

Health Nugget
- September
3rd, 2022

Eating

- Who
- What
- When
- Where
- Why
- How



1

Who: Our Redeemer

"The strength of the temptation to indulge appetite can be measured only by the inexpressible anguish of our Redeemer in that long fast in the wilderness. He knew that the indulgence of perverted appetite would so deaden man's perceptions that sacred things could not be discerned. Adam fell by the indulgence of appetite; Christ overcame by the denial of appetite. And our only hope of regaining Eden is through firm self-control. If the power of indulged appetite was so strong upon the race, that, in order to break its hold the divine Son of God, in man's behalf, had to endure a fast of nearly six weeks, what a work is before the Christian! Yet, however great the struggle, he may overcome."

~Christian Temperance and Bible Hygiene, 53, 54, 1890 CD 167.1

2

What: Whole Food Plant Based Diet

- And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food."
~Genesis 1:29
- "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." ~The Ministry of Healing, 295, 296, 1905. CD 81.2
- The Dietary Guidelines Advisory Committee performed a literature review...They found that plant-based diets were associated with a reduced risk of cardiovascular disease and mortality compared with non-plant-based diets. ~Report of the Dietary Guidelines Advisory Committee on the dietary guidelines for Americans, 2010: to the Secretary of Agriculture and the Secretary of Health and Human Services. Washington, DC: Agriculture Research Service, US Department of Agriculture, US Department of Health and Human Services; 2010. May, [Google Scholar] [Ref list]

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When: Proper Time

- "Specified time for each meal...take nothing more until the next meal...constantly nibbling is very injurious." ~MHH 170.2
- "As a result of eating late suppers...digestive process continued through the sleep...disturbance created that is often the beginning of disease that ends in death." ~MHH 170.3
- "The practice of eating only two meals a day is generally found to be beneficial to health, yet under some circumstances persons may require a third meal...this should be very light...easily digested." ~MHH 179.4
- "At least five or six hours should elapse between meals" ~MHH 170.4
- Are you thirsty or hungry?

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Where: Unstressed Location

- “Another serious evil is eating at improper times...when one is excited, anxious, or hurried, it is better not to eat...” -MHH 171.1
- “Food should be eaten slowly and thoroughly chewed...that the saliva may mix properly with the food and the digestive fluids be called into action.” -MHH 171.1

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Why: We Were Bought With a Price

- For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. -1 Corinthians 6:20
- “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 of the dangers to which we shall be exposed.” -(1890) CTBH 75, CD 22.4
- God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health. -CD 26.1

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How: Pray First

- "Give us this day our daily bread." ~Matthew 6:11
- "Do not think that your food will injure you...Eat according to your best judgement, and when you have asked the Lord to bless the food for the strengthening of your body, believe that He hears your prayer...relax and be at rest." ~MHH 179.5

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How: The Details

- "diet reform should be progressive." ~MHH 179.3
- "There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite." ~(1868) 2T 63, CD 110.1
- "food should not be very hot or very cold." ~MHH 170.5
- "the more liquid that is taken with meals, the more difficult it is for food to digest" ~MHH 170.5
- "The digestive organs should not be burdened with a quantity...that will tax the system." ~MHH 171.3

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