

## Answers To Important Questions About The Health Message

### IS THE HEALTH MESSAGE SALVATIONAL?

"The light God has given on health reform is for our salvation and the salvation of the world..." {CD 461.1}

### DO SEVENTH-DAY ADVENTISTS HAVE THE MOST SUPERIOR HEALTH MESSAGE?

"Seventh-day Adventists are handling momentous truths...the Lord gave us special light on health reform...we should be in advance of all other people..." {CD 24.2}

### HOW MUCH OF SICKNESS & DISEASE ARE RELATED TO A VIOLATION OF THE LAWS OF HEALTH?

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health..." {CH 90.1}

"...All sickness is the result of transgression..." {CH 37.2}

### HOW MUCH OF WOMEN'S DISEASES ARE RELATED TO THE WAY THEY DRESS?

"Women especially are the victims of various maladies which might be lessened, if not entirely prevented, by right habits of life. Half their sufferings may be attributed to their manner of dress, and the insane desire to conform to the fashions of the world." --H. R. {HL 64.4}

### WILL ALL THE SICK BE RAISED TO HEALTH?

"There are cases where God works decidedly by His divine power in the restoration of health. But not all the sick are healed. Many are laid away to sleep in Jesus." {MH 230.3}

### WHY NOT???

**Reason #1:** "God knows the end from the beginning....He knows whether those for whom prayer is offered would or would not be able to endure the trials that would come upon them should they live. He knows whether their lives would be a blessing or a curse to themselves and to the world..." (MH 230.1)

**Reason #2:** "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..." {CD 399.1}

### HOW MANY WILL RECOVER IF THEY DO FOLLOW IT OUT STRICTLY?

"If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments." {MM 223.4}

### DOES RECOVERY HAPPEN OVERNIGHT?

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end ...Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." {MH 127.3}

### IN HOW LONG CAN RECOVERY TAKE PLACE?

"An abstemious diet for A MONTH OR TWO would convince many sufferers that the path of self-denial is the path to health." {MH 235.2}

## WHAT IS AN ABSTEMIOUS DIET?

1. "I advise you to make your diet abstemious allowing nothing to pass your lips that will be an enemy to your health and life.
2. Eat much more sparingly
3. Eat simple food, which does not require heavy seasoning..." {CD 102.1}

## SO THIS WOULD MEAN NO MORE:

- Additives
- Alcohol in any form
- Aspartame
- Bad combination of foods
- Baking powder or baking soda
- Breath mints
- Candies
- Coffee
- Common salt
- Complicated mixtures
- Condiments
- Cooking with grease (oil of any kind)
- Fermented foods such as sauerkraut, miso, tempeh
- Food coloring
- Fried foods such as French Fries and potato chips
- Gum
- Heavy seasoning
- Msg
- Pepper or spicy food–vinegar or vinegar based dressings
- Preservatives
- Spices
- Tea
- White flour products

## AND ANYTHING ELSE THAT WOULD CAUSE SICKNESS.

## WHAT ARE OTHER WAYS TO THE RECOVERY OF HEALTH?

"Nature will want some assistance to bring things to their proper condition, which may be found in

- Pure air
- A precious knowledge of how to breathe
- Pure water, with a knowledge how to apply it
- Plenty of sunlight in every room in the house
- How to eat and dress healthfully..." {MM 223.4} (See also MH 127.2)

## ARE HERBS ALWAYS NECESSARY FOR RECOVERY OF THE SICK?

"In case of sickness..."

1. The **cause** should be **ascertained**.
2. Unhealthful **conditions** should be **changed**
3. **Wrong habits corrected**.
4. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system." {MH 127.1}

"The true method for healing the sick is to tell them of the herbs that grow for the benefit of man...They can themselves administer the simple herbs if necessary..." {SpM 137.2}

## WHAT IS SOMETHING GOD'S PEOPLE DON'T APPRECIATE AND USE ENOUGH OF WHEN TREATING SICKNESS & DISEASE?

"Water treatments are not appreciated as they should be...There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments..." {MH 237.2}

"There is a work to be done in treating the sick with water..." {PH144 13.2}

#### **WILL WATER TREATMENTS WORK WELL IF THE PERSON'S DIET IS NOT RIGHT?**

"The use of water can accomplish but little, if the patient does not feel the necessity of also strictly."  
{2SM 451.1}

#### **ARE COLONICS NECESSARY AND SAFE?**

"There are men who make a specialty of treating the rectum, and some feel that they have been greatly benefitted. But I have been instructed that this treatment, as well as many surgical operations, leaves with many a serious weakness." {LLM 178.2}

#### **WHAT ABOUT EXPENSIVE APPLIANCES LIKE HYPERBARIC CHAMBERS, SAUNAS, JUICERS, ETC.?**

"There is danger of spending far too much money on machinery and appliances which the patients can never use in their home lessons. They should rather be taught how to regulate the diet, so that the living machinery of the whole being will work in harmony." {CD 445.2}

#### **SHOULD WE EVER RESORT TO DRUGS WHEN WE'VE DONE ALL THAT WE CAN NATURALLY AND IT'S NOT WORKING?**

"Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer. Talk to Him as the only one who can help. Quote simple scripture with tenderness and faith..." {PC 43.1}

#### **DID SISTER WHITE SUPPORT THE USE OF DRUG MEDICATION AFTER RECEIVING THE LIGHT ON OUR HEALTH MESSAGE?**

"In...the book on Christian temperance, that portion that was expressed in reference to DRUG MEDICATION as though it was recommended by me is not according to the light that I have been given to present to the people. I must, if I made this statement, have done so in expressing the idea of WORKING AWAY FROM THE USE OF ALL DRUGS concocted at the apothecary. We have no use for them. We should not vindicate the use of drug medication..." (20MR 36.2)

#### **BUT DIDN'T SISTER WHITE GET VACCINATED WITH THE SMALL POX VACCINE?**

"You ask for definite and concise information regarding what Sister White wrote about vaccination and serum.

"...She did not refer to them in any of her writings. ...however...at a time when there was an epidemic of smallpox in the vicinity, she herself was vaccinated." {2SM 303.3}

\*\*\*There was a time Sister White ate pork, drank tea and coffee...She didn't know better, but when she learned the health message, she stepped in line to obey the light that was given to her. This includes the light given to her about drug medication and mercury.

"God's light-bearers are to adjust their movements to His progressive plans..." {RH, December 24, 1901 par. 7} {RH, April 2, 1914 par. 3-5}

#### **WHY DO PEOPLE CONTINUE TO TAKE DRUG MEDICATION EVEN AFTER HEARING THE HEALTH MESSAGE FOR SOME TIME?**

"...He promises to come to us as a Comforter to bless us. Why do we not believe these promises? That which we lack in faith we make up by the use of drugs. Let us give up the drugs, believing that Jesus does not desire us to be sick, and that if we live according to the principles of health reform, He will keep us well." {19MR 51.2}

## WHAT ABOUT DOCTORS/PHYSICIANS? ARE THEY THE ONLY ONES WHO KNOW ALL THE ILLS OF INFANTS AND PERSONS OF EVERY AGE?

"To educate the human family that the doctor alone knows all the ills of infants and persons of every age, IS FALSE TEACHING..." {SpM 137.2}

## HOW OFTEN DO WE REALLY NEED TO SEE A PHYSICIAN, PER THE COUNSEL GIVEN TO US?

"Were I sick, I would just as soon call in a lawyer as a physician from among general practitioners..." (2SM 290.1)

"...if every family were educated in how to use these herbs in case of sickness...no doctor need be called..." 1897 (2SM 294.1)

## WHAT DOES TRUE EDUCATION TEACH RE: PHYSICIANS?

"...true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary." {PH144 13.1}

## SHOULD WE SEND FOR A WORLDLY PHYSICIAN IN AN EMERGENCY SITUATION?

"Your question is . . . "In urgent cases, should we call in a worldly physician, because the sanitarium doctors are all so busy that they have no time to devote to outside practice?...If the physicians are so busy that they cannot treat the sick outside of the institution, would it not be wiser for all to educate themselves in the use of simple remedies... Were I sick, I would just as soon call in a lawyer as a physician from among general practitioners..." (20MR 1.2-1.4)

"It is not safe to trust to physicians who have not the fear of God before them...The physician may claim to possess great wisdom and marvelous skill, while at the same time his practice contrary to the laws of health...the teaching of these physicians is continually leading away from the principles God has given us in regard to health... Brethren, how can the Lord let his blessing rest upon us when we are going right upon the enemy's ground?" {CTBH 113.1} (5T 194.3)

"Christ will not save from wounds the one who places himself unbidden on the enemy's ground... Then comes suffering..." (MS 115, 1902). {5BC 1102.7}

## WHY DO WE NEED TO KNOW THESE THINGS?

"As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure." (1892). {LDE 80.2}

## Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/answers-to-important-questions-about.html>  
<https://ravishingrecipesandhealthfacts.blogspot.com/2018/08/answers-to-important-questions-about.html>  
<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/answers-to-important-questions-about.html>  
<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/answers-to-important-questions-about.html>