

Why Not Juicing?

3 John 2; Hosea 4:6; Proverbs 2:6

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

Question: What is a good juice for cleansing the body?

Answer: You want to know what is best for cleansing the body?

Yes.

I don't recommend the juicing of vegetables because coarse veggies are not to be taken into the system raw...

LISTEN TO WHAT THE SPIRIT OF PROPHECY SAYS IS THE WAY TO CLEANSE THE BODY

"CHRIST'S REMEDIES CLEANSE THE SYSTEM..." {2SM 288.3}

WHAT ARE HIS REMEDIES?

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--THESE ARE THE TRUE REMEDIES." --MH 127.2 (1905)

- **WE ARE ALSO TOLD → "...WATER IS THE BEST LIQUID POSSIBLE TO CLEANSE THE TISSUES."** {CD 421.3}

NOTE: We cannot improve on that which Christ has given us...

WE ARE ALSO COUNSELED NOT TO TAKE OUR FOOD IN A LIQUID STATE.....

"TAKEN IN A LIQUID STATE, YOUR FOOD WOULD NOT GIVE HEALTHFUL VIGOR OR TONE TO THE SYSTEM. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this, you should not yield the point; you should educate your stomach to bear a more solid diet." {CD 105.1}

WHAT CAN WE DO FOR HEALING?

- FILL OUT A LIFESTYLE ASSESSMENT FORM (we'll be going over this at another time)
- FAST A DAY OR TWO
- DO THE 2 MONTH PROGRAM
- TAKE FREQUENT WARM BATHS and WHATEVER WATER TREATMENT is RECOMMENDED FOR THE CONDITION
- INCLUDE HERBS IN YOUR PROGRAM THAT CLEANSE THE BLOOD
- THE BEST LIQUID FOR CLEANSING THE BODY = WATER {CD 421.3}
- The only juice recommended by the prophet and the Bible is **FRUIT JUICE** AND THAT IS **ONLY FOR SPECIAL OCCASIONS** such as: weddings; stomach problems; communion, hot weather, etc.

OK HOW ABOUT CARROT JUICE?

LET ME ASK YOU 2 QUESTIONS: Are carrots a fruit or veggie?

- Veggie

Great!!! **Can you find anywhere in the Bible or Spirit of Prophecy where vegetable juice was recommended for sickness?** Remember, anything we do, we want our findings from the Bible & SOP, and not man's wisdom...

QUESTION: Is carrot a soft or coarse (hard) vegetable?

ANSWER: Hard, coarse veggie

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LISTEN TO THIS FROM THE TESTIMONY OF JESUS:

"...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 - {3SM 83.5}

Q: DO YOU BELIEVE IN SISTER WHITE? I know you do, but I'm just getting you to think here.

- **WE HAVE BROUGHT IN MANY DELUSIONS IN OUR HEALTH MESSAGE BECAUSE WE DON'T FOLLOW THE COUNSEL GIVEN TO US ON HEALTH FROM THE PROPHET**

QUOTE: NOW REMEMBER, CARROTS ARE A "COARSE (hard) VEGETABLE"

"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(Read J.H. Kellogg's book → 'The Home Hand Book of Domestic Hygiene and Rational Medicine', Volume 1, pg. 113 of the purple book in the far right column, 1st paragraph). Many a student has broken down as the result of using such foods." {Ed 204.3}(Handbook of Health by: J.N. Loughborough, pg. 179)(HBH 179.2)

Okay, did you see where SISTER WHITE SAID WE SHOULD KNOW what foods are deficient in minerals (elements)?

Yes or No?

- Did you see how she listed **CONDIMENTS, TEA, COFFEE, SPICES, ETC.?** YES OR NO?
- But did you also see how she listed **COARSE (hard) VEGETABLES?** YES OR NO

Yes

LET ME TELL YOU WHY COARSE VEGETABLES ARE LISTED AS DEFICIENT IN MINERALS

Because they have to be cooked in order for an enzyme to be broken down

WITHOUT COOKING, IODINE IS STOLEN FROM THE BODY CAUSING ALL TYPES OF PROBLEMS, INCLUDING HYPOTHYROIDISM....**MEDICAL SCIENCE IS SAYING THIS TODAY**

Other minerals are stolen as well

LET ME ASK YOU A QUESTION:

- **ARE CARROTS COOKED OR RAW IN JUICING?**

THE REASON CARROT JUICING SEEMS GOOD IS BECAUSE ALTHOUGH THE RAW JUICE IS NOT GOOD, WHEN PEOPLE JUICE, THEY ARE ON A FAST WITH NO OIL, SUGAR, REFINED FOODS, SO THEY ARE GOING TO SEE BENEFITS, BUT IT'S NOT REALLY FROM THE RAW CARROTS

IT'S FROM THE FASTING THEY ARE DOING

DO YOU KNOW WHAT SISTER WHITE SAYS IS THE BEST FASTS WHEN WE ARE SICK?

Q: WHAT IS THE BEST FAST WHEN SICK?

"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. IN MANY CASES OF SICKNESS, THE VERY BEST REMEDY IS FOR THE PATIENT TO FAST FOR A MEAL OR TWO...A FRUIT DIET FOR A FEW DAYS has often brought great relief to brain workers. Many times A SHORT PERIOD OF ENTIRE ABSTINENCE FROM FOOD, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. AN ABSTEMIOUS DIET FOR A MONTH OR TWO would convince many sufferers that the path of self-denial is the path to health." {CD 189.3}(We will cover more on fasting in the near future)

- See also → 7T 134.2

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SHE MENTIONS 3 TYPES OF FASTING THERE FOR DISEASE:

Please list what they are and tell me if she says anything about juicing vegetables.

- Fast for a Meal or Two
- A Fruit Fast
- Short Periods of Entire Abstinence From Food (7T 134.2)

FAST FOR A MEAL OR TWO; FRUIT FAST FOR A COUPLE OF DAYS;

ENTIRE ABSENCE OF FOOD FOR A COUPLE OF DAYS NOW, you still following?

IN THE VERY LAST SENTENCE OF THAT QUOTE, WHAT TYPE OF DIET DID SHE SAY PEOPLE WOULD SEE HEALTH IN 1 TO 2 MONTHS? **An Abstemious diet**

- **NOW DID SHE MENTION ANYTHING ABOUT JUICING VEGGIES? **No****

Now **THIS IS THE KEY...AN ABSTEMIOUS DIET**...Most people want to juice, take herbs, etc., but they don't want to do an abstemious diet which will bring healing faster than anything else.

Q: DO YOU KNOW WHAT AN ABSTEMIOUS DIET IS ACCORDING TO THE PROPHET?

WE NEED TO KNOW WHAT AN ABSTEMIOUS DIET IS IF IT BRINGS HEALING IN 1 TO 2 MONTHS DON'T WE?

WOULD YOU LIKE TO SEE WHAT THE PROPHET SAYS AN ABSTEMIOUS DIET IS?

I'M GOING TO POST THE QUOTE AND THEN ASK YOU TO TELL ME ALL SHE SAYS IS INCLUDED TO BE CONSIDERED AN ABSTEMIOUS DIET...

"I advise you to **MAKE YOUR DIET ABSTEMIOUS**. Be sure that as a rational Christian sentinel you

- **GUARD THE DOOR OF YOUR STOMACH, ALLOWING NOTHING TO PASS YOUR LIPS THAT WILL BE AN ENEMY TO YOUR HEALTH AND LIFE...**
- **EAT MUCH MORE SPARINGLY**, and
- **EAT SIMPLE FOOD**, which does
- **NOT REQUIRE HEAVY SEASONING**. **Your animal passions should be starved, not pampered ...The simpler your diet, the better it will be for you.** {CD 102.1-2}

NOW PLEASE LIST THE 4 THINGS THAT MAKE A DIET ABSTEMIOUS

1. Guard the door of stomach, allowing nothing that would be an enemy to your health, to enter therein
2. Eat sparingly (We are counseled that we eat 50-66.6% more than we should → **(SpM 41.3)**)
3. Eat Simple food
4. No heavy seasoning

HERE ARE THE ANSWERS

- **#1. NOTHING HARMFUL PASSING THE LIPS** (like condiments (store bought ketchup, mustard, BBQ sauce), anything with vinegar, MSG (Braggs and soy sauce), hot peppers, spices, white products, additives, food coloring, etc.) baking soda, baking powder, sugar, refined salt, aka common salt, etc.
- **#2: EAT MUCH MORE SPARINGLY** (not eating more than 3 or 4 dishes or 2 to 3 kinds of food at one meal...I will give you the quotes for this in a bit...not piling on the food and going back for 2nds, 3rds, 4ths...she says we should fill our plate once and not too much...I have personally heard a couple of times that our stomachs were not designed to take in more than 2 cups of food at time, for your average sized person/male or female

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- **#3: EAT SIMPLE FOOD/SIMPLE DIET** (fruit, vegetables, nuts, grains, seeds)

- **#4: FOOD THAT DOESN'T REQUIRE A LOT OF SEASONING** (veggies don't need a lot of salt...but veggie meats require a lot of seasoning... as do other things)

NOW HOW MANY OF US CAN SAY WE REALLY EAT LIKE THAT?

- Beans are good, and fruit, salads that are not mixed with fruit or fruit dressings, or raw vegetables.

GETTING BACK TO JUICING....Is JUICING CARROTS, FOOD IN A LIQUID STATE?

Q: IS CARROT JUICE FOOD IN A LIQUID STATE?

A: YES, IT IS FOOD IN A LIQUID STATE.

OKAY, PLEASE READ WHAT SHE SAYS HAPPENS WHEN WE TAKE OUR FOOD IN A LIQUID STATE (mind you, I am referring to vegetable juice, not fruit...they drank a little fruit juice for medicine and weddings)(no more than 6 oz)

“SO MUCH LIQUID TAKEN INTO THE STOMACH WAS NOT HEALTHFUL, AND THAT ALL WHO SUBSISTED ON SUCH A DIET PLACED A GREAT TAX UPON THE KIDNEYS, AND SO MUCH WATERY SUBSTANCE DEBILITATED THE STOMACH.”
{CD 105.2}

PLEASE TELL ME WHAT HAPPENS TO THE BODY. IS THIS A GOOD OR BAD THING?

She was referring to soup and coffee in this quote, but she says ANY LIQUID DIET IS BAD

PLEASE LIST THE 2 MEDICAL CONDITIONS THAT RESULT FROM TAKING FOOD IN A LIQUID STATE:

1. **It debilitates the stomach** (that is BAD)
2. **Puts a Tax upon kidneys!** (Kidney problems)

IS THAT A GOOD THING OR A BAD THING?

- A Bad thing!

GUESS WHICH 3 FOOD ITEMS SHE TELLS US TO ENCOURAGE OTHERS TO EAT MORE THAN ANY OTHER FOOD ITEMS?

“To eat largely of porridge would not ensure health to the digestive organs; for it is too much like liquid.”

“ENCOURAGE THE EATING OF

- **FRUIT and**
- **VEGETABLES and**
- **BREAD.”** (CD 314.5; YI May 31, 1894, par. 7)

LIST THE 3 FOODS SHE SAYS WE ARE TO ENCOURAGE OTHERS TO EAT INSTEAD OF A LIQUID DIET:

- **Fruits, vegetables, and bread**

Well, bread is from grain

but specifically bread

Whole grain bread, not refined, not white flour or unbleached flour bread, but different whole grains mixed together

So we are to do the air, water, sunshine, exercise, trust in God, rest to cleanse the system along with good herbs, an abstemious diet and that's about it

Nothing of hard water should be used inside or out. Not for cooking, cleaning, bathing, washing hands, etc. {CD 419.2/.4}

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QUESTION- WHAT WAS THE RECOVERY PERCENTAGE RATE IN SISTER WHITES DAY FOR HEALING AND DID THEY USE

VEGETABLE JUICE TO GET THAT PERCENTAGE RATE?

- **“THE ANSWER IS AT THE END OF THE QUOTE:**

“Nature will want some assistance to bring things to their proper condition, which may be found in the **simplest remedies**, especially in the use of nature's own furnished remedies--**pure air, and with 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 if possible**, and with **an intelligent knowledge of what advantages are to be gained by its use**. All these are powerful in their efficiency, and the patient who has obtained a knowledge of **how to eat** and **dress healthfully** may live for comfort, for peace, for health, and will not be prevailed upon to put to his lips drugs, which, in the place of helping nature, paralyzes her powers. **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}

NOTE: 9 out of 10 = 90%...

Is that a huge percentage rate for those whose doctors said they have no chance of living? **Absolutely it is!!!**

THE LIST OF THINGS LISTED ABOVE TO DO:

- 1. Simple remedies
- 2. Pure air, and letting it inside the home
- 3. A knowledge of how to breathe properly
- 4. Pure (soft) water
- 5. How to apply water (water treatments/hydrotherapy)
- 6. Plenty of sunshine, allowing it in the home, and to know how to benefit from it
- 7. How to EAT healthfully
- 8. How to DRESS healthfully

THE TYPICAL 8 LAWS THAT MOST OF OUR PEOPLE TEACH DO NOT INCLUDE THE DRESS MESSAGE AND WE MUST INCLUDE THIS FOR HEALING

SO DID SHE MENTION ANYTHING ABOUT JUICING VEGGIES ANYWHERE?

- **WE ARE TO EAT THE FOOD, NOT JUICE IT**
BUT, WE CAN HAVE FRUIT JUICE ON OCCASION AND LEMON JUICE WE CAN HAVE EVERY DAY

SO IF YOU WANT TO CLEANSE/DETOXIFY YOUR BODY, DO THE FOLLOWING:

- **FAST A MEAL OR TWO OR A DAY OR TWO**
- **DO THE 2 MONTH PROGRAM** (I can send that to you)
- **MAKE AN HERBAL FORMULA WITH 3 TO 4 HERBS ONLY THAT WILL CLEANSE YOUR BLOOD AND LIVER** (tea)
- **SOAK IN WARM WATER A COUPLE OF TIMES A WEEK**
- **DO CHARCOAL POULTICE OVER YOUR LIVER TO DETOXIFY IT**
- **EAT STRICTLY** (abstemious diet)
- **SUNSHINE, WALKING, DRESS RIGHT WITH LEGGINGS, LONG SLEEVE, NO LOW CUT TOPS, NO HIGH HEELS, WARM IN WINTER AND THIN NATURAL CLOTHING IN SUMMER, REST, TRUST IN GOD, WATER,**
- **DEEP BREATHING EXERCISES THE RIGHT WAY**

The 2 month program explains how to do this and when to do it

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ARE THESE MY WORDS OR JESUS' WORDS GIVEN TO THE PROPHET?

- Jesus words.

NOTE:

SOME MAY THINK WE'RE CRAZY FOR NOT SUPPORTING JUICING (vegetables), BUT I WANT TO SHARE ONE LAST QUOTE WITH YOU HOW WE ALL HAVE TO SPEAK THE SAME THINGS.

IT'S STRAIGHT FROM THE SPIRIT OF PROPHECY. IT'S STRAIGHT FROM THE PIONEER WRITINGS AND IF ANYONE TRIES TO TEACH HEALTH TO YOU, BE SURE THEY BACK IT UP WITH SPIRIT OF PROPHECY FROM SEVERAL QUOTES AND NOT JUST ONE...

HERE IS THE QUOTE:

ACCORDING TO THIS QUOTE, ARE GOD'S PEOPLE TO SPEAK DIFFERENT OR THE SAME THINGS WHEN TEACHING HIS TRUTH WHETHER IT BE HEALTH OR SOMETHING ELSE LIKE A DOCTRINAL SUBJECT?

“Honest souls will see the straight chain of present truth. They will see its harmonious connections, link after link uniting into a great whole, and will lay hold upon it. The present truth(which includes the health message – 6t 327.1) is not difficult to be understood, and the people whom God is leading will be united upon this broad, firm platform. He will not use individuals of different faith, opinions, and views, to scatter and divide. Heaven and holy angels are working to unite, to bring into the unity of the faith, into the one body...Jesus designed that the faith of His people should be one. IF ONE GOES FORTH PREACHING ONE THING, AND ANOTHER DIFFERING WITH HIM PREACHES SOMETHING ELSE, HOW CAN THOSE WHO BELIEVE THROUGH THEIR WORD BE ONE? There will be difference of sentiments.” {1T 326.2}

- **Q:** ARE GOD'S PEOPLE TO SPEAK DIFFERENT THINGS OR THE SAME THINGS WHEN TEACHING HEALTH?
- SHOULD ONE SAY IT'S OKAY TO JUICE VEGGIES AND ANOTHER SAY IT'S NOT?
- **Q:** HOW DO WE KNOW WHAT IS RIGHT AND WHAT IS WRONG?

A: WE SHOULD KNOW BY BIBLE AND SOP

“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 KNOWLEDGGE IN CAUTIONS, REPROOFS, AND WARNINGS...” {4T 391.1/390.3}

HOW ARE WE TO KNOW WHAT IS RIGHT AND WHAT IS NOT, REGARDING ALL THE THINGS BEING BROUGHT INTO OUR HEALTH MESSAGE?

- Isaiah 8:20 See → EV 259.2 AND 3SM 32.2-.3

ADDITIONAL INFORMATION:

- **QUESTION:** WHERE DID THE EATING AND JUICING OF RAW VEGETABLES COME FROM?
ANSWER: **“A Scotchman is launching a new form of vegetarianism in Paris. Its members eat and drink nothing but uncooked vegetable foods and natural liquids.”** {June 21, 1894 EJW, PTUK 398.13} 1894
found in the pioneer section of the CD ROM
- **QUESTION:** What have we been counseled about getting new light from the world?

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ANSWER: “The different parties of professed Advent believers (referring to Sunday keepers who are waiting for the 2nd coming of Jesus) have each a little truth, but God has given all these truths to His children who are being prepared for the day of God....IF GOD HAS ANY NEW LIGHT TO COMMUNICATE, HE WILL LET HIS CHOSEN AND BELOVED UNDERSTAND IT, WITHOUT THEIR GOING TO HAVE THEIR MINDS ENLIGHTENED BY HEARING THOSE WHO ARE IN DARKNESS AND ERROR.” {EW 124.2}

NOTE: It was a Scotchman in Paris who came up with the raw vegetable juicing. He was not a man of the faith and it's not known if he was a professor of Jesus.

QUESTION: If we are told that Sunday keeping Adventists are in darkness and don't have all the light (Jesus does have some of his people here, but we are referring to the churches), and that we need not go to anyone in darkness, that if God has any new light, He will reveal it to us without us having to go to those in darkness, why then are SDAs adopting this into their healing program?(See → Acts 10:6; Acts 15:7; Acts 11:14)

WE CANNOT IMPROVE ON CHRIST'S METHOD, FOR HE IS THE MEDICAL MISSIONARY OF ALL MEDICAL MISSIONARIES

- “...THE LORD HAS MARKED OUT A WAY IN WHICH HIS PEOPLE ARE TO CARRY FORWARD A WORK OF PHYSICAL HEALING...” {MM 14.4} 1904

“...THE METHODS OF TREATING THE SICK WERE PLAINLY REVEALED TO ME...” {20MR 373.2}

“I TOOK THE PRECIOUS BIBLE AND SURROUNDED IT WITH THE SEVERAL TESTIMONIES FOR THE CHURCH, GIVEN FOR THE PEOPLE OF GOD...THE COUNSEL THAT THEY DESIRE CAN BE FOUND HERE...GOD HAS BEEN PLEASED TO GIVE YOU LINE UPON LINE AND PRECEPT UPON PRECEPT...”{2T 605.1; 3SM 32.2-.3}(Isaiah 28:9-10)

NOTE: Everything God's people need for the treatment of the sick has been given to us in our books. We need not go to anyone else. All we need to do is read our own Spirit of Prophecy Health books.

HERE IS A LIST OF MOST OF OUR SPIRIT OF PROPHECY HEALTH BOOKS:

1. How to Live
2. Ministry of Healing (MH)
3. Christian Temperance and Bible Hygiene (CTBH)
4. A Call to Medical Evangelism and Health Education (CME)
5. Medical Ministry (MM)
6. Counsels on Diet and Foods (CD)
7. Counsels on Health (CH)
8. Healthful Living (HL)
9. Temperance (Te)
10. Selected Messages, Volume 2, pages 276-308 and 410-479 (2SM)
11. Loma Linda Message (LLM)
12. Mind, Character, and Personality, Volume 1 (1MCP)
13. Mind, Character, and Personality, Volume 2 (2MCP)
14. Testimonies on Sexual Behavior, Adultery and Divorce (TSB)
15. Health Reformer Articles (HR)
16. Paulson Collection (PC)
17. Kress Collection

NOTE: Take time to read one of these books each day (15 min minimum). When you finish that book, go onto the next until you have read all the health books. THEN, go through them again and again. This is what we are counseled to do.

QUESTION: What about those who have been benefited by vegetable juicing?

ANSWER: It is true many have been benefited, and this is because they are on a fast where there is no flesh food, animal products, refined items, fried food etc. **HOWEVER, the DRAWBACKS OUTWEIGH THE BENEFITS** (See → LLM 18.5-19 (top of page); CD 105.1)