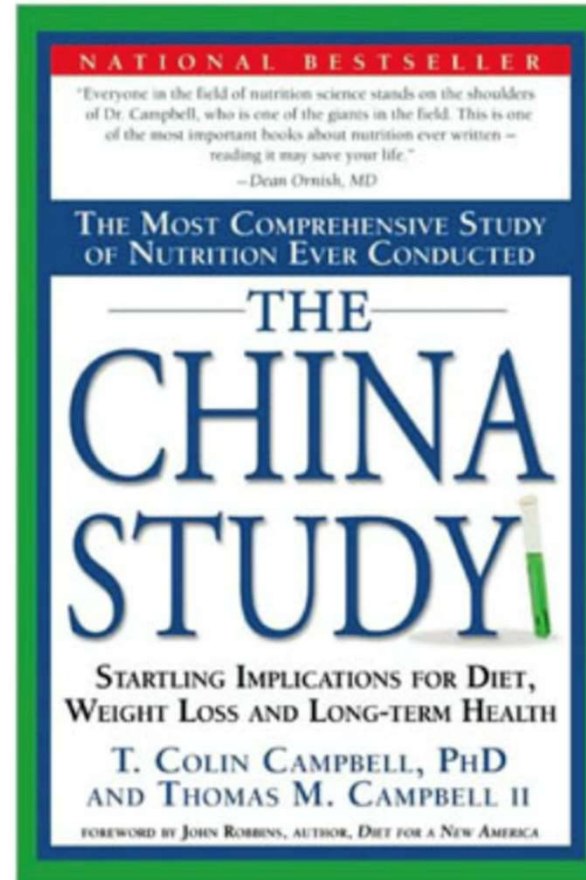


The Lord gave His word to ancient Israel, that if they would cleave strictly to Him, and do all His requirements, He would keep them from all the diseases such as He had brought upon the Egyptians; but this promise was given on the condition of obedience. (CD p. 26.3)



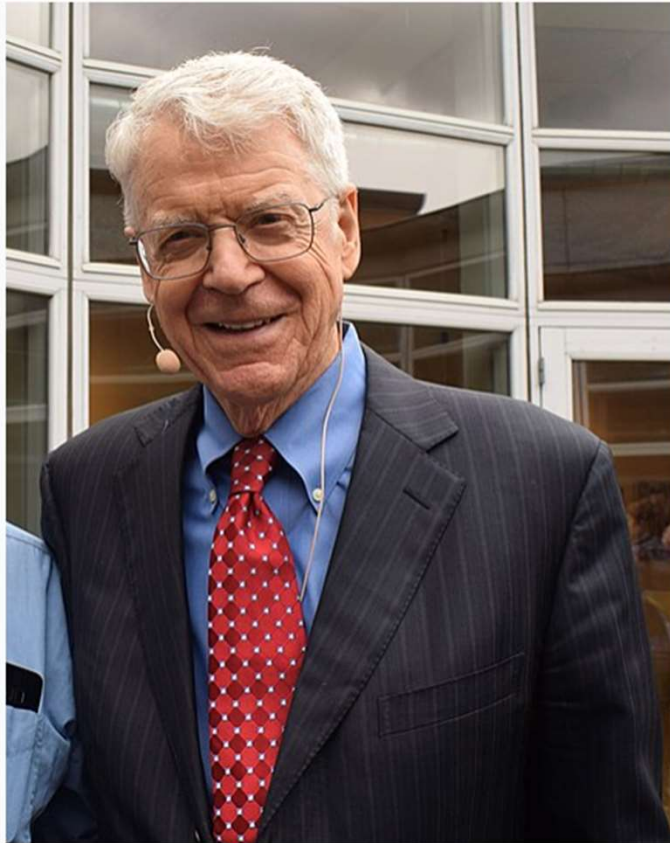


Does Diet Have Anything To Do  
With Our Health?



Dr. T Colin Campbell

Advocates of a low-fat, [whole foods](#), [plant-based](#) diet. He coined the term "Plant-Based diet"



**Dr. Caldwell Esselstyn** is director of the Heart Disease Reversal Program at the [Cleveland Clinic](#).<sup>[4]</sup> He is also the author of *Prevent and Reverse Heart Disease* (2007), in which he argued for a low-fat, [whole foods](#), [plant-based](#) diet that avoids all [animal products](#) and oils,





**Dr. Joel Kahn, Cardiologist** believes that plant-based nutrition is the most powerful source of preventative medicine on the planet.

## BE KIND, LIVE LONGER



An ongoing study being conducted by Loma Linda University and involving over 96,000 people has shown that people who don't eat animals live on average 7.8 years longer than those who do.

# Adventist Health Studies

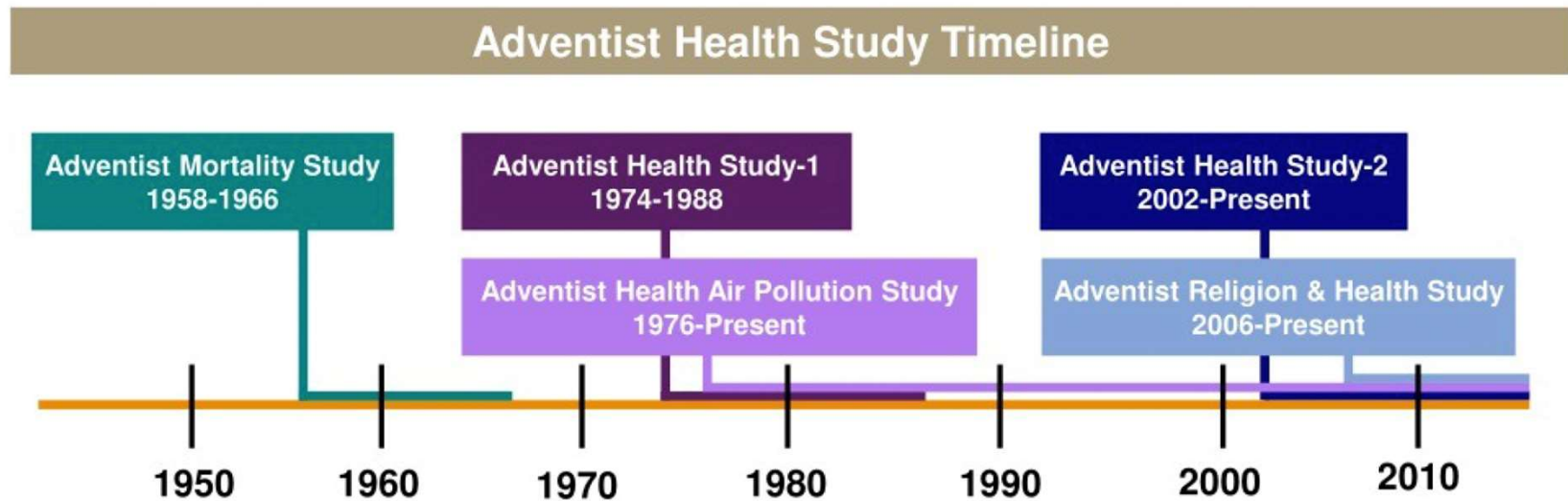
*Better health for everyone!*



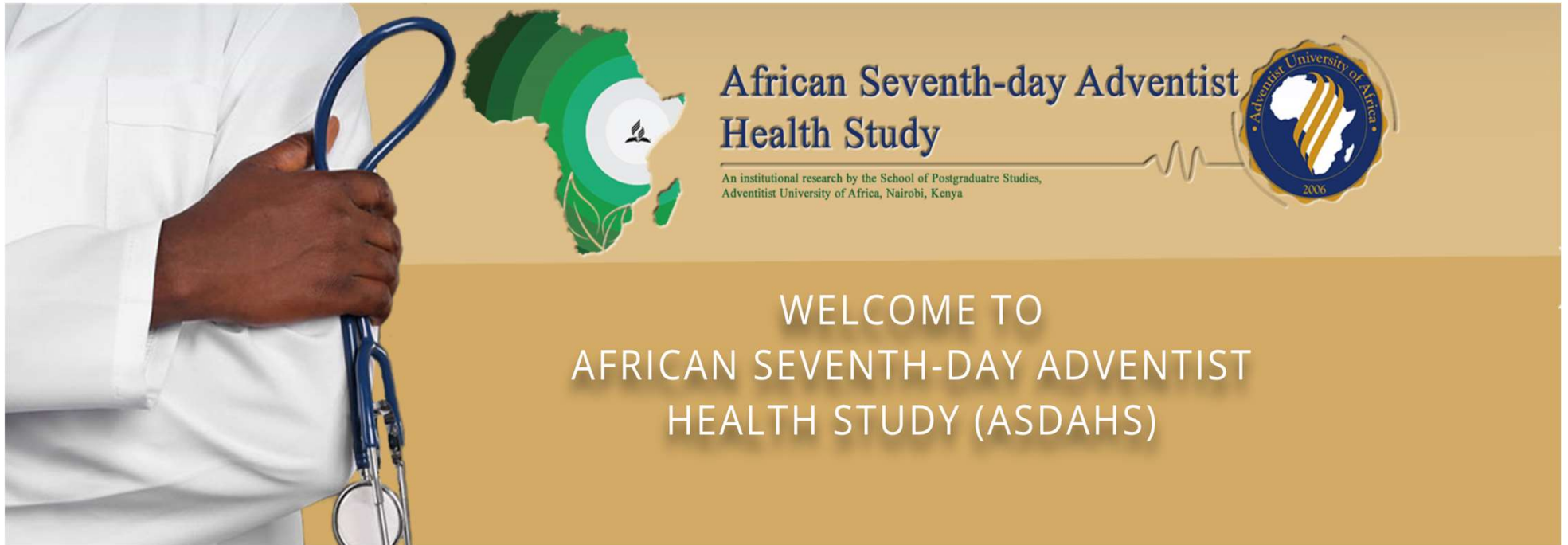
LOMA LINDA  
UNIVERSITY

# What are Adventist Health Studies?

- Long-term studies
- Exploring links between diet, lifestyle and disease







WELCOME TO  
AFRICAN SEVENTH-DAY ADVENTIST  
HEALTH STUDY (ASDAHS)

Experience cutting-edge health Promotion with empirical and scientific data

- Vision: To be the credible scientific research voice for the church in Africa and beyond**
- Mission: To provide reliable scientific data for Health Promotion in Africa and beyond.**

## **AFRICA HEALTH STUDY**

### **Phase One Research Findings**

1. About 14% of the church members in Africa experienced excellent and 48% experienced good health.

2. Only about 7% experienced poor health

FINDING: Adventist are

- tolerant to health message
- aware of health message
- **do not practice health message**

# Why Study Adventists?

- Adventists are ideal to study because:
  - Most don't smoke
  - Most don't drink
  - Range of dietary habits





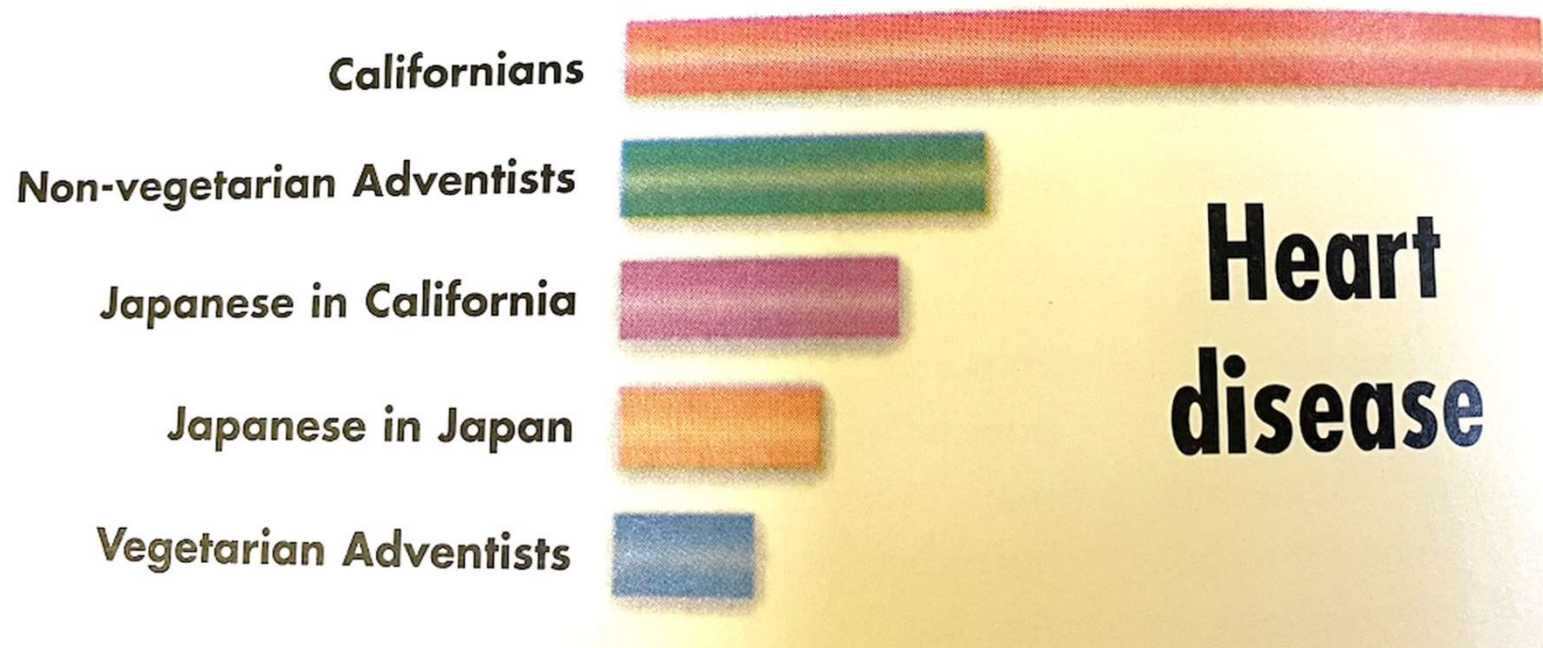
# Adventists: Famous for Longevity

- Adventists were shown to live longer than the general population
- Five behaviors were shown to increase life span by up to 10 years:
  - Not smoking
  - Eating a plant-based diet
  - Eating nuts several times per week
  - Regular exercise
  - Maintaining a normal body weight

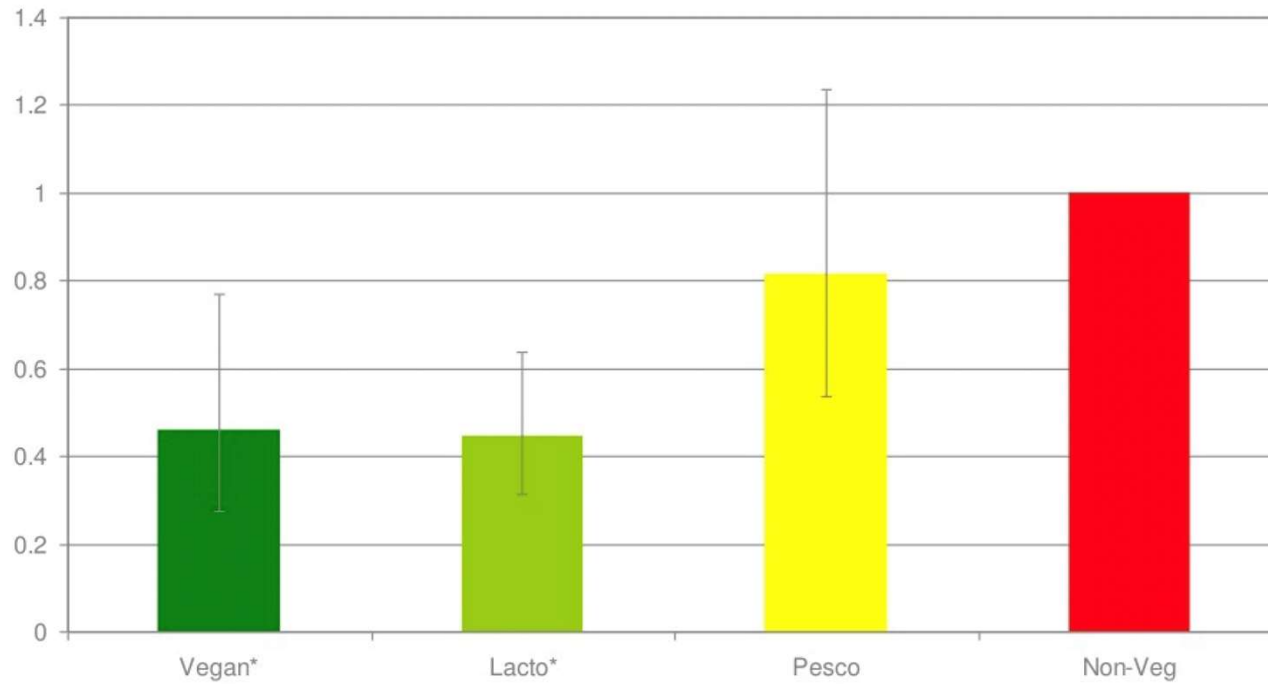
## Adventist Mortality Study: 1958-1966

- Compared to other Californians, Adventists experienced lower rates of death for all cancers, including:
  - Lung cancer – 21%
  - Colorectal cancer – 62%
  - Breast cancer – 85%
  - Coronary heart disease – 66% for men, 98% for women

# Death Rate for Heart Disease



## High Cholesterol – All Participants



\*significant relationship



NETHERLANDS, NORWAY, DENMARK

Norwegian Adventist advantage—

- ✓ Their health practices
- ✓ Their religious faith

The Adventists who embraced the **whole spectrum of health practices**:

- Their faith gave them **something to live for and a faith to live by**
- **Religious convictions contributed to strength of purpose and better mental health.**

# Adventist Health Study-1: 1974-1988

## *Probable Beneficial Foods*

- Nuts
- Whole grain bread
- Tomatoes
- Soy milk
- Fruits
- Legumes



# Adventist Health Study-1: 1974-1988

## *Findings on Red Meat*

- Red meat was associated with an increased risk of:
  - Colon cancer – 50%
  - Heart attack – 70-80%
  - Diabetes – 75%












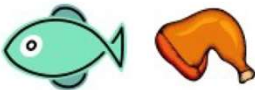

## Adventist Health Study-2: 2002-Present

### *Profile of Study Members*

- 96,000 Adventists ages 30+
- 1,500+ over the age of 90
- 26.9% are Black/African American
- Mean age: 60.2



# Dietary Status

	BEEF	POULTRY & FISH	DAIRY & EGGS
<b>VEGAN</b>	NONE	NONE	NONE
<b>LACTO-OVO</b>	NONE	NONE	
<b>PESCO-VEGE</b>	NONE		
<b>SEMI-VEGE</b>			
<b>NON-VEGE</b>			

# Cheese

- Cheese should never be introduced into the stomach. **2T 68 (1868)**
- **Cheese** should never be introduced into the stomach....it is still more objectionable; **it is wholly unfit for food.** CD 368

### NEW ZEALAND CHEDDAR CHEESE 500g

INGREDIENTS: PASTEURISED MILK, SALT, CULTURE, RENNET.

Nutrition Facts	Amount/Serving		%DV*		Amount/Serving		%DV*	
Serving size 20g	<b>Total Fat</b>	7g	11%	<b>Total Carb.</b>	1g	0%		
Servings 25	Sat. Fat	5g	25%	Fibre	0g	0%		
<b>Calories 84</b>	Trans Fat	0.4g		Sugar less than	1g			
Fat Cal. 66	<b>Cholest.</b>	21mg	7%	<b>Protein</b>	4.8g			
*Daily Values (DV) are based on a 2000 calorie diet	<b>Sodium</b>	125mg	5%					
	Vitamin A 3%, Vitamin C 0%, Calcium 14%, Iron 0%							



### VEGETARIAN CHEDDAR CHEESE / QUESO CHEDDAR VEGETARIANO 500g

Ingredients: Pasteurized Milk, Salt, Culture, Vegetarian Rennet. Keep Refrigerated at or below 4°C. Ingredientes: Leche Pasteurizada, Sal, Cultivos y Cuaajo Vegetariano. Mantener Refrigerado por lo menos a 4°C.



Nutritional Information / Información Nutricional:	Amount per Serving / Cantidad por porción		%DV*	Amount per Serving / Cantidad por porción		%DV*
Serving Size / Tamaño de porción 20g	<b>Total Fat / Grasa Total</b>	7.2g	11%	<b>Total Carb / GCarb. Totales</b>	0g	0%
Serving per package / Porciones por empaque: 25	Sat. Fat / Grasa Saturada	5.1g	25%	Fiber / Fibra	0g	0%
<b>Calories / Calorias: 83.6</b>	Trans Fat / Grasas tipo Trans	0.5g		Sugars / Azucares	<1g	
Calories from fat / Calorias de Grasa: 64	<b>Cholesterol / Colesterol</b>	18 mg	6%	<b>Protein / Proteina</b>	4.6g	
*Percentage Daily Values (DV) are based on 2000 calories diet.	<b>Sodium / Sodio</b>	141.6mg	6%			
Porcentaje Requerido Diario (RD) esta calculado con base a una dieta de 2,000 calorias	Vitamin A / Vitamina A	1%		Vitamin C / Vitamina C	0%	
	Calcium / Calcio	15%		Iron / Hierro	0%	

PRODUCT OF NEW ZEALAND / PRODUCTO DE NUEVA ZELANDA



## VEGETARIAN CHEDDAR CHEESE

Sliceable

### Ingredients

2 tablespoons agar powder

1 cup water

In a small pan, soak agar in water for 1-2 minutes, then bring to a boil, stirring until clear:

While agar is soaking, blend the following until smooth:

1/2 cup water

3/4 cup raw cashews

1-4 oz. red pimentos

1/2 teaspoon turmeric powder for color

1/4 teaspoon garlic powder

1 tablespoon pink Himalayan sea salt

### Directions

Add agar mixture to blender. Boil 1/4 cup more water to pan to dissolve any remaining agar, add to blender. Blend until creamy and smooth.

Add 1/4 cup fresh lemon juice.

Blend briefly. Pour immediately into a prepared container.

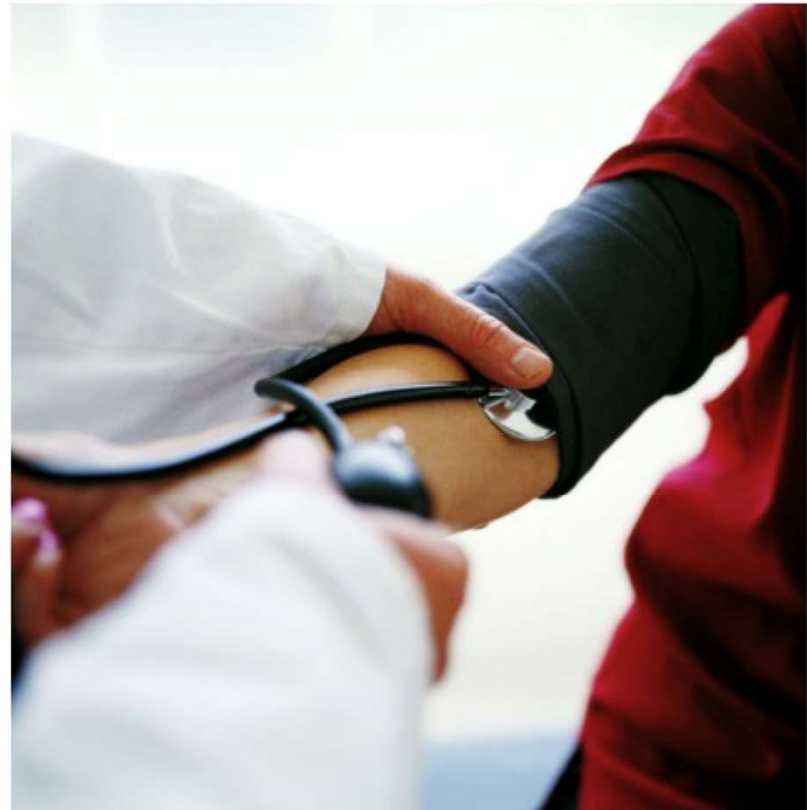
Chill 4-6 hours to set.



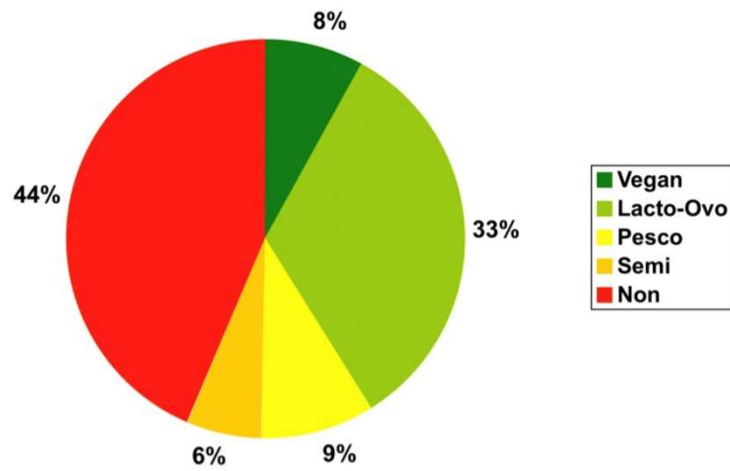
# Dietary Status and Disease



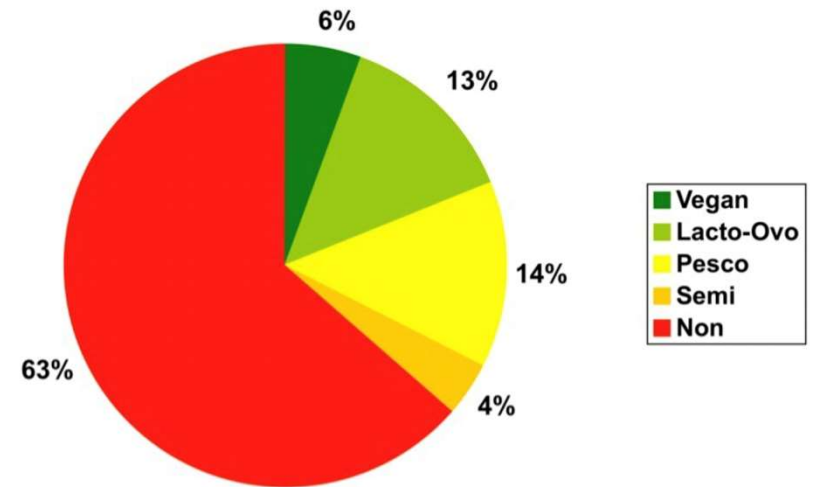
- The closer participants were to being vegetarian or vegan, the lower the risk of:
  - Diabetes
  - High cholesterol
  - High blood pressure
  - Metabolic Syndrome



**Adventist Health Study-2**  
*Profile of Non-Black Study Members*



**Adventist Health Study-2**  
*Profile of Black Study Members*



# Characteristics of Vegetarians/Vegans

- Slept more
- Watched less TV
- Consumed less saturated fat
- Ate more fruits and vegetables
- Ate foods with a low glycemic index
  - Beans
  - Legumes
  - Nuts





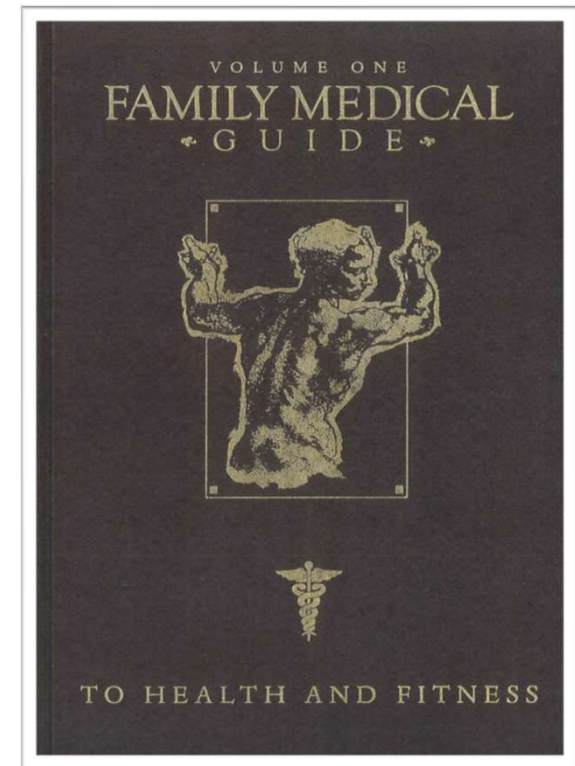
# Summary

The vegetarian dietary habit is broadly protective. This is due **both** to the absence of meat and also the extra fruit, vegetables and nuts.

The results of “acting” Adventist are open to all.

# Family Medical Guide 1950s

- Exclusion of flesh foods from diet
- Limited use of refined sugar
- Moderation in use of fat and salt
- Exclusion of foods containing spices and condiments
- Avoiding tea, coffee and other caffeine drinks
- Nonuse of tobacco
- Total abstinence from alcoholic beverages



*Dr. Ernest Wynder*

# Family Medical Guide 1950s

- Not overeating
- Do not use Baking Powder
- Use of whole grain cereal
- Free use of fruits and vegetables
- Regular exercise
- Rest, relaxation and sleep
- Correct posture
- Generous use of pure soft water  
Fresh air and sunshine
- Medicinal drugs to be used with caution
- Cheerful disposition
- Doing right and helping others
- Unfailing trust in divine help



**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. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. *MH 296.1*





## **The Adventist Health Study 1 and 2 and The African SDA Health Study 1 proves:**

The health teachings of the Church have largely been confirmed by science. Ellen G. White consolidated her counsels on a wholistic healthy lifestyle into a concise statement:

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, use of water, trust in divine power – these she called the true remedies.” (Ministry of Healing, p. 127)

# The Laws of Life

Pure air, sunlight, abstemiousness, rest, exercise, proper diet,  
the use of water, trust in divine power

--these are the true remedies.

Ministry of Healing p. 127



**My people are destroyed for lack of knowledge: because thou hast rejected knowledge,... Hosea 4:6**

**“When you make the people intelligent concerning the principles of health reform you do much to prepare the way for the introduction of present truth, Said my Guide, “Educate, educate, educate.” The mind must be enlightened, for the understanding of the people is darkened. Satan can find access to the soul through perverted appetite, to debase and destroy it.” Letter 1, 1875**



Are You Practicing  
Our Health Message?



Thank  
You

