

Gaining A Right Conception Of God Regarding Sickness & Disease

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

There are some on Social Media who are now quite confused and feel the health message doesn't work or are asking why God would allow such things to happen to people teaching this health message.

In no way was this document intended to put down or criticize any of our Medical Missionaries. They all have done a great job and God winks at any ignorance any of us may have regarding this subject, but He then commands us all to repent.

It would be appreciated if you did not copy and paste and share this document as it may be offensive to some. As stated before, that is not the intent of the information being shared.

However, you may verbally teach some of the things in the document.

"We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work..." (7T 62.1) 1902

"...The very first thing that medical missionaries need to do is to gain a right conception of God, not a conception based on their own human judgment, but a conception based on a constant study of God's word..." {MM 91.4} 1902

Note: A misconception that needs to be cleared up with people of all walks of life is: Sickness and Disease are providences of GOD. They are not providences of GOD. He wants us in health.

Note: We need a true knowledge of God that can only be found in His Word

- [2 Peter 1:2-3](#)
- [John 17:3](#)

"God loves his creatures with a love that is both tender and strong. He has established the laws of nature; but his laws are not arbitrary exactions. Every "Thou shalt not," whether in physical or moral law, contains or implies a promise. If it is obeyed, blessings will attend our steps; if it is disobeyed, the result is danger and unhappiness." -- {HL 17.5} (HL = Healthful Living)

- [Psalms 119:89](#)

"The tables of many professed Christian women are daily set with a variety of dishes which irritate the stomach and produce a feverish condition of the system...their bodies are composed of what they eat. But when suffering and disease come upon them, it is considered an affliction of providence." {3T 563.2} (3T = Testimonies for the Church, volume 3)

"...God does not desire his creatures to suffer an hour's pain..." {DA 207.1}

"Show that it is not God who causes pain and suffering, but that man through his own ignorance and sin has brought this condition upon himself." (1900) {2MCP 510.1}

- See: [John 10:10](#)

“Many act as if health and disease were things entirely independent of their conduct, and entirely outside their control. They do not reason from cause to effect...violent attacks of sickness they believe to be special dispensations of providence, or the result of some overruling, mastering power...” (PC 34.3)(PC = Paulson Collection)

“The violation of physical law, with its consequent suffering and premature death, has so long prevailed that these results are regarded as the appointed lot of humanity; but God did not create the race in such a feeble condition. This state of things is not the work of providence, but of man. It has been brought about by wrong habits,--by violating the laws that God has made to govern man's existence...” {CD 118.1}{CD = Counsels on Diet & Foods)

“They disregard the principles of health by their habits of eating, drinking, dressing, and working. Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law.” {MH 234.2} (MH = Ministry of Healing)

NOTE: A person dies at 50 of a heart attack and many say “It was God's will”
Is this the case?

Not according to **Psalm 90:10**... let's go there
...AND let's read what **Ecclesiastes 7:17** says

“I wish you could read the daily papers of this country, and notice the accounts of how men in responsible positions have dropped dead while traveling or while at some entertainment...this is the result of a violation of nature's laws. Cause is being followed by effect...” heart failure,” say the physicians who attended these men at their death. Poor souls! They abused the lord's wonderful machinery until it could endure no longer, and gave up the conflict. God does not work a miracle to keep in motion the machinery that is worn out by the abuse put upon it.” {7MR 56.1}

**WHAT ABOUT PARENTS WHO ARE SNATCHED FROM THEIR CHILDREN IN DEATH?
IS THIS GOD'S DOING OR HIS PLAN AS SO MANY CLAIM?**

“He (the doctor) makes the case a grave one, and administers his poisons...and the mother dies. She was drugged to death. Her system was poisoned beyond remedy. She was murdered. Neighbors and relatives marvel at the wonderful dealings of providence in thus removing a mother in the midst of her usefulness, at the period when her children need her care so much. They wrong our good and wise heavenly father when they cast back upon him this weight of human woe. Heaven wished that mother to live, and her untimely death dishonored God. The mother's wrong habits, and her inattention to the laws of her being, made her sick. And the doctor's fashionable poisons, introduced into the system, closed the period of her existence, and left a helpless, stricken, motherless flock.” {2SM 441.3}

NOTE: It is not God's will that parents be removed by death from their families at a time they need them most. Jesus came to give life; Satan came to destroy. (John 10:10)
Remember the case of Anna Nicole Smith?

SO THEN WHY DO PEOPLE GET SICKNESS AND DISEASE?

“Disease NEVER comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health...” {MH 234.1} (MH = Ministry of Healing)

“...Disease is an effort of nature to free the system from conditions that result in a VIOLATION of the laws of health.” (CH 127.1)

“...It is the duty of every person to become intelligent in regard to disease and its causes...” (HL 19.5)

Q: WHERE IS MOST OF YOUR IMMUNE SYSTEM LOCATED?

A: 70 to 80% of our immune system is in the GI (Gastro Intestinal aka Digestive) **tract,**

- <http://www.healthy-holistic-living.com/probiotic-benefits.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351/>

NOTE: If we don't eat the right foods or eat the right way, we are not going to have a strong immune system, therefore cancer and other things can take place. And just because you don't know of other cases, doesn't mean it doesn't happen. Do you know of anyone else besides Miriam who got leprosy due to back biting? It's not known to do this, but it can do it as can having a weak immune system prevent any the body from fighting cancer.

HERE'S A POWERFUL QUOTE TO REMEMBER!!!

“ALL sickness is the result of transgression...” {CH 37.2}

Q: WHAT DOES THE WORD ALL MEAN?

Note: Some people ask the question, but what about the blind man in the bible who was blind from birth? Jesus said neither his parents nor he sinned. (See: [John 9:1-3](#))

First of all, blindness does not always happen from violating the laws of health. It could have been from an accident while the mother was pregnant. Christ didn't go into details.

Secondly, in Jesus' day they ate fish. We don't do that today. So even if in his day all sickness was not due to disease, that's not the case for today, for the testimony of Jesus tells us otherwise.

We are living in different times. IF Christ tells us through the prophet, that in our day all sickness is due to a violation of the laws of health, then we must believe what we are counseled, for Christ would never contradict himself through the prophets.

TWO LAST QUOTES:

“God has permitted the light of health reform to shine upon us in these last days, that by walking in the light we may escape many dangers to which we will be exposed...” (3T 561.1)

Note: If we follow every detail of our health message strictly, we can prevent disease, even the most dangerous of all and/or reverse it

“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)

ONE LAST THING:

“...Sickness and suffering do not come from God, but are the result of a wrong course of action.”
{PUR, March 23, 1905 par. 2}

WHAT IS THE KEY TO REVERSING DISEASE?

- Is it to give a natural remedy?

OR

- Is it to get to the root of the problem (ascertain the cause)?

IN CASE OF SICKNESS,

- The cause should be ascertained.
- Unhealthful conditions should be changed,
- Wrong habits corrected.
- Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. {CH 90.1}

“That which is of the most importance is that the students be taught how to represent aright the principles of health reform...” {9T 177.3}

“...Those who go forth to engage in the work of the ministry must be intelligent upon the subject of health reform...” (MM 238.3)

“...STRANGE THINGS have been done in the medical missionary work...” (CH 370.3)

“...Many have misinterpreted health reform, and have received perverted ideas of what constitutes right living...” (CD 200.3)

WHY HAS THIS HAPPENED?

“The volumes of Spirit of Prophecy, and also the Testimonies, should be introduced into every sabbathkeeping family, and the brethren should know their value and be urged to read them...” (4T 390.3)

MANY are going directly contrary to the light which God has given to his people, because they do not read the books which contain the light and knowledge...” (4T 391.1) (See: Isaiah 8:20)

A LIST OF OUR SPIRIT OF PROPHECY HEALTH BOOKS ARE AS FOLLOWS:

- How to Live
- Ministry of Healing
- Christian Temperance and Bible Hygiene
- Counsel on Diet and Foods
- A Call to Medical Evangelism and Health Education
- Counsels on Health
- Healthful Living
- Temperance
- Medical Ministry
- Loma Linda Messages
- Testimonies on Sexual Behavior, Adultery and Divorce
- Mind, Character, and Personality, Volumes 1 and 2
- Health Reformer Articles
- Paulson Collection
- A Solemn Appeal (by Sister White)
- A Solemn Appeal (by James White)
- And Others

“...It is the duty of every person to become intelligent in regard to disease and its causes...” (HL 19.5)

- **The ANSWER to cancer IS NOT NATURAL REMEDIES, but getting to the root of disease. Although you will use water treatments and herbs to fight the cancer**
- **In order to prevent or fight cancer, you NEED A STRONG IMMUNE SYSTEM**

Q: WHERE IS MOST OF YOUR IMMUNE SYSTEM LOCATED?

A: 70 to 80% of our immune system is in the GI (Gastro Intestinal aka Digestive) tract,

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I would like to share a testimony with you that was sent to my medical missionary training email group on yahoo.

HERE'S THE TESTIMONY:

I have been using this true health message and sharing against the “Egypt” health message since learning this several yrs. ago. I recently ran into a friend who has been a raw foodist for several yrs. and his father has been too. At first his father was doing exceptional with the raw and now has about died and looks terrible. He was hospitalized and they said he had no gut bacteria so therefore couldn't absorb nutrients. I am curious if the raw food cannot support the gut bacteria or why would it disappear? He takes no meds or antibiotics. This would seem very conclusive if provable. His son looks like he is heading that way too and I would like to share facts with him as he is very well studied on the current benefits of what he thinks is the health message.

HERE'S MY RESPONSE TO THE TESTIMONY:

Amen!!! A Raw Vegetable Diet affects the Gut/GI system/Immune System, etc. therefore it would obviously mess with the gut flora.

Most Big Time Raw Foodists I know of have mostly gone back to the SAD (Standard American Diet) diet because they became very deficient in minerals over the years.

Eating raw vegetables and drinking it raw messes with the digestive tract, and 70-80% of immune system is located in there. When you mess with the digestive tract, you are hindering the immune system. And you have to have a healthy immune system in order to prevent disease.

HERE'S A POWERFUL QUOTE TO REMEMBER!!!

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

Some people ask the question, but what about the blind man in the bible who was blind from birth? Jesus said neither his parents nor he sinned. (See: John 9:1-3)

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We are living in different times.

IF Christ tells us through the prophet, that in our day all sickness is due to a violation of the laws of health, then we must believe what we are counseled, for Christ would never contradict himself through the prophets.

NOW, WHAT'S WRONG WITH RAW VEGETABLES?

THEY:

- Mess with Digestion
- Don't have the released enzymes necessary for food break down
- Produce a weakness in the system
- Steal Iodine and other minerals that are crucial for health
- Cause Diarrhea
- AND THE LIST GOES ON

HERE ARE QUOTES FROM 3 DIFFERENT PEOPLE

- Sister White,
- Dr. Kellogg,
and
- J.H. Kellogg's Wife Ella Kellogg

ALL STATING THAT COARSE (Raw) VEGETABLES ARE POISON TO THE SYSTEM

TO LEARN HOW TO COOK VEGETABLES PROPERLY, READ THE FOLLOWING:

“During the last seven months we have been at home but about four weeks. In our travels we have sat at many different tables, from Iowa to Maine. Some whom we have visited live up to the best light they have. Others, who have the same opportunities of learning to live healthfully and well, have hardly taken the first steps in reform. They will tell you that they do not know how to cook in this new way. But they are without excuse in this matter of cooking; for in the work, HOW TO LIVE, are many excellent recipes, and this work is within the reach of all. I do not say that the system of cookery taught in that book is perfect. I may soon furnish a small work more to my mind in some respects. But HOW TO LIVE teaches cookery almost infinitely in advance of what the traveler will often meet, even among some Seventh-Day Adventists.” {1T 680.2}

- ‘How to Live’ – How to properly Cook Vegetables, Pages 31-33
<http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>
- Science in the Kitchen’, Pages 228-270
<http://readcentral.com/massappealnews//chapters/Mrs-E-E-Kellogg/Science-in-the-Kitchen/011>

“Vegetables should be cooked until they are perfectly tender but not overdone. Many cooks spoil their vegetables by cooking them too long, while quite as many more serve them in an underdone state to preserve their form. Either plan makes them less palatable, and likely to be indigestible.” (Ella Kellogg/Science in the Kitchen)

ACCORDING TO SISTER WHITE:

WE ARE NOT TO EAT VEGETABLES COARSE (raw): As we read earlier, they should be cooked till tender.

“In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made

plain. Tea and coffee, fine-flour bread, pickles, **COARSE VEGETABLES**, candies, condiments, and pastries **fail of supplying proper nutriment.** Many a student has broken down as the result of using such foods... (Ed 204.3)

*****Raw vegetables steal iodine from the body and the enzymes are not released for proper mineral absorption:**

FROM OUR PIONEERS:

"...Albumen of VEGETABLE ORIGIN is better when cooked..." {May 7, 1903 EJW, PTUK 301.8}

HERE'S AN ARTICLE STATING THAT VEGETABLES SHOULD BE COOKED:

- <http://chestofbooks.com/health/nutrition/Dietetics-4/Cooking-Of-Vegetables.html#.VQ9GQeGPG9d>

HERE'S FROM DR. KELLOGG IN A BOOK TITLED 'The Hygienic Family Physician'

Brother Loughborough says the following about this book (see → 1888 716.3) Re: brother Loughborough

- It is a work especially designed for family use
- A complete guide for the preservation of health and the treatment of disease without the use of medicine." {1868 JNL, HBH 1a.1}
- And should be in the hands of every family in the land, as it affords instruction of the most vital importance. Directions for the treatment of disease are so plain and minute that any person of ordinary intelligence with its assistance may successfully treat nine-tenths of all the cases of disease which occur in any neighborhood..." {1868 JNL, HBH 1a.2}

DIET FOR THE SICK.

Food for the sick should be nutritious, easy of digestion, and free from oily or fatty substances. The following articles should be religiously abstained from: pork, fats, butter, salted or smoked meats, and in many cases, all kinds of meats, salt fish, and most kinds of fresh fish, lobsters, clams, and oysters, rich gravies, and greasy soups, mustard, pepper, spices of all kinds, vinegar, pickles, RAW VEGETABLES OF ALL KINDS, cheese, rich pastry and puddings, oily nuts, tea, coffee, condiments of every kind, rich preserves, hard boiled eggs, fried eggs, and fried food of all kinds, distilled and fermented liquors of every kind, and whatever else impairs or injures digestion.

Note: Dr. Kellogg is saying that RAW VEGETABLES IMPAIRS AND/OR INJURES DIGESTION. Medical Science is now saying the same thing.

And look at this quote he makes in his book... RE: DIARRHEA.

Medical writers give us seven varieties of this disease; but as such a division will only tend to confuse the mind of the nurse, the disease will be described as a unit.

CAUSE. —Overeating, and the use of improper food, such as unripe fruit, RAW VEGETABLES, sausage, pork, veal, or excessive quantities of fresh meat of any kind.

HERE'S WHAT HIS BROTHER DR. JOHN HARVEY KELLOGG SAYS ON THIS SUBJECT

- https://books.google.com/books?id=blwqAAAAYAAJ&pg=PA202&source=gbs_toc_r&cad=4#v=onepage&q=raw%20vegetables%20&f=false

NOTE: This book at the above link is called 'The Home Hand Book' and was written by Dr. John Harvey Kellogg. This book was endorsed by the prophet and she was urging him to publish more for all the people to read. (See KC 89.4-90.1)

ON PAGE 283, HE SAYS THE FOLLOWING:

“Raw food, and food which is insufficiently cooked is a frequent cause of indigestion. This is especially true of uncooked vegetables.” (Page 283.3)

MORE THINGS THAT BRING DISEASE THAT MANY MEDICAL MISSIONARIES AND LIFESTYLE CENTERS ARE DOING:

- Drinking vegetable juice, which is very toxic to the body
It's too concentrate and vegetable albumin is to be cooked. Our food is not to be taken in a liquid state. This will disturb the stomach and put a burden on the kidneys.
See: CD 105.1-.2 (CD = Counsels on Diet and Foods)
- A person who wears shorts and short sleeves is not going to have good circulation, which means they are not going to have a good immune system if the blood is not good, the health is not going to be good...
“...perfect health requires a perfect circulation...” (MH 293.1) it is Satan that invented the fashion of leaving the arms and legs exposed. See: 2T 531.3 and 4T 629.2

“...The present generation have trusted their bodies with the doctors, and their souls with the ministers...”
{HR, August 1, 1866 PAR. 3}

IN CONCLUSION:

I have been accused of teaching error because of what I just shared with you. I have also been accused of going against the grain and speaking against what many medical missionaries teach.

AM I WRONG FOR DOING THIS? WOULD ANYONE BE WRONG FOR DOING THIS?

“Many of those to whom the people look for instruction are not leading their flocks to the pure water of life. If by reading the word one is awakened to search for truth, if by seeking to know what the scriptures teach, he shows that he would become a wise householder, he is charged with doing great mischief. He sees the truth, not as the ministers have declared it, but as Christ has presented it in the old and new testaments, and as a faithful steward he tells those around him; for he would have them share with him the message of grace. But how is he treated by the religious teachers?--just as Christ was treated by the Jewish leaders. He is held up to ridicule. The ministers denounce him from the pulpit, declaring that he is causing division in the churches. Eternal interests are at stake, but those who ought to receive the light with rejoicing, fight against the word of God as dangerous. They do not say to those they think are misled: “Come, let us examine this subject together. If you have received light, give it to us; for we need every ray of light that is shining from the word of God. Our souls will be imperiled if we entertain and teach error.” {ST, March 1, 1899 par. 5}

TWO LAST QUOTES:

“God has permitted the light of health reform to shine upon us in these last days, that by walking in the light we may escape many dangers to which we will be exposed...” (3T 561.1)

NOTE: If we follow every detail of our health message strictly, we can prevent disease, even the most dangerous of all and/or reverse it.

“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)

LAST QUOTES:

“...Sickness and suffering do not come from God, but are the result of a wrong course of action.” {PUR, March 23, 1905 par. 2} (PUR = Pacific Union Recorder)

Many people have been discouraged, as of late, and question if the health message really works. **The truth of the matter is that it does work. THE PROBLEM IS,** in many cases, **persons who are sick are being treated incorrectly** and are being taught things not in accordance with the Spirit of Prophecy, and the health books the Spirit of Prophecy points us to.

PLEASE READ THE FOLLOWING QUOTE AS TO ANOTHER REASON WHY:

“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 399.2)

SOP BOOK ABBREVIATIONS:

- **7T** = Testimonies for the Church, Volume 7
- **MM** = Medical Ministry
- **DA** = Desire of Ages
- **7MR** = Manuscript Releases, Volume 7
- **2SM** = Selected Messages, Volume 2
- **CD** = Counsels on Diet and Foods
- **4T** = Testimonies for the Church, Volume 4
- **CH** = Counsels on Health
- **1T** = Testimonies for the Church, Volume 1
- **Ed** = Education
- **PTUK** = Present Truth United Kingdom (pioneer writing)
- **HBH** = Hand Book of Health (by Stephen Haskell/SDA Pioneer)
- **2T** = Testimonies for the Church, Volume 2
- **HR** = Health Reformer Articles
- **ST** = Signs of the Times
- **3T** = Testimonies for the Church, Volume 3
- **KC** = Kress Collection