

# URGENT HEALTH REFORM MESSAGE

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Many people are dying every day unnecessarily of cancer and other diseases. Why? Because they overfeed themselves on processed foods and sugars and then rely on drugs to deal with the disease, rather than God's natural healing method. And the problem is, the drugs actually suppress your body's reaction to the problem, rather than deal with the root cause. **So it is not the cancer killing people every day. It is the drugs and lack of knowledge in true health!** - Which is why the world urgently needs the health message!

*Exodus 15:26 ...'And said, **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.**'*

## AN IMPORTANT FACTOR IN THE HEALTH MESSAGE

There is an important factor in the health message, which I want to deal with first, that many people miss. People tend to focus so much on the diet aspect, that they miss the all important factor of faith in God and walking in His ways. Did you know that God tells us that walking in His ways, helping the poor and needy is also part of the health message? Take a look at what God said through Isaiah:

*Isaiah 58:6-14 ...'Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? 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; and that thou hide not thyself from thine own flesh? **THEN shall thy light break forth as the morning, and thine health shall spring forth speedily:** and thy righteousness shall go before thee; the glory of the Lord shall be thy reward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, **Here I am.** If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: And the Lord shall guide thee continually, and **satisfy thy soul in drought, and make fat thy bones:** and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, *The repairer of the breach, the restorer of paths to dwell in.* If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and **feed thee** with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.'*

Wow! So a vital part of the health message is to be seeking and walking in the ways of God, keeping His commandments, helping the poor and needy. This I would say is the FIRST and foremost part of the health message, to be trusting in Jehovah and seeking His ways, to walk in them. This is also shown in Proverbs:

*Proverbs 3:1-10 ...'My son, forget not my law; but let thine heart keep my commandments: **For length of days, and long life, and peace, shall they add to thee.** Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: So shalt thou find favour and good understanding in the sight of God and man. Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. **IT SHALL BE HEALTH TO THY NAVEL, AND MARROW TO THY BONES.** Honour the Lord with thy substance, and with the firstfruits of all thine increase: So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.'*

So the counsel is clear. We are to seek God's ways and walk in them, trusting in the LORD with all our heart, turning away from all sin and helping those in need and this will bring HEALTH to our bodies and lives. Now that we have seen this important truth and aspect of the health message, we can go on to the diet and lifestyle aspect of the health message.

Disease, whether it be cancer, heart disease or another of the top disease killers in the world, is the leading cause of deaths all around the world. And why? Because people choose to ignore God's ways and the health message that God's people have been giving for hundreds of years. The health message is a pretty simple, clear message that we are giving to the world. It is a message of reformation in our health and habits. A message that if heeded, will bring not only physical benefit - but spiritual also. But how? How can being healthy be beneficial to our spiritual life? Quite simple. We worship God and follow Jesus first and foremost in our minds. So everyone should know that if we are in poor health, then our minds are affected and we cannot give true devotion to God. Not only that, God's Word also tells us that we are not to defile our bodies, because we are the 'temple of God.'

*1 Corinthians 3:16-17 ...'Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, **him shall God destroy**; for the temple of God is holy, which temple ye are.'*

*Romans 12:1 ...'I beseech you therefore, brethren, by the mercies of God, that ye **present your bodies a living sacrifice**, holy, acceptable unto God, which is your reasonable service.'*

*1 Corinthians 10:31 ...'Whether therefore ye eat, or drink, or whatsoever ye do, **do all to the glory of God.**'*

So how should we treat this 'temple of God'? How should we 'present our body a living sacrifice' to God? By being as healthy as we can and by not eating the foods that God never intended for us to eat. Can we 'give glory to God' by eating cancer causing meats and disease causing processed foods and drinks? No. Health and temperance is a vital message the people need today.

*"Knowledge must be gained in regard to how to eat and drink and dress so as to preserve health. **Sickness is caused by violating the laws of health; it is the result of violating nature's law.** Our first duty, one which we owe to God, to ourselves, and to our fellow men, is*

*to obey the laws of God, which include the laws of health.*" (Testimonies for the Church, Volume 3, p.164)

## DIET AND THE MIND

*"Simply put, what you eat directly affects the structure and function of your brain."*  
(Harvard Health - [source](#))

Many people do not make the link between our diet and the mind. We just tend to think that what we eat only affects our body, and yet there is much evidence that tells us not only is our stomach closely connected to the mind ([link](#)), but what we eat and do, affects our minds greatly. Take a look at the following prophecy:

*Isaiah 7:14-15 ...'Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel. Butter and honey shall he eat, that he may know to refuse the evil, and choose the good.'*

Wow! Have you ever noticed this verse before? We are told that **the diet** of Christ when He became human like us, would help determine His growing and knowing how to refuse evil and do good. And where would He 'know' between evil and good? IN HIS MIND! So there is no doubt that diet and lifestyle is very much connected with how our mind operates. Now before you say, "*great! I can drink milk and eat dairy!*". The milk in Christ's day was pure and benefited the human body. Much of the milk and dairy products we have today come from diseased animals and is not fit for human consumption. So if you are going to continue with consuming milk and butter, make sure it is from a reputable farm, with organic, grass fed animals.

The main point regarding Isaiah 7:14-15 is the fact that diet **DOES** affect the mind.

*Proverbs 24:13-14 ...'My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste: **So the knowledge of wisdom be unto thy soul:** when thou hast found it, then there shall be a reward, and thy expectation shall not be cut off.'*

It's amazing that the world is only just catching up on a truth that God proclaimed in His Word thousands of years ago, and God's remnant people have been proclaiming for over 100 years!

*"The digestive organs have an important part to act in our life happiness. God has given us intelligence that we may learn what we should use as food. Shall we not, as sensible men and women, study whether the things we eat will be in agreement or whether they will cause trouble? People who have a sour stomach are very often of a sour disposition. Everything seems to be contrary to them, and they are inclined to be peevish and irritable. If we would have peace among ourselves, we should give more thought than we do to having **a peaceful stomach.**" (MS 41, 1908)*

*"The health of the mind is to a large degree dependent upon the health of the body, and the health of the body is dependent upon the way in which the living machinery is treated. Eat only that food which will keep **your stomach in the most healthy condition.**" (Mind, Character and Personality, p.387)*

Think about this simple formula each time you decide what to eat - **Living food** imparts LIFE to the body and mind, whereas **dead food** imparts disease and DEATH to the body and mind. Whatever we eat should impart life, not death to our bodies and mind. If your blood is diseased, then your body will be diseased. And this has a massive effect upon our minds.

## BABYLON, HEALTH REFORM AND THREE ANGEL'S MESSAGE

Now the health message is very much a part of the final warning that is to go to the world in the last days. In Revelation 7:3 and 14:1 we find that God is going to 'seal' a group of people with His 'name', where? In their 'foreheads', or MINDS. But people don't realize the vital importance of this message. Now think about this. What kind of things do we seal today? Do we seal something that is off or spoiled? No, there would be no point in sealing it. So we only seal things that are perfect, fresh and needs to be kept that way. Is God going to seal a mind that is spoiled by bad diet and lifestyle? No way! Why would God place His seal on a mind that is not ready to be sealed? Why would God place His seal upon a mind that is clouded and poisoned by junk? Obviously, this doesn't apply to just diet alone. This also applies to what we watch, listen to, read and what we do. But do you see the importance of this?

We know that **diet affects the mind**, so with God wanting to 'seal' our minds, we must do everything we can to have a healthy mind that God can seal.

*Revelation 14:6-7 ...' And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.'*

Paul also said that "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." (1 Cor.10:31). Can we really give glory to God by filling our stomachs with dead food that imparts disease to the blood and the mind? No, God receives no glory in our unhealthful habits. But by eating the living foods that God intended us to eat in the first place, fruit, vegetables, seeds, nuts, legumes, which impart life to the blood and the mind, then God can receive glory in that.

*Revelation 14:9-12 ...'And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.'*

This is a most serious warning friends. Deceptions of great magnitude are coming upon this world and we will need healthy, sharp, God devoted minds to be able to detect and resist the deceptions coming. Now remember from Isaiah 7:14-15 one of the ways Jesus was able to follow truth and detect and resist evil in His human nature? **DIET!** Now what kind of person

will be more able to perform diligent personal study and devotion to God and detect the deception of the beast? A healthy person who has a clear healthy mind? Or a sickly, diseased person who's mind is clouded, from the dead food they eat? Obviously it will be the clear healthy mind!

Now who is it that is 'worshipped' by the world in the last days? The beast of Revelation 13 right? And this beast is the same as the beast in Revelation 17. But there is another important entity involved - **BABYLON!** She is the harlot woman riding (or controlling) the beast. And do you know one of the ways Babylon is deceiving the nations today? Take a look ...

*Revelation 18:23 ...'for thy merchants were the great men of the earth; for by thy sorceries were all nations deceived.'*

Do you know what that word 'sorceries' is in the original Greek? It's 'pharmakeia', which means - '**the use or the administering of drugs**'. And it is the very word where 'pharmaceuticals' came from! So the nations today have been DECEIVED by the PHARMACEUTICALS of Babylon! And oh, what a deception!

The vast majority of people around the world today have been deceived into thinking that pharmaceutical drugs are safe and are made to help us. But the reality is, these big pharma drugs do not give any healing and only severely weaken the immune system. Not only that, they cause many people to become addicted to them! Now take a look at these inspired quotes from 100 years ago ...

*"Drug medication should be worked away from as fast as possible, until entirely discarded."* (Counsels on Diet and Foods, p. 406)

*"Drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease." (Counsels on Diet and Foods, p. 83)*

*"It is the Lord's purpose that His method of healing without drugs shall be brought into prominence in every large city through our medical institutions." (Counsels on Health, p. 394)*

**Are you or your church/institution actively using pharmaceutical drugs? Then you are going against the Lord's will and design.**

*"In every health institution that has fallen into worldly practices, **the Lord calls for a decided change.**" (16 Manuscript Releases, par.14.1)*

God created us humans from the soil. So naturally, the food we need to be consuming, should be natural food that also comes from the soil. Fruits, vegetables, seeds, nuts and legumes. The problem is, society today is bombarded with processed junk that on the whole isn't even real food. A lot of the foods being sold in supermarkets today have been 'made' in science labs. They are not only devoid of nutrition, but are FULL of processed sugars, fats and chemicals that are harmful to our bodies. Add to that all the toxic chemicals which are put in the soil and sprayed onto the crops and are 'GMO' altered, plus diseased animal flesh, then you have a recipe for disaster, and disease follows!

So how can I be more healthy to prevent and cure disease? **1** - Trust in God. **2** - Read the Bible. **3** - Remove processed foods and begin reducing meat and dairy. **4** - Fill your diet with fruits, veg, seeds, nuts and legumes. **5** - Purchase organic food where possible, or grow your own. **6** - Move away from pharmaceutical drugs as soon as you can. **7** - Stop drinking alcohol, tea, coffee and fizzy drinks. **8** - Drink more filtered water. **9** - Get lots of exercise. **10** - Get plenty of fresh air and moderate sunshine.

*"Many a mother sets a table that is a snare to her family. Flesh-meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. **These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect.** The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious. Fine-flour bread does not impart to the system the nourishment that is to be found in unbolted wheat bread. Its common use will not keep the system in the best condition. Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. The mother should study to set a simple yet nutritious diet before her family." (Christian Temperance and Bible Hygiene, p.46-47)*

And what do most people end up turning to, as a result of their poor diet? Pharmaceutical drugs! And the spiral towards a wrecked body and mind increases. Really? Can God be glorified in this? No.

Friends, we must heed this call to health reform. Even the world is now telling us that meat, dairy, processed foods, sugar drinks and treats are all disease causing foods. And if we continue down this line, not willing to 'deny self' (Matt.16:24) and simply indulge our appetites, then it will lead us to eternal death, because God is not going to seal people who are selfish, who defile the temple by filling their stomachs with dead foods, which results in diseased blood and minds. We need to wake up!

*3 John 1:2 ...'Beloved, I wish above all things that thou mayest prosper and **be in health,** even as thy soul prospereth.'*

## TEMPERANCE

*Proverbs 23:1-3 ...'When thou sittest to eat with a ruler, consider diligently what is before thee: **And put a knife to thy throat, if thou be a man given to appetite.** Be not desirous of his dainties: for they are deceitful meat.'*

Do you think this is an important message? It sure is friends. Temperance is also an important part of health reform. Did Daniel 'consider diligently' the food that was put before him by king Nebuchadnezzar? He sure did! (Daniel 1:8-12) Instead of indulging in the king's food, he rejected the unhealthful foods and asked for plant based food instead. And Daniel knew he could 'prove' the king in this matter, that the food of the earth which God created for us produces far better results.

*"God has written His law upon every nerve and muscle, every fibre and function of the human body. **The indulgence of unnatural appetite, whether for tea, coffee, tobacco, or***

*liquor, is **intemperance**, and is at war with the laws of life and health. By using these forbidden articles, a condition of things is created in the system which the Creator never designed. This indulgence in any of the members of the human family is sin. But how much more sinful is it in those who profess to be Christians, who say they are Abraham's children. They are not, because they do not practice the works of the Lord. If they were following Jesus, they would deny unnatural appetite. Every gratification of unnatural appetite produces disease in the physical system. The eating of food that does not make good blood is working against the laws of our physical organism, and is a violation of the law of God. The cause produces the effect. Suffering, disease, and death are the sure penalty of indulgence."* (The Bible Echo, September 18, 1899)

Wow, that's a pretty strong message right? A message that the majority of God's professed people cannot bear, and will disregard as fanaticism! And yet if we really think about it, there is much truth in the quote above and one we need to take very seriously. There are two things to note concerning coffee, tea and alcohol. One is the clear truth that they are not good for our bodies and can do us harm. The other point is that many people become **addicted** to these drinks. So they could be classed as a type of drug. Now what becomes difficult to practice when we are addicted to substances? TEMPERANCE.

*2 Peter 1:5-7 ...'And beside this, giving **all diligence**, add to your faith virtue; and to virtue knowledge; And to knowledge **temperance**; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity.'*

Temperance is an important part of our walk with the Lord Jesus Christ. But how can we practice and grow in temperance when we are addicted to substances like tea, coffee or alcohol? We cannot! Therefore, anything that gets in the way of us practicing temperance needs to be eradicated from our lives.

But temperance isn't just about rejecting things like meat, cheese, sweet treats, fizzy drinks, tea, coffee and such. It is also about not even over indulging in healthy food. In Proverbs 25:16 we read ...'*Hast thou found honey? **eat so much as is sufficient for thee**, lest thou be filled therewith, and vomit it.'* ... So we need temperance also when it comes to healthy food. Even if we are eating healthy, but think about food a lot and eat more than we need, then we are still breaking the temperance rule and are being ruled by our stomachs, rather than Jesus Christ.

Are you willing to submit fully to the ways of the Lord? Jesus Christ gave His ALL for us, even while we were sinners! So if we are not willing to give up some unhealthful substances and practice true temperance for our blessed Saviour, then we are showing Him that we do not have a true faith, and our salvation is in danger. And no, we are NOT saved by 'giving up coffee', we are saved by grace through faith. BUT, the way we live **PROVES** whether our faith is genuine or not. Is your faith genuine?

The great subject of Godly reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things. The self-denial, humility, and temperance required of the righteous, whom God especially leads and blesses, is to be presented to the people in contrast to the extravagant, health-destroying habits of those who live in this degenerate age. God has shown that health reform is closely connected with the third angel's message. (Taken from 'The Elijah Prophecy', Maranatha)

# WHAT ABOUT MEAT?

*"Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat eating who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people, to walk no more with them." (Review & Herald May 27, 1902)*

Was it God's will for man to kill animals and use animal meat and produce as food? No. God's original plan was for man to be sustained by the food of the earth, which God created, fruit, nuts and grains. And this is what God is pointing us to in the three angels messages of Revelation 14. He is pointing us back to creation, and Him as the Creator. The reason animal meat came into the diet was first, because of sin, and second, God allowed it after the flood because the vegetation was destroyed. But look at how flesh meat is attributed to the Israelites in the following verse:

*Numbers 11:4-5 ...'And the mixt multitude that was among them **fell a lusting**: and the children of Israel also wept again, and said, **Who shall give us flesh to eat?** We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick.'*

Why did they want meat? Because they just wanted it and God was happy with that? No! They wanted meat because they **LUSTED**. Does that sound like their desire for flesh meat was normal? No, it was sin! They weren't happy with the manna (plant food) that God provided for them. They lusted after the flesh meat! And just think about this for a moment. Before meat came into the diet, before the flood, the life span of man was around 900 years. After the flood, when meat came into the diet, that plummeted to not much over 100 years! Which shows the effect of meat on our lives.

But Jesus and His disciples ate fish right? Yes they did. But back 2000 years ago, "Biblically clean" fish and animal meat was far more pure and didn't contain the **diseases, toxins, drugs and growth hormones** that we find in the majority of animals and fish today. The earth is so polluted now, that no flesh is safe to eat. You ask any health expert or scientist who isn't afraid to speak the truth, and you will be told that the majority of animals and fish are diseased and full of toxins. Look at the **KNOWN** oil spills during the past 10 years alone. The seas and rivers are now full of deadly chemicals, and these chemicals get soaked into the fish that live in these waters. And the way animals are reared now, being fattened up with growth hormones, pumped with anti-biotics to combat disease, and go through much stress and discomfort, their flesh is no longer safe to eat.

Just look at this quote made back in the mid 1800's ...

*"There are but a few animals that are free from disease. They have been made to suffer greatly for the want of light, pure air, and wholesome food. When they are fattened, they are often confined in close stables, and are not permitted to exercise, and to have free circulation of air. Many poor animals are left to breathe the poison of filth which is left in barns and stables. Their lungs will not long remain healthy while inhaling such impurities. Disease is conveyed to the liver, and the entire system of the animal is diseased. They are killed, and*



*prepared for the market, and people eat freely of this poisonous animal food. Much disease is caused in this manner. But people cannot be made to believe that it is the meat they have eaten, which has poisoned their blood, and caused their sufferings. **Many die of disease caused wholly by meat-eating**, yet the world does not seem to be the wiser ... Their blood is highly inflamed, and those who eat of their meat, eat poison. Some are not immediately affected, while others are attacked with severe pain, and die from fever, cholera, or some unknown disease. Very many animals are sold for the city market known to be diseased by those who have sold them, and those who buy them are not always ignorant of the matter. Especially in larger cities this is practiced to a great extent, and meat-eaters know not that they are eating diseased animals."* (E.G.White, Spiritual Gifts, Vol.4a, p.147)

*"God's curse is resting upon the animal creation. **Many times when meat is eaten, it decays in the stomach, and creates disease. Cancers, tumors, and pulmonary diseases are largely caused by meat eating.**"* (Counsels on Diet and Foods, p.383)

If this was happening back in the 1800's, just imagine the poisonous state of animal flesh today!! As a matter of fact, doctors who are educated in health are now attributing many diseases to poor diet and meat eating.

#### [Meat demand sparks dramatic rise in antibiotic use](#)

Now remember what the first angel said? ... *Revelation 14:7 ... 'Fear God and give glory to Him.'* ... What is one way of us giving glory to God? ... *1 Corinthians 6:20 ... 'For ye are bought with a price: therefore glorify God **in your body**, and in your spirit, which are God's.'* ... How can we give glory to God "in our bodies" if we continue to fill it with poisonous flesh and alcohol and refined sugar, making ourselves sick, diseased and in need of Babylon's pharmaceutical drugs, which in turn makes us even worse? No. We need to "present our bodies a living sacrifice" to God (Romans 12:1) by reforming our diet and living a healthy lifestyle. After all, a healthy body will help produce a healthy mind and a healthy soul. Does God not desire this of His people? Of course He does.

While we should seek to do away with meat eating, nothing should be rushed, as many people end up making themselves sick by changing to a plant based diet too quickly. Make a gradual change and listen to your body.

God has shown us many things through the prophet Daniel. Good health being one of them ...

*Daniel 1:8,12,15 ... 'But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself ... Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink ... And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.'*

Friend, a time has come when we as the children of God need to be clear minded. Clear minded to help us discern the great deceptions that Satan is bringing upon this world. He knows his time is short, so he is going to use all his craft and power to deceive God's people during these last days. Which is why we need to do our best to build our bodies up to be able to resist disease and sickness, so that we can think clearly, discern between right and wrong and bring glory to God in our lives.

Health reform needs to be a part of our Christian growth, as we draw nearer and nearer to Christ Jesus, and as we enter (spiritually) into the most holy place of God's heavenly sanctuary, into the very presence of God.

*3 John 1:2 ... 'Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.'*

## VERSES USED AGAINST THE HEALTH MESSAGE

There are a number of Bible verses that many Christians use to "support" their meat eating (including Biblical "unclean" meat), and which they use against the health message. Let's examine the verses in question.

**1. Matthew 15:11 ... 'Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.'**

If we simply take the whole chapter in context, it can be easily seen that what Jesus is talking about is the Pharisees rules on eating with **unwashed hands**. And although Jesus is not saying that eating with dirty hands is ok. He is merely pointing out that the Pharisees placed more importance on these ritual rules than they did on love. So Jesus is teaching a "heart" issue, in that what comes from the heart is that which really makes a person "evil", not what goes into the stomach.

**2. Acts 10:10-13 ... 'And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending upon him, as it had been a great sheet knit at the four corners, and let down to the earth: Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat.'**

This is such a well known misunderstood piece of scripture that many Christians use to "validate" their eating of unclean animals. And yet the meaning of the vision is clearly given within the context. Now let's say that the vision DID mean we can now eat anything. Shall we now start eating dogs, cats, rats, horses and such like? Do Christians eat such things? Of course not. And yet they use this verse to support their eating of pigs and other Biblically unclean flesh. Peter even said himself after the vision ... *'Not so, Lord; for I have never eaten any thing that is common or unclean.'* ... He was shocked and troubled by this vision. Why? Because he couldn't believe that God would now pronounce all unclean animals and insects as ok to eat.

So what does this vision **REALLY** mean? ... *Acts 10:28,34,35 ... 'And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any MAN common or unclean ... Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him.'*

Through this vision, God was basically showing Peter that ALL PEOPLE who fear God and do His will are accepted ("clean"). So why did God use a vision to do with eating? Maybe because as verse 10 says, Peter was very hungry before he had the vision. Also in the vision, God spoke **THREE** times, saying that what He had cleansed, Peter should not call common. Why **THREE** times? Because **THREE NON-JEWS** then came to see Peter to take him to Cornelius.

**3. 1 Timothy 4:4 ...'For every creature of God is good, and nothing to be refused, if it be received with thanksgiving.'**

Again, if we read in context, we can see that in verses 1-3 it says ... *'in the latter times some shall depart from the faith ... Speaking lies in hypocrisy; having their conscience seared with a hot iron ... Forbidding to marry, and commanding to abstain from meats.'* ... Some say that this is speaking about the Adventist church. But note, Paul is saying that these "individuals" teaching to abstain from meats also teach **not to marry**. The Adventist church does not forbid marriage, but rather promotes marriage between a man and woman. On the other hand, the Roman Catholic church does forbid eating foods on certain holiday celebrations and forbids marriage through it's institutions of the nuns and priests.

Please also notice this **important** point ... The word "meats" in verse 3 simply means FOOD. When the Bible is talking about animal meat, it says "flesh". But when talking about non-flesh food, it uses the word "meat". For example, in Genesis 1:29 God tells Adam and Eve what He has created for them to eat ... *'every herb bearing seed and the fruit of the tree yielding seed'*. And what does God call this food in Genesis 1:29? **MEAT**. So going back to verse 3 of Timothy above, what "meat" has God **CREATED** to be received with thanksgiving? Food of the earth. Because God did **NOT** create animals to be killed and eaten. That was not His plan.

Also, did you notice that in verse 4 it says *'every **CREATURE** of God is good.'*? The word Creature simply means "thing founded" or "created thing". So if "creature" in this verse means anything other than natural products of the earth which God created for us to eat, then people will **HAVE** to include every crawling thing upon the face of the earth .. **INCLUDING HUMANS!** So, is it ok to eat rats, spiders, dogs, cats, and people? Is cannibalism now approved? After all, Mark 16:15 says ... *'Go ye into all the world, and preach the gospel to every creature.'*

The only logical conclusion is that Paul is talking about those who would forbid the eating of foods that God originally created for our diet.

***1 Timothy 4:5...'For it is sanctified by the word of God AND prayer.'***

How is food sanctified (made holy for us to eat)? **NOT just** by prayer which many Christians seem to believe. But rather by the Word of God AND prayer. Now, where in the Bible is unclean meat like pig, camel, mice, bats, eagle sanctified? Where?!

**4. Romans 14:2-3 ...'For one believeth that he may eat all things: another, who is weak, eateth herbs. Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for God hath received him.'**

Now let's look at what Paul said in chapter 12:1 ...*'I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.'* ... Do you really think that Paul would plead with us to present our bodies as a living sacrifice, holy, and then turn around and suggest that eating anything, even those things that **HARM** our bodies is ok? I don't think so. Again, if Paul IS suggesting that eating *all things* is ok, then you must include **ALL THINGS**, dogs, cats, rats, horses, etc. Would this be acceptable to God? No way! So what is Paul saying above in chapter 14?

The context of the point Paul is putting across is to do with *"those who are weak in the faith"*. That is, one who has but a limited grasp of the principles of righteousness. He is eager to be saved and is willing to do whatever he believes is required of him. But in the immaturity of his Christian experience and probably also as the result of former education and belief, he attempts to make his salvation more certain by the observance of certain rules and regulations (ceremonial laws) that are in reality not binding upon him. To him these regulations assume great importance. He regards them as absolutely binding upon him for salvation, **and he is distressed and confused when he sees other Christians about him, especially those who seem to be more experienced, who do not share his assumptions.**

In Corinthians the problem is identified in the practice of eating foods sacrificed to idols. According to the ancient practice, pagan priests carried on an extensive merchandise of the animal sacrifices offered to idols. Paul told the Corinthian believers, which were converts from both Judaism and Paganism that inasmuch as an idol was nothing, there was no wrong, so to speak, in eating foods dedicated to it. However, he explains, because there were some who were beginners in the faith and still fairly weak, and could not with a free conscience eat such foods, Paul urged those who were stronger in the faith not to place a stumbling block in a brother's way by indulging in those foods. And Probably for fear of offending in this matter some Christians abstained from flesh foods (Biblically clean meat) entirely, which means that their food was restricted to "herbs", that is, vegetables.

So what is meant by *"all things"*? All things that are sanctified (pronounced clean, as per Levitical laws) by the Word of God. Does the Word of God pronounce dogs, cats, pigs and wild beasts as clean to eat? No.

If people would only take the WHOLE of God's Word in context, they would see the clear truth of the matter. God is trying to draw men back to the original plan in the Garden of Eden. And He wants a people in the last days who are living according to that original plan. This is the message of the three angels of Revelation 14. A message of turning away from the world and Babylon's deceptions, and returning back to God. The messages point us to our Creator. And how were we made? We were made in the image of God. So should we act and live in the image of God. This is the health message. Please bring glory to God in all you do.