

**Claiming the Power of  
the Holy Spirit (Day  
Nine)**

**Eight Laws Of Health**



## I. NUTRITION

**Flesh meat never was the best food, and now it is cursed by disease. {Ev 663.4}**

**The animals are diseased,  
and by partaking of their  
flesh, we plant the seeds of  
disease in our own tissue  
and blood. {CCh 229.4}**



**But it's not just processed meat that puts you at risk. A vast array of studies from top universities and independent researchers has found that eating chickens, cows, and other animals promotes cancer in many forms.**





**A 2014 Harvard study found that just one serving a day of red meat during adolescence was associated with a 22 percent higher risk of pre-menopausal breast cancer, and that the same red meat consumption in adulthood was associated with a 13 percent higher risk of breast cancer overall.**



**Meat also contains**  
**hormones, which increase**  
**your cancer risk.**



**2. It Increases Your Risk Of Heart Disease And Diabetes**  
**Meat, dairy products, and eggs all contain cholesterol**  
**and saturated fat and contribute to America's top killers:**  
**heart attacks, strokes, diabetes, and various types of**  
**cancer.**



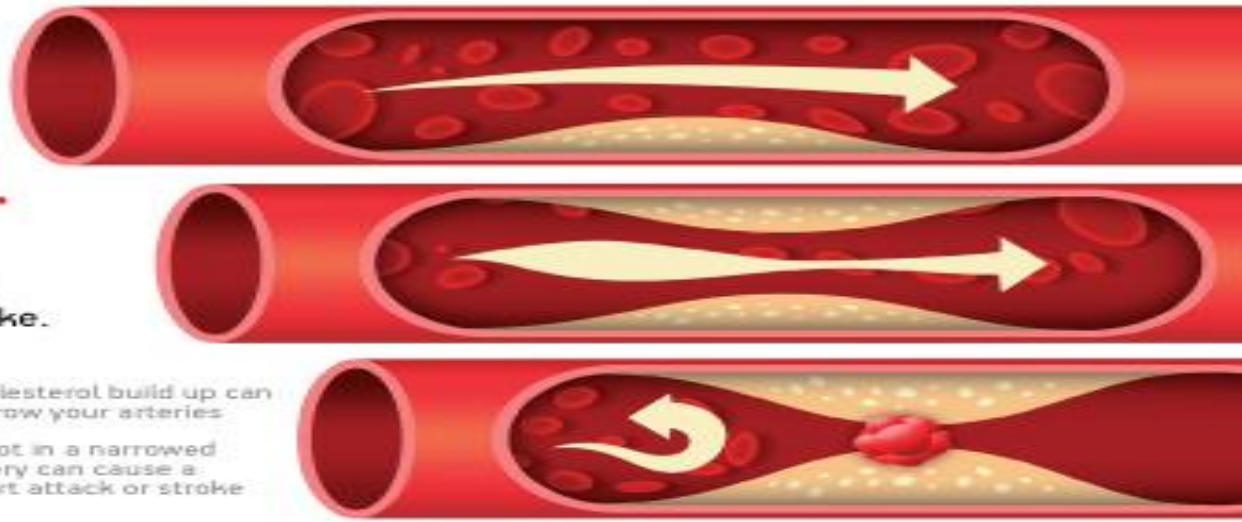
# HIGH CHOLESTEROL

Extra cholesterol can build up in your body. Having too much in your bloodstream can increase your risk of a heart attack or stroke.



Cholesterol build up can narrow your arteries

A clot in a narrowed artery can cause a heart attack or stroke



**Decades of scientific study have linked dietary cholesterol to cardiovascular disease — our country's number-one cause of death, killing nearly 2,200 Americans daily.**



**Saturated fat is present in all meat and fish, even chicken and turkey cooked without the skin.**

# DIABETES HERE I COME



**Additionally, according to a study published by the American Diabetes Association, people who eat high amounts of animal protein are 22 percent more likely to develop diabetes.**



These 12 Studies Show Saturated Fat Is  
**NOT JUST A HEART HAZARD**

Physicians  
Committee  
for Responsible Medicine

Saturated fat has even been linked to  
1) breast cancer, as well as 2) Alzheimer's  
disease, 3) dementia, and 4) cognitive  
decline.



**WARNING!  
FOOD RECALL**

**Foodborne diseases, such as E. Coli, Salmonella, and Campylobacter, cause an estimated 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths in the United States each year.**



**Eating meat puts you at a greater risk for food poisoning because animal products are often tainted with fecal contamination during slaughter or processing. Fecal contamination in chicken, especially, is a major problem.**

# What's Hiding in Chicken?



PhysiciansCommittee  
for Responsible Medicine

**According to a Consumer Reports study, 97 percent of raw chicken in U.S. supermarkets is contaminated with bacteria that could make customers sick.**

## Make the RIGHT call this Super Bowl



### CHICKEN WINGS

High in fat and cholesterol  
Increases heart disease risk



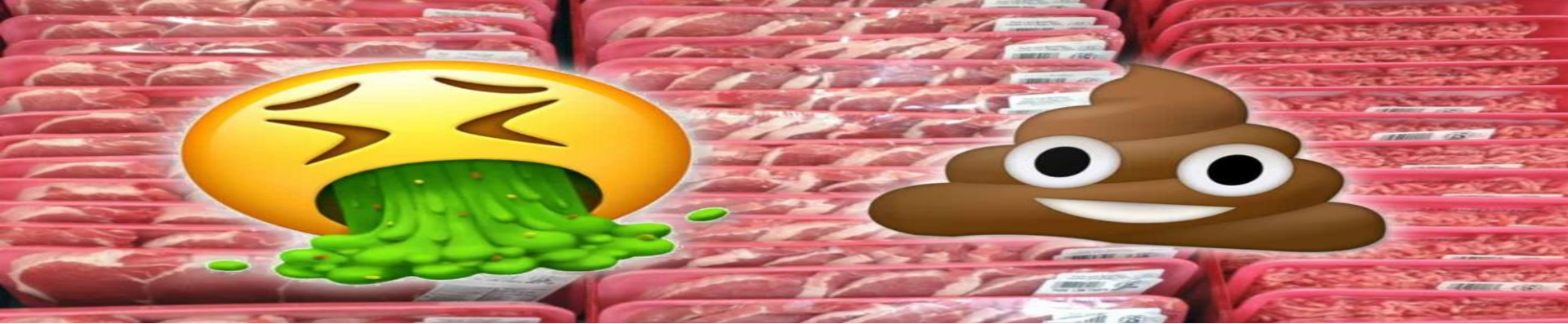
### CAULIFLOWER WINGS

High in fiber and antioxidants  
Boosts heart health

PhysiciansCommittee  
for Responsible Medicine

**So if you eliminate animal products from your diet, you'll also be eliminating your exposure to the most common carrier of these bacteria.**





## HOW MUCH POO IS LEGALLY ALLOWED IN YOUR FOOD?

**“We often see birds going down the line with intestines still attached, which are full of fecal contamination,” the inspector told the organization. “If there is no fecal contamination on the bird’s skin, however, we can do nothing to<sup>17</sup>stop that bird from going down that line.”**

40%

HEALTHY LIVING

BEEF BACTERIA STUDY

EYEWITNESS NEWS

4:47 81°



CONSUMER REPORTS FINDS FECAL CONTAMINATION IN GROUND BEEF!

The liability to take disease is increased tenfold by meat eating. {CCh 229.3}

# Eating Meat causes Cancer

“The International Agency for Research on Cancer (IARC) has **classified processed meat as a carcinogen, something that causes cancer. And it has classified red meat** as a probable carcinogen, something that probably causes cancer. IARC is the cancer agency of the World Health Organization.”



World Health Organization Says Processed Meat Causes Cancer, American Cancer Society, Oct 26, 2015

**From the light God has given me,  
the prevalence of cancer and  
tumors is largely due to gross  
living on dead flesh. {CCh 229.5}**



**Animal Protein or Meat  
Causes Cancer  
SAYS W.H.O**

**The World Health  
Organization...**



has concluded that processed meat is carcinogenic to human and stated that it is a major contributor to colorectal cancer.

**Go to site for details:  
[www.adventcry.org](http://www.adventcry.org)**

**The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Many die of diseases wholly due to meat-eating, while the real cause is not suspected by themselves or by others. {CCh 229.7}**

# WHAT'S IN A GLASS OF MILK?



\* 135 million pus cells

\*Blood

\*Feces

\*Up to 20 Painkillers, Antibiotics,  
& Growth Hormones

\*Bacteria & Pathogens

\*IGF-1 Bovine Growth Hormone, which  
contribute to increased Diabetes Risk,  
Hormonal Imbalance, Immune System  
Damage, Early Puberty, and Cancer

\*Acidic Protein which leaches minerals  
and calcium from the bones

\*Toxic milk protein 'casein' which  
contributes to Breast Cancer, Kidney

Disease, Arthritis, MS, Crohn's, Irritable

Bowel, and Asthma -

just to name a few...

FB/DavidAvocadoWolfe

**The time will come when there will  
be no safety in using eggs, milk,  
cream, or butter. {21MR 286.2}**

## DAIRY PRODUCTS & CARDIOVASCULAR DISEASE



**Diets high in fat and especially in saturated fat can increase the risk of heart disease and can cause other serious health problems.**



**Why Cheese is Unhealthy &  
Addictive as Crack w/ Dr. Neal  
Barnard, Physicians Committee  
for Responsible Medicine**

**Cheese is  
wholly unfit for  
food.**

**{MHH 169.3}**



**Cheese should never be  
introduced into the stomach.  
{Testimonies for the Church  
2:68, 1868}**



## Leviticus 3:17

It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

## **Leviticus 7:26**

**Moreover ye shall eat no  
manner of blood,  
whether it be of fowl or  
of beast, in any of your  
dwellings.**

**Of the meats  
permitted, the eating  
of the fat and the  
blood was strictly  
forbidden. {MH 311.3}**

## **Leviticus 17:14**

**Ye shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof: whosoever eateth it shall be cut off.**



**The disregard for the Lord's special directions has brought a variety of difficulties and diseases upon human beings.... {Letter 102, 1896}**

Only such animals could be used  
for food as were in good  
condition. No creature that was  
torn, that had died of itself, or  
from which the blood had not  
been carefully drained, could be  
used as food. {MH 312.1}

## **Leviticus 17:15**

**And every soul that eateth that which died of itself, or that which was torn with beasts, whether it be one of your own country, or a stranger, he shall both wash his clothes, and bathe himself in water, and be unclean until the even: then shall he be clean.**



**Grains, fruits, nuts, and  
vegetables constitute the diet  
chosen for us by our Creator.**

**{CG 380.1}**





It would be well for us to do less cooking and to eat more fruit in its natural state. Let us teach the people to eat freely of the fresh grapes, apples, peaches, pears, berries, and all other kinds of fruit that can be obtained. {CH 477.5}



## Sugar

From the light given me, sugar,  
when largely used, is more injurious  
than meat. {2T 370.1}



It is a pure chemical  
extracted from plant  
sources, purer in fact  
than cocaine, which it  
resembles in many  
ways.



D I D Y O U K N O W ?  
S U G A R I S  
K I L L I N G Y O U



The body cannot utilize this refined starch  
and carbohydrate unless the depleted  
proteins, vitamins and minerals are  
present.



**Why did Tom Brady's personal chef say in a recent interview that “white sugar is the death of people?” The list of sugar health risks is long, but isn't everything O.K. in moderation?**

WHY SUGAR IS CALLED

"THE WHITE DEATH"

**SUGAR = CANCER**

A close-up photograph of a pile of white granulated sugar. A human skull is partially buried in the sugar, and a metal spoon is resting on the surface. The background is a dark, reflective surface.

**The “everything in moderation” touchstone is true as long as we also don’t mind dying in moderation. According to a 15-year study, the risk of death from heart disease rises in tandem with the amount of sugar in the diet. That means people who eat only a little added sugar still have elevated risk.**



THE WHITE DEATH

SUGAR

SUGAR FEEDS CANCER

**Added sugar then really does equate to death. The question is how much death we actually want: a little or a lot?**

**Exodus 20:13**

**Thou shalt  
not kill.**





**SWEET, SWEET DEATH**



**In a nutshell, the more added sugar, the higher the death risk from heart disease.**

# The Kiss of Death



by Brian Clement, PhD, LN

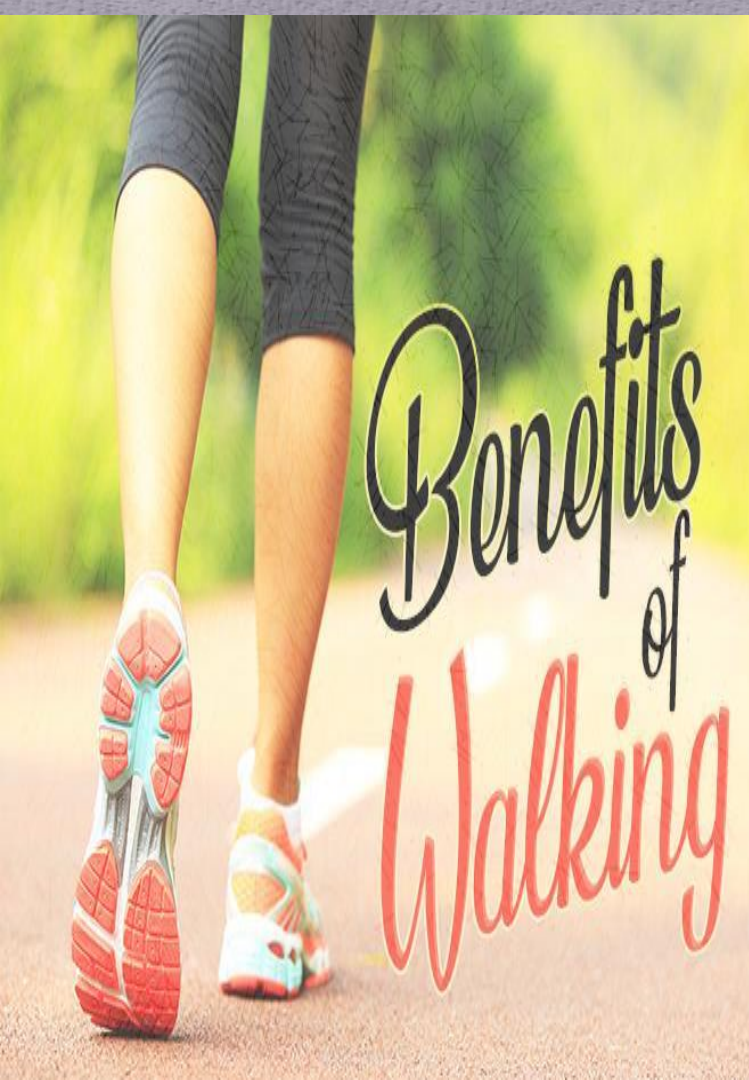
**Persons who bring upon themselves sure decay, by wrongdoing, will suffer the penalty here, and without a thorough repentance, will not be admitted into Heaven hereafter any sooner than the one who destroys life instantly. {CG 444.3}**



**WALK**  
// INTO //  
**GOOD HEALTH!**

## **II. EXERCISE**

**Walking: Trim your waistline,  
improve your health:  
By the Mayo Clinic**



**Strengthen your bones  
and muscles.**

**Improve your mood.  
Improve your balance  
and coordination.**

**The faster, farther and  
more frequently you  
walk, the greater the  
benefits.**



**“I personally think that brisk walking is far and away the single best exercise,” said Michael Joyner, M.D., a professor of anesthesiology at the Mayo Clinic in Rochester, Minn., and a leading researcher in the field of endurance exercise.**

**As proof, he points to the work of Hiroshi Nose, M.D., Ph.D., a professor of sports medical sciences at Shinshu University Graduate School of Medicine in Japan, who has enrolled thousands of older Japanese citizens in an innovative, five-month-long program of brisk, interval-style walking (three minutes of fast walking, followed by three minutes of slower walking, repeated 10 times).**

**The results have been striking.  
“Physical fitness — maximal aerobic  
power and thigh muscle strength —  
increased by about 20 percent,” Dr.  
Nose wrote in an e-mail, “which is  
sure to make you feel about 10 years  
younger than before training.”**

**The walkers’ “symptoms of lifestyle-related diseases (hypertension, hyperglycemia and obesity) decreased by about 20 percent,” he added, while their depression scores dropped by half.**



Walking, in all cases where it is possible, is the best  
remedy for diseased bodies, because in this exercise  
all the organs of the body are brought into use.

There is no exercise that can take the place of  
walking. By it the circulation of the blood is greatly  
improved.

{Testimonies for the Church 3:78, 1871}

Healthful exercise in the open air will  
strengthen the muscles, encourage a  
proper circulation of blood, help to  
preserve the body from disease, and  
will be a great help in spirituality.

{Letter 116, 1898}



### **III. WATER**

**Why do we need to drink water?**

**To function properly, all the cells and organs of the body need water. It is also used to lubricate the joints, protect the spinal cord and other sensitive tissues, regulate body temperature, and assist the passage of food through the intestines.**



**During every day functioning, water is lost by the body, and this needs to be replaced. It is noticeable that we lose water through activities such as sweating and urination, but water is even lost when breathing.**

# HOW MUCH WATER SHOULD I DRINK EVERY DAY?

Slacking on your water intake throughout the day may be the very reason you have an urge to snack every hour on the hour. Be sure to keep water a consistent staple throughout your day—every day.



**MEN**



**WOMEN**

53



**It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease.**

54

**{The Ministry of Healing, 237, 1905}**



## HOW MUCH WATER YOU SHOULD DRINK EVERY DAY

The findings of a six-year study of more than 20,000 healthy men and women aged 38-100 in the May 1, 2002 American Journal of Epidemiology found that women who drank more than five glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses. The protective effect of water <sup>55</sup> was even greater in men.



If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented.

56

{CH 61.2}





## **IV. SUNSHINE**

**Sunlight may help prevent cancer.**

**It's not just plants that metabolize sunlight.**

**Humans do too. Through a complex process, our bodies turn sunlight into life-giving vitamin D.**

# VITAMIN D

**For example, a four-year, placebo-controlled study involving 1,179 postmenopausal women concluded that vitamin D supplementation produced a dramatic 60% drop in the risk of developing any form of cancer.**

**If all would appreciate the  
sunshine, and expose every  
article of clothing to its  
drying, purifying rays,  
mildew and mold would be  
prevented.**

**The emanations from damp, moldy rooms and clothing are poisonous to the system. This will be a preventive of disease....**

**{The Health Reformer,  
February 1, 1874}**

# **Ecclesiastes 11:7**

**Truly the light is  
sweet, and a pleasant  
thing it is for the eyes  
to behold the sun.**



**There are but few who realize that, in order to enjoy health and cheerfulness, they must have an abundance of sunlight, pure air, and physical<sup>62</sup> exercise. {ML 138.2}**

# **V. TEMPERANCE**

**1 Corinthians 9:25**

**And every man that  
striveth for the mastery  
is temperate in all  
things.**

A strict compliance with the requirements of God is beneficial to the health of body and mind. In order to reach the highest standard of moral and intellectual attainments, it is necessary to seek wisdom and strength from God, and to observe strict temperance in all the habits of life. {CD 32.1}



If we could realize that the habits we form in this life will affect our eternal interests, that our eternal destiny depends upon strictly temperate habits, we would work to the point of strict temperance in eating and drinking. {3T 489.1}

Satan is constantly on the alert to bring the race fully under his control. His strongest hold on man is through the appetite, and this he seeks to stimulate in every possible way. {Counsels on Diet and Foods, 150}

**Our physical  
health is  
maintained by that  
which we eat...**

**if we are not temperate in all our eating and drinking, we shall not be in a state of mental and physical soundness to study the Word with a purpose to learn what saith the Scripture—what shall I do to inherit eternal life?**

**The diet has much to do  
with the disposition to  
enter into temptation  
and commit sin.**

**{Counsels on Diet and  
Foods, 52}**



**But slaves to appetite will fail  
in perfecting Christian  
character. {The Health  
Reformer, August, 1875}**