

## Are You A Vegan Or Health Reformer?

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

"We have been given the work of advancing HEALTH REFORM. The Lord desires His people to be in harmony with one another..." (CD 38.2)

"The question of HEALTH REFORM is not agitated as it must and will be...." {CD 304.1}

"The light God has given on HEALTH REFORM is for our salvation and the salvation of the world...These grand truths must be given to the world..." {CH 446.1}

"Let those who are teachers and leaders in our cause take their stand firmly on Bible ground in regard to HEALTH REFORM, and give a straight testimony to those who believe we are living in the last days of this earth's history. A line of distinction must be drawn between those who serve God and those who serve themselves." {9T 158.2}

"God's blessing will rest upon every effort made to awaken an interest in HEALTH REFORM; for it IS NEEDED EVERYWHERE. There must be a revival on this subject; for God purposes to accomplish much through this agency..." {MM 259.3}

"He who cherishes the light which God has given him upon HEALTH REFORM has an important aid in the work of becoming sanctified through the truth, and fitted for immortality. But if he disregards that light and lives in violation of natural law, he must pay the penalty..." {CH 22.2}

"God has given us great light upon the HEALTH REFORM, which he requires us all to respect. He does not send light to be rejected or disregarded by His people without their suffering the consequences." {3T 311.2}

"The light which God has given upon HEALTH REFORM cannot be trifled with without injury... the Lord will not be trifled with upon these subjects. He who disregards the light which God has given in regard to the preservation of health, revolts against his own good and refuses to obey the One who is working for his best good." {CH 562.2}

"I am sorry that there are many of our people who do not strictly follow the light on HEALTH REFORM..." {CD 493.1}

"...even while you fail to bring into your life and into your family the blessing that comes from following the principles of HEALTH REFORM, do not harm others by opposing the light God has given on this subject." {CD 38.2}

"His disregard of health reform unfits him to stand as the Lord's messenger." {CD 453.4}

The light that the Lord has given on this subject in His word is plain, and men will be tested and tried in many ways to see if they will heed it. Every church, every family, needs to be instructed in regard to Christian TEMPERANCE. ALL SHOULD KNOW HOW TO EAT AND DRINK IN ORDER TO PRESERVE HEALTH. We are amid the closing scenes of this world's history, and there should be harmonious action in the ranks of Sabbath-keepers. Those who stand aloof from the great work of instructing the people upon this question do not

follow where the Great Physician leads the way.” {6T 378.2}

“At the time the light of health reform dawned upon us, and since that time, the questions have come home every day, “Am I practicing true temperance in all things?” “Is my diet such as will bring me in a position where I can accomplish the greatest amount of good?” If we cannot answer these questions in the affirmative, we stand condemned before God, for He will hold us all responsible for the light which has shone upon our path...he requires us to change our health destroying habits, and place ourselves in a right relation to physical laws.” {CD 19.3}

### **ARE YOU A VEGAN OR A HEALTH REFORMER?**

“...I consider it a privilege as well as a duty to be a HEALTH REFORMER.” {CD 492.5}

“...God wants them to be health reformers. He wants them to live up to the light that has been given on this subject...” {CH 137.2}

“...The question is...are we willing to be TRUE HEALTH REFORMERS?” {CD 35.4}

### **HOW MANY VEGANS ARE THERE IN AMERICA?**

5% of the population of the U.S. - <http://blog.dictionary.com/veganism/>

Half of those are Vegan

<https://news.therawfoodworld.com/16-million-people-us-now-vegan-vegetarian/>

### **WHEN DID VEGANISM START?**

The term vegan was coined in 1944 by [Donald Watson](#) when he co-founded the [Vegan Society](#) in England, at first to mean "non-dairy vegetarian" and later to refer to “the doctrine that [man should live without exploiting animals.](#)” Interest in veganism increased in the 2000s; vegan food became increasingly available in supermarkets and restaurants in many countries, and several top athletes in endurance sports, such as the [Ironman triathlon](#) and the [ultramarathon](#), began to practice veganism and [raw veganism](#).

### **VEGANISM OR HEALTH REFORMER?**

#### **VEGANS DO THE FOLLOWING:**

- Don't eat at regular times
- Drink alcohol or eat food with alcohol in it
- Drink coffee, energy drinks, and tea (not herbal)
- Drink soda & diet soda
- Drink with their meals
- Eat between meals
- Eat chocolate
- Eat mints, candies, and gum
- Eat more than 2-3 kinds of food at a meal
- Eat more than 3-4 dishes at a meal
- Eat potato chips, fried corn chips, fried fries
- Eat right before bed
- Fry their food or cook with any grease
- Mix fruit & vegetables at a meal
- Snack
- Use baking soda & baking powder
- Use black & white pepper, and cayenne in their food
- Use chili peppers, jalapenos, and hot peppers
- Use condiments

- Use fermented items such as miso, tempeh, yogurt
- Use food coloring
- Use hot sauce, tobacco, etc.
- Use nutmeg, cinnamon, and allspice
- Use vinegar or anything with vinegar in it

### HEALTH REFORMERS:

- DON'T mix fruit & vegetables at a meal because it causes fermentation in the stomach
- DON'T eat more than 3-4 dishes at a meal because it causes fermentation in the stomach
- DON'T eat more than 2-3 kinds of food at a meal because it causes fermentation in the stomach
- DON'T drink with their meals because it makes digestion difficult...causes food to rot in the stomach
- DON'T use condiments because it poisons the blood, causes anemia, messes with the platelets, etc.
- DON'T use vinegar b/c it poisons the blood, causes anemia, messes with the platelets, etc.
- DON'T use fermented items like miso, tempeh, yogurt, etc. because it poisons the blood
- DON'T use chili peppers, jalapenos, and hot peppers b/c it tears the lining of the stomach, poisons blood
- DON'T use hot sauce, tobacco, etc. b/c it tears the lining of the stomach, poisons blood
- DON'T use black & white pepper, & cayenne in their food b/c tears the lining of the stomach, poisons blood
- DON'T use nutmeg, cinnamon, and allspice b/c it tears the lining of the stomach, poisons blood
- DON'T use food coloring because it causes cancer, messes with transmitters in the brain
- DON'T use baking soda & baking powder because it poisons the blood, disturbs PH of the stomach
- DON'T drink coffee, energy drinks, and tea b/c they mess with the nervous system; causes anemia
- DON'T drink soda & diet soda b/c they mess with the nervous system; causes anemia
- DON'T drink alcohol or eat food with alcohol in it destroys brain cells; damages the Liver
- DON'T eat chocolate because it contains poisons and causes numerous health problems
- DON'T fry their food or cook with any grease because it poisons the blood, causes heart disease, etc.
- DON'T eat potato chips, fried corn chips, fried fries b/c it raises cholesterol, causes diabetes, etc.
- DON'T eat mints, candies, and gum because they are full of harmful ingredients that poison the blood
- DON'T snack b/c it messes with proper digestion time - causes fermentation in the stomach; poisons the blood
- DON'T eat between meals

**“The health reform is just what the name indicates it to be...There is too great a mixture of foods provided... Soda and saleratus, rich gravies and desserts are used far too freely. We have certainly departed from the simplicity of diet.”** {8MR 172.1}

**“We shall soon reach a time when we must understand the meaning of a simple diet. The time is not far hence, when we shall be obliged to adopt a diet very different from our present diet.”** {8MR 172.2}

**“We need to study the art of preparing in a simple manner the fruits, grains, and vegetables. We do not need these complex combinations that are provided. As the matter now stands we are in danger of making dyspeptics.** I would ask, How many are standing by the old principles of health reform, as they were given to us years ago?” {8MR 172.3}

### WHAT TO DO ABOUT THIS:

**“...Send into the churches workers who will set the principles of health reform in their connection with the third angel's message before every family and individual. ENCOURAGE ALL to take a part in work for their fellowmen, and see if the breath of life will not quickly return to these churches.”** {TM 415.2}

**THE CONCLUSION:**

“...Much depends upon the question of health reform. Unless our churches occupy a higher platform upon this subject, they will not be able to appreciate the truth for this time.” {1MR 62.2}

**SOP ABBREVIATIONS:**

**1MR** = Manuscript Releases, Volume 1

**3T** = Testimonies for the Church, Volume 3

**6T** = Testimonies for the Church, Volume 6

**8MR** = Manuscript Releases, Volume 8

**9T** = Testimonies for the Church, Volume 9

**CD** = Counsels on Diet & Foods

**CH** = Counsels on Health

**MM** = Medical Ministry

**TM** = Testimonies to Ministers

**\*\*\*Questions on next page\*\*\***

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# Are You A Vegan Or Health Reformer?

## (Questions)

1. We have been given the work of advancing \_\_\_\_\_.
2. The question of Health Reform is not \_\_\_\_\_ as it must and \_\_\_\_\_ be.
3. The light given on Health Reform is for our \_\_\_\_\_.
4. It's also for the salvation of the \_\_\_\_\_.
5. Let those who are \_\_\_\_\_ and leaders in our cause take their stand firmly in regard to Health Reform.
6. Will God's blessing rest upon every effort there is to awaken an interest in Health Reform? YES or NO
7. God has given us great \_\_\_\_\_ upon Health Reform.
8. He requires us all to res\_\_\_\_\_ the subject of health reform.
9. Will all of God's people follow the message on Health Reform? YES or NO
10. Do not harm others by \_\_\_\_\_ the light God has given on this subject by failing to follow this message.
11. His \_\_\_\_\_ of Health Reform unfits him to stand as the Lord's messenger.
12. \_\_\_\_\_ should know how to eat and drink in order to preserve health
13. There should be \_\_\_\_\_ action in the ranks of Sabbathkeepers on the subject of Health Reform.
14. Are we following the way the Great Physician leads in Health Reform if he stand aloof from this work?  
YES or NO
15. Are we to instruct those around us on this subject? YES or NO
16. What 2 questions should we be asking ourselves regarding this subject?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
17. If we cannot answer yes to the above questions, we stand \_\_\_\_\_ before God.

18. List 24 things that Vegans Eat/Do that Health Reformers do not:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
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24. \_\_\_\_\_

19. There is too great a \_\_\_\_\_ of food provided.

20. We have certainly departed from the \_\_\_\_\_ of diet.

21. We should adopt a diet very \_\_\_\_\_ from our present diet.

22. We need to study the \_\_\_\_\_ of preparing in a simple manner the fruits, grains, and vegetables.

23. Should we have "complex combinations" in our dishes that we provide? YES or NO