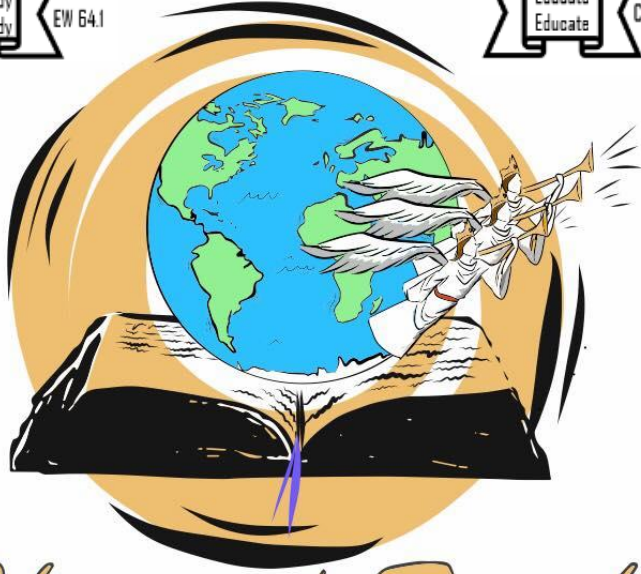


Get Ready
Get Ready
Get Ready EW 64.1

Agitate
Agitate
Agitate 5 T 708.1

Educate
Educate
Educate CME 30.3



Chain of Truth Ministries

Presents....

A Prophetess Among Us ***Inspiration Confirmed***

“All who believe that the Lord has spoken through Sister White, and has given her a message, will be safe from the many delusions that will come in these last days.”

{Letter 50, 1906.6}

Ellen White

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On her death, the editor of a popular weekly magazine, *The Independent*, in the issue of August 23, 1915, closed his comments on her fruitful life with these words: “she was absolutely honest in her belief in her revelations. Her life was worthy of them. She showed no spiritual pride, and she sought no filthy lucre. She lived the life and did the work of a worthy prophetess.” {CCh 19.4}

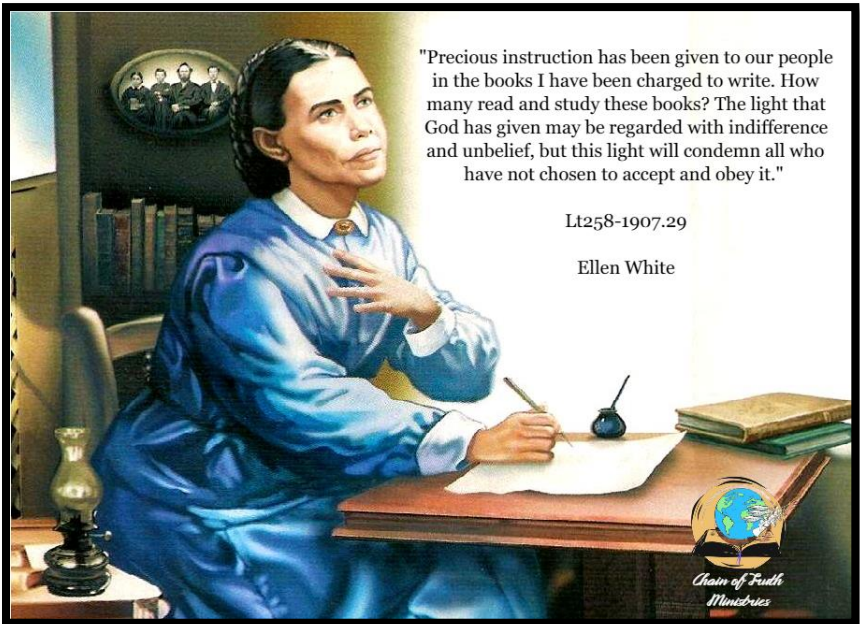
**The New York Independent:
AN AMERICAN PROPHETESS
August 23, 1915**

Last Revision: August 24, 2022

Introduction

This booklet has been made to bless and benefit all my brothers and sisters in the faith. In developing this resource, I have received great benefit, and I hope all who read this will as well. I have tried to present the information in a simple and direct manner. References have been provided for every quotation. Wherever I have synthesized the science and Spirit of Prophecy quotes, I've made that clear by indicating a "Commentary" section or by listing multiple references under one section. The general pattern is as follows: 1) E.G.W Quotation(s), 2) Scientific Discovery, 3) References.

I hope this reference booklet will strengthen our position that truly the writings of Ellen White are inspired and are an authoritative guide for the church and our lives. Further research is recommended and encouraged for the reader. More references and information will be added as research continues. Updated revisions of this booklet will be found on www.chainoftruth.org under the booklets section found on the right hand side bar. May God bless you as you study and apply what you learn.



Wherefore tongues are for a sign, not to them that believe, but to them that believe not: but prophesying serveth not for them that believe not, but for them which believe.

1 Corinthians 14:22

EGW and Health

Prophetic Utterance: The Vital Force

God endowed man with so great vital force that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years. This fact of itself is enough to evidence to us the **strength and electrical energy** that God gave to man at his creation. It took more than two thousand years of crime and indulgence of base passions to bring bodily disease upon the race to any great extent. If **Adam, at his creation, had not been endowed with twenty times as much vital force as men now have**, the race, with their present habits of living in violation of natural law, would have become extinct. At the time of Christ's first advent, the race had degenerated so rapidly that an accumulation of disease pressed upon that generation, bringing in a tide of woe, and a weight of misery inexpressible. {FE 22.2}

Those who are content to devote their lives to physical labor and leave others to do the thinking for them, while they simply carry out what other brains have planned, will have strength of muscle but feeble intellects. Their influence for good is small in comparison to what it might be if they would use their brains as well as their muscles. This class fall more readily if attacked by disease; **the system is vitalized by the electrical force of the brain to resist disease.** {3T 157.2}

By pursuing one line of thought exclusively, the mind often becomes unbalanced. But every faculty may be safely exercised if the mental and physical powers are equally taxed and the subjects of thought are varied. Physical inaction lessens not only mental but moral power. The brain nerves that connect with the whole system are the medium through which heaven communicates with man and affects the inmost life. **Whatever hinders the circulation of the electric current in the nervous system, thus weakening the vital powers and lessening mental susceptibility, makes it more difficult to arouse the moral nature.** Again, excessive study, by increasing the flow of blood to the brain, creates morbid excitability that tends to lessen the power of self-control, and too often gives sway to impulse or caprice. Thus the door is opened to impurity. The misuse or nonuse of the physical powers is largely responsible for the tide of corruption that is overspreading the world. "Pride, fullness of bread, and abundance of idleness," are as deadly foes to human progress in this generation as when they led to the destruction of Sodom. {Ed 209.1-3}

The wretched condition of the world at the present time has been presented before me. **Since Adam's fall, the race has been degenerating.** Some of the reasons for the present deplorable condition of men and women, formed in the image of God, were shown me. And a sense of how much must be done to arrest, even in a degree, the physical, mental, and moral decay, caused my heart to be sick and faint. **God did not create the race in its present feeble condition.** This state of things is not the work of Providence, but the work of man; it has been brought about by wrong habits and abuses, by violating the laws that God has made to govern man's existence. Through **the temptation to indulge appetite**, Adam and Eve first fell from their high, holy, and

happy estate. And it is through **the same temptation that the race have become enfeebled**. They have permitted appetite and passion to take the throne, and to bring into subjection reason and intellect. {FE 23.1}

The violation of physical law, and the consequence, human suffering, have so long prevailed that men and women look upon the present state of sickness, suffering, debility, and premature death as the appointed lot of humanity. **Man came from the hand of his Creator, perfect and beautiful in form, and so filled with vital force that it was more than a thousand years before his corrupt appetites and passions, and general violations of physical law, were sensibly felt upon the race.** More recent generations have felt the pressure of infirmity and disease still more rapidly and heavily with every generation. **The vital forces have been greatly weakened by the indulgence of appetite and lustful passion.** {FE 23.2}

God has endowed us with a certain amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work together in harmony. If we **carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health;** but **if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength,** and when one organ is injured, all are affected. Nature bears much abuse without apparent resistance; she then arouses and makes a determined effort to remove the effects of the ill-treatment she has suffered. **Her effort to correct these conditions is often manifest in fever and various other forms of sickness.** {MH 234.3}

Females possess less vital force than the other sex, ... {ApM 27.1}

WHAT WEAKENS VITAL FORCE?

1. Overeating MH 307
2. Cold food / cold drinks – hot food / hot drinks (cold is closer to freezing than cool is and hot is closer to boiling than warm is) MH 305
3. Drinking cider and fermented wine 5T 357.2
4. Indulgence of lustful passion CT 81
5. Poor manner of speaking GW92 149
 - A high tone of voice is an expenditure of vital force which is all unnecessary and is a violation of the laws of health 4LtMs, Lt 7, 1885, par. 6
6. Improper dressing FE 24
7. Living home troubles MH 244
8. Continual disappointment / frequent grief / chronic depression / sorrow 11LtMs, Lt 178, 1896, par. 5
9. Inaction and delicate idleness HR June 1, 1873, par. 5
10. ...Intemperance in labor, intemperance in almost everything, exists on every hand. Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. CE 166.2

Prophetic Utterance: Dangerous Pharmaceutical Drugs

Then shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest.... {2SM 288.3}

Scientific Discovery:

Adverse drug reaction (ADR) has been implicated as a leading cause of considerable morbidity and mortality. The rise of adverse drug reactions (ADRs) in present day setting in India is high due to many reasons like polypharmacy, medication errors, medication adherence, lacking in reporting...In USA, more than 90 per cent of adults aged 65 yr and older use one medication per week and 10-25 percent experience an adverse drug reaction. These ADRs are responsible for 3.4 to 7.0 percent of hospital admissions⁴. It is estimated that only 6-10% of all ADRs are reported to the regulatory authorities. India is lacking in reporting ADRs and conducting studies on ADRs.

FROM: An Epidemiological Study on Adverse Drug Reactions in Indian Population: Meta-Analysis by S Sre akshaya Kalyani and P Srihitha. Made available by the International Journal of Pharmaceutical and Clinical Research 2017; 9(10): 654-659

“Our findings show that drug-induced diseases are a significant health problem in our country, which need more attention.”

FROM: Tandon, V. R., Khajuria, V., Mahajan, V., Sharma, A., Gillani, Z., & Mahajan, A. (2015). Drug-induced diseases (DIDs): An experience of a tertiary care teaching hospital from india. The Indian Journal of Medical Research, 142(1), 33-39. doi:10.4103/0971-5916.162093



Prophetic Utterance: Cancer Caused by Germs

...People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated. {MH 313.2}

Scientific Discovery:

Francis Peyton Rous (1879-1970), was an American medical researcher. He proved that viruses cause some types of cancer. In 1910, Rous ground up a cancerous tumor from a chicken and filtered out everything larger than a virus. The resulting liquid produced cancer when injected into other chickens. For many years, scientists scoffed at Rous' discovery. These scientists believed cancer could not be caused by a virus because the disease is not contagious. In 1966, Rous shared the Nobel Prize for physiology or medicine for his work.

FROM: "Rous, Francis Peyton," World Book Encyclopedia.

Prophetic Utterance: Genes Contribute to Cancer Development

Females possess less vital force than the other sex, and are deprived very much of the bracing, invigorating air, by their in-doors life. The results of self-abuse in them is seen in various diseases, such as catarrh, dropsy, headache, loss of memory and sight, great weakness in the back and loins, affections of the spine, the head often decays inwardly. Cancerous humor, which would lay dormant in the system their life-time, is inflamed, and commences its eating, destructive work. The mind is often utterly ruined, and insanity takes place. {ApM 27.1}

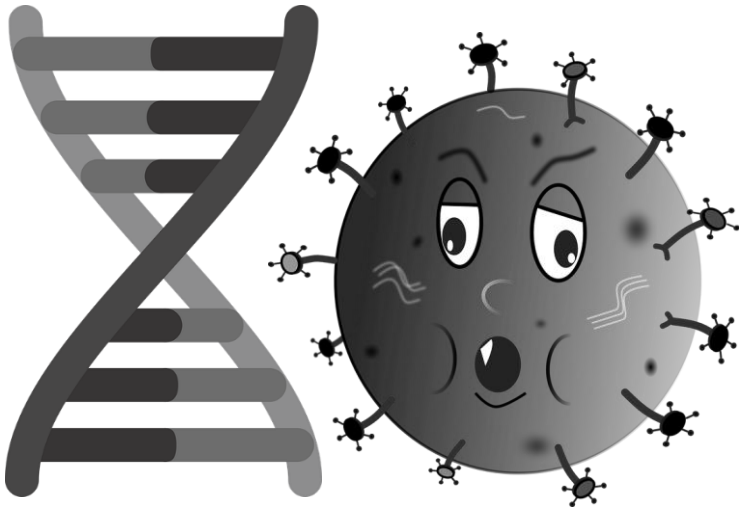
Scientific Discovery:

In 1976 Bishop and Varmus, together with two colleagues—Dominique Stehelin and Peter Vogt—published their findings, concluding that the virus had taken up the gene responsible for the cancer from a normal cell. After the virus had infected the cell and begun its usual process of replication, it incorporated the gene into its own genetic material. Subsequent research showed that such genes can cause cancer in several ways. Even without viral involvement, these genes can be converted by certain chemical carcinogens into a form that allows uncontrolled cellular growth. Because the mechanism described by Bishop and Varmus seemed common to all forms of cancer, their work proved invaluable to cancer research. By 1989 scientists had identified more than 40 genes having cancer-causing potential in animals.

FROM: "Bishop, J(ohn) Michael," Encyclopedia Britannica Ultimate Reference Suite 2004 DVD.

Historically, the risk of hereditary breast and ovarian cancer (HBOC) has been linked to pathogenic variants (PVs) in breast cancer 1 (BRCA1) and BRCA2. PVs in these 2 genes are associated with a lifetime risk of breast cancer between 41% and 90%.¹⁻³ However, it is now estimated that more than one-half of individuals with a PV who meet the National Comprehensive Cancer Network (NCCN) testing criteria for HBOC carry PVs in genes other than BRCA1 or BRCA2. Breast cancer is also a component of several other well described cancer syndromes, including Li-Fraumeni syndrome, Cowden syndrome, Peutz-Jeghers syndrome,^{5, 6} and hereditary diffuse gastric cancer. Thus, it is established that women who carry PVs in tumor protein p53 (TP53),⁷ phosphatase and tensin homolog (PTEN),^{6, 8} serine/threonine kinase 11 (STK11),⁹ and cadherin 1 (CDH1)^{10, 11} have an increased risk of breast cancer. PVs in the ataxia telangiectasia mutated (ATM; ATM serine threonine kinase),¹² checkpoint kinase 2 (CHEK2),^{13, 14} and partner and localizer of BRCA2 (PALB2)¹⁵ genes also cause an increased breast cancer risk.

FROM: Buys, S. S., Sandbach, J. F., Gammon, A., Patel, G., Kidd, J., Brown, K. L., . . . Daly, M. B. (2017). A study of over 35,000 women with breast cancer tested with a 25-gene panel of hereditary cancer genes. *Cancer*, 123(10), 1721-1730. doi:10.1002/cncr.30498



Prophetic Utterance: Human Diseases & Animals

The light that God has given me is that the curse of God is on the earth, the sea, the cattle, on the animals. There will soon be no safety in the possession of flocks or herds. The earth is decaying under the curse of God.—Counsels on Diet and Foods, p. 414

Scientific Discovery:

... zoonotic pathogens have been responsible for the majority of new human disease threats and a number of recent international epidemics.

FROM: McDaniel, C. J., Cardwell, D. M., Moeller, R. B., Jr, & Gray, G. C. (2014). Humans and cattle: a review of bovine zoonoses. Vector borne and zoonotic diseases (Larchmont, N.Y.), 14(1), 1–19. <https://doi.org/10.1089/vbz.2012.1164>

Dogs are a major reservoir for zoonotic infections. Dogs transmit several viral and bacterial diseases to humans. Zoonotic diseases can be transmitted to human by infected saliva, aerosols, contaminated urine or feces and direct contact with the dog. Viral infections such as rabies and norovirus and bacterial infections including *Pasteurella*, *Salmonella*, *Brucella*, *Yersinia enterocolitica*, *Campylobacter*, *Capnocytophaga*, *Bordetella bronchiseptica*, *Coxiella burnetii*, *Leptospira*, *Staphylococcus intermedius* and *Methicillin resistance staphylococcus aureus* are the most common viral and bacterial zoonotic infections transmitted to humans by dogs.

FROM: Ghasemzadeh, I., & Namazi, S. H. (2015). Review of bacterial and viral zoonotic infections transmitted by dogs. Journal of Medicine and Life, 8(Spec Iss 4), 1-5.

Research regarding zoonotic diseases often focuses on infectious diseases animals have given to humans. However, an increasing number of reports indicate that humans are transmitting pathogens to animals. Recent examples include methicillin-resistant *Staphylococcus aureus*, influenza A virus, *Cryptosporidium parvum*, and *Ascaris lumbricoides*.

FROM: Messenger, A. M., Barnes, A. N., & Gray, G. C. (2014). Reverse zoonotic disease transmission (zooanthroponosis): A systematic review of seldom-documented human biological threats to animals. PloS One, 9(2), e89055. doi:10.1371/journal.pone.0089055

Prophetic Utterance: Tobacco Is a Poison

...Tobacco is a poison of the most deceitful and malignant kind, having an exciting, then a paralyzing influence upon the nerves of the body. It is all the more dangerous because its effects upon the system are so slow, and at first scarcely perceivable. Multitudes have fallen victims to its poisonous influence. They have surely murdered themselves by this slow poison. And we ask, What will be their waking in the resurrection morning? {4aSG 128.1}

Scientific Discovery:

...Cigarettes were recognised as the cause of the epidemic in the 1940s and 1950s, with the confluence of studies from epidemiology, animal experiments, cellular pathology and chemical analytics. Cigarette manufacturers disputed this evidence, as part of an orchestrated conspiracy to salvage cigarette sales. Propagandising the public proved successful, judging from secret tobacco industry measurements of the impact of denialist propaganda. As late as 1960 only one-third of all US doctors believed that the case against cigarettes had been established. The cigarette is the deadliest artefact in the history of human civilisation. Cigarettes cause about 1 lung cancer death per 3 or 4 million smoked, which explains why the scale of the epidemic is so large today. Cigarettes cause about 1.5 million deaths from lung cancer per year, a number that will rise to nearly 2 million per year by the 2020s or 2030s, even if consumption rates decline in the interim...

FROM: Proctor RN The history of the discovery of the cigarette–lung cancer link: evidentiary traditions, corporate denial, global toll. *Tobacco Control* 2012;21:87-91.



Prophetic Utterance: Diet and the Mind

As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion.

Abstemiousness in diet, and control of all the passions, will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common. All who have a true sense of the sacrifice made by Christ in leaving His home in heaven to come to this world that He might by His own life show man how to resist temptation, will cheerfully deny self and choose to be partakers with Christ of His sufferings. {CD 163.1 }

Abstemiousness in diet is rewarded with mental and moral vigor; it also aids in the control of the passions. Overeating is especially harmful to those who are sluggish in temperament; these should eat sparingly and take plenty of physical exercise. There are men and women of excellent natural ability who do not accomplish half what they might if they would exercise self-control in the denial of appetite. {MH 308.2 }

The fire you kindle in your stomach is making your brain like a heated furnace. Eat much more sparingly, and eat simple food, which does not require heavy seasoning. Your animal passions should be starved, not pampered and fed. The congestion of blood in the brain is strengthening the animal instincts and weakening spiritual powers. It need not be thus. You should, with the help your wife can give you in the preparation of food, change your diet materially. You should not eat such a variety of food; for this makes a cesspool of your stomach. {15L1Ms, Lt 142, 1900, par. 2 }

Scientific Discovery:

It has long been suspected that the relative abundance of specific nutrients can affect cognitive processes and emotions. Newly described influences of dietary factors on neuronal function and synaptic plasticity have revealed some of the vital mechanisms that are responsible for the action of diet on brain health and mental function. Several gut hormones that can enter the brain, or that are produced in the brain itself, influence cognitive ability...

FROM: Gómez-Pinilla, F. (2008). Brain foods: The effects of nutrients on brain function. *Nature Reviews Neuroscience*, 9(7), 568-578. doi:10.1038/nrn2421

Prophetic Utterance: General Diet Information

Keep the work of health reform to the front is the message I am instructed to bear. Show so plainly its value that a widespread need for it will be felt. **Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite.** By total abstinence he will overcome his desire for health-destroying indulgences. {9T 113.1}

...Eating and drinking and dressing, buying and selling, marrying and giving in marriage marked all classes, high and low. It is not sinful to supply the necessities of life. This is a duty. But when eating and drinking and dressing are made the supreme objects of life, then they become sin. **God has provided food with which to supply hunger; but when eating and drinking are carried to excess, they become gluttony and drunkenness, and this is sin.** That which was primarily a duty is in our day carried to excess; and the results of gluttony and drunkenness are theft, murder, lust, and the gratification of every base passion, and indulgence in every kind of satanic cruelty. Many even of those who have their names in church books are a great dishonor to the One whose name they profess. The Son of God gave His precious life, that He might redeem all who would be converted and forsake their unrighteous ways. {Ms85-1908.15}

Let health reformers remember that they may do harm by publishing recipes which do not recommend health reform. Great care is to be shown in furnishing recipes for custards and pastry. **If the dessert sweet cake is eaten with milk or cream, fermentation will be created in the stomach, and then the weak points of the human organism will tell the story.** The brain will be affected by the disturbance in the stomach. This may be easily cured if people will study from cause to effect, cutting out of their diet that which injures the digestive organs and causes pain in the head. By unwise eating men and women are unfitted for the work they might do without injury to themselves if they would eat simply. {Lt142-1900.11}

Scientific Discovery:

Auto-brewery syndrome or gut fermentation syndrome is a condition in which ethanol is produced through endogenous fermentation by fungi or bacteria in the gastrointestinal (GI) system. Patients with auto-brewery syndrome present with many of the signs and symptoms of alcohol intoxication while denying an intake of alcohol and often report a high-sugar, high-carbohydrate diet.

FROM: Painter K, Cordell BJ, Sticco KL. Auto-brewery Syndrome (Gut Fermentation) [Updated 2019 Oct 9]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK513346/>

Tea and coffee drinking is a sin and don't consume alcohol:

Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul. These darling idols create an excitement, a morbid action of the nervous system; and after the immediate influence of the stimulants is gone, it lets down below par just to that degree that its stimulating properties elevated above par.—Manuscript 44, 1896 {CD 425.3}

God has written His law upon every nerve and muscle, every fiber 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.... 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.—Letter 123, 1899. {Ev 265.4}

The drunkard sells his reason for a **cup of poison**. Satan takes control of his reason, affections, conscience. Such a man is destroying the temple of God. Tea drinking helps to do this same work. Yet how many there are who place these destroying agencies on their tables, thereby quenching the divine attributes.—Manuscript 130, 1899. (Temperance, 79, 80.) {1MCP 321.5}

Scientific Discovery:

Our results did not show a protective role of tea in five major cancers. Additional large prospective cohort studies are needed to make a convincing case for associations.

FROM: Yu, F., Jin, Z., Jiang, H., Xiang, C., Tang, J., Li, T., & He, J. (2014). Tea consumption and the risk of five major cancers: a dose-response meta-analysis of prospective studies. *BMC cancer*, 14, 197. <https://doi.org/10.1186/1471-2407-14-197>

A positive correlation was reported between mean, age-adjusted mortality rates for leukaemia in 1964-65 and annual coffee consumption... A positive correlation was reported between mean, age-adjusted mortality rates in 1964-65 and annual coffee consumption...

FROM: IARC Working Group on the Evaluation of Carcinogenic Risk to Humans. Coffee, Tea, Mate, Methylxanthines and Methylglyoxal. Lyon (FR): International Agency for Research on Cancer; 1991. (IARC Monographs on the Evaluation of Carcinogenic Risks to Humans, No. 51.) COFFEE. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK507020/>

Caffeine has many physiological effects, both acute (e.g., cardiovascular, ergogenic) and chronic (e.g., tolerance and withdrawal) (Bender et al., 1997; Fredholm et al., 1999; Wesensten et al., 2002; Waring et al., 2003; Davis and Green, 2009; Juliano et al., 2012; Rogers et al., 2013). Caffeine also has many well-described psychopharmacological effects, including increased energy (Griffiths et al., 1990), increased alertness (Haskell et al., 2008), improved mood (Garrett and Griffiths, 1998), and enhanced cognitive performance (Smit and Rogers, 2000). According to Jennifer Temple, most studies on the effects of caffeine have been conducted in adults.

FROM: Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements; Food and Nutrition Board; Board on Health Sciences Policy; Institute of Medicine. Caffeine in Food and Dietary Supplements: Examining Safety: Workshop Summary. Washington (DC): National Academies Press (US); 2014 Apr 23. 6, Caffeine Effects on the Central Nervous System and Behavioral Effects Associated with Caffeine Consumption. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK202225/>

Alcohol use is a leading risk factor for disease burden worldwide, accounting for nearly 10% of global deaths among populations aged 15–49 years, and poses dire ramifications for future population health in the absence of policy action today. The widely held view of the health benefits of alcohol needs revising, particularly as improved methods and analyses continue to show how much alcohol use contributes to global death and disability. Our results show that the safest level of drinking is none. This level is in conflict with most health guidelines, which espouse health benefits associated with consuming up to two drinks per day. Alcohol use contributes to health loss from many causes and exacts its toll across the lifespan, particularly among men. Policies that focus on reducing population-level consumption will be most effective in reducing the health loss from alcohol use.

FROM: Alcohol use and burden for 195 countries and territories, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. *The Lancet*. 23 Aug 2018. DOI: 10.1016/S0140-6736(18)31310-2

Alcohol damages mitochondrial molecules, increases the production of reactive oxygen species and contributes the development of fetal alcohol syndrome.

FROM: Manzo-Avalos, S., & Saavedra-Molina, A. (2010). Cellular and mitochondrial effects of alcohol consumption. *International Journal of Environmental Research and Public Health*, 7(12), 4281-4304. doi:10.3390/ijerph7124281

Animal products eliminated from our diet:

Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.¹² {CG 382.3}

Scientific Discovery:

Many serious emerging zoonotic infections have recently arisen from bats, including Ebola, Marburg, SARS-coronavirus, Hendra, Nipah, and a number of rabies and rabies-related viruses, consistent with the overall observation that wildlife are an important source of emerging zoonoses for the human population.

FROM: Wood, J. L., Leach, M., Waldman, L., Macgregor, H., Fooks, A. R., Jones, K. E., Restif, O., Dechmann, D., Hayman, D. T., Baker, K. S., Peel, A. J., Kamins, A. O., Fahr, J., Ntiemoa-Baidu, Y., Suu-Ire, R., Breiman, R. F., Epstein, J. H., Field, H. E., & Cunningham, A. A. (2012). A framework for the study of zoonotic disease emergence and its drivers: spillover of bat pathogens as a case study. *Philosophical transactions of the Royal Society of London. Series B, Biological sciences*, 367(1604), 2881–2892. <https://doi.org/10.1098/rstb.2012.0228>

Generally, Ebola is not spread by food. However, in Africa human infections have been associated with hunting, butchering, and processing meat from infected animals... Bushmeat could be infected with germs that can cause sickness in people, including the Ebola virus.

FROM: Centers for Disease Control → <https://www.cdc.gov/importation/bushmeat.html>

The study found several examples in which agricultural intensification and/or environmental change were associated with an increased risk of zoonotic disease emergence, driven by the impact of an expanding human population and changing human behavior on the environment.

FROM: Jones, B. A., Grace, D., Kock, R., Alonso, S., Rushton, J., Said, M. Y., McKeever, D., Mutua, F., Young, J., McDermott, J., & Pfeiffer, D. U. (2013). Zoonosis emergence linked to agricultural intensification and environmental change. *Proceedings of the National Academy of Sciences of the United States of America*, 110(21), 8399–8404. <https://doi.org/10.1073/pnas.1208059110>

The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. **Many die of diseases wholly due to meat eating**, while the real cause is not suspected by themselves or by others. {MH 315.1}

Scientific Discovery:

Clinical Question: Does meat consumption affect mortality?

Evidence: All-cause mortality is higher for increased daily consumption of red meat, especially processed meat. However, the compiled evidence does not link other meat products to all-cause mortality.

Recommendation: Physicians should encourage patients to limit animal products when possible, and substitute red meat and processed red meat with plant-based foods...

Despite variability in the data, the evidence is consistent that increased intake of red meat, especially processed red meat, is associated with increased all-cause mortality. Red meat also increases CVD and cancer mortality in Western cohorts. A vegan diet has been shown to improve several parameters of health, including reversal of CVD, decreased BMI, decreased risk of diabetes, and decreased blood pressure in smaller studies...

FROM: Fields H, Millstine D, Agrwal N, Marks L. Is Meat Killing Us?. J Am Osteopath Assoc 2016;116(5):296–300. doi: <https://doi.org/10.7556/jaoa.2016.059>.

In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. **Thus when used as food they bring disease and death on those who do not suspect the danger.**—The Ministry of Healing, 314, 315, 1905 {CD 394.1}

Scientific Discovery:

Persistent, bioaccumulative, and toxic pollutants (PBTs), namely polychlorinated biphenyls (PCBs), polybrominated diphenyl ethers (PBDEs), organochlorine pesticides (DDTs and CHLs), and mercury (Hg, MeHg), were widely used throughout the globe in the past century. Although their propensity to bioaccumulate up the food web is well documented, their distribution within seafood across large spatial scales is largely unknown. Nearly 3 billion people rely on fish for their major source of protein (FAO, 2014), suggesting that a significant proportion of the world's population is exposed to PBTs through seafood (Asplund et al., 1994; Schade & Heinzow, 1998; Gobeille et al., 2006; Domingo & Bocio, 2007; Schecter et al., 2010a; Schecter et al., 2010b). Despite the many potential health benefits from seafood consumption, a risk of pollutant exposure remains.

FROM: Bonito, L. T., Hamdoun, A., & Sandin, S. A. (2016). Evaluation of the global impacts of mitigation on persistent, bioaccumulative and toxic pollutants in marine fish. PeerJ, 4, e1573. <https://doi.org/10.7717/peerj.1573>

High intake of meat and fish was associated with an increased risk of endometrial cancer...

FROM: Xu, W., Dai, Q., Xiang, Y., Zhao, G., Zheng, W., Gao, Y., . . . Shu, X. (2006). Animal food intake and cooking methods in relation to endometrial cancer risk in shanghai. *British Journal of Cancer*, 95(11), 1586-1592. doi:10.1038/sj.bjc.6603458

Breastfeeding, which is capable of attenuating and reversing the detrimental effects of early exposure to neurotoxic substances can also be a source of mercury (organic and inorganic). Environmental exposure to mercury during infancy is linked to maternal fish consumption (MeHg) in breastfed babies and to EtHg in infants immunized with thimerosal-containing vaccines (TCV).

FROM: Dórea, J. G., Bezerra, V. L. V. A., Fajon, V., & Horvat, M. (2011). Speciation of methyl- and ethyl-mercury in hair of breastfed infants acutely exposed to thimerosal-containing vaccines. *Clinica Chimica Acta*, 412(17-18), 1563-1566. doi:10.1016/j.cca.2011.05.003

Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it. {Counsels for the Church 231.7}

Scientific Discovery:

Seventh-Day Adventists do consider a ‘healthy mind’ and a ‘healthy body’ to be an essential daily aspect of faith and worship. The selection of vegetarian foods is a principal means by which Adventists maintain good health. All seven informants who identified as being Seventh-Day Adventists placed considerable importance on their vegetarian nutritional career as part of their faith. Yet, in contrast to Hare Krishna devotees, not one Adventist informant discussed or described God as a vegetarian that required all devotees to follow suit. There is most certainly a spiritually significant health logic that underscores why it is preferable to abstain from the consumption of meat, but overall, **informants described vegetarianism as less of an obligation and more of a tradition in Adventist life that is adhered to somewhat less rigidly now than it was in the past**. Interestingly, Adventist informants also suggested that **as the church has become more ‘mainstream’, meat eating has become more tolerated**.

FROM: Nath, J. (2010). 'god is a vegetarian': The food, health and bio-spirituality of hare krishna, buddhist and seventh-day adventist devotees. *Health Sociology Review*, 19(3), 356-368. doi:10.5172/hesr.2010.19.3.356

Commentary: In this sociology review, we read that as time has gone by and as the Seventh-day Adventist church has become more mainstream, meat eating has become more tolerated among our people. Increasingly, more Seventh-day Adventists are choosing to consume flesh foods. Yet, Ellen White had wrote that God’s people, those who are waiting for the 2nd Advent of Jesus Christ, were going to be adopting a plant based diet. Ellen White repeatedly stated throughout her writings that the church was backsliding in her time and she lamented the spiritual condition of Seventh-day Adventists. There is a minority among Seventh-day Adventists who are putting away flesh foods and getting ready for Christ’s imminent return. Sadly, it appears that the

majority among God's professed people won't be ready for Christ's 2nd Advent and will choose to serve their bellies rather than serve God. Consider this in light of the following spiritual statistics given by Ellen White.

References:

It is a solemn statement that I make to the church that not one in twenty whose names are registered upon the church books are prepared to close their earthly history, and would be as verily without God and without hope in the world as the common sinner... {Lt16e-1892.33}

...Not one in twenty of those who have a good standing with Seventh-day Adventists is living out the self-sacrificing principles of the word of God... {1T 632.2}

The time is not far off when the people of God will be called upon to give their testimony before the rulers of the earth. Not one in twenty has a realization of what rapid strides we are making toward the great crisis in our history.... There is no time for vanity, for trifling, for engaging the mind in unimportant matters. {Mar 253.2}

It is as if there are more people in the world eating a plant based diet than there are Seventh-day Adventists! Ellen White prophesied the following:

There are many minds in many places to whom the Lord will surely give knowledge of how to prepare foods that are healthful and palatable, if He sees that they will use this knowledge righteously. **Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists.** Foods that are healthful and life-sustaining are to be prepared, so that men and women will not need to eat meat. {7T 124.2}

Here is a list of many famous people who have switched to eating a plant based diet:

- | | |
|---------------------|---------------------|
| 1. Will. I. Am | 19. Bryan Adams |
| 2. Ariana Grande | 20. Woody Harrelson |
| 3. Simon Cowell | 21. Ellen DeGeneres |
| 4. Lewis Hamilton | 22. Portia De Rossi |
| 5. Miley Cyrus | 23. Anne Hathaway |
| 6. Craig Robinson | 24. Bill Clinton |
| 7. Beyonce | 25. Brad Pitt |
| 8. Zac Efron | 26. Pamela Anderson |
| 9. Steve Harvey | 27. Alec Baldwin |
| 10. Kim Kardashian | 28. Russell Brand |
| 11. Sia | 29. Demi Moore |
| 12. Kat Von D | 30. Dan Stevens |
| 13. Venus Williams | |
| 14. Serena Williams | |
| 15. Madonna | |
| 16. Miley Cyrus | |
| 17. Liam Hemsworth | |
| 18. Tobey Maguire | |

Continuing on...

Let the diet reform be progressive. Let the people be taught how to **prepare food without the use of milk or butter**. Tell them that the time will soon come when there will be **no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men**. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth. {Counsels on Health 478.1}

Scientific Discovery:

We found an association between higher intake of eggs and increased risk of several cancers. Further prospective studies of these associations are warranted.

FROM: De Stefani, E., Boffetta, P., Ronco, A. L., Deneo-Pellegrini, H., Correa, P., Acosta, G., . . . Silva, C. (2012). Processed meat consumption and risk of cancer: A multisite case-control study in Uruguay. *British Journal of Cancer*, 107(9), 1584-1588. doi:10.1038/bjc.2012.433

These findings, together with the previous study, suggest that the consumption of milk and dairy products increases the risk of prostate cancer. This is biologically plausible since milk contains considerable amounts of fat, hormones, and calcium that are associated with prostate cancer risk.

FROM: Qin, L., Xu, J., Wang, P., Tong, J., & Hoshi, K. (2007). Milk consumption is a risk factor for prostate cancer in western countries: Evidence from cohort studies. *Asia Pacific Journal of Clinical Nutrition*, 16(3), 467.

Sinister Sugar:

Large quantities of milk and sugar eaten together are injurious. They impart impurities to the system. Animals from which milk is obtained are not always healthy. Could we know that animals were in perfect health, I would recommend that people eat flesh-meats sooner than large quantities of milk and sugar. It would not do the injury that milk and sugar do. {CTBH 158.1}

I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of **milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. Anything that hinders the active motion of the living machinery, affects the brain very directly.** And from the light given me, **sugar, when largely used, is more injurious than meat.** These changes should be made cautiously, and the subject should be treated in a manner not calculated to disgust and prejudice those whom we would teach and help.—Testimonies for the Church 2:369, 370, 1870 {CD 328.2}

...Sugar, candies, and cakes supply no nourishment to the body. They are dangerous dainties, which disorder the stomach and weaken the constitution, preparing the way for dyspepsia and fevers. {Lt53-1898.18}

Scientific Discovery:

Our results suggest that the habit to adding sugars to foods that are commonly perceived as healthy may impact the adherence to healthy dietary guidelines and increase in adiposity risk as well.

FROM: Dello Russo, M., Ahrens, W., De Henauw, S., Eiben, G., Hebestreit, A., Kourides, Y., Lissner, L., Molnar, D., Moreno, L. A., Pala, V., Veidebaum, T., Siani, A., Russo, P., & IDEFICS Consortium (2018). The Impact of Adding Sugars to Milk and Fruit on Adiposity and Diet Quality in Children: A Cross-Sectional and Longitudinal Analysis of the Identification and Prevention of Dietary- and Lifestyle-Induced Health Effects in Children and Infants (IDEFICS) Study. *Nutrients*, 10(10), 1350. <https://doi.org/10.3390/nu10101350>

Although the brain needs glucose, too much of this energy source can be a bad thing. A 2012 study in animals by researchers at the University of California at Los Angeles indicated a positive relationship between the consumption of fructose, another form of sugar, and the aging of cells, while a 2009 study, also using an animal model, conducted by a team of scientists at the University of Montreal and Boston College, linked excess glucose consumption to memory and cognitive deficiencies.

FROM: <https://neuro.hms.harvard.edu/harvard-mahoney-neuroscience-institute/brain-newsletter/and-brain/sugar-and-brain>

Dental caries is positively associated with the incidence of acute rheumatic fever and chronic rheumatic heart disease in Māori and Pacific children. Sugar intake, an important risk factor for dental caries, is also likely to influence the aetiology of rheumatic fever.

FROM: Thornley, S., Marshall, R. J., Bach, K., Koopu, P., Reynolds, G., Sundborn, G., & Ei, Win Le Shwe Sin. (2017). Sugar, dental caries and the incidence of acute rheumatic fever: A cohort study of māori and pacific children. *Journal of Epidemiology and Community Health*, 71(4), 364-370. doi:10.1136/jech-2016-208219

No baking soda and powder:

The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system... {CD 316.2}

Hot biscuit raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach. Hot raised bread of any kind is difficult of digestion... {CD 319.5}

Bread which is two or three days old is more healthful than new bread. Bread dried in the oven is one of the most wholesome articles of diet. {15LtMs, Lt 142, 1900, par. 8}

Scientific Discovery:

Some studies in Iran have shown that using sodium bicarbonate in the bread causes damage to general health.

FROM: Malakouti M. Towards improving the quality of consumed breads in Iran: A review. 2011.

FROM: Sodium Bicarbonate hazards. Nutrition and Health database Available at:<http://www.behsite.ir/content/articles/314/1875> (Accessed August 20, 2011).

Some studies have shown that the use of sodium bicarbonate in the flour fermentation process causes that the available phytic acid in the flour enters into bread or pastry without break down and decreases the absorption of metals such as iron, zinc, calcium and etc.

FROM: Norhaizan M, Nor Faizadatul A. Determination of phytate, iron, zinc, calcium contents and their molar ratios in commonly consumed raw and prepared food in Malaysia. Malaysian journal of nutrition. 2009;15(2):213-22.

Some studies in Iran have shown that using sodium bicarbonate will reduce the serum levels of iron and calcium.

FROM: Farahani H, Modaresi H. Study on the effect of Sodium Bicarbonate in serum Iron TIBC on rats. Arak Medical University Journal (Rahavard Danesh). 2000;3:35-40.

Avoid Yeast:

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, as far as possible, the **yeast germs shall be destroyed**. When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal, **without yeast or leaven**, and baked in a well-heated oven, are both wholesome and palatable.... {CD 316.4}

Scientific Discovery:

Yeast behaves much in the same way as cancer cells such as the metabolic reprogramming in cancer cells is similar to the physiology of fermenting yeast cells.

FROM: Natter, K., & Kohlwein, S. D. (2013). Yeast and cancer cells - common principles in lipid metabolism. Biochimica et biophysica acta, 1831(2), 314-26.

C. albicans can produce carcinogenic byproducts, trigger inflammation, induce Th17 response and mimic other molecules.

FROM: Ramirez-Garcia, A., Rementeria, A., Aguirre-Urizar, J. M., Moragues, M. D., Antoran, A., Pellon, A., . . . Hernando, F. L. (2016). Candida albicans and cancer: Can

this yeast induce cancer development or progression? Critical Reviews in Microbiology, 42(2), 181.

Very similar proteins and genes that promote the growth of cancer cells. Consider this quote from the last article: “signaling pathways regulated by RAS in yeast cells led to the discovery of properties that were often found interchangeable with RAS proto-oncogenes in human pathways...”

FROM: Cazzanelli, G., Pereira, F., Alves, S., Francisco, R., Azevedo, L., Dias Carvalho, P., . . . Preto, A. (2018). The yeast *saccharomyces cerevisiae* as a model for understanding RAS proteins and their role in human tumorigenesis. *Cells*, 7(2), 14. doi:10.3390/cells7020014

Eat a plant based diet:

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. **But not all foods wholesome in themselves are equally suited to our needs under all circumstances.** Care should be taken in the selection of food. **Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow.** Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and **each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.** {MH 296.1-2}

I come again to Christians. If all who profess to obey the law of God were free from iniquity, my soul would be relieved; but they are not. Even some who profess to keep all the commandments of God are guilty of the sin of adultery. What can I say to arouse their benumbed sensibilities? Moral principle, strictly carried out, becomes the only safeguard of the soul. **If ever there was a time when the diet should be of the most simple kind, it is now. Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers. Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven.** The less feverish the diet, the more easily can the passions be controlled. Gratification of taste should not be consulted irrespective of physical, intellectual, or moral health. 2T 352.1

Scientific Discovery:

Vegetarians, those who avoid meat, and vegans, additionally avoiding dairy and eggs, represent 5% and 2%, respectively, of the US population. The aim of this review is to assess the effects of vegetarian diets, particularly strict vegetarian diets (i.e., vegans) on health and disease outcomes. We summarized available evidence from three prospective cohorts of Adventists in North America: Adventist Mortality Study, Adventist Health Study, and Adventist Health Study-2. Non-vegetarian diets were compared to vegetarian dietary patterns (i.e., vegan and lacto-ovo-vegetarian) on selected health outcomes. Vegetarian diets confer protection against cardiovascular diseases, cardiometabolic risk factors, some cancers and total mortality. Compared to lacto-ovo-vegetarian diets, vegan diets seem to offer additional protection for obesity, hypertension, type-2 diabetes, and cardiovascular mortality. Males experience greater health benefits than females. Limited prospective data is available on vegetarian diets and body weight change. Large randomized intervention trials on the effects of vegetarian diet patterns on neurological and cognitive functions, obesity, diabetes, and other cardiovascular outcomes are warranted to make meaningful recommendations.

Eat simple food without grease and spices:

This might be correct if the appetite had never been perverted. There is a natural, and a depraved, appetite. Parents who have taught their children to eat unhealthful, stimulating food, all their lives, until the taste is perverted, and they crave clay, slate pencils, burned coffee, tea grounds, cinnamon, cloves, and spices, cannot claim that the appetite demands what the system requires. The appetite has been falsely educated, until it is depraved. The fine organs of the stomach have been stimulated and burned, until they have lost their delicate sensitiveness. **Simple, healthful food**, seems to them insipid. The abused stomach will not perform the work given it, unless urged to it by the most stimulating substances. If these children had been trained from their infancy to take **only healthful food, prepared in the most simple manner, preserving its natural properties as much as possible, and avoiding flesh meats, grease, and all spices**, the taste and appetite would be unimpaired. **In its natural state, it might indicate, in a great degree, the food best adapted to the wants of the system.** {HR December 1, 1870, par. 8}

We find in every such instance a good reason why they cannot live out the health reform. They do not live it out, and have never followed it strictly, therefore they cannot be benefited by it. **Some fall into the error that because they discard meat they have no need to supply its place with the best fruits and vegetables, prepared in their most natural state, free from grease and spices.** If they would only skillfully arrange the bounties with which the Creator has surrounded them, parents and children with a clear conscience unitedly engaging in the work, they would enjoy simple food, and would then be able to speak understandingly of health reform. Those who have not been converted to health reform, and have never fully adopted it, are not judges of its benefits. Those who digress occasionally to gratify the taste in eating a fattened turkey or other flesh meats, pervert their appetites, and are not the ones to judge of the benefits of the system of health reform. They are controlled by taste, not by principle. 2T 486.2

In our work we must obey the laws which God has given for the preservation of health, that the physical and spiritual energies may work in harmony. Those who preach the gospel should be strictly temperate in their eating and drinking, lest they make crooked paths for their feet, turning the lame—those weak in the faith—out of the way. If while proclaiming the most solemn and important message that God has ever given, men war against the truth by indulgence in eating and drinking, they take all the force from the message they bear. If ministers eat beef, they will preach beef; for animal food has an unfavorable influence upon the perceptive faculties. Men may have a form of godliness, they may even preach the gospel, and yet be unpurified and unsanctified. Those who indulge in meat-eating, tea-drinking, and habits of gluttony are sowing seeds for a harvest of pain and death. **The meat, condiments, spices, and pickles which are introduced into the stomach strengthen the appetites which war against the soul, developing the lower propensities.** A diet of flesh meat develops animalism. A development of animalism lessens spirituality, rendering the mind incapable of understanding practical truth. {16LtMs, Ms 86, 1901, par. 19-20}

Eating largely of hot food is unhealthful and debilitating. Exercise common sense in regard to your diet, discarding those foods which are stimulating and weakening, and which bring premature decay. Condiments, so frequently used by those who are of the world, are ruinous to the digestion. 15LtMs, Lt 142, 1900, par. 6

God will give His people ability and tact to prepare wholesome food without these things. Let our people discard all unwholesome recipes. Let them learn how to live healthfully, teaching to others what they have learned. Let them impart this knowledge as they would Bible instruction. Let them teach the people to preserve the health and increase the strength by **avoiding the large amount of cooking that has filled the world with chronic invalids.** By precept and example make it plain that **the food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state.** {CD 460.5}

Scientific Discovery:

...Cooking may cause changes to the contents of vitamins, but it depends on vegetables and cooking processes.

FROM: Lee, S., Choi, Y., Jeong, H. S., Lee, J., & Sung, J. (2017). Effect of different cooking methods on the content of vitamins and true retention in selected vegetables. *Food science and biotechnology*, 27(2), 333–342. <https://doi.org/10.1007/s10068-017-0281-1>

Chili causes dyspepsia. It also is associated with gastro esophageal reflux. Other spices such as paprika, pepper and cinnamon increase gastric acid secretion in men and promote histamine induced ulcer formation in dogs. Black and red pepper have induced epigastric pain by removing the stomach's hydrophobic lining and activating intramucosal pain receptors. Cinnamon oil has been cited as a risk factor for oral cancers; however, whether this is because of the cinnamon itself causing oral cancers or chemical preservatives and processing products found in the cinnamon oil causing an adverse effect remains to be determined. Turmeric is potentially dangerous for those

who are pregnant and lactating because it has documented emmenagogue and abortifacient effects. Moreover, a reduction in sperm motility was observed in rats receiving turmeric 500mg/kg/day as an aqueous or alcoholic extract.

FROM: Gordan, R., Gwathmey, J. K., & Xie, L. H. (2015). Autonomic and endocrine control of cardiovascular function. *World journal of cardiology*, 7(4), 204-14.

FROM: Kochhar, K. P. (2008). Dietary spices in health and diseases: I. *Indian Journal of Physiology and Pharmacology*, 52(2), 106.

A study published online January 23 by The BMJ found that women who ate one or more servings of fried chicken daily were 13% more likely to die prematurely from any cause and 12% more likely to die from heart-related causes than women who didn't eat any fried food. The study also had bad news for fried seafood lovers. Women who ate fried fish or shellfish daily were 7% more likely to die early from any cause and 13% more likely to die from heart-related causes during the study period than women who didn't eat fried food...It makes sense that fried foods might trigger health problems. Not only are they high in calories, but most people aren't cooking them at home, because frying is difficult and messy, says Fung. Common restaurant practices, such as reusing cooking oils and going heavy on the salt, may make fried foods even worse than they could be if you were to make them at home...

FROM: <https://www.health.harvard.edu/staying-healthy/fried-foods-linked-to-earlier-death>

Spices can be used as an alternative to pharmaceutical drugs:

... There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. I do not think that I can give you any definite line of medicines compounded and dealt out by doctors, that are perfectly harmless. And yet it would not be wisdom to engage in controversy over this subject.” {2SM 279.1}

“... God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make a right use of them, these would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.”—Letter 35, 1890. {MM 230.3}

“In regard to our using spice, I plead not guilty. We have not had spice in our house for ten years **except a little ginger, which we have always used to some extent.** We have always used a little milk and some sugar. This we have never denounced, either in our writings or in our preaching. We believe cattle will become so much diseased that these things will yet be discarded, but the time has not yet come for sugar and milk to be wholly abolished from our tables...” {Lt1-1873.47}

“I had an ill turn that night. The wind came up while we were searching for a place to rest. I think I took cold. I was in such severe pain **I called for cayenne pepper and obtained some relief**, but the same kind of a cold I had when at San Diego was upon me...”{Lt353-1905.3}

Scientific Discovery:

Capsaicin, the phytochemical responsible for the spiciness of peppers, has the potential to modulate metabolism via activation of transient receptor potential vanilloid 1 (TRPV1) receptors, which are found not only on nociceptive sensory neurons, but also in a range of other tissues.

FROM: McCarty, M. F., DiNicolantonio, J. J., & O’Keefe, J. H. (2015). Capsaicin may have important potential for promoting vascular and metabolic health. *Open heart*, 2(1), e000262. <https://doi.org/10.1136/openhrt-2015-000262>

Ginger has been purported to exert a variety of powerful therapeutic and preventive effects and has been used for thousands of years for the treatment of hundreds of ailments from colds to cancer. Like many medicinal herbs, much of the information has been handed down by word of mouth with little controlled scientific evidence to support the numerous claims.

FROM: Bode AM, Dong Z. The Amazing and Mighty Ginger. In: Benzie IFF, Wachtel-Galor S, editors. *Herbal Medicine: Biomolecular and Clinical Aspects*. 2nd edition. Boca Raton (FL): CRC Press/Taylor & Francis; 2011. Chapter 7. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK92775/>

Drink clean hot water before eating:

Water can be used in many ways to relieve suffering. **Drafts of clear, hot water taken before eating (half quart, more or less), will never do any harm, but will rather be productive of good.** —Letter 35, 1890 {CD 419.3}

Scientific Discovery:

The intake of warm water before unsedated colonoscopy reduces procedure-related pain and technical difficulty, especially in patients who are young or have irritable bowel syndrome, even though it does not improve the frequency of visible spasmodic events.

FROM: Leung, F. W. (2011). Unsedated colonoscopy and the water method for minimizing discomfort in the unsedated patients. *Intestinal Research*, 9(2), 73-84. doi:10.5217/ir.2011.9.2.73

...Drinking very warm water in the morning on an empty stomach can help improve bowel movements and aid constipation while breaking down foods as they smoothly pass through the intestines. Stimulating the bowels will help return your body back to normal functioning. Alleviates Pain: Warm water, considered to be nature’s most

powerful home remedy, can help alleviate pain from menstruation to headaches. The heat from warm water is known to have a calming and soothing effect on the abdominal muscles, which can help provide instant relief for cramps and muscle spasms. According to Healthline, warm or hot water is usually better for cramps, as hot liquids increase blood flow to the skin and help relax the cramped muscles.

Sheds Excess Pounds: If you're on a diet, chances are you've heard drinking a glass of warm water first thing in the morning can help with weight loss. Warm water increases body temperature, which therefore increases the metabolic rate. An increase in metabolic rate allows the body to burn more calories throughout the rate. It can also help the gastrointestinal tract and kidneys to function even better. Drinking a glass of warm water and a lemon will help break down the adipose tissue, or body fat, in the body and also control food craving due to lemon's pectin fiber.

Improves Blood Circulation: The fat deposits in the body are eliminated along with accumulating deposits in the nervous system when you drink a glass of warm water. This flushes out the toxins that are circulating throughout the body and then enhances blood circulation. Making sure the muscles are relaxed will eliminate poor circulation and blood flow.

Halts Premature Aging: Premature aging is a woman's worst nightmare, but luckily, this can be prevented by drinking warm water. The presence of toxins in the body can lead to aging faster, but warm water can help cleanse the body from those toxins, while repairing skin cells to increase elasticity. Women will always benefit because they have more hormones to contend with, making constipation more of an issue. To reap the health benefits of warm water, drink it every morning plain or with a lemon for taste...

FROM: SAY YES TO WARM FOR REMOVE HARM: AMAZING WONDERS OF TWO STAGES OF WATER! By Suchita Patel, Jinal Patel, Mona Patel and Prof. Dr. Dhruvo Jyoti Sen

Don't drink water with your meals, reduce salt intake, give up fermented foods and avoid spiced food. Fruit is the solution for thirst:

Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and **the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drunk with meals, will arrest digestion** until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. **Hot drinks are debilitating;** and besides, those who indulge in their use become slaves to the habit. **Food should not be washed down; no drink is needed with meals.** Eat slowly, and allow the saliva to mingle with the food. **The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquors. **Water is the best liquid possible to cleanse the tissues.**—
The Review and Herald, July 29, 1884 {CD 420.1}**

It is well to eat one class of foods at one meal, and other kinds of food at a different meal. Fruit we would especially recommend as a health-giving agency. But even **fruit should not be eaten after a full meal of other foods.** {23LtMs, Ms 43, 1908, par. 41}

Scientific Discovery:

...Unlike hot water, processed cold water is devoid of many essential minerals that could become very unfavorable to the digestive tract when consuming a meal. For cold water drinkers, recommends refraining from drinking 20 minutes before eating — even if the source is natural spring water... Drinking cold water during or after a meal can actually harden the oil in consumed foods and therefore create a fat deposit in the intestine. Adding ice to processed cold water will strip it of natural-containing minerals, as these minerals are essential to keeping the digestive tract healthy...

FROM: SAY YES TO WARM FOR REMOVE HARM: AMAZING WONDERS OF TWO STAGES OF WATER! By Suchita Patel, Jinal Patel, Mona Patel and Prof. Dr. Dhruvo Jyoti Sen

In conclusion, this study demonstrates that gastric contractions and ad libitum energy intake were dependent on the temperatures of pre-meal water in healthy young men—consuming 500 mL of water at 2 °C 1 h before a meal was more effective in reducing gastric contractions and ad libitum energy intake than consuming the same amount of water at 37 °C and/or 60 °C. The present findings also show that cold water-induced reduction in energy intake appears to be related to the modulation of the gastric motility.

FROM: Fujihira, K., Hamada, Y., Yanaoka, T., Yamamoto, R., Suzuki, K., & Miyashita, M. (2020). The effects of water temperature on gastric motility and energy intake in healthy young men. *European Journal of Nutrition*, 59(1), 103-109. doi:10.1007/s00394-018-1888-6

Macrobiotic counsellor Shonali Sabherwal explains why you should not drink water during your meal. “Most Indians have water along with their meals. The usual theory is washing down the food while eating. People have no idea how wrong this practice is and how difficult this can be for their digestion. For those suffering with digestion problems, the ramifications are manifold. Our stomachs have a knack of knowing when you will eat and starts releasing digestive juices immediately. If you start drinking water at the same time, what you are actually doing is diluting the digestive juices being released to digest your food, thereby hindering them from breaking down food.” Research shows that sipping a little water during meals isn’t a cause for concern but drinking a glass or two may interfere with digestion. It is best to drink fluids before and two hours after meals as this helps in absorption of nutrients, researchers have found...

FROM: <https://timesofindia.indiatimes.com/life-style/health-fitness/diet/Say-no-to-water-between-meals/articleshow/10841125.cms>

Sulfites occur naturally in many foods, especially fermented foods such as wines... Monoamines of dietary significance include dopamine, phenylethylamine, serotonin, and tyramine. Of these substances, phenylethylamine and tyramine account for the majority of pharmacologic reactions, although adverse effects of both dopamine- and serotonin-containing foods have been reported as well. These vasoactive monoamines are found in the greatest amounts in fermented foods... Like the other monoamines, phenylethylamine may be found in several fermented foods and beverages, especially Gouda and Stilton cheeses and red wine. Unlike the other monoamines, however, phenylethylamine is also found in chocolate (33, 41). Several mechanisms have been implicated in producing phenylethylamine's action (42, 43). It appears likely that phenylethylamine, like tyramine, exerts primarily an indirect sympathomimetic effect by releasing endogenous norepinephrine. Consequently, phenylethylamine has been implicated in both food-induced migraine (44) and MAO inhibitor-associated hypertensive crisis (34).

FROM: Food Allergy: Adverse Reactions to Foods and Food Additives 3rd Edition by Dean Metcalfe, Hugh Sampson and Ronald Simon.

Two meals per day is better than three, but no one is a criterion for all and late night suppers are harmful:

Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supper-time; but this meal should be very light. Let no one think himself a criterion for all,—that every one must do exactly as he does. {CTBH 58.2}

In many cases the faintness that leads to a desire for food is felt because the digestive organs have been too severely taxed during the day. After disposing of one meal, the digestive organs need rest. **At least five or six hours should intervene between the meals, and most persons who give the plan a trial will find that two meals a day are better than three.**³⁹⁴ {CCh 224.2}

Our preachers are not particular enough in regard to their habits of eating. They **partake of too large quantities of food, and of too great a variety at one meal.** Some are reformers only in name. They have no rules by which to regulate their diet, but **indulge in eating fruit or nuts between their meals, and thus impose too heavy burdens upon the digestive organs. Some eat three meals a day, when two would be more conducive to physical and spiritual health.** If the laws which God has made to govern the physical system are violated, the penalty must surely follow. {CD 140.4}

The stomach may be educated to desire food eight times a day, and feel faint if it is not supplied. But **this is no argument in favor of so frequent eating.**—The Review and Herald, May 8, 1883. {HL 85.2}

Never cheat the stomach out of that which health demands, and never abuse it by placing upon it a load which it should not bear. Cultivate self-control. Restrain appetite; keep it under the control of reason. Do not feel it necessary to load down your table with unhealthful food when you have visitors. The health of your family and

the influence upon your children should be considered, as well as the habits and tastes of your guests. {CTBH 58.3}

Those who are changing from three meals a day, to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating their third meal. But if they persevere for a short time, this faintness will disappear. {CD 175.1}

I eat only two meals a day. **But I do not think that the number of meals should be made a test. If there are those who are better in health when eating three meals, it is their privilege to have three.** I choose two meals. For thirty-five years I have practiced the two-meal system.—Letter 30, 1903 {CD 178.2}

It is quite a common custom with the people of the world to eat three times a day, besides eating at irregular intervals between meals; and the last meal is generally the most hearty, and is often taken just before retiring. This is reversing the natural order; a hearty meal should never be taken so late in the day. **Should these persons change their practise, and eat but two meals a day, and nothing between meals, not even an apple, a nut, or any kind of fruit, the result would be seen in a good appetite and greatly improved health.**—The Review and Herald, July 29, 1884. {HL 84.2}

When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits, late suppers are particularly harmful. {CCh 224.1}

386. **The stomach, when we lie down to rest, should have its work all done,** that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours.—How to Live, 56. {HL 84.5}

387. **If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.**—Testimonies for the Church 4:502. {HL 85.1}

If the **third meal** be eaten at all, it should be **light, and several hours before going to bed.**—How to Live, 55. {HL 84.4}

We should avoid errors, not only in the quality, but in the quantity of our food. Eating too largely of even a simple diet will injure physical, mental, and moral health. Some persons have formed the habit of eating at any time between their regular meals. If this practice is continued, it becomes second nature. The stomach may be so educated as to desire food eight times a day, and feel faint if it is not supplied. But this is no argument in favor of so frequent eating. **Three meals a day, and nothing between meals—not even an apple—should be the utmost limit of indulgence. Those who go further violate nature's laws, and will suffer the penalty.** Two meals a day are better than three. {RH May 8, 1883, par. 7}

Scientific Discovery:

... recent prospective research has demonstrated a significant increase in disease risk with a high meal frequency (≥ 6 meals/day) as compared to a low meal frequency (1–2 meals/day). Apart from meal frequency and timing we also have to consider breakfast consumption and the distribution of daily energy intake, caloric restriction, and night-time eating. A central role in this complex scenario is played by the fasting period length between two meals. The physiological underpinning of these interconnected variables may be through internal circadian clocks, and food consumption that is asynchronous with natural circadian rhythms may exert adverse health effects and increase disease risk. Additionally, alterations in meal frequency and meal timing have the potential to influence energy and macronutrient intake. A regular meal pattern including breakfast consumption, consuming a higher proportion of energy early in the day, reduced meal frequency (i.e., 2–3 meals/day), and regular fasting periods may provide physiological benefits such as reduced inflammation, improved circadian rhythmicity, increased autophagy and stress resistance, and modulation of the gut microbiota.

FROM: Paoli, A., Tinsley, G., Bianco, A., & Moro, T. (2019). The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. *Nutrients*, 11(4), 719. <https://doi.org/10.3390/nu11040719>

Night time eating is a risk factor for metabolic syndrome and obesity... In women, there was an association between eating habits at night and metabolic syndrome, but in men it was unrelated. Both night eating habits were associated with dyslipidemia in men and women.

FROM: Yoshida, J., Eguchi, E., Nagaoka, K., Ito, T., & Ogino, K. (2018). Association of night eating habits with metabolic syndrome and its components: a longitudinal study. *BMC public health*, 18(1), 1366. <https://doi.org/10.1186/s12889-018-6262-3>

The current manner of eating by westernized society of consuming the largest meal in the evening would appear to be a MALADAPTIVE life-style.

FROM: Carlson, O., Martin, B., Stote, K. S., Golden, E., Maudsley, S., Najjar, S. S., . . . Mattson, M. P. (2007). Impact of reduced meal frequency without caloric restriction on glucose regulation in healthy, normal-weight middle-aged men and women. *Metabolism*, 56(12), 1729-1734. doi:10.1016/j.metabol.2007.07.018

One meal per day may offer health benefits:

Our brethren would receive a blessing in dispensing with or deferring one meal of the day, if necessary, in order that an hour or more might be devoted to testimony meeting. We used often to make the Sabbath a day of fasting and prayer, and we were greatly blessed in our worship. {Lt279-1905.8}

Because of imprudence in eating, the senses of some seem to be half paralyzed, and they are sluggish and sleepy. These pale-faced ministers who are suffering in consequence of selfish indulgence of the appetite, are no recommendation of health reform. When suffering from overwork, it would be much better to drop out a meal occasionally, and thus give nature a chance to rally. Our laborers could do more by their example to advance health reform than by preaching it. When elaborate preparations are made for them by well-meaning friends, they are strongly tempted to disregard principle; but by refusing the dainty dishes, the rich condiments, the tea and coffee, they may prove themselves to be practical health reformers. Some are now suffering in consequence of transgressing the laws of life, thus causing a stigma to rest on the cause of health reform. {CD 141.1}

We arrived at Oakland several hours before we had expected, and rejoiced that we had completed our journey without accident, and with hardly a feeling of weariness. People making this trip across the plains usually patronize the eating-houses along the line, and partake of three hearty meals per day, besides an almost endless variety of nuts and candies, cigars and liquors, between times. But we preferred to limit ourself to only one meal per day, that we might have a better opportunity to rest, and thus be prepared to enter upon arduous labor as soon as we reached our destination. For seventeen years we have eaten only two meals a day while engaged in almost incessant labor. {HR November 1, 1880, par. 17}

I have delayed sending you this letter because we purposed to visit you last week, but were prevented by unexpected business which could not be neglected. We hoped to go this week, but again are hindered. A very influential man has seen notice of the Health Institute in a Chicago paper, and he came here yesterday. He is a health reformer and has eaten but one meal a day for ten years. He is a healthy looking man and wishes to become acquainted with my husband and myself. He will spend Sabbath and first day here. He has felt no union with Dr. Trall or Fowler because he saw that they were leaning toward infidelity. {Lt61-1874.1}

There is a gentleman at the Health Institute who has been spending some years in South America. He is about twenty-nine years old, looks very healthy, eats only one meal a day. He never saw a health reformer until he came to Battle Creek. He saw an account given in a Chicago paper by Mr. Hog, of our Health Institute. He came to see for himself. He is a Baptist. He understands Spanish and Latin and several languages. These languages he translates. He is a sworn translator. He is a gentleman. Attended meetings Sabbath and Sunday all day and was very much interested in the meetings. He has a most interesting experience which he relates, of his travel in foreign countries. We believe that he will embrace the truth. We hope that the solemn meeting we had Sunday night may convict his mind. {Lt51a-1874.10}

We have had a very cold night. It is crisp and cold this morning. We enjoyed our breakfast. I have eaten but one meal a day except for Tuesday, ate nothing; Wednesday, two meals. I am feeling much better than when eating two meals. Met and conversed with McKenzie, the great temperance lecturer who is establishing inebriate asylums in different states. Here close by us is seated Stokes, who killed Fiske. {Ms7-1880.6}

Another night has passed. Slept well. Have had a liberal breakfast. I limit myself to one meal a day. I bathe quite thoroughly morning and night. I hope to come out all right if I take good care of myself. I have passed over the road fourteen times before this and have never been as free from annoyance as this time. There are only two ladies beside ourselves. No children. The car is cool all the time and well ventilated. But there is one chance of the kind amid one hundred, I suppose. Only seventeen in the car and everything is so nice. {Lt7-1880.1}

In my habits of eating, I have learned to accommodate myself to the circumstances in which I am placed. I was obliged to do this in my earlier experiences. Sometimes when laboring the hardest, speaking before large gatherings two and even three times a day, I have found that I was better fitted for work when I ate but one meal a day. Ordinarily I eat two meals a day, taking breakfast at seven and dinner at half-past one. I never experience a feeling of faintness, except when I have taxed my vocal powers severely. I then take a cold bath as a tonic and lie down. The greatest strain seems to come on my abdominal muscles, which are brought into use when I speak. {Lt82-1903.5}

Dear Brother Bates:

I have been informed that you have taken but one meal a day for a period of time; but I know it to be wrong in your case, for I have been shown that you needed a nutritious diet, and that you were in danger of being too abstemious. Your strength would not admit of your severe discipline. {Lt2-1872.1}

Scientific Discovery:

Collectively, the available data therefore suggest that meal skipping or intermittent CR diets can result in health benefits including improved glucose regulation, but only if there is an overall reduction in energy intake.

FROM: Carlson, O., Martin, B., Stote, K. S., Golden, E., Maudsley, S., Najjar, S. S., . . . Mattson, M. P. (2007). Impact of reduced meal frequency without caloric restriction on glucose regulation in healthy, normal-weight middle-aged men and women. *Metabolism*, 56(12), 1729-1734. doi:10.1016/j.metabol.2007.07.018

Normal-weight subjects are able to comply with a 1 meal/d diet. When meal frequency is decreased without a reduction in overall calorie intake, modest changes occur in body composition, some cardiovascular disease risk factors, and hematologic variables. Diurnal variations may affect outcomes.

FROM: Stote, K. S., Baer, D. J., Spears, K., Paul, D. R., Harris, G. K., Rumpler, W. V., Strycula, P., Najjar, S. S., Ferrucci, L., Ingram, D. K., Longo, D. L., & Mattson, M. P. (2007). A controlled trial of reduced meal frequency without caloric restriction in healthy, normal-weight, middle-aged adults. *The American journal of clinical nutrition*, 85(4), 981–988. <https://doi.org/10.1093/ajcn/85.4.981>

At least 5 hours between meals and no snacking:

After the regular meal is eaten, **the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal.** In this interval the stomach will perform its work, and will then be in a condition to receive more food.³⁹² {CCh 223.10}

Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. And when the children come to the table, they do not relish wholesome food; their appetites crave that which is hurtful for them.³⁹³ {CCh 223.11}

Scientific Discovery:

Our results suggest that in relatively healthy adults, eating less frequently, no snacking, consuming breakfast, and eating the largest meal in the morning may be effective methods for preventing long-term weight gain. Eating breakfast and lunch 5–6 h apart and making the overnight fast last 18–19 h may be a useful practical strategy.

FROM: Kahleova, H., Lloren, J. I., Mashchak, A., Hill, M., & Fraser, G. E. (2017). Meal Frequency and Timing Are Associated with Changes in Body Mass Index in Adventist Health Study 2. *The Journal of nutrition*, 147(9), 1722–1728. <https://doi.org/10.3945/jn.116.244749>

Too much food and elaborate food may cause fatigue:

Because of imprudence in eating, the senses of some seem to be half paralyzed, and they are sluggish and sleepy. These pale-faced ministers who are suffering in consequence of selfish indulgence of the appetite, are no recommendation of health reform. **When suffering from overwork, it would be much better to drop out a meal occasionally, and thus give nature a chance to rally.** Our laborers could do more by their example to advance health reform than by preaching it. **When elaborate preparations are made for them by well-meaning friends, they are strongly tempted to disregard principle; but by refusing the dainty dishes, the rich condiments, the tea and coffee, they may prove themselves to be practical health reformers.** Some are now suffering in consequence of transgressing the laws of life, thus causing a stigma to rest on the cause of health reform. {CD 141.1}

Those upon whom rest important responsibilities, those, above all, who are guardians of spiritual interests, should be men of keen feeling and quick perception. **More than others, they need to be temperate in eating. Rich and luxurious food should have no place upon their tables.**—The Ministry of Healing, 308-309 (1905). {CW 103.3}

Scientific Discovery:

... The aim of this study was to examine relationships among overeating at dinner, stress responses (e.g., fatigue, anxiety, and depression), and dinner times in Japanese male workers. In December 2012, 255 Japanese male workers at a leasing company completed a self-report questionnaire about overeating at dinner, psychological stress responses, physical stress responses, and dinner times. Each worker was sent an email with a link to the questionnaire website, where his answers were collected... Factors related to overeating at dinner included psychological stress response ($\beta = 0.251$, $p < 0.001$) and dinner time ($\beta = 0.220$, $p = 0.004$). These cross-sectional data suggest that overeating at dinner is related to dinner time in men and to stress responses.

FROM: Suzuki, A., Sakurazawa, H., Fujita, T., & Akamatsu, R. (2016). Overeating at dinner time among Japanese workers: Is overeating related to stress response and late dinner times? *Appetite*, 101, 8-14. doi:10.1016/j.appet.2016.02.145

Food consumption is thought to induce sleepiness. However, little is known about how postprandial sleep is regulated. Here, we simultaneously measured sleep and food intake of individual flies and found a transient rise in sleep following meals. Depending on the amount consumed, the effect ranged from slightly arousing to strongly sleep inducing. Postprandial sleep was positively correlated with ingested volume, protein, and salt—but not sucrose—revealing meal property-specific regulation...

FROM: Murphy, K. R., Deshpande, S. A., Yurgel, M. E., Quinn, J. P., Weissbach, J. L., Keene, A. C., . . . Ja, W. W. (2016). Postprandial sleep mechanics in *Drosophila*. *Elife*, 5 doi:10.7554/eLife.19334

How much to eat:

I am astonished to learn that, after all the light that has been given in this place, many of you eat between meals! You should never let a morsel pass your lips between your regular meals. Eat what you ought, but eat it at one meal, and then wait until the next. **I eat enough to satisfy the wants of nature; but when I get up from the table, my appetite is just as good as when I sat down. And when the next meal comes, I am ready to take my portion, and no more. Should I eat a double amount now and then, because it tastes good, how could I bow down and ask God to help me in my work of writing, when I could not get an idea on account of my gluttony? Could I ask God to take care of that unreasonable load upon my stomach? That would be dishonoring Him.** That would be asking to consume upon my lust. **Now I eat just what I think is right, and then I can ask Him to give me strength to perform the work that He has given me to do.** And I have known that Heaven has heard and answered my prayer when I have offered this petition. {2T 373.2}

Simple meals of two or three kinds of food and exercise every day:

Simple Meals and Exercise—Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it: **At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit.**—The Ministry of Healing, 308-310 (1905). {CW 104.1}

The care of the throat and lungs is an important matter which needs your special attention. Your stomach also should receive careful treatment. You are doing your vital organs an injustice. **You need to be careful if you would be a perfect man as were Daniel and his companions. You are to guard your brain power, and in order to do this, you must understand how to care properly for the stomach.** Do not misuse the stomach. Do not put upon this faithful servant more work than it can properly perform. **Do not overtax the digestive organs by placing in the stomach too great a variety of food, or by eating at irregular times, as you feel inclined. Your usefulness and your health depend upon the treatment that you give your stomach.** If you eat three meals a day, be sure that these meals are taken at regular hours. {Lt310-1904.4}

I am given a message to give to you. **Eat at regular periods.** By wrong habits of eating you are preparing yourself for future suffering. **It is not always safe to comply with invitations to meals, even though given by your brethren and friends who wish to lavish upon you many kinds of food.** You know that you can eat two or three kinds of food at a meal without injury to your digestive organs. **When you are invited out to a meal, shun the many varieties of food that those who have invited you have set before you. This you must do if you would be a faithful sentinel. When food is placed before us which, if eaten, would cause the digestive organs hours of hard work, we must not, if we eat this food, blame those who set it before us for the result. God expects us to decide for ourselves to eat that food only which will not cause suffering to the digestive organs.** {Lt310-1904.5}

Do not place in your stomach a **heterogeneous mass of food, which will set up a fermentation.** Remember that once this is done you can do little to relieve the condition that you have so inconsiderately produced. You have already done your servant, the stomach, great harm. At times, when it has needed perfect rest to recover from its work of digesting a heavy meal, you have perhaps eaten too heartily of many things. You need to become a faithful, intelligent physician to yourself. You need to read from cause to effect. **The all-gone sensation which you often feel is not hunger; it is the result of overworking the digestive organs. The stomach has worked with all its power to care for the variety of food thrust upon it, and it needs rest, not more food.** {Lt310-1904.6}

Often the **different kinds of food are placed in the stomach which do not agree, and fermentation is the result. This is the cause of many stomach difficulties. Eat at regular hours, and eat wholesome food. Do not place in the stomach too great a variety of food at one meal.** {Lt310-1904.7}

As applied to diet, true hygiene demands the **intelligent selection of the most healthful articles of food, prepared in the simplest and most healthful manner.** It is customary to provide a variety of vegetables and other articles of diet for the first course at dinner. Then fashion requires that dessert shall come on the table in puddings, custards, or other kinds of sweets. **To introduce such combinations into the stomach after partaking of vegetables and fruit is anything but wise. A large share of the endless mixtures called health reform dishes is in reality anything but healthful. Grains and fruits, or vegetables with bread and accompaniments, are all that the system needs.** It would be better not to tax the stomach with unhealthful desserts, and not to demand that the cook expend time and strength and ingenuity in preparing them. **It would be much better to discard the sweet puddings, jams, and marmalade, which cause fermentation in the stomach. When these are banished from our tables, when we have sweeter stomachs, we shall have sweeter tempers, and be better enabled to live a Christian life.** There is real common sense in health reform. **We can not all eat the same things. Some articles of food that are wholesome and palatable to one person may be hurtful and unpalatable to another. Some can not use milk, while others can subsist upon it. Some can use dried beans and peas, while others find them indigestible. Some, whose stomachs are sensitive, can not use the coarser kinds of graham flour. It is impossible to make an unvarying rule by which to regulate every one's dietetic habits.** Do not indulge the idea that we are health reformers only as we use mush for breakfast. There are some who can not eat mush and have a healthy stomach. **But while we would recommend simplicity in diet, let it be understood that we do not recommend a meager diet.** Let there be a plentiful supply of fruits and vegetables that are in a good condition. **Overripe fruit or wilted vegetables ought not to be used. Vegetables and fruit should not be eaten at the same meal. At one meal use bread and fruit, at the next bread and vegetables.** Thus we may have all the variety that we need to desire, and **if we must have puddings and custards, let bread and these articles form the meal.** {ST September 30, 1897, par. 4-6}

A few simple articles of food, cooked with care and skill, would supply all the real wants of the system. No greater luxuries are required than good wheat-meal bread, gems, and rolls, with a simple dessert, and the vegetables and fruits which are so abundant in most countries. These articles should be provided in sufficient quantity and of good quality, and when well cooked, they will afford a wholesome, nourishing diet. No one should be compelled to eat flesh meats because nothing better is provided to supply their place. **Meat is not essential to health or strength; had it been, it would have been included in the bill of fare of Adam and Eve before the fall.** The money that is sometimes expended in buying meat, would purchase **a good variety of fruits, vegetables, and grains,** which **contain all the elements of nutrition.** {GosHealth April 1, 1898, par. 12}

Scientific Discovery:

According to a new study, published in the Journal of Clinical Endocrinology and Metabolism, health scientists at the Universities of Bath and Birmingham found that by changing the timing of when you eat and exercise, people can better control their blood sugar levels.

Exercising before eating breakfast burns more fat, improves how the body responds to insulin and lowers people's risk of type 2 diabetes and cardiovascular disease

FROM: Increase health benefits of exercise by working out before breakfast

Date: October 18, 2019 Source: University of Bath.

<https://www.sciencedaily.com/releases/2019/10/191018080619.htm>

... a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression. That's because the brain and the gastrointestinal (GI) system are intimately connected.

Given how closely the gut and brain interact, it becomes easier to understand why you might feel nauseated before giving a presentation, or feel intestinal pain during times of stress. That doesn't mean, however, that functional gastrointestinal conditions are imagined or "all in your head." Psychology combines with physical factors to cause pain and other bowel symptoms. Psychosocial factors influence the actual physiology of the gut, as well as symptoms. In other words, stress (or depression or other psychological factors) can affect movement and contractions of the GI tract.

In addition, many people with functional GI disorders perceive pain more acutely than other people do because their brains are more responsive to pain signals from the GI tract. Stress can make the existing pain seem even worse.

FROM: The gut-brain connection: Pay attention to your gut-brain connection – it may contribute to your anxiety and digestion problems.

<https://www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection>

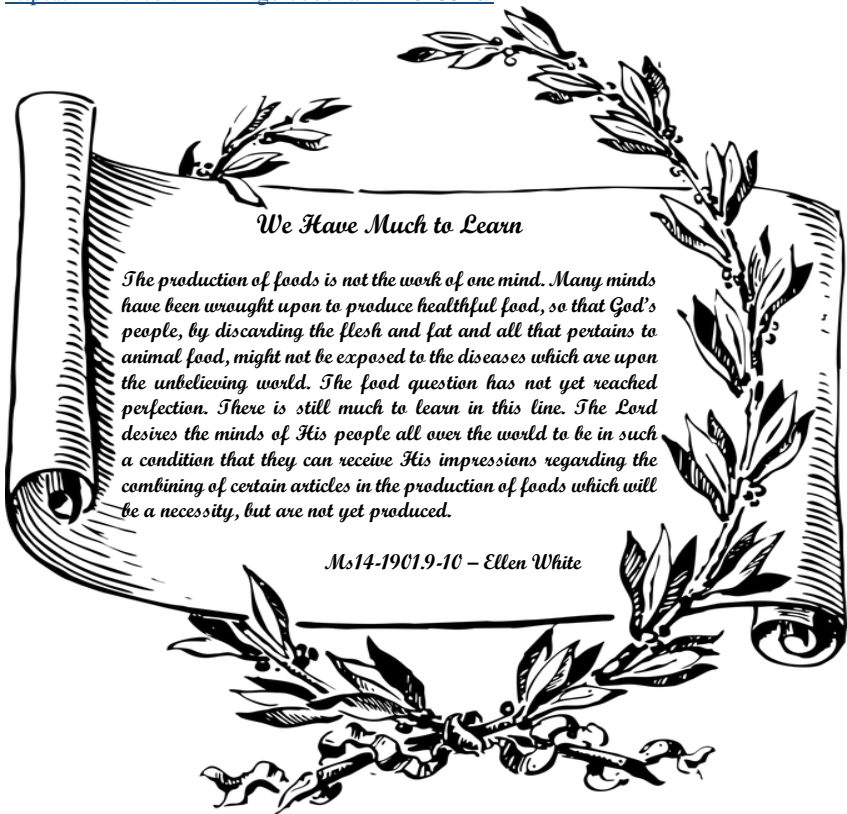
... Importantly, meat intake not only increases fermentation of proteins but also induces increased intake of fat, heme and heterocyclic amines, which may also play a role in the development of colorectal cancer...

FROM: Windey, K., De Preter, V., & Verbeke, K. (2012). Relevance of protein fermentation to gut health. *Molecular Nutrition & Food Research*, 56(1), 184-196. doi:10.1002/mnfr.201100542

Commentary: To produce alcohol, key ingredients need to be present. There needs to be carbohydrates (sugar) from fruits, vegetables or grains. As bacteria, yeast or fungi consume carbohydrates, they produce ethanol (alcohol). Our stomachs and intestines provide a great environment for alcohol production because all the elements are there to produce alcohol.

Auto-brewery syndrome or gut fermentation syndrome is a condition in which ethanol is produced through endogenous fermentation by fungi or bacteria in the gastrointestinal (GI) system. Patients with auto-brewery syndrome present with many of the signs and symptoms of alcohol intoxication while denying an intake of alcohol and often report a high-sugar, high-carbohydrate diet.

FROM: Painter K, Cordell BJ, Sticco KL. Auto-brewery Syndrome (Gut Fermentation) [Updated 2019 Oct 9]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK513346/>



Prophetic Utterance: Pure Air

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. {CCh 218.4}

Scientific Discovery:

Normal respiration is a very intricate function that comprises mechanical as well as nonmechanical components. It is shown to be affected by various factors including age, lifestyle, disease, and change in posture. With the increased use of hand held devices, everyone is prone to poor sitting postures like forward head posture. The purpose of this study was to evaluate the effect of assumed forward head posture and torticollis on the diaphragm muscle strength. A sample of 15 healthy males, aged 18-35 years, was recruited for this study. All subjects performed spirometry to measure the forced expiratory volume in 1 second (FEV1), the forced vital capacity (FVC), and FEV1/FVC ratio. SNIP was measured during upright sitting, induced forward head posture, and torticollis. Subject's mean age (SD) was 23(6) years. The SNIP score of the subjects during sitting with FHP was lower as compared to that during upright sitting. It decreased significantly during induced right torticollis position. This is the first study exploring the impact of different head and neck positions on respiratory function. Alteration of head and neck positions had an immediate negative impact on respiratory function. Clinicians should be prompted to assess respiratory function when assessing individuals with mal-posture.

FROM: Zafar, H., Albarrati, A., Alghadir, A. H., & Iqbal, Z. A. (2018). Effect of Different Head-Neck Postures on the Respiratory Function in Healthy Males. *BioMed research international*, 2018, 4518269. <https://doi.org/10.1155/2018/4518269>

Thus an insufficient supply of oxygen is received. The blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease. {CCh 218.5}

Scientific Discovery:

Recent evidence indicates that chronic intermittent hypoxemia (CIH), related to obstructive sleep apnea, is associated with non-alcoholic steatohepatitis (NASH) and chronic liver injury in obese individuals[1-3]. Also, CIH has also been associated with an increased risk of hypertension, type 2 diabetes, dyslipidemia, and atherosclerosis, independently of underlying obesity[4-8]. Moreover, in rodent models, CIH can lead to insulin resistance, dyslipidemia and hypertension. non operated patients with cyanotic cardiopathy provide clinical models of long term exposition to hypoxemia.

Chronic permanent hypoxemia can induce mild increase of liver stiffness, but further studies are needed to explore the histological aspects of liver injury induced by chronic permanent hypoxemia.

FROM: Tahiri, M., Drighil, A., Jalal, Y., Ghellab, D., Hliwa, W., Fouad, H., Badre, W., Bellabah, A., Habbal, R., & Alaoui, R. (2014). Chronic permanent hypoxemia predisposes to mild elevation of liver stiffness. *World journal of gastroenterology*, 20(30), 10564–10569. <https://doi.org/10.3748/wjg.v20.i30.10564>

The lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. It becomes peculiarly sensitive to the influence of cold, and a slight exposure induces disease. It is close confinement indoors that makes many women pale and feeble. They breathe the same air over and over until it becomes laden with poisonous matter thrown off through the lungs and pores, and impurities are thus conveyed back to the blood.³⁷¹ {CCh 218.6}

Scientific Discovery:

In addition to the lungs, your respiratory system includes airways, muscles, blood vessels, and tissues that help make breathing possible. Your brain controls your breathing based on your body's need for oxygen.

FROM: <https://www.nhlbi.nih.gov/health-topics/how-lungs-work>

Carbon dioxide is a very powerful respiratory stimulant. Increasing the concentration of inhaled carbon dioxide increases lung ventilation much more than does oxygen deficiency. Metabolically-produced carbon dioxide is even more effective than inhaled carbon dioxide at stimulating respiration.

Facepiece dead volume accumulates exhaled carbon dioxide in the voids between the respirator and the face and returns it to the respiratory system during the next inspiration. This carbon dioxide then acts as a respiratory stimulant. Because carbon dioxide is a psychoactive gas, dead volume may also produce discomfort and a performance decrement at low-intensity work. A typical value for full-facepiece air purifying respirator dead volume is 350 mL. Such a dead volume is expected to reduce performance time by 19 % at a work rate of 80 to 85 % of maximum oxygen uptake.

FROM: Johnson A. T. (2016). Respirator masks protect health but impact performance: a review. *Journal of biological engineering*, 10, 4. <https://doi.org/10.1186/s13036-016-0025-4>

Many are suffering from disease because they refuse to **receive into their rooms at night the pure night air**. The free, pure air of heaven is one of the richest blessings we can enjoy.³⁷² {CCh 219.1}

Sleeping rooms should be so arranged as to have a **free circulation of air day and night**. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine. {AH 148.3}

Scientific Discovery:

It has been shown that when bedroom air quality was improved in these experiments:

Subjects reported that the bedroom air was fresher.

Sleep quality improved.

Responses on the Groningen Sleep Quality scale improved.

Subjects felt better next day, less sleepy, and more able to concentrate.

Subjects' performance of a test of logical thinking improved.

FROM: Strøm-Tejsen, P., Zukowska, D., Wargocki, P. and Wyon, D.P. (2016), The effects of bedroom air quality on sleep and next-day performance. *Indoor Air*, 26: 679-686. doi:10.1111/ina.12254

Every form of uncleanness tends to disease. Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. **No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home.** In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder. Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home.⁸ {CG 108.1}

Scientific Discovery:

An airborne disorder is any disease that is caused by a microorganism that is transmitted through the air. There are many airborne diseases that are of clinical importance and include bacteria, viruses, and fungi. These organisms may be spread through sneezing, coughing spraying of liquids, the spread of dust or any activity that results in the generation of aerosolized particles. It is important to be aware that airborne diseases, in general, do not include disorders caused by air pollution such as poisons, smog, and dust. The microorganisms transmitted airborne may be spread via fine mist, dust, aerosols, or liquids. The aerosolized particles may be generated from a source of infection such as body secretions of an infected patient or even an animal. In addition, aerosols may be generated from biological waste products that accumulate in garbage, caves and dry arid containers. During aerosolization, the microorganisms that are less than 5 microns in size float in the air. Sometimes, the microorganisms may be contained in dust particles that are present in the air. Once the droplets that contains microorganisms have been formed, they are then dispersed via air currents to varying distances and can be inhaled by susceptible hosts. The infected aerosolized particles often remain suspended in the air currents and may travel considerable distances, although many particles will drop off within the vicinity.

FROM: Ather, B., & Edemekong, P. F. (2020). Airborne Precautions. In *StatPearls*. StatPearls Publishing.

Fever cases have been lost, when had the physicians left off entirely their drug treatment, had they put their wits to work and wisely and persistently used the Lord's own remedies, **plenty of air and water**, the patients would have recovered. The reckless use of these things that should be discarded has decided the case of the sick. Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been **treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today.** {Ms162-1897.7}

Scientific Discovery

Since the effect of outdoor pollutants on chronic cough and wheezing (odds ratio: 1.85; 95% confidence interval: 1.03-3.33) was only shown to be significant in the subsample of children without allergy and parental atopy, it may be postulated that either allergy is predisposing to respiratory reactions, or outdoor air pollution is coinvolved in an allergization process of the preadolescent children. Consequently, allergy should be considered as an important confound in epidemiological studies on the respiratory effects of air pollution.

FROM: Jedrychowski, W., & Flak, E. (1998). Effects of air quality on chronic respiratory symptoms adjusted for allergy among preadolescent children. *The European respiratory journal*, 11(6), 1312–1318.
<https://doi.org/10.1183/09031936.98.11061312>

Many have been taught that night air is positively injurious to health, and therefore must be excluded from their rooms. One autumn evening I was traveling in a crowded car. The exhalations from so many lungs and bodies rendered the atmosphere very impure, and caused a sickening sensation to come over me. I raised my window, and was enjoying the fresh air, when a lady in earnest, imploring tones, cried out, "Do not put down that window! You will take cold and be sick; the night air is so unhealthful!" I replied, "Madam, we have no other air than night air, in this car or out of it. If you refuse to breathe the night air, you must stop breathing." In the cool of the evening it may be necessary to guard against chilliness by extra clothing; but **there should be a free circulation of pure air through the room during sleeping hours. The free air of heaven, by day or night, is one of the richest blessings we can enjoy.** {CTBH 104.1}

Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep. Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to

cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature. Of course he should **be careful not to sit in a draft or in a cold room when weary, or when in a perspiration.** {CTBH 104.2}

Scientific Discovery:

Air pollution is one of the greatest public health threats worldwide. All substances appearing in excessive quantities in the atmosphere, such as particulate matter, nitrogen oxides or sulphur oxides may be its ingredients. Depending on their size and nature, these compounds may cause greater risk of suffering from respiratory or cardiovascular diseases for exposed people as well as exacerbation and increased mortality due to these illnesses. Smaller particles may penetrate the brain's blood barrier and thus affect the central nervous system. In many studies, they have been shown to have negative effects on brain structure, like diminishing white matter or neuronal degeneration, leading to the earlier onset of Alzheimer or Parkinson disease. Nevertheless, there are reports of association of air pollution with mood disorders, depression, and even suicide. There are many risk factors for these conditions, most important of which are the social situation or chronic diseases.

FROM: Gładka, A., Rymaszewska, J., & Zatoński, T. (2018). Impact of air pollution on depression and suicide. *International journal of occupational medicine and environmental health*, 31(6), 711–721. <https://doi.org/10.13075/ijomeh.1896.01277>

The study findings provide additional support to the thesis that indoor air pollution is an important modifiable factor in the risk of hypertension.

FROM: Rumchev, K., Soares, M., Zhao, Y., Reid, C., & Huxley, R. (2018). The Association between Indoor Air Quality and Adult Blood Pressure Levels in a High-Income Setting. *International journal of environmental research and public health*, 15(9), 2026. <https://doi.org/10.3390/ijerph15092026>

Many labor under the mistaken idea that if they have taken cold they must carefully exclude the outside air, and increase the temperature of the room until it is excessively hot. But the system of one suffering with cold is deranged, the pores are closed by waste matter, and there is more or less inflammation of the internal organs, because the blood has been chilled back from the surface, and thrown upon them. At this time, of all others, the lungs should not be deprived of pure air. Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. The power of the will is a great help in resisting cold, and giving energy to the nervous system. **To deprive the lungs of air, is like depriving the stomach of food. Air is the food that God has provided for the lungs. Welcome it; cultivate a love for it, as a precious boon of heaven.** {CTBH 104.3}

Breathing, Deep, a Means of Healing—The physician **should teach the patient how to breathe deeply**, and this in many cases will be found to be a means of healing.—Manuscript 83, 1908. {3MR 309.2}

Scientific Discovery:

A growing number of empirical studies have revealed that diaphragmatic breathing may trigger body relaxation responses and benefit both physical and mental health.

FROM: Ma, X., Yue, Z. Q., Gong, Z. Q., Zhang, H., Duan, N. Y., Shi, Y. T., Wei, G. X., & Li, Y. F. (2017). The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults. *Frontiers in psychology*, 8, 874.
<https://doi.org/10.3389/fpsyg.2017.00874>

Prophetic Utterance: Sunlight

A Comprehensive Code—In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. **I must get all the sunlight that it is possible for me to obtain.** I must have wisdom to be a faithful guardian of my body. {CG 366.3}

Sunlight a Necessity—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 exercise....** {DG 175.1}

No room in the house should be considered furnished and adorned without the cheering, enlivening light and sunshine, which are Heaven's own free gift to man....—The Health Reformer, April 1, 1871. {DG 175.2}

Scientific Discovery:

Possible physiological causes for the effect of sunlight on mood are through the suprachiasmatic nuclei and evidenced by serotonin and melatonin regulation and its associations with depression. Cognitive function involved in these same pathways may potentially be affected by sunlight exposure. We evaluated whether the amount of sunlight exposure (i.e. insolation) affects cognitive function and examined the effect of season on this relationship...The study found an association between decreased exposure to sunlight and increased probability of cognitive impairment using a novel data source.

FROM: Kent, S. T., McClure, L. A., Crosson, W. L., Arnett, D. K., Wadley, V. G., & Sathiakumar, N. (2009). Effect of sunlight exposure on cognitive function among depressed and non-depressed participants: a REGARDS cross-sectional study. *Environmental health : a global access science source*, 8, 34.
<https://doi.org/10.1186/1476-069X-8-34>

Avoid Lowlands—If we would have our homes the abiding place of health and happiness, we must place them above the miasma and fog of the lowlands and give free entrance to heaven’s life-giving agencies. **Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets and tarnish the picture frames, but it will bring a healthy glow to the cheeks of the children.**² {AH 149.2}

Scientific Discovery:

UV also benefits human health by mediating natural synthesis of vitamin D and endorphins in the skin, therefore UV has complex and mixed effects on human health. Nonetheless, excessive exposure to UV carries profound health risks, including atrophy, pigmentary changes, wrinkling and malignancy.

FROM: D’Orazio, J., Jarrett, S., Amaro-Ortiz, A., & Scott, T. (2013). UV radiation and the skin. *International journal of molecular sciences*, 14(6), 12222–12248. <https://doi.org/10.3390/ijms140612222>

The Yard Surrounding the House—A yard beautified with scattering trees and some shrubbery, at a proper distance from the house, has a happy influence upon the family, and, if well taken care of, will prove no injury to the health. **But shade trees and shrubbery close and dense around a house make it unhealthful, for they prevent the free circulation of air and shut out the rays of the sun. In consequence, a dampness gathers in the house,** especially in wet seasons.³ {AH 149.3}

Value of a Daily Program—As far as possible, it is well to consider what is to be accomplished through the day. Make a memorandum of the different duties that await your attention, and set apart a certain time for the doing of each duty. Let everything be done with thoroughness, neatness, and dispatch. **If it falls to your lot to do the chamber work, then see that the rooms are well aired, and that the bed clothing is exposed to the sunlight.** Give yourself a number of minutes to do the work, and do not stop to read papers and books that take your eye, but say to yourself, “No, I have just so many minutes in which to do my work, and I must accomplish my task in the given time.” ... {CG 124.6}

Scientific Discovery:

Safe and effective decontamination and reuse of N95 filtering facepiece respirators (FFRs) has the potential to significantly extend FFR holdings, mitigating a potential shortage due to an influenza pandemic or other pandemic events. Ultraviolet germicidal irradiation (UVGI) has been shown to be effective for decontaminating influenza-contaminated FFRs.

FROM: Mills, D., Harnish, D. A., Lawrence, C., Sandoval-Powers, M., & Heimbuch, B. K. (2018). Ultraviolet germicidal irradiation of influenza-contaminated N95 filtering facepiece respirators. *American journal of infection control*, 46(7), e49–e55. <https://doi.org/10.1016/j.ajic.2018.02.018>

Air disinfection via upper-room 254-nm germicidal UV (UV-C) light in public buildings may be able to reduce influenza transmission via the airborne route.

FROM: McDevitt, J. J., Rudnick, S. N., & Radonovich, L. J. (2012). Aerosol susceptibility of influenza virus to UV-C light. *Applied and environmental microbiology*, 78(6), 1666–1669. <https://doi.org/10.1128/AEM.06960-11>

978. **This is one of nature's most healing agents.**—Testimonies for the Church 2:527. {HL 229.1}

Scientific Discovery:

Ultraviolet blood irradiation (UBI) was extensively used in the 1940s and 1950s to treat many diseases including septicemia, pneumonia, tuberculosis, arthritis, asthma and even poliomyelitis. The early studies were carried out by several physicians in USA and published in the American Journal of Surgery. However with the development of antibiotics, UBI use declined and it has now been called "the cure that time forgot". Later studies were mostly performed by Russian workers and in other Eastern countries and the modern view in Western countries is that UBI remains highly controversial.

FROM: Hamblin M. R. (2017). Ultraviolet Irradiation of Blood: "The Cure That Time Forgot"?. *Advances in experimental medicine and biology*, 996, 295–309. https://doi.org/10.1007/978-3-319-56017-5_25

The majority of surgical site infections (SSI) are believed to be caused by airborne transmission of bacteria alighting onto the wound during surgical procedures. We have previously shown that far-ultraviolet C light in the wavelength range of 207-222 nm is significantly harmful to bacteria, but without damaging mammalian cells and tissues.

Results: In the circumstance of superficial incisions infected with bacteria alighting onto the wound, 222-nm light showed the same bactericidal properties of 254-nm light but without the associated skin damage.

Conclusions: Being safe for patient and hospital staff, our results suggested that far-UVC light (222 nm) might be a convenient approach to prevent transmission of drug-resistant infectious agents in the clinical setting.

FROM: Ponnaiya, B., Buonanno, M., Welch, D., Shuryak, I., Randers-Pehrson, G., & Brenner, D. J. (2018). Far-UVC light prevents MRSA infection of superficial wounds in vivo. *PLoS one*, 13(2), e0192053. <https://doi.org/10.1371/journal.pone.0192053>

979. **If you would have your homes sweet and inviting, make them bright with air and sunshine, remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight,** even if it be at the expense of the colors of your carpets.—Testimonies for the Church 2:527. {HL 229.2}

980. **If the windows were freed from blinds and heavy curtains, and the air and sun permitted to enter freely the darkened rooms, there would be seen a change for the better in the mental and physical health of the children.** The pure air would have an invigorating influence upon them, and **the sun that carries healing in its beams would soothe and cheer, and make them happy, joyous, and healthy.**—The Health Reformer, April 1, 1871. {HL 229.3}

Scientific Discovery:

Modern populations are increasingly overfed, malnourished, sedentary, sunlight-deficient, sleep-deprived, and socially-isolated. These changes in lifestyle each contribute to poor physical health and affect the incidence and treatment of depression.

FROM: Hidaka B. H. (2012). Depression as a disease of modernity: explanations for increasing prevalence. *Journal of affective disorders*, 140(3), 205–214.
<https://doi.org/10.1016/j.jad.2011.12.036>

981. The confined air of unventilated rooms meets us with sickening odors of mildew and mold, and the impurities exhaled from its inmates.... The emanations from damp, moldy rooms and clothing are poisonous to the system.... **If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented....** This is the only way rooms can be kept from impurities.... Every room in our dwellings should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease.—The Health Reformer, February 1, 1874. {HL 229.4}

Scientific Discovery:

The research reported here investigated the inactivation effect of aerosolized microorganisms, including viruses, bacteria, and fungi, with an UVC LED module. UVC LED, an innovative technology, can effectively inactivate microorganisms regardless of taxonomic classification and can sufficiently substitute for conventional mercury UV lamps

FROM: Kim, D. K., & Kang, D. H. (2018). UVC LED Irradiation Effectively Inactivates Aerosolized Viruses, Bacteria, and Fungi in a Chamber-Type Air Disinfection System. *Applied and environmental microbiology*, 84(17), e00944-18.
<https://doi.org/10.1128/AEM.00944-18>

982. **Exercise, and a free and abundant use of the air and sunlight, ... would give life and strength to the emaciated.**—Testimonies for the Church 2:531. {HL 230.1}

983. **The feeble one should press out into the sunshine as earnestly and naturally as do the shaded plants and vines. The pale and sickly grain blade that has struggled up out of the cold of early spring, puts out the natural and healthy deep green after enjoying for a few days the health-and-life-giving rays of the sun.** Go out into the light and warmth of the glorious sun, you pale and sickly ones, and share

with vegetation its life-giving, health-dealing power.—The Health Reformer, May 1, 1871. {HL 230.2}

Scientific Discovery:

Moreover, although excessive sun exposure is an established risk factor for cutaneous malignant melanoma, continued high sun exposure was linked with increased survival rates in patients with early-stage melanoma in a study reported by Marianne Berwick, an epidemiology professor at the University of New Mexico, in the February 2005 *Journal of the National Cancer Institute*. Holick also points out that most melanomas occur on the least sun-exposed areas of the body, and occupational exposure to sunlight actually reduced melanoma risk in a study reported in the June 2003 *Journal of Investigative Dermatology*.

FROM: Mead M. N. (2008). Benefits of sunlight: a bright spot for human health. *Environmental health perspectives*, 116(4), A160–A167.

<https://doi.org/10.1289/ehp.116-a160>

Prospective cohort studies are less prone to confounding and bias than case-control studies. Two Scandinavian studies, initiated in the early 1990s, have provided valuable information on sun exposure and all-cause mortality. In the Swedish Women's Lifestyle and Health cohort study, increased sun exposure, as recorded by the number of weeks spent on sun-bathing holidays, predicted reduced all-cause mortality 25 years later [17] even at the expense of increased melanoma [18]. Subjects in the Melanoma in Southern Sweden study were asked about sunbathing, sun-seeking holidays in summer, sun-seeking holidays in winter, and use of sunbeds to give a sun-exposure score of 0-4. Extensive adjustment for possible confounders was made, and subjects were re-polled 25 years after enrolment. Dose dependently, the higher the sun-seeking behaviour, the lower the all-cause mortality, with those scoring 4 having half the mortality of sun-avoiders. Extrapolating from these data, the authors calculate that 3% of deaths in Sweden can be accounted for by inadequate sun.

FROM: Weller R, B: Sunlight Has Cardiovascular Benefits Independently of Vitamin D. *Blood Purif* 2016;41:130-134. doi: 10.1159/000441266

Prophetic Utterance: Abstemiousness

Men who are engaged in giving the last message of warning to the world, a message which is to decide the destiny of souls, should make a practical application in their own lives of the truths they preach to others. They should be examples to the people in their eating, in their drinking, and in their chaste conversation and deportment. Gluttony, indulgence of the baser passions, and grievous sins, are hidden under the garb of sanctity by many professed representatives of Christ throughout our world. There are men of excellent natural ability whose labor does not accomplish half what it might if they were temperate in all things. **Indulgence of appetite and passion beclouds the mind, lessens physical strength, and weakens moral power. Their thoughts are not clear. Their words are not spoken in power, are not vitalized by the Spirit of God so as to reach the hearts of the hearers.** {CD 162.3}

Scientific Discovery:

Twenty-one patients experienced headache related to sexual activity. Two varieties of headache could be distinguished from the clinical histories. The first, developing as sexual excitement mount, had the characteristics of muscle contraction headache. The second, severe, throbbing or 'explosive' in character, occurring at the time of orgasm, was presumably of vascular origin associated with a hyperdynamic circulatory state. Two of the patients with the latter type of headache had each experienced episodes of cerebral vascular insufficiency on one occasion which subsequently resolved. A third patient in this category had a past history of drop attacks. No evidence of any structural lesion was obtained on clinical examination or investigation, including cerebral angiography in seven patients. Eighteen patients have been followed up for periods of two to seven years without any serious intracranial disorder becoming apparent. While the possibility of intracranial vascular or other lesions must always be borne in mind, there appears to be a syndrome of headache associated with sexual excitement where no organic change can be demonstrated, analogous to benign cough headache and benign exertional headache.

FROM: Lance J. W. (1976). Headaches related to sexual activity. *Journal of neurology, neurosurgery, and psychiatry*, 39(12), 1226–1230.
<https://doi.org/10.1136/jnnp.39.12.1226>

As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion.

Abstemiousness in diet, and control of all the passions, will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common. All who have a true sense of the sacrifice made by Christ in leaving His home in heaven to come to this world that He might by His own life show man how to resist temptation, will cheerfully deny self and choose to be partakers with Christ of His sufferings. {CD 163.1}

Abstemiousness in diet is rewarded with mental and moral vigor; it also aids in the control of the passions. Overeating is especially harmful to those who are sluggish in temperament; these should eat sparingly and take plenty of physical exercise. There are men and women of excellent natural ability who do not accomplish half what they might if they would exercise self-control in the denial of appetite. {MH 308.2}

Scientific Discovery:

People eating ultra-processed foods ate more calories and gained more weight than when they ate a minimally processed diet, according to results from a National Institutes of Health study. The difference occurred even though meals provided to the volunteers in both the ultra-processed and minimally processed diets had the same number of calories and macronutrients. The results were published in *Cell Metabolism* (link is external).

FROM: <https://www.nih.gov/news-events/news-releases/nih-study-finds-heavily-processed-foods-cause-overeating-weight-gain>

Is overeating a neurological disorder like drug or alcohol addiction? Recent advances in neuroscience suggest it might be, which could have profound consequences for the treatment of obese people and public health policies to address the growing epidemic of obesity.

Indeed, the similarities between some forms of overeating and drug addiction might derive from the same imbalance in certain neural pathways that mediate the motivation to eat certain foods or to take drugs, and those that control these urges [5]. The dopamine reward pathway is central to this goal-directed behaviour (Fig 1): pleasurable activities such as eating, sex or drug use trigger the release of dopamine into an area of the midbrain called the nucleus accumbens. This release of dopamine signals that these activities are worth repeating. However, the excessive consumption of food or drugs can dysregulate this system to the point that pursuit of these rewarding activities dominates an individual's behaviour [5]. However, although most abused drugs act directly on the dopamine reward pathway, repeated carbohydrate and sugar ingestion act indirectly by affecting palatability and increasing insulin and glucose secretion [5]. The opioid neurotransmitter system then links the palatability or pleasure effects of food with the reward system [6]. Endogenous opioids subsequently trigger higher levels of dopamine release in the striatum, thereby reinforcing the consumption of food. Opioids might also reinforce food cravings, as indicated by the analgesic effects of sweet foods and the finding that drugs blocking opioids also reduce food intake [6]. It is the overuse of these endogenous opioids that dampens the system so as to produce the high levels of endorphins observed in obese individuals [6]. In fact, the abnormal neurotransmitter levels found in obese animals and humans are similar to those seen in chronic drug abusers...The orbitofrontal cortex is involved in decision-making and determining the expected rewards and punishments of an action. Addictive drugs and food, particularly in obese individuals, are believed to cause neurons from the ventral tegmental area to release the neurotransmitter dopamine in the nucleus accumbens. These regions regulate activity in the frontal cortical regions.

FROM: Lee, N. M., Carter, A., Owen, N., & Hall, W. D. (2012). The neurobiology of overeating. Treating overweight individuals should make use of neuroscience research, but not at the expense of population approaches to diet and lifestyle. *EMBO reports*, 13(9), 785–790. <https://doi.org/10.1038/embor.2012.115>

Many writers and speakers fail here. After eating heartily, they give themselves to sedentary occupations, reading, study, or writing, allowing no time for physical exercise. As a consequence the free flow of thought and words is checked. They cannot write or speak with the force and intensity necessary in order to reach the heart; their efforts are tame and fruitless. {MH 309.1}

Those upon whom rest important responsibilities, those, above all, who are guardians of spiritual interests, should be men of keen feeling and quick perception. More than others, **they need to be temperate in eating.** Rich and luxurious food should have no place upon their tables. {MH 309.2}

Scientific Discovery:

[Remember that overeating affects the orbitofrontal cortex, see: “The neurobiology of overeating”]

Primary Progressive Aphasia (PPA) is caused by degeneration in the parts of the brain that control speech and language (the left, or “dominant,” side of the brain in the frontal, temporal and parietal regions that normally control language function). This type of aphasia begins gradually, with speech or language symptoms that reflect the normal role for the site of initial degeneration. Eventually, problems spread throughout the broader language network. PPA subtypes include nonfluent primary progressive aphasia (nfvPPA), semantic variant primary progressive aphasia (svPPA) and logopenic primary progressive aphasia (lvPPA). These syndromes result from a variety of underlying diseases, but most often frontotemporal lobar degeneration (FTLD) (both tau and TDP-43 subtypes) or Alzheimer’s disease.

Damage to a discrete part of the brain in the left frontal lobe (Broca’s area) of the language-dominant hemisphere has been shown to significantly affect the use of spontaneous speech and motor speech control. Words may be uttered very slowly and poorly articulated. Speech may be labored and consist primarily of nouns, verbs or important adjectives. Speech takes on a telegraphic character. People suffering from Broca’s aphasia have great difficulty with repetition and a severe impairment in writing. In some patients, however, the understanding of spoken and written language may be relatively well-preserved.

FROM: <https://memory.ucsf.edu/symptoms/speech-language>

Excessive indulgence in eating, drinking, sleeping, or seeing, is sin. The harmonious, healthy action of all the powers of body and mind results in happiness; and the more elevated and refined the powers the more pure and unalloyed the happiness.—Testimonies for the Church 4:416, 417, 1880 {CD 141.2}

Prophetic Utterance: Rest

Mothers should take their daughters with them into the kitchen and patiently educate them. Their constitution will be better for such labor; their muscles will gain tone and strength, and their meditations will be more healthy and elevated at the close of the day. They may be weary, but how sweet is rest after a proper amount of labor. Sleep, nature's sweet restorer, invigorates the weary body and prepares it for the next day's duties. Do not intimate to your children that it is no matter whether they labor or not. Teach them that their help is needed, that their time is of value, and that you depend on their labor. {CH 147.2}

Scientific Discovery:

A mouse study suggests that sleep helps restore the brain by flushing out toxins that build up during waking hours. The results point to a potential new role for sleep in health and disease.

Scientists and philosophers have long wondered why people sleep and how it affects the brain. Sleep is important for storing memories. It also has a restorative function. Lack of sleep impairs reasoning, problem-solving, and attention to detail, among other effects. However, the mechanisms behind these sleep benefits have been unknown.

FROM: <https://www.nih.gov/news-events/nih-research-matters/how-sleep-clears-brain#:~:text=A%20mouse%20study%20suggests%20that,how%20it%20affects%20the%20brain>.

Shade trees and shrubbery too close and dense around a house are unhealthy; for they prevent a **free circulation of air**, and prevent the rays of the sun from shining sufficiently through. In consequence of this, a dampness gathers in the house. Especially in wet seasons the sleeping rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard beautified with scattering trees, and some shrubbery, at a proper distance from the house, has a happy, cheerful influence upon the family, and, if well taken care of, will prove no injury to health. Dwellings, if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result. {2SM 463.3}

Scientific Discovery:

Exposure to mould or dampness at home has been associated with adverse respiratory effects in all age groups. This exposure has also been related to insomnia in adults...Our data suggests that visible mould or dampness at home might negatively influence sleep in children. The influence of allergic rhinoconjunctivitis on this association needs to be investigated in future studies.

FROM: Tiesler, C. M. T., Thiering, E., Tischer, C., Lehmann, I., Schaaf, B., von Berg, A., & Heinrich, J. (2015). Exposure to visible mould or dampness at home and sleep problems in children: Results from the LISApplus study. *Environmental Research, 137*, 357-363. doi:10.1016/j.envres.2014.11.023

Proper exercise, daily, strengthens the muscles, aids digestion, and induces sleep. This, with taking full inspirations of good air, combined with plain, nourishing diet, free from grease and spices, avoiding pastry and unhealthy condiments, will do much to restore health to the invalid. Those who would enjoy the blessings of health and strength must have a proper amount of exercise daily. We should never be ashamed of labor. God has shown us that employment is ennobling, in that he gave the sinless representatives of the race something to do. They were to labor, to dress and keep the garden. {HR August 1, 1873, par. 15 }

Scientific Discovery:

Twenty-nine studies concluded that exercise improved sleep quality or duration; however, four found no difference and one reported a negative impact of exercise on sleep. Study results varied most significantly due to participants' age, health status, and the mode and intensity of exercise intervention. Mixed findings were reported for children, adolescents, and young adults. Interventions conducted with middle-aged and elderly adults reported more robust results. In these cases, exercise promoted increased sleep efficiency and duration regardless of the mode and intensity of activity, especially in populations suffering from disease. Our review suggests that sleep and exercise exert substantial positive effects on one another; however, to reach a true consensus, the mechanisms behind these observations must first be elucidated.

Despite the overwhelming consensus that both sufficient sleep and adequate exercise are pivotal in maintaining health, these behaviors are often deprioritized within the typical American lifestyle. For example, the Centers for Disease Control and Prevention estimate that nearly one-third of adults sleep less than the recommended seven hours per night needed to maintain optimal health...Alongside the lack of sleep, Americans have struggled to engage in the recommended amount of daily exercise. The 2015 National Health Interview Survey found that, from 1997 to 2015, over one-half of adults failed to meet the federal Physical Activity Guidelines for aerobic physical activity and only one-fifth satisfied the federal guidelines for both aerobic and muscle-strengthening activity

FROM: Dolezal, B. A., Neufeld, E. V., Boland, D. M., Martin, J. L., & Cooper, C. B. (2017). Interrelationship between Sleep and Exercise: A Systematic Review. *Advances in preventive medicine, 2017*, 1364387. <https://doi.org/10.1155/2017/1364387>

It is a very bad habit to let work drag and drive one. Drive the work, and then you will not become discouraged. It is a bad plan to give way to impulse. If you see a book you would like to read, and sit down in the midst of your work and read during the precious hours of the day, when there is work that needs to be done, then the work is neglected. **Make it habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit, and this reading**

much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the brain and then there is restlessness and wakefulness, and the precious sleep, which should rest the body, does not come when desired. {9MR 46.1 }

Scientific Discovery:

Poor sleep is a common and debilitating problem of adolescence, affecting around 25–40% of teenagers at some point in their development. The onset of puberty triggers hormonal changes that delay circadian rhythms producing a physiological drive toward later sleep and wake times.

Stronger effects for computers, TVs and cellphones compared with radios likely reflect differences in the nature of these devices and their mechanism of action. First, unlike radios, computers, cellphones and TVs emit light, known to suppress melatonin and delay sleep/wake patterns. This study surveyed use of devices in bed, potentially emphasizing either large-screen devices that may be comfortably viewed from bed, or the use of smaller hand-held devices that tend to be used at a closer viewing distance producing greater light intensity.

Use of computers, cell-phones and televisions at higher doses was associated with delayed sleep/wake schedules and wake lag, potentially impairing health and educational outcomes.

FROM: Gamble, A. L., D'Rozario, A. L., Bartlett, D. J., Williams, S., Bin, Y. S., Grunstein, R. R., & Marshall, N. S. (2014). Adolescent sleep patterns and night-time technology use: results of the Australian Broadcasting Corporation's Big Sleep Survey. *PLoS one*, 9(11), e111700. <https://doi.org/10.1371/journal.pone.0111700>

It is needful to take care of the body and to study its needs and preserve it from unnecessary exposure. It is a sin to be ignorant of how to care for the wants of this habitation God has given us. Especially should brain workers begin to be soothed and not in any way excited as they draw nigh their hours for sleep. **Let the blood be attracted from the brain by some kind of exercise, if need be. Let not the brain be taxed even to read, and, of course, not to put forth literary effort.** You shall, Marian [Davis] and Fannie [Bolton], have one or two hours, as will best please you, in the daytime, and you will not feel so starved for intellectual food that you will partake of it in the night hours. God designed that the night shall be given to sleep.... {9MR 46.2}

Scientific Discovery:

Light from screens in the evening alters alertness, and suppresses melatonin levels; due to this, there is a direct correlation between reading with a well lit, eliminated light-emitting device and energy levels the following day, especially when compared to reading an actual printed book.

Printed books do the exact same job, but do not affect the eyes or brain nearly as much as bright lights do, which is the main reason for a restless nights sleep when it comes to reading from a tablet or computer. Poor quality of sleep is a leading factor tied in to health problems like obesity, diabetes, and cardiovascular disease.

FROM: <https://www.thejoint.com/texas/cypress/cypress-28060/why-night-time-reading-isnt-just-bad-for-your-eyes>

Wake up in the mornings. Set your hour to **rise early**, and bring yourself to it, then **retire at an early hour**, and you will see that you will overcome many painful disorders which distress the mind, cause gloomy feelings, discouragement, and unhappy friction, and disqualify you for doing anything without great taxation.—Letter 76, 1888, pp. 3-5. (To Brother and Sister Lockwood, Marian Davis, Fannie Bolton, and May Walling, May 24, 1888.) {9MR 47.1}

Scientific Discovery:

Timing of sleep and wakefulness correlated more closely with academic performance than total sleep time and other relevant factors.

FROM: Eliasson, Arne & Lettieri, Christopher & Eliasson, Arn. (2009). Early to bed, early to rise! Sleep habits and academic performance in college students. *Sleep & breathing = Schlaf & Atmung*. 14. 71-5. 10.1007/s11325-009-0282-2.

Promoting an early rising time is suggested to be an important element of cultivating good health in young children.

FROM: Kohyama J. (2007). Early rising children are more active than late risers. *Neuropsychiatric disease and treatment*, 3(6), 959–963.
<https://doi.org/10.2147/ndt.s2087>

The Lord has shown me that Sabbath-keepers as a rule labor too hard, without allowing themselves change or periods of rest. Recreation is needful to those who engage in physical labor, and is still more essential for those whose work is principally mental. It is not essential to our salvation nor for the glory of God to keep the mind laboring constantly and excessively, even upon religious themes. There are amusements, such as card-playing, dancing, theater-going, etc., which we cannot approve, because Heaven condemns them. They open the door to great evils. By their exciting tendency they produce in some minds a passion for gambling and dissipation. All such amusements should be condemned by Christians, and something perfectly harmless should be substituted in their place. There are modes of recreation which are highly beneficial to both mind and body. An enlightened, discriminating mind will find abundant means for entertainment and diversion from sources not only innocent, but instructive. **Recreation in the open air, and the contemplation of the works of God in nature, will be of the highest benefit.** {CTBH 108.2}

Scientific Discovery:

Current evidence from observational studies suggests a small association between long working hours and cardiovascular events, such as coronary heart disease and stroke. These associations seem to be consistent with no major heterogeneity between studies and with dose-response relationships observed in some studies. The observed estimates were also robust to adjustment for confounding, although residual confounding cannot be ruled out. With evidence on increased cardiac electric instability and hypercoagulability among those working long hours, there is some evidence of biological plausibility.

FROM: Virtanen, M., & Kivimäki, M. (2018). Long Working Hours and Risk of Cardiovascular Disease. *Current cardiology reports*, 20(11), 123. <https://doi.org/10.1007/s11886-018-1049-9>

However, individuals who reported spending ≥ 120 mins in nature last week had consistently higher levels of both health and well-being than those who reported no exposure. Sensitivity analyses using splines to allow duration to be modelled as a continuous variable suggested that beyond 120 mins there were decreasing marginal returns until around 200–300 mins when the relationship flattened or even dropped. We tentatively suggest, therefore, that 120 mins contact with nature per week may reflect a kind of “threshold”, below which there is insufficient contact to produce significant benefits to health and well-being, but above which such benefits become manifest.

FROM: White, M. P., Alcock, I., Grellier, J., Wheeler, B. W., Hartig, T., Warber, S. L., . . . Samhällsvetenskapliga fakulteten. (2019). Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Scientific Reports*, 9(1), 7730-11. doi:10.1038/s41598-019-44097-3

Both physical activity and exposure to nature are known separately to have positive effects on physical and mental health...Both rural and urban pleasant scenes produced a significantly greater positive effect on self-esteem than the exercise-only control...We conclude that green exercise has important public and environmental health consequences.

FROM: Pretty, Jules & Barton, Jo & Sellens, Martin & Griffin, Murray. (2005). The mental and physical health outcomes of green exercise. *International journal of environmental health research*. 15. 319-37. 10.1080/09603120500155963.

Social interaction time was significantly greater during outdoors exercise versus indoors; on average, participants engaged in three minutes more social interaction during exercise outdoors compared to indoors. Social interaction time significantly predicted intention for future exercise in the outdoors condition, but did not in the indoor condition. There was a significant time by condition interaction for directed attention. Scores worsened in the indoors condition, but improved in the outdoors condition. There was no statistically-significant time by condition interaction for mood and no significant difference between conditions for either perceived exertion or intention. Taken together, these findings show that exercise in a natural environment

may promote directed attention and social interactions, which may positively influence future exercise intentions.

FROM: Rogerson, M., Gladwell, V. F., Gallagher, D. J., & Barton, J. L. (2016). Influences of Green Outdoors versus Indoors Environmental Settings on Psychological and Social Outcomes of Controlled Exercise. *International journal of environmental research and public health*, 13(4), 363. <https://doi.org/10.3390/ijerph13040363>

Prophetic Utterance: Exercise

More people die for want of exercise than from overwork; very many more rust out than wear out. In idleness the blood does not circulate freely, and the changes in the vital fluid, so necessary to health and life, do not take place. The little mouths in the skin, through which the body breathes, become clogged, thus making it impossible to eliminate impurities through that channel. This throws a double burden upon the other excretory organs, and disease is soon produced. **Those who accustom themselves to exercising in the open air, generally have a vigorous circulation.** Men and women, young or old, who desire health and who would enjoy life, should remember that they cannot have these without a good circulation. Whatever their business or inclinations, they should feel it a religious duty to make wise efforts to overcome the conditions of disease which have kept them in-doors. {CTBH 101.2}

...**Exercise in the invigorating air of heaven is necessary to a healthy circulation of the blood.** It is the best safeguard against colds, coughs, and the internal congestions which lay the foundation of so many diseases. True dress reform regulates every article of clothing.

Scientific Discovery:

Prolonged, intense exercise causes immunosuppression, while moderate intensity exercise improves immune function and potentially reduces risk and severity of respiratory viral infection...This article has provided evidence to support the hypothesis that moderate intensity exercise reduces inflammation and improves the immune response to respiratory viral infections. We hypothesize that acute and chronic moderate exercise induces a level of stress hormones that down-regulates excessive inflammation within the respiratory tract and aids in activating innate anti-viral immunity shifting the immune response towards a Th2 profile (Fig. 4), thereby balancing the Th1/Th2 responses to prevent an excessive Th1 immune reaction to these pathogens.

FROM: Martin, S. A., Pence, B. D., & Woods, J. A. (2009). Exercise and respiratory tract viral infections. *Exercise and sport sciences reviews*, 37(4), 157–164. <https://doi.org/10.1097/JES.0b013e3181b7b57b>

I do not condemn the simple exercise of playing ball; but this, even in its simplicity, may be overdone. I shrink always from the almost sure result which follows in the wake of these amusements. It leads to an outlay of means that should be expended in bringing the light of truth to souls that are perishing out of Christ. The

amusements and expenditures of means for self-pleasing, which lead on step by step to self-glorifying, and the educating in these games for pleasure produce a love and passion for such things that is not favorable to the perfection of Christian character. {AH 499.4-5}

Vigorous exercise the pupils must have. Few evils are more to be dreaded than indolence and aimlessness. Yet the tendency of most athletic sports is a subject of anxious thought to those who have at heart the well-being of the youth. Teachers are troubled as they consider the influence of these sports both on the student's progress in school and on his success in afterlife. The games that occupy so much of his time are diverting the mind from study. They are not helping to prepare the youth for **practical, earnest work** in life. Their influence does not **tend toward refinement, generosity, or real manliness**. {AH 500.2}

The laws of life and health must not be trifled with. Human beings must appreciate their God-given capabilities. They are required to study to obey the laws of God, to bring their bodies under intelligent restraint. This is a work they must in no wise neglect. They are not to be under any one's jurisdiction, to place themselves in position where their health will be endangered. They must respect and care for the physical structure. They must have the best advantages for sleeping, and are not to feel that it is an indifferent matter what they eat, and how many studies they take. **They should not exercise violently, or for too many hours a time**. They should eat regularly. {Lt1 15-1898.7}

Useful physical labour is a part of the Gospel. The great Teacher, when enshrouded in the pillar of cloud, gave direction that every youth should learn a trade. Thus, the people would be enabled to earn their own bread. And knowing how hard it was to obtain money, they would not spend their means foolishly. {AUCR December 1, 1899, par. 1}

It is our duty ever to seek to do good in the use of the muscles and brain God has given to youth, that they may be useful to others, making their labors lighter, soothing the sorrowing, lifting up the discouraged, speaking words of comfort to the hopeless, turning the minds of the students from fun and frolic which often carries them beyond the dignity of manhood and womanhood to shame and disgrace. The Lord would have the mind elevated, seeking higher, nobler channels of usefulness. The same power of **exercise of mind and muscle** might invent ways and means of altogether **a higher class of exercise, in doing missionary work** which would make them laborers together with God, and would be educating for higher usefulness in the present life, in doing useful work, which is a most essential branch in education.... {AH 509.4-5}

Commentary: Based on the readings prior to this, we understand that all people need exercise or some sort of physical activity in order to achieve and maintain good health. From prior studies, we know that physical activity outside has social benefits and health benefits. It logically follows that missionary work is the best class of exercise because it meets four important criteria given by Ellen White. Missionary work involves 1) Physical activity outside 2) Practical work 3) Social interactions 4) The mind and body

Prophetic Utterance: The Use of Water

Fever cases have been lost, when had the physicians left off entirely their drug treatment, had they put their wits to work and wisely and persistently used the Lord's own remedies, **plenty of air and water**, the patients would have recovered. The reckless use of these things that should be discarded has decided the case of the sick. Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been **treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today.** {Ms162-1897.7}

Friday, October 3, 1873—The horse called Parson was very sick. We feared he would die. We doctored him as well as we could, **putting hot flannel blankets around him.** He was relieved after **several applications.** We learned **that hydrotherapy is for animals as well as for human beings.** {3MR 168.3}

The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. {CCh 218.2}

Willie was sick. Ate no dinner. Gave him treatment. He seemed to be in a **high fever.** **We gave him a sitz bath, followed by pack.** It was difficult to subdue his fever. I brought about fourteen pails of water, which wearied me considerably. My husband and Lucinda rode up to Laskey's. We had quite a severe hailstorm. {Ms9-1873.30}

...W. C. White, Mary, and I walked to the city. It is quite a walk. I did not know I was so weak. I soon began to fell chilliness which did not leave me from morning until noon. We called a hack, and Mary and I rode home. The water in bathroom pipes was hot, which is seldom the case. I took a hot bath and lay in it as long as I dared, then went to bed. My headache left me in a great measure. {Lt95-1886.1}

Scientific Discovery:

Based on the available literature this review suggests that the hydrotherapy has a scientific evidence-based effect on various systems of the body. [view this article online and read about all the different effects]

Here are some selections from the article:

- In patient with chronic heart failure (CHF), thermal vasodilatation following warm-water bathing and low-temperature sauna bathing (LTSB) at 60°C for 15 min improves cardiac function
- In children suffering from recurrent and asthmatic bronchitis in remission, a single total air bath, or douche and local (cooling of the feet with water) exposure to mild cold did not raise noticeable disorders of the respiratory

function. Local cold procedures improve bronchial patency but heat exposure resulted in its worsening.

- Temperature and pressure of water in aquatic or hydrotherapy can block nociceptors by acting on thermal receptors and mechanoreceptors and exert positive effect on spinal segmental mechanisms, which is useful for painful condition. Forty sessions of Ai Chi aquatic exercise (AE) program improves pain, spasms, disability, fatigue, depression, and autonomy in patient with multiple sclerosis.

FROM: Mooventhan, A., & Nivethitha, L. (2014). Scientific evidence-based effects of hydrotherapy on various systems of the body. *North American journal of medical sciences*, 6(5), 199–209. <https://doi.org/10.4103/1947-2714.132935>

For How to Do Hydrotherapy Read:

- 1) Rational Hydrotherapy: a manual of the physiological and therapeutic effects of hydriatic procedures and the technique of their application in the treatment of disease by J.H. Kellogg, M.D., LL D., F.A.C.S.
- 2) The Hand-Book of Domestic Hygiene and Rational Medicine by J.H. Kellogg, M.D., LL D., F.A.C.S.
- 3) The Home Book of Modern Medicine: a family guide in health and disease by J.H. Kellogg M.D., LL D., F.A.C.S
- 4) Hygienic Family Physician: a complete guide for the preservation of health and the treatment of the sick without medicine by M.G, Kellogg, M.D.

Prophetic Utterance: Trust in Divine Power

The Bible has little to say in praise of men. All the good qualities men possess are the gift of God; their good deeds are performed by the grace of God through Christ. They are but instruments in His hands. All the lessons of Bible history teach that it is a perilous thing to praise men, for if one comes to lose sight of his entire dependence on God, he is sure to fall. The Bible inculcates distrust of human power and encourages trust in divine power. {EP 520.1}

The spirit of self-exaltation prepared the way for David’s fall. Flattery, power, and luxury were not without effect upon him. According to the customs prevailing among Eastern rulers, crimes not to be tolerated in subjects were uncondemned in the king. All this tended to lessen David’s sense of the exceeding sinfulness of sin. He began to trust to his own wisdom and might. As soon as Satan can separate the soul from God, he will arouse the unholy desires of man’s carnal nature. The work of the enemy is not, at the outset, sudden and startling. It begins in apparently small things—neglect to rely upon God wholly, the disposition to follow the practices of the world. {EP 520.2-3}

When we are humble and contrite we stand where God can and will manifest Himself to us. He is well pleased when we urge past mercies and blessings as a reason why He should bestow on us greater blessings. He will more than fulfill the expectations of those who trust fully in Him. The Lord Jesus knows just what His children need, how much divine power we will appropriate for the blessing of humanity; and He bestows upon us all that we will employ in blessing others and ennobling our own souls. {HDL 61.2}

We must have less trust in what we ourselves can do, and more trust in what the Lord can do for and through us. You are not engaged in your own work; you are doing the work of God. Surrender your will and way to Him. Make not a single reserve, not a single compromise with self. Know what it is to be free in Christ. {HDL 61.3}

The work of our personal salvation also depends upon our cooperation with the divine agencies. God has imparted to us moral powers and religious susceptibilities. He has given His Son as a propitiation for our sins, that we might be reconciled to God. Jesus lived a life of self-denial and sacrifice, that we might follow His example. He has given the Holy Spirit to be in Christ's stead in every place where help is needed. He employs the heavenly intelligences to bring divine power to combine with our human efforts. But we must accept the gift of God, we must repent, and believe in Christ. We must watch, we must pray, we must obey the requirements of God. We must practice self-denial and self-sacrifice for Christ's sake. We must grow up into Christ by constant connection with Him. Whatever turns the mind away from God to trust in man, or conform to a human standard, will prevent us from cooperating with God in the work of our own salvation. This is why the Lord forbade His people to form any alliance with the heathen, "lest it be for a snare in the midst of thee" (Exodus 34:12). He said, "They will turn away thy son from following me" (Deuteronomy 7:4). And the same principle applies to the association of Christians with the ungodly. {2SM 123.4}

We are to grow daily in spiritual loveliness. We shall fail often in our efforts to copy the divine pattern. We shall often have to bow down to weep at the feet of Jesus, because of our shortcomings and mistakes; but we are not to be discouraged; we are to pray more fervently, believe more fully, and try again with more steadfastness to grow into the likeness of our Lord. As we distrust our own power, we shall trust the power of our Redeemer, and render praise to God, who is the health of our countenance, and our God.¹⁴ {Mar 227.4}

Men have nothing but that which God has given them in trust. They are not to indulge pride or to boast of their talents. They owe to God all that makes it possible for them to labor for Him. Yet every man has a part to act in preparing himself for service. By earnest study, taxing effort, he is to cultivate all his powers. Then divine power will surely combine with his efforts. {RC 251.4}

It is your privilege to trust in the love of Jesus for salvation, in the fullest, surest, noblest manner; to say, He loves me, He receives me; I will trust Him, for He gave His life for me. Nothing so dispels doubt as coming in contact with the character of Christ. He declares, "Him that cometh to Me I will in no wise cast out;" that is, there is no possibility of My casting him out, for I have pledged My word to receive him. Take Christ at His word, and let your lips declare that you have gained the victory.... Peace comes with dependence on divine power. As fast as the soul resolves to act in accordance with the light given, the Holy Spirit gives more light and strength.—Testimonies to Ministers, 516-518. {WGD 83.4}

The lessons contained in the words of Paul to Timothy are of the greatest importance to us today. He charges him to "be strong"—in his own wisdom?—No, but "in the grace that is in Christ Jesus." He who would be a follower of Christ is not to rely upon his

own capabilities, or to feel confident in himself. Neither is he to be dwarfed in his religious efforts, to shun responsibilities, and remain inefficient in the cause of God. He is to draw strength from a sure and safe source, that never fails those who would have divine power. The exhortation to us is, "Be strong in the grace that is in Christ Jesus." If the Christian feels his weakness, his inability, by putting his trust in God, he will find the grace of Christ sufficient for every emergency. {RH June 16, 1896, par. 2}

But apart from divine power no genuine reform can be effected. The deadened moral sensibilities of men and women must be aroused. They must be led to understand the benefits gained by obeying the invitation, "Let Him take hold of My strength, that He may make peace with me, and He shall make peace with Me." They must be led to see their need of a loving, sin-pardoning Saviour. He who is man's Creator and Redeemer will be to all who trust in Him a Restorer. While Satan is the destroyer, Christ is the Restorer. The people must be educated to understand that it is a sin to destroy their physical, mental and spiritual energies. And they must understand how to co-operate with God in their own restoration. Through faith in Christ they can overcome the habit of using health-destroying stimulants and narcotics. {San January 1, 1900, par. 4}

Scientific Discovery:

Some observational studies suggest that people who have regular spiritual practices tend to live longer (9). Another study points to a possible mechanism: interleukin (IL)-6. Increased levels of IL-6 are associated with an increased incidence of disease. A research study involving 1700 older adults showed that those who attended church were half as likely to have elevated levels of IL-6 (10). The authors hypothesized that religious commitment may improve stress control by offering better coping mechanisms, richer social support, and the strength of personal values and worldview.

Patients who are spiritual may utilize their beliefs in coping with illness, pain, and life stresses. Some studies indicate that those who are spiritual tend to have a more positive outlook and a better quality of life. For example, patients with advanced cancer who found comfort from their religious and spiritual beliefs were more satisfied with their lives, were happier, and had less pain.

Spiritual commitment tends to enhance recovery from illness and surgery. For example, a study of heart transplant patients showed that those who participated in religious activities and said their beliefs were important complied better with follow-up treatment, had improved physical functioning at the 12-month follow-up visit, had higher levels of self-esteem, and had less anxiety and fewer health worries.

FROM: Puchalski C. M. (2001). The role of spirituality in health care. *Proceedings (Baylor University. Medical Center)*, 14(4), 352–357.
<https://doi.org/10.1080/08998280.2001.11927788>

Scientific literature strongly supports the notion that spirituality and religiousness can enhance health and QOL. In a review of 200 + studies, positive relationships were documented with physical and functional status, reduced psychopathology, greater emotional well-being and improved coping (Matthews, Larson, & Barry, 1993; Matthews & Larson 1995). These studies show that religious/spiritual beliefs typically play a positive role in adjustment and in better health.

Spirituality, religiousness and life meaning enhance coping, confer hope for the future, provide a heightened sense of control, security and stability; they confer support and strength to resist the opportunity to use substances, all of which are very much needed to initiate and maintain recovery.

FROM: Laudet, A. B., Morgen, K., & White, W. L. (2006). The role of social supports, spirituality, religiousness, life meaning and affiliation with 12-step fellowships in quality of life satisfaction among individuals in recovery from alcohol and drug problems. *Alcoholism Treatment Quarterly*, 24(1-2), 33-73.
doi:10.1300/J020v24n01_04

Prophetic Utterance: Herbs

In a certain place, preparations were being made to clear the land for the erection of a sanitarium. Light was given that **there is health in the fragrance of the pine, the cedar, and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting.** Let not such trees be ruthlessly cut down... {Lt95-1902.2}

****note**** pine, cedar and fir trees are conifers**

Scientific Discovery:

Aromatherapy is one of the complementary therapies which use essential oils as the major therapeutic agents to treat several diseases. The essential or volatile oils are extracted from the flowers, barks, stem, leaves, roots, fruits and other parts of the plant by various methods. It came into existence after the scientists deciphered the antiseptic and skin permeability properties of essential oils. Inhalation, local application and baths are the major methods used in aromatherapy that utilize these oils to penetrate the human skin surface with marked aura. Once the oils are in the system, they remodulate themselves and work in a friendly manner at the site of malfunction or at the affected area. This type of therapy utilizes various permutation and combinations to get relief from numerous ailments like depression, indigestion, headache, insomnia, muscular pain, respiratory problems, skin ailments, swollen joints, urine associated complications etc.

FROM: Ali, B., Al-Wabel, N. A., Shams, S., Ahamad, A., Khan, S. A., & Anwar, F. (2015). Essential oils used in aromatherapy: A systemic review. *Asian Pacific Journal of Tropical Biomedicine*, 5(8), 601-611. doi:10.1016/j.apjtb.2015.05.007

Conifers also provide non-timber products such as resins, which are much appreciated for their chemical properties and their versatile uses, such as the production of varnishes, adhesives, food additives, and cosmetic products, and foodstuffs (particularly seeds). Other important applications are active compounds for the pharmaceutical industry such as taxol, extracted from several species of yews, which disrupts the process of cell division and is used in medical treatment against different kinds of cancer.

FROM: The uniqueness of conifers. Carmen Díaz-Sala, ... María-Teresa Cervera, from *Plant Genomics to Plant Biotechnology*, 2013

Medicinal trees have been used both in the prevention and cure of various diseases of humans and their pets with the advent of human civilization many system of therapy have been developed primarily based on plants. Ayurveda, Homeopathy, Siddha, Unani, are our traditional system of medicines. During the survey 64 plants taxa belonged to 57 genera under 32 families were mentioned by them having medicinal potential. Different plants parts of different species are used as medicine for treating various diseases.

FROM: Maurya, Rupesh & Dongarwar, Nitin. (2012). Studies on the medicinal uses of wild trees of Nagpur district. *Int. J. Life Sci. Pharma Res.*. 2.

The intricate names given medicines are used to cover up the matter, so that none will know what is given them as remedies unless they consult a dictionary. **The Lord has given some simple herbs of the field that at times are beneficial**; and if every family understood how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick, who have died under drug medication. One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smart-weed tea, it is still better. I have ordered this in cases where persons were suffering great pain, and when the physician has confided to me that he thought life was about to close. Then I suggested charcoal; the patient slept; the turning-point came, and recovery was the result. For bruise hands with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly. The most severe inflammation of the eyes is relieved by a poultice of charcoal, put in a bag and dipped in water, hot or cold as will best suit the case. This works like a charm. {Ms162-1897.9-10}

Scientific Discovery:

Spices and herbs have been in use for centuries both for culinary and medicinal purposes. Spices not only enhance the flavor, aroma, and color of food and beverages, but they can also protect from acute and chronic diseases. More Americans are considering the use of spices and herbs for medicinal and therapeutic/remedy use, especially for various chronic conditions. There is now ample evidence that spices and herbs possess antioxidant, anti-inflammatory, antitumorigenic, anticarcinogenic, and glucose- and cholesterol-lowering activities as well as properties that affect cognition

and mood. Research over the past decade has reported on the diverse range of health properties that they possess via their bioactive constituents, including sulfur-containing compounds, tannins, alkaloids, phenolic diterpenes, and vitamins, especially flavonoids and polyphenols. Spices and herbs such as clove, rosemary, sage, oregano, and cinnamon are excellent sources of antioxidants with their high content of phenolic compounds.

FROM: Jiang T. A. (2019). Health Benefits of Culinary Herbs and Spices. *Journal of AOAC International*, 102(2), 395–411. <https://doi.org/10.5740/jaoacint.18-0418>

Herbs have been used as food and for medicinal purposes for centuries. Research interest has focused on various herbs that possess hypolipidemic, antiplatelet, antitumor, or immune-stimulating properties that may be useful adjuncts in helping reduce the risk of cardiovascular disease and cancer. In different herbs, a wide variety of active phytochemicals, including the flavonoids, terpenoids, lignans, sulfides, polyphenolics, carotenoids, coumarins, saponins, plant sterols, curcumins, and phthalides have been identified. Several of these phytochemicals either inhibit nitrosation or the formation of DNA adducts or stimulate the activity of protective enzymes such as the Phase II enzyme glutathione transferase (EC 2.5.1.18). Research has centered around the biochemical activity of the *Allium* sp. and the Labiatae, Umbelliferae, and Zingiberaceae families, as well as flaxseed, licorice root, and green tea. Many of these herbs contain potent antioxidant compounds that provide significant protection against chronic diseases. These compounds may protect LDL cholesterol from oxidation, inhibit cyclooxygenase and lipoxygenase enzymes, inhibit lipid peroxidation, or have antiviral or antitumor activity. The volatile essential oils of commonly used culinary herbs, spices, and herbal teas inhibit mevalonate synthesis and thereby suppress cholesterol synthesis and tumor growth.

FROM: Winston J Craig, Health-promoting properties of common herbs, *The American Journal of Clinical Nutrition*, Volume 70, Issue 3, September 1999, Pages 491s–499s, <https://doi.org/10.1093/ajcn/70.3.491s>

One of them from these important plants is smartweed, as its name suggests this plant is actually smart because it has various important medicinal uses.[7] *Polygonum hydropiper* is also called as smartweed, marshpepper, knotweed. It is a plant of polygonoaceae family. All plant parts have been commonly used in traditional system of medicine. Flavanoids are the main group of compounds found in this plant and the plant have numerous pharmacological activities.[6] The plant grows in shallow water and in damp places and it is mainly found in New Zealand, Australia, Temperate Asia, North America. The plant is harvested from wild sources during flowering period and dried in shade at temperature not exceeding 40°C. When dried its active substances decreases therefore should preferably be used fresh if it is intended to be used as a spice or for medicinal purpose.

The plant is a annual herb growing to 0.8m (2ft 7 inches) and flower in the month of July to September. The plant comprises of 6 to 8 stamens with 2 function less ones and 2 to 3 styles to pistil[7] The plant cannot grow in shade and it requires light (sandy), medium(loamy) and heavy (clay) soils. Wet soil is preferred for its growth and it can

also grow in water. This plant is self fertile and the flowers are hermaphrodite (having both male and female organs).[16] This plant has various medicinal properties as it contains glycosides, flavanoids etc. It is also used in cooking. The leaves and stems can be used as raw or cooked leaves are said to contain rutin (which helps to strengthen fragile capillaries) and this helps prevent bleeding and it also makes it useful in treating bleeding, skin problems, diarrhoea. Traditionally juice of the leaves is used in pain, headache, toothache.[22] It is also used as Anti-inflammatory, carminative, diaphoretic, diuretic, stimulant and stomachic.

Smartweed protects gastric ulcers. It is antibacterial, antifungal and cytotoxic. Smartweed exhibits antioxidant activity. Traditionally smartweed has been used for respiratory support.[30] Smartweed is used for the treatment of various respiratory problems like infections of the upper respiratory tract, in sore throat, cough and asthma.

Methanolic, Ethanollic and chloroform extracts of polygonum hydropiper shows antipyretic effect in a study and the effect is measured by determination of percentage reduction. The fever is induced by administering brewer's yeast s.c in mice and the temperature is measured before and after giving extract. The result shows a satisfactory decrease in temperature when compared with standard drug paracetamol.[19]

FROM: PHARMACOLOGICAL, PHYTOCHEMICAL, BIOLOGICAL EVALUATION AND FUTURE PROSPECTS OF POLYGONUM HYDROPIPER
Pooja Arora¹, H. S. Lamba and Pankaj Sharma

Again, take **warm footbaths into which have been put the leaves from the eucalyptus tree.** There is great virtue in these leaves, and if you will try this, you will prove my words to be true. The oil of the eucalyptus is especially beneficial in cases of cough and pains in the chest and lungs. I want you to make a trial of this remedy which is so simple, and which costs you nothing.—Letter 20, 1909 (To the worker addressed in the preceding item). {2SM 301.1-2}

Scientific Discovery:

Eucalyptus leaves and oil are commonly used as an antiseptic, febrifuge, and expectorant. The oil from eucalyptus leaves contains eucalyptol, a chemical that makes it a very powerful antiseptic.

FROM: Pharmacodynamic Basis of Herbal Medicine 2nd Edition by Manuchair Ebadi

The 1,8-cineole (eucalyptol), the principal and the most important constituent extracted from eucalyptus leaves, demonstrated antimicrobial and anti-inflammatory activities.

FROM: Vecchio, Maria & Loganes, Claudia & Minto, Clara. (2016). Beneficial and Healthy Properties of Eucalyptus Plants: A Great Potential Use. The Open Agriculture Journal. 10. 52-57. 10.2174/1874331501610010052.

I do not use **tea**, either green or black. Not a spoonful has passed my lips for many years except when crossing the ocean, and once since on this side I took it as a medicine when I was sick and vomiting. **In such circumstances it may prove a present relief.** {2SM 302.2}

Scientific Discovery:

Green tea contains a high concentration of catechins could be effective in decreasing the frequency and severity of radiotherapy induced diarrhea. Green tea (450 mg/day) could be considered to be a safe for prevention diarrhea and vomiting in patients undergoing pelvic or abdomen radiotherapy.

FROM: Emami, H., Nikoobin, F., Roayaei, M., & Ziya, H. R. (2014). Double-blinded, randomized, placebo-controlled study to evaluate the effectiveness of green tea in preventing acute gastrointestinal complications due to radiotherapy. *Journal of research in medical sciences : the official journal of Isfahan University of Medical Sciences*, 19(5), 445–450.

Coffee as Medicine—I have not knowingly drunk a cup of genuine **coffee** for twenty years, only, as I stated, during my sickness—**for a medicine—I drank a cup of coffee, very strong, with a raw egg broken into it.**—Letter 20, 1882 (To friends). {2SM 302.7}

Scientific Discovery:

Caffeine increased the alertness and performance of the colds subjects to the same level as the healthy group and decaffeinated coffee also led to an improvement. These results suggest that drugs which increase alertness can remove the malaise associated with the common cold, and that increased stimulation of the sensory afferent nerves may also be beneficial.

FROM: Smith, A., Thomas, M., Perry, K., & Whitney, H. (1997). Caffeine and the common cold. *Journal of psychopharmacology (Oxford, England)*, 11(4), 319–324. <https://doi.org/10.1177/026988119701100406>

Using this methodology, we synthesized fatty acid esters of caffeic acid and evaluated their influenza virus-inhibitory effects. It was found that dioctanoyl ester of caffeic acid exhibited approximately 38-fold higher direct antiviral activity. To understand the essential structure required for virus inhibition, we further examined the antiviral activity of natural flavonoids containing either the caffeic acid skeleton or its analogous structure. Flavonols (quercetin, myricetin and morin) and hexahydrobenzophenone containing extended planar pi-conjugated systems efficiently inhibited the virus infection. Flavonoids possessing both radical scavenging activity and cytotoxicity tended to show higher antiviral activity, probably due to their affinity with viral surface factors.

FROM: Kaihatsu, Kunihiro & Kawakami, C. & Kato, N.. (2014). Potential Anti-Influenza Virus Agents Based on Coffee Ingredients and Natural Flavonols. *Natural Products Chemistry & Research*. 2. 1-7. 10.4172/2329-6836.1000129.

Grape Juice and Eggs—I have received light that you are injuring your body by a poverty-stricken diet.... It is the lack of suitable food that has caused you to suffer so keenly. You have not taken the food essential to nourish your frail physical strength. You must not deny yourself of good, wholesome food.... **Get eggs of healthy fowls. Use these eggs cooked or raw. Drop them uncooked into the best unfermented wine you can find. This will supply that which is necessary to your system.... Eggs contain properties which are remedial agencies in counteracting poisons.**—
Counsels on Diet and Foods, 203, 204 (To Dr. D. H. Kress, 1901). {2SM 303.1}

Scientific Discovery:

Arsenic is one of the commonest corrosive poisons, as it is found in almost every household in the form of rat poison or as a preservative for taxidermist's work. Common Paris green, so generally used as a bug destroyer and insecticide, is an arsenious preparation liable to be eaten by both man and beast. The chemical antidote for arsenic is a freshly prepared form of iron and must be obtained at once from the drug store. Iron rust, if obtainable, may be given in water. Use emetics until the proper article can be obtained from the druggist or physician.

If a stomach tube be at hand, or one can be improvised, use it at once, and remove contents of stomach by copious flushings. Administer raw eggs, oily mucilaginous drinks, as greasy water. A dose of salts among other things should be given. Lime, given in water, taken from white-washed walls, fences, or ceiling, if not otherwise obtainable, can be used. Do not give clear, warm water.

FROM: Ann Arbor Cookbook. 2nd Edition, revised and expanded. What to do Until the Doctor Comes.

DEMULCENT- Are the substances which form protective coating on the gastric mucous membrane, e.g. milk, starch, egg-white, mineral oil, aluminum hydroxide and milk of magnesia.

ALBUMIN- Found in egg white. Can be given in mercury chloride poisoning (from insoluble mercury albuminate) and Cu poisoning (forms insoluble copper albuminate)

FROM: Role of Antidotes in Poisoning- A Review by Yuvraj Kaushik, Deepti Patel as found in the *International Ayurvedic Medical Journal*.

Ponche is a traditional Puerto Rican drink prepared with raw egg yolk, sugar, malta (non-alcoholic malt beverage) or grape juice and is believed to prevent and treat anemia. Egg consumption is a common dietary practice among low-income pregnant Latinas, contributing significantly to their overall nutrient intakes and nutrient density of their diets.

FROM: Bermúdez-Millán, Á., Hromi-Fiedler, A., Damio, G., Segura-Pérez, S., & Pérez-Escamilla, R. (2009). Egg contribution towards the diet of pregnant Latinas. *Ecology of food and nutrition*, 48(5), 383–403.
<https://doi.org/10.1080/03670240903170517>

I did not use tea when you were with us. I have always used **red-clover top**, as I stated to you. I offered you this, and told you it was a good, simple, and wholesome drink {2SM 302.3}

I have a request to make. Will these children please gather me as much **clover** or even more than they did last year? If they can do this, they will do me a great favor. I cannot do it here. We have no clover on our ground. **The first crop is preferable**, but if this comes too late, the second crop had better be secured.—Letter 1, 1872 (To a family in Michigan). {2SM 302.1}

Scientific Discovery:

Bioactive isoflavones from Red Clover (RC) (particularly Biochanin A and Formononetin) show promise as candidates for treatment of menopause symptoms as recent clinical trials have demonstrated beneficial effects against menopausal VMS and show minimal side effects with treatment [18–20]. Moreover, the safety profile of these compounds is promising and tested in numerous human trials... This study supports that moderate doses of RC derived isoflavone aglycones combined with probiotics can reduce the physiological and reported symptoms of menopause.

FROM: Lambert, M. N. T., Thorup, A. C., Hansen, E. S. S., & Jeppesen, P. B. (2017). Combined red clover isoflavones and probiotics potentially reduce menopausal vasomotor symptoms. *PLoS One*, 12(6), e0176590. doi:10.1371/journal.pone.0176590

RED CLOVER BLOSSOMS (*TRIFOLIUM PRETENSE*)

- Relieves menopausal symptoms
- Exhibits antitumor properties
- Reduces swollen glands
- Acts as an expectorant
- Soothes skin problems

FROM: PHARMACOLOGICAL, PHYTOCHEMICAL, BIOLOGICAL EVALUATION AND FUTURE PROSPECTS OF POLYGONUM HYDROPIPER
Pooja Arora1, H. S. Lamba and Pankaj Sharma

Prophetic Utterance: Essential Oils

I am very sorry to learn that Sister C is not well. I cannot advise any remedy for her cough better than eucalyptus and honey. **Into a tumbler of honey put a few drops of the eucalyptus, stir it up well, and take whenever the cough comes on. I have had considerable trouble with my throat, but whenever I use this I overcome the difficulty very quickly. I have to use it only a few times, and the cough is removed.** If you will use this prescription, you may be your own physician. If the first trial does not effect a cure, try it again. The best time to take it is before retiring.—Letter 348, 1908 (To a worker). {2SM 300.2}

I have already told you the remedy I use when suffering from difficulties with my throat. **I take a glass of boiled honey, and into this I put a few drops of eucalyptus oil, stirring it in well. When the cough comes on, I take a teaspoonful of this mixture, and relief comes almost immediately. I have always used this with the best of results.** I ask you to use the same remedy when you are troubled with the cough. This prescription may seem so simple that you feel no confidence in it, but I have tried it for a number of years and can highly recommend it. Again, take warm footbaths into which have been put the leaves from the eucalyptus tree. There is great virtue in these leaves, and if you will try this, you will prove my words to be true. **The oil of the eucalyptus is especially beneficial in cases of cough and pains in the chest and lungs.** I want you to make a trial of this remedy which is so simple, and which costs you nothing.—Letter 20, 1909 (To the worker addressed in the preceding item). {2SM 301.1-2}

Scientific Discovery:

Aromatherapy is the use of essential oils from plants to enhance general health and appearance. The term was coined by its originator, the French chemist René-Maurice Gattefosse. The following summarizes the ten most useful oils and their supposed effects (Thomas, 1997):

Chamomile → Calming
Eucalyptus → Antiseptic
Geranium → Mildly astringent
Jasmine → Antidepressant
Lavender → Mildly analgesic
Marjoram → Mildly analgesic
Neroli → Mildly sedative
Rose → Antiseptic
Rosemary → Mild stimulant
Sandalwood → Antiseptic

Other powerful antioxidants include pycnogenol from grape seed and pine bark, Coenzyme Q10, lipoic acid, and N-acetyl cysteine (NAC).

FROM: Pharmacodynamic Basis of Herbal Medicine 2nd Edition by Manuchair Ebadi

In conclusion, inhalation of eucalyptus oil was effective in decreasing patient's pain and blood pressure following total knee replacement, suggesting that eucalyptus oil inhalation may be a nursing intervention for the relief of pain after TKR.

FROM: Jun, Y. S., Kang, P., Min, S. S., Lee, J., Kim, H., & Seol, G. H. (2013). Effect of eucalyptus oil inhalation on pain and inflammatory responses after total knee replacement: A randomized clinical trial. *Evidence-Based Complementary and Alternative Medicine*, 2013, 502727-7. doi:10.1155/2013/502727

Eucalyptus species are well known as medicinal plants because of their biological and pharmacological properties. In the international pharmacopeia, the most important and represented species, however, is *Eucalyptus globulus* (*E. globulus*) which is the main furnisher of essential oils[5]. These essential oils are in great demand in the market[5], since they find applications as anesthetic, anodyne, antiseptic, astringent, deodorant, diaphoretic, disinfectant, expectorant, febrifuge, fumigant, hemostat, inhalant, insect repellent, preventative, rubefacient, sedative yet stimulant, vermifuge, for a folk remedy for abscess, arthritis, asthma, boils, bronchitis, burns, cancer, diabetes, diarrhea, diphtheria, dysentery, encephalitis, enteritis, erysipelas, fever, flu, inflammation, laryngalgia, laryngitis, leprosy, malaria, mastitis, miasma, pharyngitis, phthisis, rhinitis, sores, sore throat, spasms, trachalgia, worms, and wounds.

FROM: Bachir, R. G., & Benali, M. (2012). Antibacterial activity of the essential oils from the leaves of *Eucalyptus globulus* against *Escherichia coli* and *Staphylococcus aureus*. *Asian Pacific journal of tropical biomedicine*, 2(9), 739–742. [https://doi.org/10.1016/S2221-1691\(12\)60220-2](https://doi.org/10.1016/S2221-1691(12)60220-2)

Honey is a by-product of flower nectar and the upper aero-digestive tract of the honey bee, which is concentrated through a dehydration process inside the bee hive. Honey has a very complex chemical composition that varies depending on the botanical source. It has been used both as food and medicine since ancient times...Honey has been reported to have an inhibitory effect on around 60 species of bacteria, some species of fungi and viruses. Antioxidant capacity of honey is important in many disease conditions and is due to a wide range of compounds including phenolics, peptides, organic acids, enzymes, and Maillard reaction products. Honey has also been used in some gastrointestinal, cardiovascular, inflammatory and neoplastic states. This review covers the composition, physico-chemical properties and the most important uses of natural honey in human diseases.

FROM: Eteraf-Oskouei, T., & Najafi, M. (2013). Traditional and modern uses of natural honey in human diseases: a review. *Iranian journal of basic medical sciences*, 16(6), 731–742.

...If you have some **difficulties with your limbs**, be very thankful to the Lord that it is not your brain. If your brain were affected, then the whole man would be useless. Just thank the Lord, and be of good courage. **Use olive oil freely. Put a few drops of eucalyptus oil in some olive oil, and rub your limbs well with this.** I think that you will then realize a change for the better. {Lt68-1906.1-2}

Scientific Discovery:

The oil obtained by chemical extraction can be used for consumption only after refining. A refining process is meant to purify the extracted oil from any residual solvent and other impurities. Refined olive oil is devoid of vitamins, polyphenols, phytosterols, and other low molecular natural ingredients [15]. Extra virgin olive oil by its low yield is more expensive than other types of olive oil, but it contains the highest level of polyphenols [16]. Due to the removal of free fatty acids, extra virgin olive oil has a delicate flavor, aroma, and light color [14,17,18,19,20,21,22,23,24]. Another interesting feature affecting virgin olive oil properties is filtration. Unfiltered olive oil preserves additional polyphenols of higher polarity that are typically lost with small amounts of water that are removed upon filtration.

Conventional medicine and phytotherapy both use olive leaf extracts to treat and prevent arterial hypertension or as diuretics and antiseptics [37,38]. Many studies on olive leaf extract showed that it is able to lower the blood pressure in animals as well as to increase blood flow through the coronary arteries, slow down the heart rate and normalize intestinal muscle contractions.

Anticancer properties of olive oil seem to correlate with the antioxidant activity of phenolic and polyphenolic compounds present therein that are capable of scavenging free radicals and reactive oxygen species... Antioxidant and anti-atherogenic effects of olive oil polyphenols, like oleuropein and hydroxytyrosol, have been vastly confirmed in the literature.

Phenolic compounds (oleuropein, protocatechuic acid) of virgin olive oil have also been shown to inhibit macrophage-mediated LDL oxidation [59]. Leaf and olive fruit extracts containing oleuropein protect insulin-producing β -cell line (INS-1) against the deleterious effect of cytokines.

There are pleiotropic effects of olive oil polyphenols, as observed on the molecular level. It seems however that the antioxidant potential of olive oil is the primary factor contributing to protection against cancer...Olive oil can also protect against carcinogenic agents that are abundant in the environment and food.

FROM: Gorzynik-Debicka, M., Przychodzen, P., Cappello, F., Kuban-Jankowska, A., Marino Gammazza, A., Knap, N., Wozniak, M., & Gorska-Ponikowska, M. (2018). Potential Health Benefits of Olive Oil and Plant Polyphenols. *International journal of molecular sciences*, 19(3), 686. <https://doi.org/10.3390/ijms19030686>

Prophetic Utterance: Charcoal

The intricate names given medicines are used to cover up the matter, so that none will know what is given them as remedies unless they consult a dictionary. **The Lord has given some simple herbs of the field that at times are beneficial**; and if every family understood how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick, who have died under drug medication. **One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smart-weed tea, it is still better.** I have ordered this in cases where persons were suffering great pain, and when the physician has confided to me that he thought life was about to close. Then I suggested charcoal; the patient slept; the turning-point came, and recovery was the result. For bruise hands with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly. **The most severe inflammation of the eyes is relieved by a poultice of charcoal, put in a bag and dipped in water, hot or cold as will best suit the case.** This works like a charm. {Ms162-1897.9-10}

Scientific Discovery:

It is well known that the herbal mixture of myrrh, dry extract of chamomile flowers and coffee charcoal has anti-inflammatory and antidiarrheal properties.

FROM: Triantafyllidi, A., Xanthos, T., Papalois, A., & Triantafillidis, J. K. (2015). Herbal and plant therapy in patients with inflammatory bowel disease. *Annals of gastroenterology*, 28(2), 210–220.

Activated charcoal dressings that contain silver control infection and reduce healing times, eliminating bacterial barriers.

FROM: Verdú Soriano, J., Rueda López, J., Martínez Cuervo, F., & Soldevilla Agreda, J. (2004). Effects of an activated charcoal silver dressing on chronic wounds with no clinical signs of infection. *Journal of wound care*, 13(10), 419–423.
<https://doi.org/10.12968/jowc.2004.13.10.26685>

For some forms of indigestion, it is more efficacious than drugs. **A little olive oil into which some of this powder has been stirred tends to cleanse and heal.** I find it is excellent. **Pulverized charcoal from eucalyptus wood we have used freely in cases of inflammation...** {2SM 298.5}

Commentary: Based on what has been previously covered about eucalyptus, olive oil and charcoal, it makes sense that the above mentioned remedy would be effective.

Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord to take **pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach.** We were about one mile from the city of Denison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better.... {2SM 299.2}

I send you at this time **pulverized coal [charcoal]. Let him drink the water, after it has stood a while to extract the virtue. This should be cold, when used. When used for fomentations over the bowels, coal should be put into a bag, sewed up, and <dipped in hot water;> it will serve several times. Have two bags, use one, and then the other.** {Lt112a-1897.12}

Scientific Discovery:

Activated charcoal has been shown to bind and prevent the absorption from the gastrointestinal tract of many ingested drugs and chemicals. Charcoal's effectiveness in treating poisoning occurs through its direct adsorption of the toxic substance in the gastrointestinal tract.

FROM: Derlet, R. W., & Albertson, T. E. (1986). Activated charcoal--past, present and future. *The Western journal of medicine*, 145(4), 493-496.

...For several days he has had a painful swelling on the knee, supposed to be from the bite of some poisonous insect. **Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once.** The child had screamed with pain all night, but when this was applied, he slept... {2SM 299.3}

“On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted **fever** while on the campground and was taken to our school-building, near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, ‘Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.’ I replied, ‘Send to a blacksmith's shop and get some **pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.**’ The doctor hastened away to follow out my instructions. Soon he returned, saying, ‘**Relief came in less than half an hour after the application of the poultices.** She is now having the first natural sleep she has had for days.’ {PH144 25.3}

“I have ordered the **same treatment for others who were suffering great pain, and it has brought relief, and been the means of saving life.** My mother had told me that **snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices.** When working on the land at Avondale,

Australia, the workmen would often **bruise their hands and limbs**, and this in many cases resulted in such **severe inflammation** that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstances; for his help was needed in clearing the land. I said to him, ‘Go to the place where you have been burning the timber, and get me some **charcoal from the eucalyptus tree, and pulverize it, and I will dress your hand.**’ This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work. {PH144 26.1 }

Scientific Discovery:

Plant material often contains apparently soothing effects on physical contact and plant remedies must have been a very early instinctive application to wounds. Plants with high mucilage content form the basis of poultices and creams. *Linum* (linseed, flaxseed) is one of the most impressive poultices where the skin (or subdermal tissue in even unbroken skin) is painfully inflamed.

FROM: Herbal approaches to pathological states. In *Principles and Practice of Phytotherapy* (Second Edition), 2013

The present study showed that pain significantly decreased and the hand function efficiency increased in patients treated with flaxseed poultice compress compared with the hot compress and control groups.

FROM: Babadağ, Burcu & Alparlan, Guler & Korkmaz, cENGİZ. (2019). Effect of flaxseed poultice compress application on pain and hand functions of patients with hand osteoarthritis. *Clinical Rheumatology*. 38. 10.1007/s10067-019-04484-7.

We have had many interesting and amazing experiences with the healing properties of this simple remedy. It is still the standard procedure for poisoning, diarrhea, snake or spider bites, even bruises respond well to a charcoal poultice.

FROM: *You Can Survive!:* A book designed for people preparing for the end times. By Jere Franklin

...**That offensive breath must be purified. Get pulverized charcoal, soak it in water, and drink this water freely.** Eat no vegetables. Eat fruit, and plain, well-baked bread. Take light exercise, and at night, wear a charcoal compress over the liver and abdomen. {Lt115-1898.4} (counsel to Bro. Pallant who became very sick)

Scientific Discovery:

Several metabolic disorders in the bowels, like trimethylaminuria cause a specific fishy odour. According to Whittle et al.,⁶⁴ this genetic disease is the largest cause of undiagnosed body odour. Trimethylaminuria is a disorder in which the volatile, fish-smelling compound, trimethylamine accumulates and is excreted in the urine, but it is also found in the sweat and breath. The symptoms of trimethylaminuria can be improved by changes in the diet to avoid precursors, in particular trimethylamine-N-

oxide which is found in high concentrations in marine fish. Treatment with antibiotics to control bacteria in the gut, or activated charcoal to sequester trimethylamine, may also be beneficial.

FROM: Bollen, C. M., & Beikler, T. (2012). Halitosis: the multidisciplinary approach. *International journal of oral science*, 4(2), 55–63. <https://doi.org/10.1038/ijos.2012.39>

Prophetic Utterance: Poultices

A Poultice of Figs for Hezekiah—When Hezekiah was sick, the prophet of God brought him the message that he should die. The king cried to the Lord, and the Lord heard him, and sent the promise that fifteen years should be added to his life. One word from God, one touch of the divine finger, would have been enough to cure Hezekiah instantly. But instead, he was given directions to make a **poultice of figs**, and lay it upon the part affected. This was done, and **Hezekiah was restored to health**. It would be well to treasure this prescription which the Lord ordered to be used, more than we do.—Manuscript 29, 1911 (General Manuscript). {2SM 300.1 }

Scientific Discovery:

Cold cabbage leaves as well as alternate hot and cold compresses both can be used in the treatment of breast engorgement. Hot and cold compresses are more effective in decreasing pain than cold cabbage leaves in relieving pain due to breast engorgement.

FROM: Arora, S., Vatsa, M., & Dadhwal, V. (2008). A Comparison of Cabbage Leaves vs. Hot and Cold Compresses in the Treatment of Breast Engorgement. *Indian journal of community medicine : official publication of Indian Association of Preventive & Social Medicine*, 33(3), 160–162. <https://doi.org/10.4103/0970-0218.42053>

[Purslane, Pigweed, Little Hogweed]Topical application of the aqueous extract on to the skin is effective as antibacterial and antifungal.[51] Externally it is used to treat burns, earache, insect stings, inflammations, skin sores, ulcers, pruritis (itching skin), eczema and abscesses which are usually treated with the fresh herb as a poultice or the expressed juice is used.

FROM: Tabassum, N., & Hamdani, M. (2014). Plants used to treat skin diseases. *Pharmacognosy reviews*, 8(15), 52–60. <https://doi.org/10.4103/0973-7847.125531>

Prophetic Utterance: Hygiene

One of the most prolific sources of disease is the transgression of the laws of life in regard to personal habits. **Order and cleanliness are laws of heaven.** The directions given to Moses when the Lord was about to declare his law upon Mount Sinai, were very strict in this respect. “And the Lord said unto Moses, Go unto the people, and sanctify them today and tomorrow, and let them wash their clothes.” [Exodus 19:10.] They were directed to do this lest there should be impurity about them as they should come before him. **He is a God of order, and he requires order and cleanliness in his people.** {CTBH 105.1}

The children of Israel were in no case to allow any impurities to remain upon their clothing or upon themselves. Those who had any personal uncleanness were to be shut out of the camp until the evening, and then were required to cleanse themselves and their clothing before they could return. **They were also commanded to carry all their refuse to a great distance from the camp. And this was a sanitary measure, as well as a religious regulation. The Lord requires no less of his people now than he did anciently. A neglect of cleanliness will induce disease. Sickness does not come without a cause.** Violent epidemics of fevers have occurred in villages and cities that were considered perfectly healthful, and these have resulted in death or broken constitutions. In many instances the premises of the very ones who fell victims to these epidemics, contained the agents of destruction which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. It is astonishing to witness the prevailing ignorance relative to the effects which slackness and recklessness produce upon health. {CTBH 105.2}

Scientific Discovery:

Hygiene is an old concept related to medicine, as well as to personal and professional care practices. Hygiene refers to the set of practices linked to the conservation of health and healthy living [6, 7]. It involves practices and conditions that help to maintain health and prevent the spread of diseases as well as practices that deal with the preservation of health [8].

Personal hygiene in a straight-line aids in disease prevention and health promotion [9–11]. Hygienic practices are prejudiced by social, familial, and individual factors as well as the individual’s knowledge and attitudes towards hygiene [12, 13].

Regular hygienic practices may be considered good habits by a society while the neglect of hygiene can be considered disgusting, disrespectful, or even threatening [14, 15]. Maintaining personal hygiene is necessary for many reasons such as personal, social, health, psychological or simply as a way of life. Keeping a good standard of hygiene helps to prevent the development and spread of infections and disease.

FROM: Odonkor, S. T., Kitcher, J., Okyere, M., & Mahami, T. (2019). Self-assessment of hygiene practices towards predictive and preventive medicine intervention: A case study of university students in Ghana. *BioMed Research International*, 2019, 3868537-10. doi:10.1155/2019/3868537

Upon rising in the morning, most persons would be benefited by **taking a sponge or hand bath**. This will remove all impurities from the skin, and keep it moist and supple, thereby aiding the circulation. Persons in health should **on no account neglect frequent bathing**. Whether a person is sick or well, **respiration is rendered more free and full by bathing**. The mind and body are alike invigorated. The muscles become more flexible, every faculty of the intellect is made brighter. The bath is a soother of the nerves. Instead of increasing the liability of taking cold, it fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow of the vital fluid is obtained. {CTBH 107.1}

Scientific Discovery:

Showering is the most common form of bathing worldwide. Whole-body immersion bathing in warm water (~40°C) is common in Japan and exerts sufficient hyperthermic action to induce vasodilatation and increase blood flow, supplying more oxygen and nutrients to the periphery. Cross-sectional studies report better subjective health status with an immersion bathing habit. This randomized controlled trial compared the effects on health of immersion bathing and shower bathing in 38 participants who received 2-week intervention of immersion bathing in warm water (40°C) for 10 min (bathing intervention) followed by 2-week shower bathing without immersion (showering intervention) or vice versa (n = 19 each group). Visual analog scale scores were significantly better for fatigue, stress, pain, and smile and tended to be better for self-reported health and skin condition after bathing intervention than after showering intervention. The SF-8 Health Survey showed significantly better general health, mental health, role emotional, and social functioning scores. Profile of Mood State scores were lower for stress, tension-anxiety, anger-hostility, and depression-dejection. Immersion bathing, but not shower bathing, exerts hyperthermic action that induces increased blood flow and metabolic waste elimination, which may afford physical refreshment. Immersion bathing should improve both physical and emotional aspects of quality of life.

FROM: Goto, Y., Hayasaka, S., Kurihara, S., & Nakamura, Y. (2018). Physical and Mental Effects of Bathing: A Randomized Intervention Study. *Evidence-based complementary and alternative medicine : eCAM*, 2018, 9521086. <https://doi.org/10.1155/2018/9521086>

619. **Strict habits of cleanliness should be observed.** Many, while well, will not take the trouble to keep in a healthy condition. They neglect **personal cleanliness**, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the **garments** worn are not **frequently cleansed from these impurities**, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs.—How to Live, 60. {HL 143.1}

Scientific Discovery:

Soiled laundry has been implicated as a potential route of disease transmission. Laundry has been associated with outbreaks of salmonellosis, bacterial and viral meningitis, Q fever, and ringworm (1, 2, 22, 27). Many of these instances were due to “contact with linens or aerosols associated with bed making, linen sorting, or related activities” (5, 28). Furthermore, it has been shown that damp laundry may promote the growth of bacteria (2).

The most important factors for the reduction of virus in laundry were passage through the drying cycle and the addition of sodium hypochlorite. Washing with detergent alone was not found to be effective for the removal or inactivation of enteric viruses, as significant concentrations of virus were found on the swatches (reductions of 92 to 99%). It was also demonstrated that viruses are readily transferred from contaminated cloths to uncontaminated clothes. The use of sodium hypochlorite reduced the number of infectious viruses on the swatches after washing and drying by at least 99.99%. Laundering practices in common use in the United States do not eliminate enteric and respiratory viruses from clothes. The use of bleach can further reduce the numbers of enteric viruses in laundry.

FROM: Gerba, C. P., & Kennedy, D. (2007). Enteric virus survival during household laundering and impact of disinfection with sodium hypochlorite. *Applied and environmental microbiology*, 73(14), 4425–4428. <https://doi.org/10.1128/AEM.00688-07>

621. **The ten commandments spoken by Jehovah from Sinai cannot live in the hearts of persons of disorderly, filthy habits. If ancient Israel could not so much as listen to the proclamation of that holy law, unless they had obeyed the injunction of Jehovah, and had cleansed their clothing, how can that sacred law be written upon the hearts of persons who are not cleanly in person, in clothing, or in their houses? It is impossible.** Their profession may be as high as heaven, yet it is not worth a straw.... All who meet upon the Sabbath to worship God should, if possible, have a neat, well-fitting, comely suit to wear in the house of worship. It is a dishonor to the Sabbath, and to God and his house, for those who profess that the Sabbath is the holy of the Lord, and honorable, to wear the same clothing upon the Sabbath that they have worn through the week while laboring upon their farms, when they can obtain other.—How to Live, 59. {HL 143.3}

Scientific Discovery:

Drawing from literature on construal-level theory and the psychological consequences of clothing, the current work tested whether wearing formal clothing enhances abstract cognitive processing. Five studies provided evidence supporting this hypothesis. Wearing more formal clothing was associated with higher action identification level (Study 1) and greater category inclusiveness (Study 2). Putting on formal clothing induced greater category inclusiveness (Study 3) and enhanced a global processing

advantage (Study 4). The association between clothing formality and abstract processing was mediated by felt power (Study 5). The findings demonstrate that the nature of an everyday and ecologically valid experience, the clothing worn, influences cognition broadly, impacting the processing style that changes how objects, people, and events are construed.

FROM: Slepian, M. L., Ferber, S. N., Gold, J. M., & Rutchick, A. M. (2015). The cognitive consequences of formal clothing. *Social Psychological and Personality Science*, 6(6), 661-668. doi:10.1177/1948550615579462

...we showed that physical cleansing alleviates the upsetting consequences of unethical behavior and reduces threats to one's moral self-image.

FROM: Zhong, C., & Liljenquist, K. (2006). Washing away your sins: Threatened morality and physical cleansing. *Science*, 313(5792), 1451-1452. doi:10.1126/science.1130726

People who live in squalor and who receive special cleaning services have high rates of mental disorder, and squalor affects younger as well as older people. Living in squalid conditions in the group was generally associated with a mental or physical disorder, and there were possible deficits in the health care received.

FROM: Halliday, G., Banerjee, S., Philpot, M., & Macdonald, A. (2000). Community study of people who live in squalor. *The Lancet*, 355(9207), 882-886. doi:10.1016/S0140-6736(99)06250-9

Erroneous habits and customs gird men and women as with iron bands, and they too often justify themselves in these customs by what they term experience. Many of the grossest habits are cherished under this plea. Many fail to reach that physical, mental, and moral development to which they might attain, because they cling to an experience that is opposed to the plainest revealed facts. Men and women whose wrong habits have destroyed their health, and broken down their constitution, will be found recommending their experience as safe for others to follow, when it is this very experience that has robbed them of health and vitality. When you seek to instruct them, they defend their course by referring to their experience. {CTBH 109.3}

Scientific Discovery:

The psychological and brain sciences have historically underestimated the human capacity for change. Recent discoveries have overturned the once widespread misconceptions that adults cannot generate new neurons (Gage, 2002), that individuals' levels of happiness are unchanging (Diener et al., 2006), and that cognitive abilities like intelligence and working memory capacity (WMC) are fixed (Jaeggi et al., 2008). Yet current scientific understanding may still significantly underestimate the human capacity for change and the degree to which changes in numerous physiological and psychological capacities can occur in parallel.

Numerous circumstances that elicit change can occur simultaneously, so plasticity should be able to occur in parallel across a wide variety of psychological and physiological systems. A change in one system may even become the precipitating cause for change in another. Research from a variety of disciplines does illustrate the effectiveness of eliciting change through multifaceted interventions. The combination of exercise, nutrition, stress management, and social support can reverse coronary heart disease (Ornish et al., 1998).

These findings cumulatively indicate that a multifaceted intervention can simultaneously produce substantial and enduring improvements across a wide variety of psychological and physiological systems in healthy young adults. The magnitude of the effect sizes indicate considerably greater changes than observed from more narrowly-focused interventions, including improvements in mood and stress that were more than 2.5 times greater than typically observed from mindfulness training alone (Grossman et al., 2004; Eberth and Sedlmeier, 2012). These findings provide an important exception to the prevailing view that highly multifaceted interventions are less effective (Wilson et al., 2015). The present results indicate that multifaceted interventions that are effectively designed and sufficiently motivating can elicit large and diverse improvements that reveal the substantial adult capacity for cognitive, affective, and neural plasticity.

FROM: Mrazek, M. D., Mooneyham, B. W., Mrazek, K. L., & Schooler, J. W. (2016). Pushing the limits: Cognitive, affective, and neural plasticity revealed by an intensive multifaceted intervention. *Frontiers in Human Neuroscience, 10*, 117. doi:10.3389/fnhum.2016.00117

We propose that self-serving justifications emerging before and after people engage in intentional ethical violations mitigate the threat to the moral self, enabling them to do wrong while feeling moral. Pre-violation justifications lessen the anticipated threat to the moral self by redefining questionable behaviors as excusable. Post-violation justifications alleviate the experienced threat to the moral self through compensations that balance or lessen violations.

FROM: Shalvi, S., Gino, F., Barkan, R., & Ayal, S. (2015). Self-serving justifications: Doing wrong and feeling moral. *Current Directions in Psychological Science, 24*(2), 125-130. doi:10.1177/0963721414553264

A yard beautified with scattering trees and some shrubbery, at a proper distance from the house, has a happy influence upon the family, and, if well taken care of, will prove no injury to the health. But **shade trees and shrubbery close and dense around a house, make it unhealthful; for they prevent the free circulation of air, and shut out the rays of the sun. In consequence, a dampness gathers in the house, especially in wet seasons.** Those who occupy the sleeping-rooms are troubled with rheumatism, neuralgia, and lung complaints. Then the great quantities of **fallen leaves, if not removed immediately, decay, and poison the atmosphere. Dwellings, if possible, should be built on high ground.** If a house is built where the water will settle around it, remaining for a time and slowly drying away, there is a poisonous miasma continually rising from the damp ground, which breeds sore throat, fevers, ague, or lung diseases. {CTBH 107.2}

612. **Dwellings, if possible, should be built upon high and dry ground.** If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.—How to Live, 64. {HL 140.1}

613. If every family realized the beneficial results of thorough cleanliness, they would **make special efforts to remove every impurity from their persons and from their houses, and would extend their efforts to their premises. Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from the decayed substances an effluvium that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased.**—How to Live, 60. {HL 140.2}

614. Stubborn fevers and violent diseases have prevailed in neighborhoods and towns that had formerly been considered healthy, and some have died, while others have been left with broken constitutions to be crippled with disease for life. **In many instances their own yards contained the agent of destruction, which sent forth deadly poison into the atmosphere to be inhaled by the family and the neighborhood.** The slackness and recklessness sometimes witnessed is beastly, and the ignorance of the results of such things upon health is astonishing. Such places should be **purified, especially in summer, by lime or ashes, or by a daily burial with earth.**—How to Live, 61. {HL 140.3}

Scientific Discovery:

Visceral leishmaniasis (VL) in Nepal is found in 61 out of 75 districts including areas previously listed as non- endemic. This study focused on the role of housing conditions and its immediate environment in VL transmission, to limit future transmissions, ensure sustainable vector control and support the VL elimination program. The objective was to explore the risk factors in rural housing-and land lot typologies contributing to clinical VL occurrence and transmission. Housing structures and land lots were examined based on characteristics as risk factors of VL transmission in a case-control analysis. VL cases from 2013-2017 were identified based on the existing database from the Epidemiology and Disease Control Division and District Public

Health Office from the plain Terai area (Morang, and Saptari districts) and hilly area (Palpa district) of Nepal. Two hundred and three built environments were analyzed (66 cases and 137 controls). Inferential statistics and logistic regression analysis were performed to determine the association of risk factors with VL. The risk factors with the highest odds of VL were: bamboo walls (adjusted odds ratio (AOR)- 8.1, 95% CI 2.40-27.63, $p = 0.001$), walls made of leaves/branches (AOR- 3.0, 95% CI 0.84-10.93, $p = 0.090$), cracks in bedroom walls (AOR- 2.9, 95% CI 0.93-9.19, $p = 0.065$), and placing sacks near sleeping areas (AOR- 19.2, 95% CI 4.06-90.46, $p < 0.001$). Significant outdoor factors were: lots with Kadam trees (AOR- 12.7, 95% CI 3.28-49.09, $p < 0.001$), open ground-outdoor toilets (AOR- 9.3, 95% CI 2.14-369.85, $p = 0.003$), moisture in outdoor toilet sheds (AOR- 18.09, 95% CI 7.25-451.01, $p = 0.002$), nearby- open land (AOR- 36.8, 95% CI 3.14-430.98, $p = 0.004$), moisture inside animal sheds (AOR- 6.9, 95% CI 1.82-26.66, $p = 0.005$), and surrounding animals/animals wastes particularly goats (AOR- 3.5, 95% CI 1.09-10.94, $p = 0.036$). Certain housing and surrounding environmental conditions and characteristics are risk factors for VL. Hence, elimination and educational programs should include the focus on housing improvement and avoidance of risk factors.

FROM: Younis, L. G., Kroeger, A., Joshi, A. B., Das, M. L., Omer, M., Singh, V. K., Gurung, C. K., & Banjara, M. R. (2020). Housing structure including the surrounding environment as a risk factor for visceral leishmaniasis transmission in Nepal. *PLoS neglected tropical diseases*, 14(3), e0008132.
<https://doi.org/10.1371/journal.pntd.0008132>

615. **Shade-trees and shrubbery too close and dense around a house are unhealthful; for they prevent a free circulation of air, and prevent the rays of the sun from shining through sufficiently.** In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. **Numerous shade-trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere.** A yard, beautiful with scattering trees, and some shrubbery at a proper distance from the house, has a happy, cheerful influence upon the family, and if well taken care of, will prove no injury to health.—How to Live, 64. {HL 141.1}

616. Rooms that are not exposed to light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms is poisonous, because it has not been purified by light and air. Various diseases have been brought on by sleeping in these fashionable, health-destroying apartments.... **Sleeping-rooms especially should be well ventilated, and the atmosphere made healthful by light and air. Blinds should be left open several hours each day, the curtains put aside, and the room thoroughly aired; nothing should remain, even for a short time, which would destroy the purity of the atmosphere.**—How to Live, 62. {HL 141.2}

617. **Sleeping apartments should be large and so arranged as to have a circulation of air through them day and night.**—How to Live, 63. {HL 142.1}

618. **Rooms that are not freely ventilated daily, and bedding that has not been thoroughly dried and aired, are not fit for use.** We feel confident that disease and great suffering are brought on by sleeping in rooms with closed and curtained windows, not admitting pure air and the rays of the sun.... The room may not have had an airing for months, nor the advantages of a fire for weeks, if at all. It is dangerous to health and life to sleep in these rooms until the outside air shall have circulated through them for several hours and the bedding shall have been dried by the fire. Unless this precaution is taken, the rooms and bedding will be damp. **Every room in the house should be thoroughly ventilated every day, and in damp weather should be warmed by fires.... Every room in your dwelling should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease....** If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented. The confined air of unventilated rooms meets us with sickening odors of mildew and mold, and the impurities exhaled by its inmates.... The emanations from damp, moldy rooms and clothing are poisonous to the system.—The Health Reformer, February 1, 1874. {HL 142.2}

Scientific Discovery:

UV radiation from the sun is the primary germicide in the environment. UV radiation kills viruses by chemically modifying their genetic material, DNA and RNA. The most effective wavelength for inactivation, 260 nm (55), falls in the UVC range, so-named to differentiate it from near-UV found in ground-level sunlight, i.e., the UVB and UVA portions of the spectrum, 290 to 320 nm and 320 to 380 nm, respectively (51). Nucleic acids are damaged also by UVB and UVA but with lower efficiency than by UVC radiation

FROM: Lytle, C. D., & Sagripanti, J. L. (2005). Predicted inactivation of viruses of relevance to biodefense by solar radiation. *Journal of virology*, 79(22), 14244–14252. <https://doi.org/10.1128/JVI.79.22.14244-14252.2005>

Lack of ventilation or low ventilation rates are associated with increased infection rates or outbreaks of airborne diseases. High ventilation rates could decrease the risk of infection. For non-isolation rooms, ventilation rates lower than 2 ACH (e.g. equivalent to 13 l/s for a 4 × 2 × 3 m³ room) are associated with higher tuberculin skin test conversion rates among staff. A higher ventilation rate is able to provide a higher dilution capability and consequently reduce the risk of airborne infections. For this reason, better ventilated areas have a lower risk of transmission of TB and other airborne infections

FROM: Atkinson J, Chartier Y, Pessoa-Silva CL, et al., editors. Natural Ventilation for Infection Control in Health-Care Settings. Geneva: World Health Organization; 2009. 3, Infection and ventilation. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK143278/>

Prophetic Utterance: Cosmetics

Many are ignorantly injuring their health and endangering their life by using cosmetics. They are robbing the cheeks of the glow of health, and then to supply the deficiency use cosmetics. When they become heated in the dance the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone. {HR October 1, 1871, par. 20}

The following selection we here insert hoping that it may arrest the attention of some of the votaries of fashion, and excite their fears, if it does not arouse their consciences, to put away the pride and sin which produces such dangerous results: {HR October 1, 1871, par. 21}

“No one can ride or walk through the fashionable portion of New York city, attend any place of amusement, or go to any evening party, without becoming aware of the horrible fact that many women of whom better things might be expected, have fallen into the pernicious habit of applying to their skins the enamels which, under various attractive names, are advertised and sold in all parts of the land. {HR October 1, 1871, par. 22}

“Not only faded faces, but countenances so young, plump and pretty in outline that they must in their natural condition be attractive, are lacquered over with an unnatural polish of fine porcelain, which produces an effect such as one might imagine if a china doll were afflicted with the consumption. {HR October 1, 1871, par. 23}

“This practice is as pernicious as it is disgusting—the seeds of death or paralysis being hidden in every pot and jar of those mixtures, which are supposed to be not only innocent, but also to possess the virtues of the undiscovered fountain of perpetual youth. {HR October 1, 1871, par. 24}

Some who use them will suddenly have a severe illness; and receiving a private warning from the family physician, will cease the use of the cause of their disorder, and recovering, go through life with an extremely bad complexion, as a reminder of their folly. {HR October 1, 1871, par. 25}

“Others will drop suddenly, with their features twisted on one side, and perhaps deprived of the use of their limbs. Others will die outright, no one guessing why. The effect on any particular person cannot be calculated. What one suffers paralysis from, may kill another outright. The only safety is in having nothing to do with any of these baneful preparations.” {HR October 1, 1871, par. 26}

If God had required of society so great a sacrifice for his sake, what mourning we should bear of the terrible burdens imposed upon those who follow Christ. But the slaves to fashion take these burdens upon themselves, and make their own life very wearisome with needless care, in their anxiety to keep pace with fashion. They lay upon the altar of fashion, health, happiness, life and Heaven. {HR October 1, 1871, par. 27}

Christians cannot afford to make this great sacrifice. They cannot afford to sow to the flesh and reap corruption. That which ye sow ye shall also reap. Now is the sowing time. The reaping time hasteth. What will the harvest be? The inspired apostle addresses us, "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. And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." {HR October 1, 1871, par. 28}

After completing the foregoing, I found the following. I have had some experience in using Mrs. S.A. Allen's World's Hair Restorative, also Hall's Vegetable Sicilian Hair Restorative. I have made applications of these preparations upon the head of my husband, to prevent the falling off of the hair. I observed that when using these preparations, he frequently complained of giddiness of the head, and weakness and pain of the eyes. {HR October 1, 1871, par. 29}

In applying these preparations, my eyes, that were naturally strong, grew weak, and twice seemed to be greatly inflamed. Eruptions appeared upon the lids, and continued for weeks. I was convinced that I was poisoned by applying these preparations to the head of my husband. We discontinued the use of these altogether, and I have had no weakness of the eyes since. My husband has been free from the peculiar sensations he experienced while using these preparations, and my experience has been for twenty years, that pure soft water is best for my head and hair. {HR October 1, 1871, par. 30}

Scientific Discovery:

Beauty product use is associated with having a higher risk for developing cancer. Endocrine disrupting chemicals (EDC's) can cause cancer. Both EDC's and environmental estrogen exposure is related to higher breast cancer risk. These chemicals can be found in personal care products including hair products. In the Journal of Clinical Toxicology, a study was published where scientists tested different skin care products on living human cells. Populations of cells treated with diluted Nivea Visage Q10plus Anti-Wrinkle face moisturizer, which included synthetic chemicals with and without titanium dioxide, showed increased proportions of necrosis. Commercial formulations with and without synthetic chemicals had cytotoxic and genotoxic effects on human keratinocyte and fibroblast cells. In another study, photomutagenicity of popular skin conditioning agents called azulene and guaiazulene were examined. When these agents were exposed to light, the researchers observed cellular changes.

Metals from cosmetics such as mercury, nickel, cobalt, lead and cadmium can pass through our skin barrier and accumulate in the human body. Metal content is a real concern in lip products. In Oakland, California, 32 lip products were assessed for potential health risks. The researchers found high concentrations of titanium and aluminum. Other metals found were manganese, lead, cadmium, and chromium. When we consider the fact that these harmful metals are found in some products that we apply directly onto our lips right at the openings of our mouths, we should be concerned about absorbing and ingesting metals which will harm our bodies.

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More Predictions Fulfilled

Destruction of the World Trade Center

On one occasion, when in **New York City**, I was in the night season called upon to behold **buildings rising story after story** toward heaven. These buildings were **warranted to be fireproof**, and they were erected to glorify the owners and builders. Higher and still higher these buildings rose, and in them the most costly material was used. . . . The scene that next passed before me was **an alarm of fire**. Men looked at the lofty and supposedly fire-proof buildings and said: "They are perfectly safe." But **these buildings were consumed as if made of pitch. The fire engines could do nothing to stay the destruction. The firemen were unable to operate the engines.**—Testimonies for the Church, vol. 9, pp. 12, 13.

But I have no light in particular in regard to what is coming on **New York**, only that I know that one day **the great buildings there will be thrown down** by the turning and overturning of God's power. From the light given me, I know that destruction is in the world. One word from the Lord, one touch of his mighty power, and these massive structures will fall. Scenes will take place the fearfulness of which we cannot imagine.—Review and Herald, July 5, 1906

The time is right upon us when there will be sorrow in the world that no human balm can heal. Even before the last great destruction comes upon the world, the **flattering monuments of man's greatness will be crumbled in the dust**. God's retributive judgments will fall on those who in the face of great light have continued in sin. **Costly buildings, supposed to be fire-proof, are erected. But as Sodom perished in the flames of God's vengeance, so will these proud structures become ashes.**—Signs of the Times, Oct. 9, 1901

How The Prophecy Was Fulfilled:

1. Skyscrapers would be built.
 - Skyscrapers were built in New York City
2. These buildings would be considered fireproof.
 - Buildings made out of steel and reinforced concrete
3. An alarm of fire would be followed by people on the ground saying that the "lofty" buildings were "perfectly safe."
 - The total collapse of the towers caught everyone by surprise. No one expected the fires and impacts to bring them down. While the initial reaction of many people in WTC 2 after WTC 1 got hit was to evacuate, some turned around to their deaths after the public address system told them to stay put, since the building was perfectly safe:
4. They would burn as pitch.
 - The planes that hit the towers unleashed their jet fuel with devastating consequences. And the pile of rubble kept on burning for months, hampering recovery efforts.

5. The fire engines wouldn't be able to stop the inferno.
 - You can't use water on a jet fuel fire, and there was no suitable fire retardant at hand. Thus, the fire engines could do nothing.
6. The firemen wouldn't be able to operate their fire engines.
 - When the towers fell, over a hundred fire department vehicles became permanently inoperable.
7. The buildings would fall.
8. The fearfulness of it all would be unimaginable.

Great Trouble Among the Nations and More Lawlessness

Brethren, we are far behind in our missionary work, both at home and in foreign countries. We are a people who claim to believe solemn and sacred truth, and our works in proclaiming the truth should correspond to our profession. **Great trouble will soon arise among the nations which will not cease until Jesus comes. The world is becoming more and more lawless.** The churches are united in their efforts to restrict religious liberty. What are we as a people doing in this crisis? Are we purifying our souls by obedience to Christ's words? Are we humbling our hearts before God and confessing our sins? Are we seeking with earnestness and contrition of soul Him who is the source of our strength? Are we claiming the promises, believing that Jesus pardons our transgressions and forgives our sins? Are we educating ourselves to overcome all temptation to murmur and complain? {Lt5-1883.1 }

How The Prediction Was Fulfilled:

There have been two world wars and many other conflicts since the Second World War. At the time of the release of this little booklet, there is a whole bunch of ongoing violence in the world.

1. Criminal Violence in Mexico
2. Destabilization in Mali
3. Boko Haram in Nigeria
4. Violence in the Democratic Republic of Congo
5. Civil War in Libya
6. Civil War in Syria
7. Civil War in South Sudan
8. War in Yemen
9. Al-Shabab in Somalia
10. Rohingya Crisis in Myanmar
11. Nagorno Karabakh Conflict
12. Conflict Between India and Pakistan
13. Islamist Militancy in Pakistan
14. Conflict in Ukraine

Believe His Prophets

And they rose early in the morning, and went forth into the wilderness of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper.

2 Chronicles 20:20

... Touch not mine anointed, and do my prophets no harm.

Psalms 105:15

Don't Reject the Lord's Messenger

In sending out the seventy, Jesus bade them, as He had bidden the twelve, not to urge their presence where they were unwelcome. "Into whatsoever city ye enter, and they receive you not," He said, "go your ways out into the streets of the same, and say, Even the very dust of your city, which cleaveth on us, we do wipe off against you: notwithstanding be ye sure of this, that the kingdom of God is come nigh unto you." They were not to do this from motives of resentment or through wounded dignity, but to show how grievous a thing it is to refuse the Lord's message or His messengers. To reject the Lord's servants is to reject Christ Himself.

Desire of Ages 489.1 – Ellen White

We Must Wake Up!

God's people must take warning and discern the signs of the times. The signs of Christ's coming are too plain to be doubted, and in view of these things everyone who professes the truth should be a living preacher. God calls upon all, both preachers and people, to awake. All heaven is astir. The scenes of earth's history are fast closing. We are amid the perils of the last days. Greater perils are before us, and yet we are not awake. This lack of activity and earnestness in the cause of God is dreadful. This death stupor is from Satan.—
Testimonies for the Church 1:260, 261. {ChS 37.1}



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