

Energizing Your Witness: The Adventist Lifestyle Message Rightly Utilized

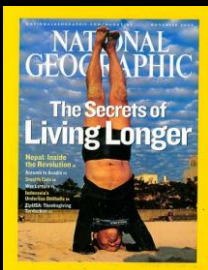
ASI Annual Meeting August 2011

David DeRose, MD, MPH
Weimar Center of Health and Education
www.NEWSTART.com

**It Is Grabbing
Progressively
More of the
World's
Attention**

The Adventist
Lifestyle:
The Adventist
Way of Life

Adventist Health in the Media



In November 2005, *National Geographic* published "The Secrets of Living Longer." Southern California Seventh-day Adventists were among three international populations identified for their longevity.

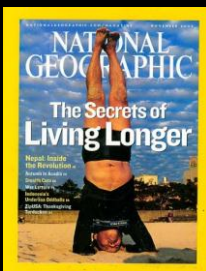
Adventist Health in the Media

The Secrets of
Long Life

Residents of Okinawa, Sardinia, and Loma Linda, California, live longer, healthier lives than just about anyone else on Earth. What do they know that the rest of us don't?

NATIONAL GEOGRAPHIC November 2005

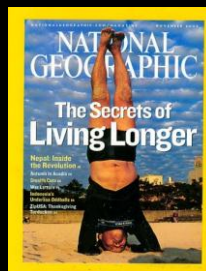
Adventist Longevity Secrets Include



National Geographic, November 2005

- Not smoking
- Eating a healthy plant-based diet
- Following an active lifestyle
- Observing a weekly day of rest with strong social connections

A Striking Difference in the Three Populations

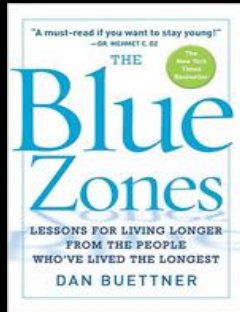


National Geographic, November 2005

- Sardinians and Okinawans seem to be losing their longevity advantage
- The younger members of these populations are not living as healthfully as their centenarian elders
- Those in Loma Linda are the only ones not losing their longevity advantage

Adventist Health in the Media

Author Daniel Buettner later expanded the *National Geographic* cover story into a book, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest* (© 2008)



Adventist Health in the Media

Deborah Kotz - US News.com
Feb 20, 2009

"10 Health Habits That Will Help You Live to 100"

Number 8 on her list was:

"Live like a Seventh-day Adventist"

"Live like a Seventh-day Adventist"

Deborah Kotz's description:
"Americans who define themselves as Seventh-day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it's

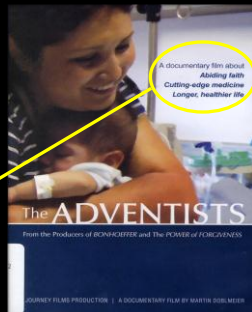
"Live like a Seventh-day Adventist"

important to cherish the body that's on loan from God, which means no smoking, alcohol abuse, or overindulging in sweets. Followers typically stick to a vegetarian diet based on fruits, vegetables, beans, and nuts, and get plenty of exercise. They're also very focused on family and community."

Adventist Lifestyle in Media

The Adventists, a documentary film/DVD by Martin Doblmeier, aired nationwide on PBS in 2010

"A documentary film about
Abiding faith
Cutting-edge medicine
Longer, healthier life"



Adventist Lifestyle in Media

One viewer of *The Adventists* commented, "Though I have a few friends of the Adventist faith I was unaware of the specifics of this religion. . . I was interested most in the emphasis this religion puts on both the spiritual and physical bodies in regards to total wellness. I would recommend this film to friends and family of all faiths **looking to learn more about this religion and its impact on living longer, healthier lives.**"

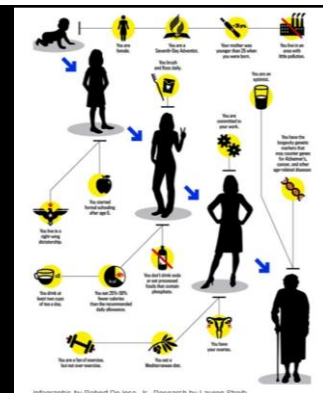
April 2011: Newsweek

HEALTH

In Newsweek Magazine

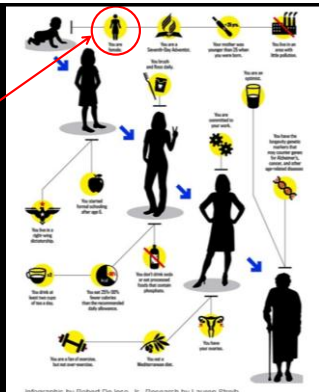
How to Live Forever

Plucked from scientific research, here's what it takes to lengthen your days.



Newsweek Magazine. April 10, 2011 <http://www.thedailybeast.com/newsweek/2011/04/10/how-to-live-forever.html>. Accessed 2 August 2011.

You are female



Newsweek Magazine. April 10, 2011 <http://www.thedailybeast.com/newsweek/2011/04/10/how-to-live-forever.html>. Accessed 2 August 2011.

You are female



You are a Seventh-day Adventist

Newsweek Magazine. April 10, 2011 <http://www.thedailybeast.com/newsweek/2011/04/10/how-to-live-forever.html>. Accessed 2 August 2011.

Lay Interest in the Adventist Lifestyle Continues to Build

True in mainstream media sources as well as smaller outlets



mental_floss

Where Knowledge Junkies Get Their Fix

MAGAZINE / BLOGS / TRIVIA / QUIZZES / AMAZING FACTS / STORE

Want to Live to 100? Move to One of These Five Areas

by Stacy Conrath - July 6, 2011 - 10:48 PM

Loma Linda, California

Sardinia, Italy

Okinawa, Japan

Ikaria, Greece


Nicoya, Costa Rica

Sardinia photograph, National Geographic

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mental_floss Where Knowledge Junkies Get Their Fix


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 **Want to Live to 100? Move to One of These Five Areas**
by [Stacy Contratti](#) - July 5, 2011 - 10:48 PM

“...here’s what you need to do: focus on your family more than work and other stresses. Stop (or don’t start) smoking. Eat legumes. Avoid meat for the most part. Stay moderately active. And stay socially involved.”

mental_floss Where Knowledge Junkies Get Their Fix


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 **Want to Live to 100? Move to One of These Five Areas**
by [Stacy Contratti](#) - July 5, 2011 - 10:48 PM

“In case you’re curious as to why Loma Linda seems to have such a high rate over any other city in the U.S., researchers think it’s because the town is a big center for the Seventh-day Adventist Church...”

mental_floss Where Knowledge Junkies Get Their Fix

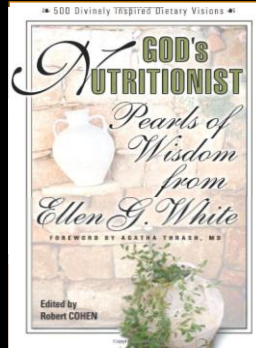
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 **Want to Live to 100? Move to One of These Five Areas**
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“Seventh-day Adventists tend to stick to a vegetarian diet, are consistent about having a day of rest every week, don’t smoke and avoid beverages with caffeine or alcohol.”

God's Nutritionist: Pearls of Wisdom from Ellen G. White

- Insights from Ellen White collected by a Jewish health writer, Robert Cohen
- Published by a secular publisher (Squareone Classics, 2004)



Amazon.com Reviews for God's Nutritionist (Top of the List*)

Most Helpful Customer Reviews

33 of 36 people found the following review helpful:

★★★★★ **I'm an agnostic, and I loved this book!**, May 21, 2004
By [Joan M. Forest](#) (Langley, WA United States)
REAL NAME

*as accessed on 10 April 2011

Joan M. Forest's Insights

“I didn't know what to expect from this book. I was a little leary [sic] of it, because I am an agnostic, and I don't take kindly to people who tell me what God thinks. How do THEY know?

“But I loved this book! It is not at all preachy. Instead, it is full of common sense, wisdom and reason. It has a large number of quotes from Ellen G. White, who was writing in the 1800's, interspersed with quotes from modern peer-reviewed medical journals.

Joan M. Forest's Insights

"It is amazing how right-on Ellen G. White is. You would think she was writing of our current sorry state of dietary affairs in many of these quotes. Obesity, heart disease, cancers and many other lifestyle related diseases, the animal suffering caused by mass production of livestock, the health benefits of olive oil, I could go on and on... she was so prescient! She was an amazing woman. And Robert Cohen truly deserves thanks for bringing the writings of this wise woman to our attention. I hope people will take notice."

More Amazing Confirmation...



Key Messages

- The world is ripe to hear the Adventist health message
- If ever the Adventist health message was an "entering wedge" it is today

Something Particularly Remarkable About the Media Interest...

At the Same Time Adventism is Coming into Focus as Offering Something the World Wants...

The secular culture, even in America, is generally moving away from a Christian worldview

A Rise in "In-Your-Face Atheism"

Atheists are targeting more American cities with anti-God advertising

"IN THE BEGINNING, MAN CREATED GOD"

Monday, August 1, 2011

USA Today, page 7A

As atheists know, you can be good without God

By Jerry A. Coyne

Updated 28 4h ago

USA TODAY | Forum

Jerry Coyle's Position

He argues that “secular morality”—a morality derived apart from any God-given instruction—is superior to anything (a) God could give.

In Coyle's Own Words...

“Secular morality is what prevents ethically irrelevant matters — what we eat, read or wear, when we work, or whom we have sex with — from being grouped with matters of genuine moral concern, like rape and child abuse.”

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An Ironical Perspective in Light of the Adventist Health Message

- Coyle and other secularists are telling us we don't need a God to tell us how to live
- However, they generally want to live a high quality life for as long as possible

An Ironical Perspective in Light of the Adventist Health Message

- In this regard secularists are forced to acknowledge the example of Seventh-day Adventists
- A group who only has a longevity advantage because God revealed to us the best way to live!

Another Telling Atheistic Ad

“There’s Probably No God. Now stop worrying and enjoy your life.”

Ottawa, Canada Atheist Bus Ad

Insights Into Coyle’s Motivation

“And really, isn’t it better to be moral because you’ve worked out for yourself — in conjunction with your group — the right thing to do, rather than because you want to propitiate a god or avoid punishment in the hereafter?”

Other Atheistic Ads

“As my ancestors are free from slavery, I am free from the slavery of religion”

Butterfly McQueen

Atheistic Arguments are Based on False Premises...

- The God of the Bible deprives us of quality life
- The God revealed in Scripture is immoral, as evidenced in part by doling out eternal torture
- The Scriptures reveal a Divine Being who takes away our freedom

Take Home Points

- “The Health Message”—our application of it in our own lives—answers the secular arguments alleging God takes away our freedom and robs us of life’s pleasures.
- “The Health Message”—specifically our involvement in health ministry—answers secular arguments about an uncaring God.

Sharing the Full Adventist Health Message

- Which includes not only teaching, but healing
- Is a manifestation to the doubting world of the morality of Christians

A Divine Principle

“God has His workmen in every age. The call of the hour is answered by the coming of the man. Thus when the divine Voice cries, ‘Whom shall I send, and who will go for Us?’ the response will come, ‘Here am I; send me.’ Isaiah 6:8.” 6T 333-4

We All Have A Personal Call

1 Peter 2:9-10 NIV

But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

1 Peter 2:5, NIV

“you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.”

What Is the Job Description of a Priest?

- The functions of the priesthood will contribute to revealing the character of Jesus
- The priestly roles all fill an evangelistic function

What Did the Priesthood Include?

- Spiritual Ministry/Preaching
- Teaching
- Healing/Medical Arts

The Priestly Example of Jesus

Christ modeled an approach to ministry that integrated ministry to physical needs with teaching and preaching.

Summarizing the Messiah's Ministry

“ And Jesus went about all Galilee, *teaching* in their synagogues, *preaching* the gospel of the kingdom, and *healing* all kinds of sickness and all kinds of disease among the people...”

Matthew 4:23-24, NKJV (see also Matt. 9:35)

Every “Commissioning Service” Conducted by Jesus Included this Call to Three-fold Priestly Ministry

Three-Fold Commissions

- The Commission of the 12 Apostles (Matthew 10:1,5-8)
- The Commission of the 70 (Luke 10:1-2, 8-9)
- The Great Commission (Matthew 28— don't forget Mark 16:15-18)

The Great Commission Applies to Each of Us

In the trust given to the first disciples, each believer has a share. Each one is to be an executor of the Saviour's will. Each one has been given sacred truth to give to the earnest seeker. Every believer is to be a laborer together with God.

Review and Herald, Jan. 7, 1902

The Great Commission Calls Each Believer...

- To be involved in priestly ministry
- This involves the three-fold work of teaching, preaching, and healing

Counsels on Health, p. 425

"We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening..."

Counsels on Health, p. 425

"that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today is, 'Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.' Isaiah 60:1."

Unparalleled Opportunities



Testimonies, Vol. 7; p. 62

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Testimonies, Vol. 7; p. 62

Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths.

What Were Seventh-day Adventists Called to Years Ago?

"As we near the close of time, we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner..."

What Were Seventh-day Adventists Called to Years Ago?

“We must strive continually to educate the people, not only by our words but by our practice. Precept and practice combined have a telling influence.”

Counsels on Health, page 467

Focusing on Christ's Example

“Christ, the great medical missionary, is our example. . . . He healed the sick and preached the gospel. *In His service, healing and teaching were linked closely together. Today they are not to be separated.*” 9T 170-1 [italics supplied].

Part of the End-time Message

- To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message to prepare a people for the coming of the Lord.
- Testimonies, vol. 3, p. 161. {Te 238.2}

Additional Implications

- If our physical habits are not right, our mental and moral powers cannot be strong; for great sympathy exists between the physical and the moral.
- Testimonies, Vol 3; p. 51

I Would Like to Suggest...

- The Adventist Lifestyle Message is central to God's end-time message
- When the secular world is questioning whether or not there is a God and—if He exists—whether His laws have contemporary relevance, the Adventist Lifestyle Message helps answer these queries

The Adventist Health Message

- Testifies that health is dependent on immutable laws
- A loving God has revealed those laws to be a blessing to us...
- His intimate knowledge of those laws (which transcends humanity's ability to independently discover them) lends credence to His claim that He is the Creator

Revelation 14:6-7

“And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.”

Isaiah 48:17

Thus saith the LORD, thy Redeemer, the Holy One of Israel; I [am] the LORD thy God which teacheth thee to profit, which leadeth thee by the way [that] thou shouldest go. O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea...

Testimonies for the Church, Volume 3, p. 161 a

“I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body...

Testimonies for the Church, Volume 3, p. 161 b

“The law of ten commandments has been lightly regarded by man; but the Lord would not come to punish the transgressors of that law without first sending them a message of warning. The third angel proclaims that message...

Testimonies for the Church, Volume 3, p. 161 c

“Had men ever been obedient to the law of ten commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not be.

Testimonies for the Church, Volume 3, p. 161 c

“Had men ever been obedient to the law of ten commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not be.

“Men and women cannot violate natural law by indulging depraved appetite and lustful passions, and not

***Testimonies for the Church,
Volume 3, p. 161 d***

“violate the law of God. Therefore He has permitted the light of health reform to shine upon us, that we may see our sin in violating the laws which He has established in our being. All our enjoyment or suffering may be traced to obedience or transgression of natural law. Our gracious heavenly

***Testimonies for the Church,
Volume 3, p. 161 e***

“Father sees the deplorable condition of men who, some knowingly but many ignorantly, are living in violation of the laws that He has established. And in love and pity to the race, He causes the light to shine upon health reform. He publishes His law and the penalty that will follow the transgression of it, that

***Testimonies for the Church,
Volume 3, p. 161 f***

“all may learn and be careful to live in harmony with natural law. He proclaims His law so distinctly and makes it so prominent that it is like a city set on a hill. All accountable beings can understand it if they will. Idiots will not be responsible. To make

***Testimonies for the Church,
Volume 3, p. 161 g***

“plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message to prepare a people for the coming of the Lord.”

***A Prescription for Your Success in
Your Local Church's Ministry***

Resurrecting a Dead Church

“Get the young men and women in the churches to work. Combine medical missionary work with the proclamation of the third angel's message. Make regular, organized efforts to lift the church members out of the dead level in which they have been for years....”

Resurrecting a Dead Church

“Send out into the churches workers who will live the principles of health reform. Let those be sent who can see the necessity of self-denial in appetite, or they will be a snare to the church. See if the breath of life will not then come into our churches.”

Medical Ministry, p. 320

But What About Us As Seventh-day Adventists?

- How are we relating to “the Adventist Lifestyle”?
- What do we think of God’s health message?
- How do we relate to the health writings of Ellen White?

Adventist Health Study-2



Early Descriptive Results
First 62,853 Participants
September 2004

Adventist Health Study-2
2004 Report of 62,853 subjects

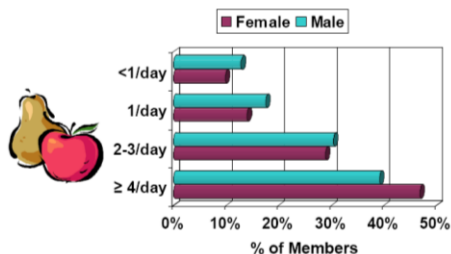
What We Eat and Drink



Adventist Health Study-2
Frequency of Some Eating and
Drinking Habits
62,853 Participants
September 2004

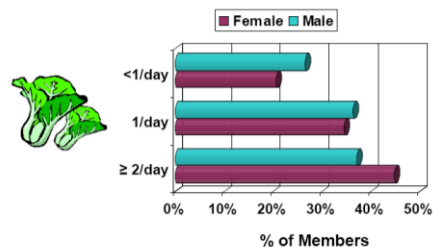
Adventist Health Study-2
2004 Report of 62,853 subjects

Fruit: Serves Per Day



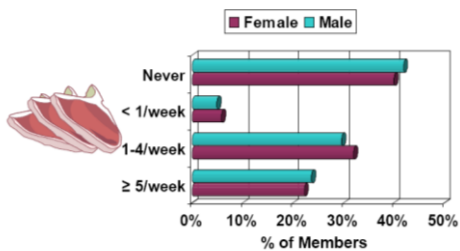
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Vegetables: Serves Per Day



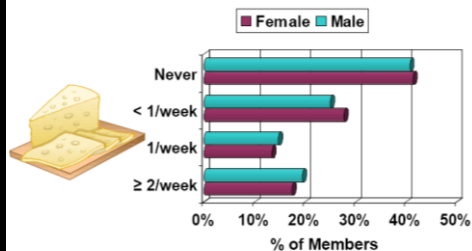
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Meat: Times Per Week



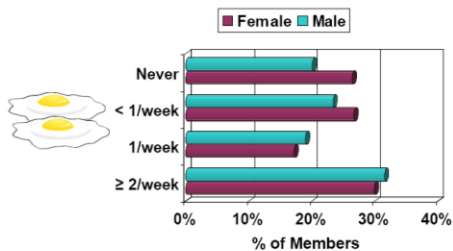
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Cheese: Times Per Week



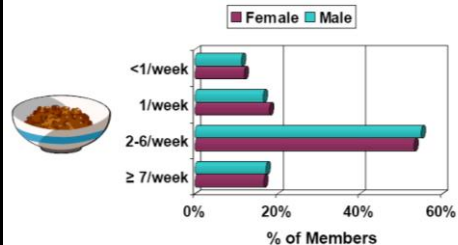
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Eggs: Times Per Week



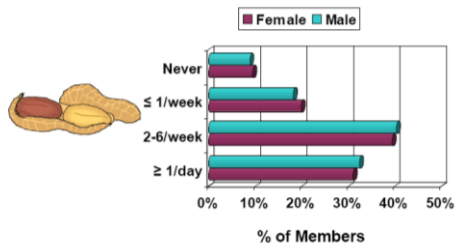
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Legumes: Times Per Week



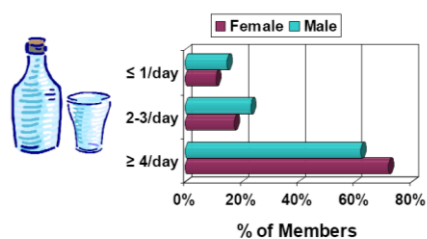
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Nuts: Times Per Week



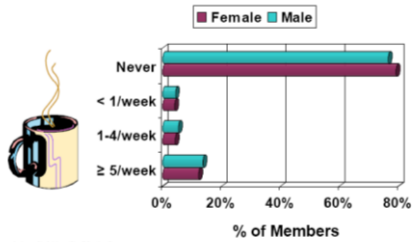
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Water: Cups Per Day



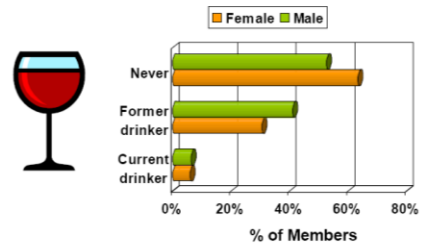
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Coffee: Drinks Per Week



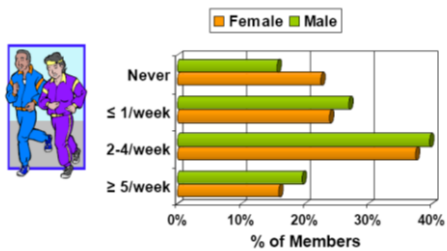
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Drinking Alcohol



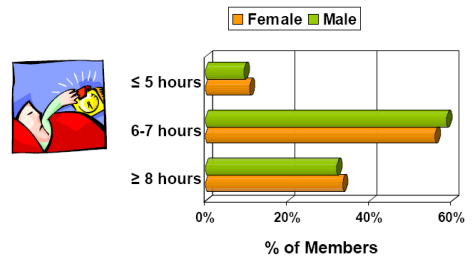
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Exercise Times Per Week



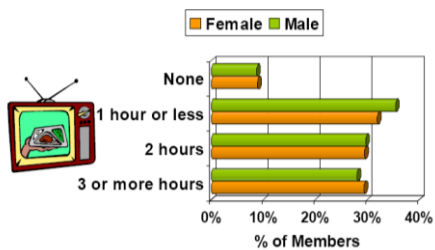
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Hours of Sleep Per Day



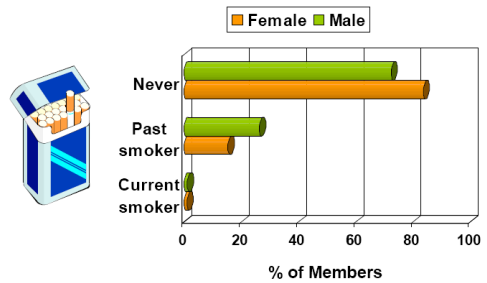
Adventist Health Study-2
2004 Report of 62,853 subjects

Watch TV - Hours Per Day



Adventist Health Study-2
2004 Report of 62,853 subjects

Smoking Tobacco



Adventist Health Study-2
2004 Report of 62,853 subjects

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A Divine Principle

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