

NUTRITIONAL SIGNS OF THE TIMES

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THE SADDEST DAY IN EARTH'S HISTORY!

“Not of every on that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.”

MATTHEW 7:21-23.

- “Many will say unto me in that day, Lord, Lord, have we not prophesied in thy name? And in thy name have cast out devils? And in thy name done many wonderful works? And then will I profess unto them, I never knew you: ye that work iniquity.”

THE NAME

- Jehovah Witnesses believe the name of God is very important.
- They believe it is Jehovah.
- His name is very important.

THE FORGOTTEN TEXT OF THE BIBLE

- Ps. 138:2. “I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: *for thou hast magnified thy word above all thy name.*”

JOHN 1:1

- What is one of His names?
- “In the beginning was the Word, and the Word was with God, and the Word was God.

SATAN'S PLAN

SATAN'S PLAN FOR THE BELLFLOWER CHURCH

- "The very last deception of Satan will be to make of none effect the testimony of the Spirit of God. 'Where there is no vision the people perish.' Satan will work ingeniously, in different ways and through different agencies, to unsettle the confidence of God's remnant people in the true testimony." ISM 48.

IS HIS WORD JUST A SUGGESTION?

- "Not one morsel of food should pass the lips between meals." CDF 180.
- "Irregular hours of eating and sleeping sap the brain forces. CDF 123.
- "Just where the ruin began, the work of our redemption must begin. CDF 185.

WORDS OF GOD

- "Indulged appetite is the greatest hindrance to mental improvement and soul sanctification." CDF 45.
- "Irregularity in eating and sleeping sap the brain forces." CDF 123.
- Gluttony is the sin of the age." CDF 32.

A QUESTION

- Is acceptance of the present-day prophet necessary? Or is not the Bible enough?
- In Moses time was the Bible enough?
- Was it important to listen to what Elijah said? Yet what part of the Bible did he write?

IMPORTANCE OF PROPHET

- The Bible equates rejecting the prophet with rejecting God. 1 Sam 8:6,7.
- If we accept the prophet we get the prophet's reward. Mt. 10:41. Elijah, Enoch, Moses.

THREE SPECIAL PROPHETS

- Moses – Num. 12:5-10.
- John the Baptist – Luke 7:24-28. Luke 23:9.
- E. G. White. "You are my messenger." Rev. 12:17; 19:10.

GOD'S PLAN

AN OUTSTANDING PROPHECY

- "Every position of truth taken by our people will bear the criticism of the greatest minds; the highest of the world's great men will be brought in contact with truth, and therefore every position we take should be critically examined and tested by the Scriptures.

Concluded

- "Now we seem to be unnoticed, but this will not always be. Movements are at work to bring us to the front, and if our theories of truth can be picked to pieces by historians or the world's greatest men, it will be done." 1886. EV 69.

WORLD HEALTH ORGANIZATION

- "Population subgroups consuming diets rich in plant foods have lower CHD rates than the general population. For example, Seventh-Day Adventists in the Netherlands and Norway have CHD rates that are one-third to one-half of those in the general population. Californian Seventh-Day Adventists who eat meat have higher rates than do those who are vegetarians." p. 57.

AGAIN

- "Lower rates of colorectal cancer in Californian Seventh-Day Adventists, half of whom are vegetarians, support a protective effect of a vegetarian diet, although this group also abstains from alcohol." p. 64.

MORE

- "Diets high in plant foods are associated with a lower incidence of diabetes. In a large follow-up study of Californian Seventh-day Adventists, the death rate from diabetes was approximately half that for all whites in the USA. Moreover, within that same group, vegetarians had a substantially lower risk than non-vegetarians." P. 75.

AGAIN

- "Evidence is derived from observational studies of religious groups such as Seventh-day Adventists. . . " p. 99.
- Gallstones less in vegetarians. Pp. 77-8. This is know as a result of studies of Seventh-day Adventists.

OUR HABITS

- "Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world.: 6T 372.

USE OF MEAT

- "Among those who are waiting for the coming of he Lord meat eating will eventually be done away flesh will cease to form a part of their diet." CDF 380.

THE TRANSFORMATION

- "Present your bodies a living sacrifice.
- "Be ye transformed by the renewing of your mind." Rom. 12:1-2.

LAWS OF HEALTH

- "Indulged appetite is the greatest hindrance to mental improvement and soul sanctification." CDF 127.
- "It is just as much sin to violate the laws of our being as to break one of the ten commandments." CDF 45.

HEALTH MESSAGE PRECEDES FINAL MESSAGE

- "A knowledge of science of all kinds is power, and it is in the purpose of God that advanced science shall be taught in our schools as a preparation for the work that is to precede the closing scenes of earth's history." FCE 186.

HEALTH WORK

- Mt. 25:35-39.
 - Hungry – Nutrition; the bread of life
 - Thirsty – not for alcohol but water of life
 - Naked – Clothes; Christ's righteousness
 - Prison – Jail; prisoners of sin
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ONE OF THE FINAL TESTS

- "The great final test must come to the churches in connection with true medical missionary work. . . 10MR 314.
- "Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work." MH 147.
- "Everyone should do his utmost to roll back the tide of disease and distress that is sweeping over our world." MH 149.

CONTEXT OF MED. MISSIONARY WORK & FINAL TEST

- "The word of God in his law is binding upon every intelligent mind. The truth for this time, the third angel's message, is to be proclaimed with a loud voice, meaning with increasing power, as we approach the great final test. This test must come to the churches in connection with the true medical missionary work, a work that

Colncluded

- The Great Physician to dictate and preside in all it comprehends. Under the great Head we are to present God's word *requiring obedience to the system of Bible truth*, which is a system of authority and power, convicting and converting the conscience. The demand of the word to *obedience is a life and death question*. 10 MH 314.

**WE AS ADVENTISTS AND AT LOMA LINDA HAVE SOMETHING
TO SAY ABOUT DIET AND HEALTH**

1954 – W. A. Scharffenberg put out the film “1 in 20,000” the 25 min. stop smoking program.

1954 – Dr. Mervyn Hardinge showed Vegetarian Diet was adequate at Harvard. He was the first to show dietary cholesterol affected us adversely.

1957 – Dr. Winea Simpson was the first to show the adverse effects of smoking on pregnancy. She helped to compile the book, Counsels on Diet and Foods in 1938.

1958 – Lemon and Walden reported on their study of Adventists to show smoking increased heart disease risk greatly.

1958 – Dr. Clive McKay, noted Cornell nutritionist gave a prayer meeting talk on E. G. White at his Unitarian church and said there was no better guide on nutrition than Counsels on Diet and Foods.

1962 – Dr. Wayne McFarland started the 5-Day Plan to stop smoking.

1966 – W. A. Scharffenberg started the first International Conference on Smoking and Health.

1967 – Dr. Ralph Steinman did the first studies to show sugar between meals affects the white blood corpuscles adversely. He also was the first to show the relation to sugar intake between meals and the hypothalamus-parotid-tooth fluid movement relationship.

1976 – The study of 14000 Adventist men and prostate cancer study started.

1984 – Baby Fae had baboon heart transplanted by Leonard Bailey.

1984 – First to show 3x higher risk for prostate cancer in those who were high consumers of meat, milk, eggs and cheese.

1985 – SDAs had only had half the risk of diabetes as those in the general population.

1989 – First to show tomatoes lowered risk of prostate cancer.

1990 – W.H.O. came out with their book on Diet, Nutrition and Chronic Disease which mentioned the Adventist advantage numerous times.

1990 – Loma Linda was the first to have a proton treatment center at a hospital for patients and not just for research.

1997 – First to show meat used once a week increased colon cancer risk 2.5X but beans eaten 3x/wk reduced the risk by

67% and if eaten 6X/wk it reduced it to the same levels of non-vegetarians.

1998 – First to show using soy milk more than once a day reduce risk of prostate cancer by 70%.

J. A. Scharffenberg was the first to start a Cancer Prevention Program.

J. A. Scharffenberg was the first to fortify infant soy milk with iodine since soy is a goiterogenic food.