

A woman with long brown hair, wearing a white long-sleeved dress, stands in a field of yellow wildflowers. Her arms are raised high, and she is looking upwards with a joyful expression. The background is filled with lush green trees and foliage, with bright sunlight filtering through the leaves on the left side of the frame. The overall mood is one of happiness and connection with nature.

Health Reform 2

Deuteronomy 6:24 (KJV) — 24 And the LORD commanded us to do all these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as it is at this day.

Psalm 107:19–21 (KJV) — 19 Then they cry unto the LORD in their trouble, and he saveth them out of their distresses. 20 He sent his word, and healed them, and delivered them from their destructions. 21 Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!

Deuteronomy 6:24 (KJV) — 24 And the LORD commanded us to do all these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as it is at this day.

1 John 3:1 (KJV) — 1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

1 John 3:2 (KJV) — 2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

Genesis 1:29 (KJV) — 29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Adobe Stock | #178371354





**Genesis 3:18 (KJV) — 18 Thorns also and thistles
shall it bring forth to thee; and thou shalt eat the
herb of the field;**

Genesis 7:1 (KJV) — 1 And the LORD said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before me in this generation.

Genesis 7:2 (KJV) — 2 Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that are not clean by two, the male and his female.

**Genesis 7:3 (KJV) — 3 Of fowls also of the air by
sevens, the male and the female; to keep seed alive
upon the face of all the earth.**

Leviticus 11:46 (KJV) — 46 This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth:

BLUE ZONES

LOMA LINDA
UNITED STATES

NICOYA
COSTA RICA

SARDINIA
ITALY

ICARIA
GREECE

OKINAWA
JAPAN

Blue zones are regions where a higher than usual number of people live much longer than average.
There are five blue zone areas in the world.



FOOD GUIDELINES

MONTHLY

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month

Reduce dairy

WEEKLY

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily

Eliminate eggs:
No more than 3 per week

Go easy on fish:
Fewer than 3 oz, up to 3 times weekly

DAILY

Snack on nuts:
About 1-2 handful a day

Drink mostly water: About 7 glasses / day;
coffee, tea, and wine in moderation



eat often with family and friends

Daily dose of beans: Half-cup to one cup / day

Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed

95-100% plant-based



Daniel 1:8 (KJV) — 8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

Daniel 1:12 (KJV) — 12 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.

Daniel 1:15 (KJV) — 15 And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

Pulse: vegetable n., any plant that is commonly grown by people for consumption; for example, edible seeds or roots or stems or leaves or bulbs or tubers or nonsweet fruits of any of numerous herbaceous plant.

Daniel 1:20 (KJV) — 20 And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet.

We should ever keep this end in view, and endeavor to work steadily toward it. I cannot think that in the practice of flesh eating we are in harmony with the light which God has been pleased to give us. CTBH, 119.1 (1890)

December 10, 1871, 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. 3T 161.1

**Proverbs 24:13 (KJV) — 13 My son, eat thou honey,
because it is good; and the honeycomb, which is
sweet to thy taste:**

**Proverbs 25:16 (KJV) — 16 Hast thou found honey?
eat so much as is sufficient for thee, lest thou be
filled therewith, and vomit it.**

**Proverbs 25:27 (KJV) — 27 It is not good to eat
much honey: so for men to search their own glory is
not glory.**

**Psalm 84:11 — For the LORD God is a sun and shield:
the LORD will give grace and glory: no good thing
will he withhold from them that walk uprightly.**

Isaiah 55:2 — Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.

**Deuteronomy 29:18 — Lest there should be among
you man, or woman, or family, or tribe, whose heart
turneth away this day from the LORD our God, to go
and serve the gods of these nations; lest there
should be among you a root that beareth gall and
wormwood;**

Romans 6:16 — Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

Matthew 4:10 — Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

Proverbs 23:2 (KJV) — 2 And put a knife to thy throat, if thou be a man given to appetite.

**Ecclesiastes 10:17 (KJV) — 17 Blessed art thou, O
land, when thy king is the son of nobles, and thy
princes eat in due season, for strength, and not for
drunkenness!**

True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body. (*Patriarchs and Prophets*, p. 562.1)

Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. CD 380.4

I have had great light from the Lord upon the subject of health reform. I did not seek this light; I did not study to obtain it; it was given to me by the Lord to give to others. I present these matters before the people, dwelling upon general principles, and sometimes, if questions are asked me at the table to which I have been invited, I answer according to the truth. But I have never made a raid upon any one in regard to the table or its contents. I would not consider such a course at all courteous or proper.—

Manuscript 29, 1897 CD 493.4

Romans 14:22 (KJV) — 22 Hast thou faith? have it to thyself before God. Happy is he that condemneth not himself in that thing which he alloweth.

End Part 2
