

BASIC CORNERSTONE OF HEALTH PRINCIPLES

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General: HEALTH REFORM

Health Reform is progressive — *Counsel on Diet and Foods* p. 349

Causes Of Disease

Violation – Like Breaking the Commandments

— *Counsel on Diet and Food*, p.17

- I. SIN AGAINST GOD** – HEREDITARY DISEASES: Exodus 20: 3-11, Exodus 20:5 —Violation of these laws generally bring on Hereditary Diseases.
- II. SIN AGAINST FELLOW MEN** – COMMUNICATIVE DISEASES: Exodus 20:12 -12, Numbers 12, Exodus 20:12, Galatians 6:7, Esther 7: 9-10, Daniel 6:16,22,24, Revelation 13:10 —Violation of these laws bring on Communicative Diseases.
- III. SIN AGAINST ONE'S SELF** – ACQUIRED DISEASES: Leviticus 11, Isaiah 66:16-17 —Violation of this law brings on Acquired Diseases

EIGHT LAWS OF HEALTH

AIDS TO HEALTHY BLOOD CIRCULATION

Ministry of Healing p. 127

1. **Nutrition**

- a. Original Diet – *Ministry of Healing* p. 296
- b. Essential Elements – *Counsel on Diet and Food* p. 395
- c. Each Organ of the Body requires – *Ministry of Healing*, p. 295
- d. Food of Good Quality – *Counsel on Diet*, pp. 203-263
- e. Diet of Right Kind – *Testimonies*, Vol. 2 p. 254
- f. Food, Vegetables and Nuts – *Counsel on Diet*, pp. 92, 310, 313, *Education* p. 204

2. **Exercise**

- a. Physical Exercise – *Counsel on Health* p. 199
– *Fundamental of Education* p. 426
– *Ministry of Healing* p. 238
– *Testimonies*, Vol. 2 p. 525
– *Testimonies*, Vol. 3 p. 70
- b. Manual Labor – *Evangelism*, p. 661
– *Testimonies*, Vol 1 p. 555
– *Testimonies*, Vol 2 p. 569
- c. Walking – *Testimonies*, Vol 3 p. 78

3. **Water**

- a. Best way to regulate Blood Circulation – *Ministry of Healing*, p. 237

- b. Best Liquid – *Counsel on Diet* pp. 420-421
- c. Bathing – *Ministry of Healing* p. 276

4. **Sunshine**

- a. Sunlight Needed – *Ministry of Healing* p. 275; 2 *SM* 462
- b. Electrifying Influence – *Testimonies*, Vol 1 p. 517
- c. Essential to Health – *Counsel on Health* pp. 55-59
– *Ministry of Healing* p. 275
- d. Health-giving – *Ministry of Healing* p. 264

5. **Temperance**

- a. Importance – *Acts of the Apostle* p. 309
- b. Eating and Drinking – *Testimonies*, Vol. 3 p. 487

6. **Air**

- a. Pure Air – *Ministry of Healing*, p. 293
- b. Fresh Air – *Selected Messages*, Book 2 p. 462
- c. Benefits more than Medicine – *Counsel on Health*, p. 55
– *Selected Messages*, Book 2 p. 456
- d. Improved Blood Circulation – *Testimonies*, Vol. 1 p. 702

7. **Rest**

- a. Digestive Organs should have rest – *Counsel on Health* p. 119
– *Selected Messages*, Book 2 p. 415
- b. Importance – *Education*, p. 205
- c. Sweat, after healthful work – *Adventist Home*, p. 289

8. **Trust in God**

- a. Trust God's Promises – *Testimonies*, Vol. 1 p. 167
- b. God can do great things – *Patriarch and Prophet*, p. 493
– *Testimonies*, Vol. 2 p. 140

Hindrances To Good health

9. **Eating Habits**

- a. Late Meals – *Ministry of Healing*, p. 303 -304
- b. Eating Between Meals – *Counsel of Diet*, pp. 158, 179, 242
– *Entering Wedge*, p. 41 -44
- c. Two Meals Recommended – *Counsel on Diet*, p. 229
- d. Third Meal should be Light – *Counsel on Diet*, p. 158
- e. Eating and Drinking – *Counsel on Diet*, p. 146
– *Entering Wedge*, p. 59-60
- f. Eating foods in season – *The Entering Wedge*, p. 30, 32
– *Ministry of Healing*, p. 297
- g. Overeating —No gluttons in Heaven – *Counsel on Diet*, p. 126,
242, 409
– *Entering Wedge*, pp. 39-40, 60-61

10. **Meat Eating**

- a. Flesh Foods – *Entering Wedge*, p. 22-26
- b. Not an ounce should enter our stomach - *Counsel on Diet*, p. 380

- c. Those preparing for Translation – *Counsel on Diet*, pp.380-381
- d. Meat Not Healthy Now – *Counsel on Diet*, pp. 384, 404, 410-412
- e. Stimulates – *Counsel on Diet*, pp. 395,396, 427

11. Sugar

- a. More Dangerous than Meat – *Counsel on Diet*, pp. 328, 330-331, 334, 411
- b. Alright in Moderation – *Counsel on Diet*, pp. 320, 334
- c. Sugar and Milk NOT the Best Combination – *Counsel on Diet*, pp. 311,330
– *The Entering Wedge*, pp. 33-35, 80

12. Salt

- a. Avoid Excessive Use – *Counsel on Diet*, pp. 311, 340, 345, 468

13. Oils

- a. Vegetable Oil (Acceptable) – *Counsel on Diet*, pp. 83, 359-360, 239
– *Entering Wedge*, p. 30
– *Ministry of Healing*, pp. 298, 236

14 Food Combination

- a. Fruits Not to be MIXED with Vegetables – *Counsel on Diet*, pp. 112, 109-111
– *Ministry of Healing*, p. 299
- b. Nuts may MIXED with Any Food – *Ministry of Healing*, 298
– *Entering Wedge*, p. 33, 36

15. Spices, Vinegar and Condiments

- a. *Counsel on Diet*, pp. 83, 235, 339-345

16. Baking Soda

- a. Avoid Using in Food – *Ministry of Healing*, p.300

17. Dairy Products

- a. *Counsel on Diet*, pp. 206, 353, 367
– *Answers 5*, p. 76

Unhealthy Lifestyle

18. City Life

- a. *Entering Wedge*, pp. 47-48
- b. Artificial – *Ministry of Healing*, pp. 262-263
- c. Not Conducive to Health – *Ministry of Healing*, pp. 262, 365
- d. Not in Accordance with God's Plan – *Ministry of Healing*, p. 365

19. Drugs

- a. Not Recommended – *Counsel on Diet*, pp. 82-83, 303-304
– *Ministry of Healing*, pp. 126-127
– *Entering Wedge*, pp. 20-22

20. Lack of Pure Air

- a. *Testimonies*, Vol. 1 p. 517
– *Testimonies*, Vol. 4 p. 264
21. **Lack of Exercise**
- a. *Testimonies*, Vol. 1 p. 555
– *Testimonies*, Vol. 2 pp. 67, 525
22. **Tea and Coffee**
- a. *Selected Messages*, Book 2 p. 420
23. **Stimulants**
- a. *Counsel on Diet*, p. 422
– *Temperance*, p. 78
24. **Flesh Foods**
- a. *Selected Messages*, Book 2 p. 420
– *Counsel on Diet*, p. 373-416
25. **Cannot make Good Blood**
- a. *Counsel on Diet*, p. 322
26. **Improper Dress**
- a. Improper – *Ministry of Healing*, p. 293
– *Testimonies*, Vol. 2 pp. 531-532
– *Counsel on Diet*, p. 302
– *Education*, p. 199
– *Ministry of Healing*, p. 271, 273
 - b. Proper – *Ministry of Healing*, pp. 207, 283, 287-288
– *Selected Messages*, Book 2 p. 296
27. **Meals**
- a. Proper
 - i. Regularity – *Ministry of Healing*, p. 303, 384
– *Testimonies*, Vol. 5 p. 81
– 9 SC 1-12:8
 - ii. Slowly – *Ministry of Healing*, p. 305
 - iii. Thanks – *Ministry of Healing*, p. 321, 385
 - b. Improper – *Ministry of Healing*, p. 306
 - i. Between Meals – *Ministry of Healing* p. 384
 - ii. Overeating – *Ministry of Healing* p. 306-308
 - iii. Wrong Habits – *Ministry of Healing*, p. 308, 384

HEALTHY HABITS

28. **Country Living**
- a. Cheerfulness – *Counsel on Health*, p. 28
– *Adventist Home*, p. 259
 - b. Proper Dress – *Ministry of Healing*, pp.207, 283,287-288
– *Selected Messages*, Book 2 p. 296

" WATCH YOUR THOUGHTS; THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS. WATCH YOUR ACTIONS; THEY BECOME HABITS. WATCH YOUR HABITS; THEY BECOME CHARACTER. WATCH YOUR CHARACTER; IT BECOMES YOUR DESTINY."

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