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**'Whole Foods, Plant-based
Diet' (WFPD) is the
Remedy for all Diseases.**

Featuring:

Dr. T. Colin Campbell - 2-19

**A Tribute to Ellen G.
White - 20**

(Natural Remedies - Series 13)

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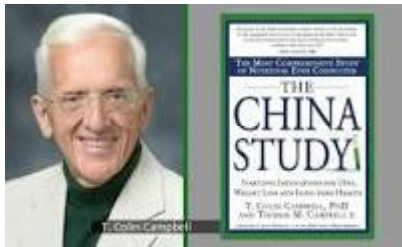
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Dr. T. Colin Campbell's Contribution to the World in the Field of Nutrition & Health



Dr. Thomas Colin Campbell, 84, is an American biochemist who specializes in the effect of nutrition on long-term health. He is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at

Cornell University. Dr. Campbell has become known for his advocacy of a low-fat, whole foods, plant-based diet. He is the author of over 300 research papers and three books: *The China Study* (one of America's best-selling books about nutrition), *Whole* and *The Low-Carb Fraud*. He was one of the lead scientists of the China–Cornell–Oxford Project on diet and disease, set up in 1983 by Cornell University, the University of Oxford, and the Chinese Academy of Preventive Medicine to explore the relationship between nutrition and cancer, heart, and metabolic diseases. He has worked as a senior science adviser to the American Institute for Cancer Research, and sits on the advisory board of the *Physicians Committee for Responsible Medicine*. He is known in particular for research, derived in part from the China study, that appears to link the consumption of animal protein with the development of cancer and heart disease. He says that casein, a protein found in milk from mammals, is "the most significant carcinogen we consume."

Dr. Campbell has followed a "99% vegan" diet since around 1990. He does not identify himself as a vegetarian or vegan because, he said, "they often infer something other than what I espouse." He told the New York Times: "The idea is that we should be consuming whole foods. We should not be relying on the idea that genes are determinants of our health. We should not be re-

lying on the idea that nutrient supplementation is the way to get nutrition, because it's not. I'm talking about whole, plant-based foods."

Dr. Campbell has been a member since 1978 of several United States National Academy of Sciences expert panels on food safety, and holds an honorary professorship at the Chinese Academy of Preventive Medicine. He is featured in the documentaries, *Forks Over Knives*, *Planeat, Vegucated*, and *PlantPure Nation*, a film produced by Campbell's son, Dr. Nelson Campbell. Campbell is also on the advisory board of *Naked Food Magazine*, for which he is also a regular contributor of articles espousing a plant-based diet. In 2010, after cardiac surgery, former U.S. president Bill Clinton mostly adopted the plant-based diet recommended by Drs. Dean Ornish, Caldwell Esselstyn, and Campbell. The above is from [Wikipedia.com](http://en.wikipedia.org/wiki/Thomas_Colin_Campbell).

Dr. Campbell gives credit to his accomplishments to Dr. George Eisman, who had asked him to teach 'Vegetarian Nutrition' in Cornell University, which course had not existed in the US then. Below are Dr. Campbell's research findings.

- The closer we get to a whole food plant-based diet, the healthier we will likely be. For best results we should avoid added oil/fat but not necessarily high fat plant based foods.
- I know of no scientific evidence that all people need to be 100% WFPB all the time. I prefer saying that going 100% is a goal partly because, if done right, I know of no evidence there will be health prob-

lems, only health solutions. I also often say that going 100% WFPB without added oil, if continued for 2-3 months, gradually allows us to wean ourselves from our traditionally high dietary fat and sugar addictions. This allows us to enter a new world of dietary experience and exceptional health, where we gradually lose interest in returning to the old dietary lifestyle.

- In our experimental animal research, we learned how diet and cancer works at the fundamental cellular and sub-cellular levels. For example, we can turn cancer on and off by nutritional means and we gathered a huge amount of fundamental information as to how nutrition works, thus overcoming the genetic beginning for cancer.
- My research found that animal-based foods favor disease (as do products made of sugar, fat and plant fragments) and that these disease events are not solely or even mainly due to genetic determinism. In a long series of research studies over about 3 decades, we learned that nutrition generally controls gene expression, that experimental cancer can be turned on and off by nutritional (non-genetic) means, that the topic of nutrition is grossly misunderstood, that nutrients act through a broad array of mechanisms and that it is time that the benefits of the right kind of nutrition be told.
- We have a very successful, online course by our nonprofit Center for Nutrition Studies in partnership with eCornell that offers a Certificate in Plant-Based Nutrition at <http://nutritionstudies.org/courses/plant-based-nutrition/>.

Contents	
A Tribute to Ellen White	23
Bibliography	44
Diet Matters: Clarifying	13
Dr. Campbell's	09
Dr. T. Colin Campbell's.....	02
Eating Right	15
Editorial	43
History of the Term.....	04
Making Ourselves Whole...	13
Natural News.....	38
Nutrition, Politics and.....	06
Precision Medicine	04
Price List	40
Recipes.....	42
The Crucial Soya Link.....	13
The Great Visions of	20

- We have patients with remarkable accounts of having turned around serious life threatening cardiovascular illnesses when they used the WFPB diet. These patients were advised by their physicians that nothing more could be done by experts. Instead, their successes show what nutrition can do.

- Use nutrition to prevent and, most importantly, to reverse/treat patients with advanced heart disease, type 2 diabetes, arthritic conditions, autoimmune conditions and some cancers. Through nutrition, we can virtually obliterate heart disease and diabetes, while also controlling obe-

sity for most people. Obesity is an outcome of other diseases, like cardiovascular, diabetic and neoplastic diseases, all responding to a similar cause. The nutrition strategy that I support, if properly articulated and executed, can do more for curing illness than all the pills and procedures combined. We have impressive researched evidence that certain autoimmune diseases, arthritic and bone disorders, and several cancers will be shown to be controlled in the near future with the same protocol.

- Nutritional treatment of cancer is best achieved by consuming vegetables, fruits and whole grains.

History of the Term ‘Whole Food, Plant-Based’

Dr. T. Colin Campbell, PhD, is the father of whole food, plant-based nutrition who introduced the phrase Whole Food, Plant-Based when he was a member of a National Institutes of Health (NIH) cancer-research grant review panel from 1978 to 1980. About the history of the term **“Whole food, Plant-Based”** word that I coined — I believed that this “Vegetarian” idea had to be communicated in an objective, scientifically valid way. My solution was to choose “plant-based” for lack of a better word. I also thought that the idea had to rest on good solid science, if it were to survive. Still to-

day, I avoid the ‘V’ words because most vegetarians consume too much animal based foods (such as dairy and fish) and total fat. Vegans tend to consume too much processed food and total fat. I added “whole” to my “plant-based” nomenclature a little later, in order to avoid the idea that isolated nutrients (as in supplements) and/or plant food fragments (refined carbohydrates sugar and white flour) conveyed health. My considerable experience in court testifying to the inappropriate use of nutrient supplements compelled me to add the word “whole” as in “whole food, plant-based.”—TCC Ω

Precision Medicine Initiative (PMI): Wealth for a Few and Poor Health for Many

Precision medicine is the latest name of a core concept now used by phar-

maceutical companies to develop new drugs under the name “targeted

drug therapy”, which can be custom made for specific diseases and individual people. Very similar concepts have used words like ‘functional’ or ‘personalized medicine’ to describe disease treatment and prevent cancer by nutrient ‘chemoprevention’ and when using nutritional means, by ‘nutraceuticals’, perhaps also employing ‘nutrigenomics’ to focus on specific nutrient-gene interactions. The wonders of language! I call this reductionism. This ‘new’ PMI program has a good politics feel.

Nutrition can restore health. We found that cancer could be reversed by nutritional means, but nutrition controlled gene expression and nutrition is not a function of individual nutrients affecting a single target site and single disease outcome. I am suspicious about the popular reductionist idea of blaming genes, chemical carcinogenes and viruses for cancer occurrence, as well as the assumption that cancer inevitably progresses to a difficult ending, usually accompanied by the use of very toxic, unproven drugs—that were way too expensive in money spent and in pain caused. If my hypothesis were to be correct, it could be used to show individual people how they might use diet and nutrition for their own benefit, enabling them to take more responsibility for their personal health, thus minimizing their reliance on drugs and pharmaceuticals. But the pharmaceuticals and the government focused on the treatment of disease with pills and procedures. The PMI program is another attempt to keep and extend the very costly, questionable medical practice system we now have. It

assumes that developing targeted chemicals (drugs) to treat illness is the best way to advance human health. I fundamentally disagree. Compared to a whole food plant-based protocol, the scientific evidence for the PMI proposal is not supported with the best science, the financial cost is far greater than necessary, its morbidity is onerous, and its contribution to environmental degradation is unacceptable. It is premised on a reductionist perspective of science that fails to see the all-important context because medical ‘science’ itself is defined from a reductionist perspective, thus dismissing (w)holistic nutrition as a discipline that is something less than science. The PMI program barely mentions nutrition.

In my opinion, this Precision Medicine Initiative serves only one purpose, namely, to create opportunities to develop more drugs which are typically less effective, with more side effects, than nutrition. Do not fall prey to the idea inherent in this proposal that combinations of reductionist strategies (i.e., multiple drugs used in combination) favor more personalized protocols for treating illnesses with each individual.

The underlying biochemistries of the more complex illnesses—like the cancers, cardiovascular diseases and other metabolic disorders—are infinitely more multifaceted and cannot be effectively treated with single chemicals nearly as well as nutrition, which controls health and disease very differently. The nutritional effect is multi-mechanistic, is much more comprehensive and effective and the negative side effects are far less. The scientific basis for using

nutrition to control and treat disease is diametrically opposed to the use of pharmaceuticals.

Beware: signing up for this program will only create wealth for the few at the expense of health for the many. You do not need to await the results of this study to know what to do. We already know what to do and it is a fact of Nature right there on your plate—use a whole food plant-based diet.

The Importance of Nutrition

The constant decades-long pressure to strip nutrition from all discussions and programs for disease prevention and treatment—as I have experienced—is a reaction against the ability of nutrition to be far more effective and far less expensive than the pharmaceutical or other reductionist strategy. National Institute of Health, USA, gives truckloads of funding for PMI and puts in the trash can, research on nutrition. Ω

Nutrition, Politics, and the Destruction of Scientific Integrity

In my early days, the focus on good nutrition emphasized the consumption of protein. So it was with me and my professors. The more protein the better. Even better, the more so-called ‘high quality’ protein from animal sources was consumed, the more health we would have. That was consistent with my personal background on the farm milking cows, with my graduate research devoted to a more efficient way of producing animal-based protein and my early career helping to resolve childhood malnutrition in the Philippines by making sure that they got more protein. Lots of people thought that there was a protein gap in the world, especially in poor countries.

But, surprisingly, in the Philippines, I got an impression that children of the few Filipino families consuming the most protein seemed to be at higher risk for liver cancer, a really odd observation. About the same time, a research study in India showed a very similar effect in labo-

ratory animals (rats). Initiated by the most potent liver carcinogen known, all those animals consuming higher (i.e., ‘normal’) dietary protein got liver cancer while no animals fed lower dietary protein got cancer.

Because the results were so dramatic and so provocative, I applied for and received research funding from the U.S. National Institutes of Health (NIH) to investigate this crazy observation. Does more protein consumption mean more cancer? If so, what is the biological mechanism for this effect? Funding for this grant was repeatedly renewed for the next 27 years, although initially I was more interested in using dietary protein to modify cancer development in order to better understand how cancer works.

Here it was. A really challenging idea that had the potential, if proven to be true, to cause disruptive thoughts. It also meant that our experimental research had to be air-tight, capable of withstanding what might be an

explosive reaction if this effect proved to be true. As a result, scientific research became my ‘cup of tea’. It is a discipline that demands the production of authentic evidence—the kind that could be published in peer reviewed science journals where it gets critique from other professionals and, even better, that might be meaningful for the public, especially since it was public money that was being used to support this research.

I truly loved my work, both in doing the research and in working with the many graduate students and fellow colleagues who collaborated with us. Formulating hypotheses, designing experiments, interpreting results, and asking ‘what’s next?’ The pathway taken was not to gather evidence for the development of a product but to understand whether protein caused cancer and, if so, by what mechanism. But our research became much more than a question concerning the effects of protein on this specific cancer. So impressive were the results that it forced us to ask whether our results might also apply to other nutrients, other cancers, other diseases and other species (including humans of course).

In our search for the mechanism as to how protein did its damage, we learned the following, all of which were scarcely found in nutrition textbooks or in previous scientific literature (but some of which are now well accepted). I eventually called them ‘nutrition principles’:

- Although genes are the fundamental foundation for all biological effects, it is proper nutrition that controls the expression of these

genes, upregulating good genes and downregulating bad genes.

- Nutritional effects cannot be ascribed to the effects of individual nutrients—that’s pharmacology—but to the collective effects of countless nutrients and related chemicals.
- Formation of so-called chronic diseases (cardiovascular, neoplastic, autoimmune, metabolic) should not be described by a single, rate-limiting mechanism but by a multiplicity of highly integrated mechanisms that seem to act in symphony.
- Altering disease development and/or its reversal by single chemical (i.e., drug) intervention does not make much sense.
- Cancer is reversible by nutritional means.
- Animal proteins, as a group, have distinctly different biological properties from plant proteins, as a group.
- Observations on animal protein associations with health and disease outcomes among human cohorts and populations include both direct biological effects of protein as well as indirect effects of nutrients that are displaced by the consumption of high protein diets.

Most of these principles eventually appeared to be consistent with biological effects of other nutrients. It was a narrow slice of information on nutrition and disease formation but, eventually, it gradually proved to be much more. Having so many years,

so many colleagues and so many nutrition-related hypotheses to investigate provided for me lessons in scientific research and philosophy that proved to be unusually rewarding.

I believe that science is best described as the art of observation, which is opposed to that which seems to pass for science these days. This art-of-observation definition distinguishes it from technology whereby experiments are designed to gather evidence for a product that may have market value. True science is guided, by some well-developed criteria that encourage objectivity and avoidance of personal bias. This is the rationale for peer-review, used in judging the worthiness of experimental research for publications and the merit of proposals to do research. The reporting of findings from true science investigation in a publicly transparent manner means that researchers are held accountable for their findings. The reliability of interpretations and conclusions of research must meet the test of rigorous scrutiny.

I make these comments because it has become clear to me that discussing and debating the underlying science of food function can be unusually personal, contentious and flagrantly irrational. The contentiousness of these discussions ranks as high as that for discussions on sex, religion and politics. Over these many years, I have discovered my naivete to have thought otherwise.

I entered academia when thinking it to be an ideal world, a place for honest discourse and debate. It was to be a place where it would be comfortable to think freely and, in addi-

tion, to accept the necessity at times of being wrong. Indeed, for most of my years, it was bliss, especially working with dedicated students and colleagues in research laboratories and lecture halls. I found that being free to investigate hypotheses as I wanted (and for which I could get funding!), lecture as I believed to be reliable and helpful, publishing our results as we learned them was a great world to live in.

But I would be remiss if I did not also say that times have changed. Academia during the last 2-3 decades has changed. It is change that encroaches on that little noticed but societally precious academic freedom, usually because of for-profit motivations. According to one recent study, in 1980, 70% of university faculty had tenure or were in tenure track positions but, 30 years later (2010), this has dropped to 30%! An almost exact parallel trend in funding from the public to the private sector has also occurred. This trend, little known or appreciated by the public, has opened wide the opportunities for commercial interests to exploit academicians. It is a national disgrace that invites distortion of facts that pass for science. It invites a destruction of scientific integrity.

I know that my journey in science took me in a direction I did not anticipate and a direction that invites challenge. My research experiences invite negative reactions from those who want to retain the status quo. I know, too, that were I not to have had tenure for the past 45 years, I could be, indeed would be, toast, no longer feeling free to interpret science the way that I believe to be reliable and useful for others.

This brings me to my experiences during the past two decades, mostly outside of academia where I find there to be little to no rules of scientific discourse, where far too many public figures (both those for and against the whole food, plant-based diet hypothesis) seem not to know what science really means. Too many of these would-be scientists have almost no regard for the concept of being held accountable for what they say to the public. This therefore presents a huge problem. Instead of legitimate scientific find-

ings being told to the public by qualified people who are held accountable for their views, we are left with a massive din of far too much noise that denies the public an honest airing of views. We must find ways to change this scenery. The exceptionally beneficial evidence on health that we now have must be told with defensible facts, not be distorted for personal gain. We have huge problems and we have evidence that can go a long way to help resolve these problems. It is the moral thing to do. — TCC Ω

Dr. Campbell's Recommendations for Dietary Guidelines (DG)

The 35% protein recommendation is still promoted when 10% is enough. Promoting 35% protein as an acceptable level for the school lunch and Women, Infants and Children's programs, for example, is a disaster. In fact a whole food plant based (WFPB) diet, with no added oil, can easily provide 10-12% total protein, which meets the long established recommended daily allowance (RDA) of 9-10% protein. The continued use of an upper 'safe' level of 35% protein of total, daily dietary calories in my view is grossly unscientific and completely irresponsible.

Dietary cholesterol may help to clog arteries but this condition accounts for only a small fraction (10%) of coronary heart disease events. Far too much attention has been given to cholesterol as if it is a major cause of disease. Such focus diverts attention away from the much more reliable evidence showing that a diet

rich in animal protein, which represents multiple risk factors, is the main dietary cause of heart disease, cancer and related degenerative diseases. In experimental animal studies begun over a century ago, animal-based protein (casein), not cholesterol, was more responsible for increasing blood cholesterol and its association with the development of atherosclerosis. Later studies (about 75 years ago) in experimental rabbits showed that casein (an animal protein) was five times more effective than soy protein (a plant protein) in raising serum cholesterol and in generating angiogenesis (early cardiovascular disease). Animal proteins as a group are more effective in raising serum cholesterol in experimental animal studies than plant proteins, as a group. Although follow-up human studies do not appear to respond to the specific effects of casein on serum cholesterol levels in the same way as do experimental animals, a broader perspective

clearly shows that high animal protein based diets increase risk. Some of this is attributed to the direct effects of animal protein (by many mechanisms) and some of this is due to the displacement of whole plant-based food containing disease protective nutrients (e.g., antioxidants, complex carbohydrates), also by countless mechanisms.

On a related topic, the long held belief that saturated fat is a major cause of heart disease and certain cancers also should be questioned. The 2015 report ignores research showing that dietary cholesterol and saturated fat are indicators of animal protein consumption, thus of animal food in general.

The long time tendency to infer disease causality to fats (e.g., saturated fats, cholesterol), intentional or unintentional, was generally accepted by the marketplace because it allowed for the removal of fat from animal based foods (lean meat, low fat and skim milk), thus maintaining continued consumption of these foods. Removing protein from these products was not an option because this would no longer even remotely be considered the same food or the same diet. The 2015 Dietary Guidelines report of USA repeatedly assumes that saturated fat is independently unhealthy, thus recommending that its intake be controlled. This interpretation is short-sighted because it tends to suggest that unsaturated fats should be preferred. In contrast, about 30-40 years ago, in experimental animal studies on mammary cancer, unsaturated fats were shown to promote cancer substantially more than saturated fats, albeit at high levels of total dietary

fat. Also, the ratio of omega-3:omega-6 fats is a function of total fat intake and is distorted in the wrong direction when total dietary fat becomes high. High dietary total fat means a high ratio of pro-inflammatory omega-6:anti-inflammatory omega-3. A low fat WFPB diet shifts this ratio into a much healthier balance of about 3-4:1. Bottom line? Minimize use of added fat, regardless of fat type.

Although technically correct, abolishing the limit on dietary cholesterol is likely to encourage people to consume more animal-based foods, which conflicts with the report's recommendation to consume more plant-based foods. Removing this upper limit corrects the highly reductionist and inappropriate interpretation for dietary cholesterol as a primary cause of disease but it is likely to lead to practices that are even less healthy, like more cardiovascular disease and more cancer. There also is substantial evidence, for example, showing that animal protein promotes cancer development in experimental animals (studied in great depth), which correlates with several human cancers in observational studies (usually expressed through its covariate, total fat) and functions through varied mechanisms to make plausible these observational studies. Adverse effects of animal protein-rich diets were first reported over a century ago, especially concerning their effects on physical performance and heart disease, although animal protein also was suggested as a cause of cancer. But this information has been consistently ignored in every DG report since 1980. It is not only

a question of the direct adverse effects of animal protein on cancer and heart disease but, even more so, on the indirect effects resulting from the dietary displacement of whole plant based foods.

Not addressing information concerning the proper amount and kind of dietary protein, an essential major nutrient, will continue to have serious consequences. For example, on the topic of the causes of cancer, it is popular to assume that this disease is mainly caused by exposure to certain chemicals in food, water and air. These 'environmental' chemicals are judged to be cancer-causing (carcinogenic) when they are shown to be mutagenic and when they produce tumors in a formal experimental animal bioassay program. It should be noted that exposure amounts of suspect chemical carcinogens are tested at 2-3 orders of magnitude, or higher, than levels expected during human exposure. In reality, there is precious little or no human evidence that these 'proven' chemical carcinogens are anything more than insignificant causes of cancer. Cancer promotion by animal protein and related nutrients is more relevant than any suspect chemical carcinogen ever identified in this program. In experimental animal studies, for example, animal-based protein (casein), when fed above a total dietary protein level that supports optimum health (i.e., above 10-12% of calories)—easily provided by a diet of whole, natural plant based foods—turns on tumor development initiated by one of the most powerful mutagens and carcinogens ever discovered. When dietary casein is subsequently decreased to levels less than 10% of

calories, early cancer development can be turned off. Dietary casein, in this instance, readily controls cancer development regardless of the dosage of the initiating carcinogen. According to the experimental criteria used for testing these environmental chemicals, casein, the main protein of cow's milk, is very likely the most relevant chemical carcinogen ever identified. This conclusion is based on extensive studies produced in my publicly funded laboratory, (mostly NIH), and supported by research in other laboratories as well.

I cite these observations from the literature, my research laboratory and from an extensive body of evidence. These sources show that nutrition, when properly understood and applied within a more comprehensive, wholistic context—countless nutrients, countless disease outcomes, countless mechanistic events—has the power to prevent, sustain and/or reverse serious diseases. Nutrition can do this far more effectively and rapidly than all of the best pharmaceutical strategies combined or, I predict, more than any genes that might be discovered to be associated with cancer.

None of this type of information is being shared with the public in this 2015 DG report. This report does not even hint that information on WFPB dietary lifestyle exists. Even more striking, this report fails to even suggest research to improve or to deny this evidence. Yet, this dietary lifestyle is the most effective remedy for health restoration and maintenance and disease prevention, in terms of its breadth and rapidity of effect, than any other environmen-

tal, pharmaceutical or dietary practice, thus making it the method of choice for treating as well as for preventing disease.

- Heart disease is the #1 cause of death in the U.S. It is mostly treated with stents and statins, conservatively estimated at \$15,000-\$20,000 per year per patient (multiple stent operations and sustained statin use). This treatment has multiple side effects, but no benefit of extended life. A recent study by Caldwell Esselstyn et al showed that among 198 documented heart disease patients who were advised in one 5-hour session on how to use a WFPB diet, only one individual among 177 compliant individuals suffered an additional event during the next 2-7 years (average 3.4 years) of follow-up. That is a remarkably low rate of <1%. Among the 21 cases not complying with this advice, 62% suffered an additional event (although 25% recurrence is the more traditional rate). An earlier, smaller study by Esselstyn et al showed the same remarkable result. Only 5 of the original 18 patients died over the next 26 years, but none from a cardiac event—with no significant side effects. Similar results, although of shorter duration and including more than dietary advice, were shown by Ornish et al. Beginning with a 5-hour counseling session, as in the Esselstyn et al study, the cost of a far more effective dietary treatment would be about \$100-125/yr. Patients relying on pills and procedures (i.e., stents and stains) incur 150-200 times more cost yet suffer far worse outcomes—increased side effects and lower survival. How can anyone accept this report that fails to even acknowledge these findings?

- We spend about \$200 million per year to learn that a few chemicals (among about 80,000 environmental chemicals yet to be tested) are capable of causing cancer (in an experimental animal bioassay program). Yet there is virtually no evidence that these “environmental carcinogens” cause cancer among humans. The Dietary Guidelines (DG) Advisory Committee seriously deflects interest away from a consideration of nutrition in cancer causation. More specifically, diets rich in animal protein products (also high in total fat and low in complex carbohydrates and antioxidants) are likely causing well over 200,000 cancer deaths each year in the U.S. What kind of evidence will it take for this observation to be taken seriously? The only downside that I have heard is the very large number of experimental pathologists and related professional positions that would be lost.

- Medical care costs per capita in the U.S. is the highest among similar countries, yet indices of quality of health places us last among these same countries.

- The recommended level of dietary protein, about 10% of total calories (5-6% is the minimum requirement), can easily be provided by a WFPB diet. This diet can virtually eliminate the problems cited above, as well as many more—including much of the climate change problem. It is now time to act. It is now time to minimize the corporate influence that has stifled objective scientific inquiry on the matter of food and human health. Corporate institutions have controlled this information for far too long. Ω

Diet Matters: Clarifying the Link Between Breast Cancer and Eating Patterns

Cut down on fat intake and increase the consumption of fruits, vegetables and whole grain cereal-based products. A lower fat intake was associated with a lower incidence of breast cancer. A comparison of fat intake with breast cancer for a couple of dozen countries around the world had shown that the higher the fat intake, the higher the breast cancer incidence; a similar association of fat with cancer of the large bowel also existed.

Diet rich in animal protein will, in anything, increase breast cancer risk. A more effective strategy for lowering dietary fat and preventing cancer would be to move away from animal fat and animal protein-containing foods, and enrich the diet with fresh fruit, vegetables, whole grains, legumes and other foods of plant origin. Those with breast cancer should evaluate the true link between breast cancer and diet for themselves. Ω

The Crucial Soya Link

In view of the recent news on the health benefits of soy protein, what do we find in our China project? Since China is one of the leading producers and consumers of soya products in the world, their use of this food may be of special interest. Soya beans comprised, on average, about 80% of the total legumes actually consumed. The Chinese word for soya beans is “tatou”, meaning “the greater bean”. When we compare the amount of legumes eaten with the “bad” kind of blood cholesterol, we find an “inverse association.” This means that as legume intake goes up, cholesterol goes

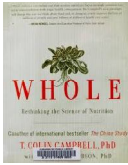
down. The eating of legumes (mostly as soy) is associated with lower blood cholesterol levels and lower heart disease rates. This cholesterol-lowering association with increasing intakes of protein was observed among people whose blood cholesterol was already quite low.

Soya beans contain more than 100% of the dietary requirements of the essential amino acids lysine, methionine, and cystine, threonine, and tryptophan. They are the only beans whose proteins are considered “complete.” One cup of cooked soya beans contains as much protein as a serving of meat, fish or poultry. Ω

Making Ourselves Whole

This book convinces you to change the way we think about health. We must recognize nutrition as a cornerstone of our health. My doctoral dis-

sertation, written over 50 years ago, was on the greater biological value of animal-based protein. I believed then that there was no better food.



I am now convinced that there is no healthier way to eat than a whole food, plant-based diet, without added fat, salt or refined carbohydrates. We

have independently and convincingly documented the WFPB diet's ability to reverse serious diseases in ways unmatched by pills and procedures. This shift required my understanding of the body. Early on in my career, I had a conversation with a nutrition professor of mine at Cornell about a set of research studies that looked at the role played by four nutrients in two diseases: encephalomalacia (softening of brain tissue) in chicks and muscular dystrophy (progressive muscle weakness) in calves. It turned out that the activity of any one of these four nutrients could substantially change the activities of the other three, leading to changes in the body's response to the diseases.

When I asked my professor how common interactions like these were for other nutrients, he replied that although they were quite common, they did not get much attention in experimental research; they were too difficult to study and almost impossible to interpret adequately. Although nutrients act in complex ways in nature, we still had to think about their activities in a simple, linear way to produce acceptable scientific evidence. In other words, even though we could see the applicability of the wholistic framework, we still had to pursue our research as if reductionism were the whole truth. That we ignored this complexity was something that troubled me greatly, and in a way it drove the di-

rection I chose in my research into AF and MFO. I might not have begun this research had I not been willing to question what appeared to be an unquestionable, reductionist fact: AF causes liver cancer. If I had not been so interested in the idea of complexity, I might not have looked for factors other than AF that could affect the development of liver cancer. I might not have discovered that, in fact, AF was not even the most important factor affecting liver cancer development. And I would not have gained the much deeper understanding and appreciation of our biological complexity that I now possess and seek to share with you.

This understanding of biological complexity was crucial to changing the way I viewed the findings of reductionist studies. It made me realize how important it was to view such findings not as truths that are complete in and of themselves, but as pieces of a larger, more meaningful puzzle. Any individual finding—say, that MFO's catalysis of AF leads to liver cancer, or that beta-carotene protects against lung cancer—does not tell the whole story. Therefore, choosing a course of action based on that individual finding, without looking at the larger wholistic framework—avoiding AF to avoid liver cancer, or taking beta-carotene supplements to prevent lung cancer—has the potential to be either significantly less effective than other ways of addressing the same problem or even outright dangerous.

The findings in our reductionist experiments with MFO and animal protein are important, but not for their specific results (e.g., animal protein is a critical causal factor in

liver cancer) so much as for the biological principles they suggest. These principles have helped me understand how cancer works and how nutrition, taken as a whole system, affects the development of cancer and possibly other diseases as well. The fundamental biological properties these MFO experiments revealed suggested a need to investigate the impact of animal protein in real people, in the real world, in all its complexity. It was with this mindset that we designed the project in rural China that came to be known as *The China Study*.

I've given much thought to the next steps that individuals who are sufficiently convinced by what I've shared, both here and in *The China Study*, and who want to help create change, might take. The most important step is to change the way you

eat. The diet is simple: Eat whole, plant-based foods, with little or no added oil, salt, or refined carbohydrates like sugar or white flour. (Though it may take some research, there are cookbooks out there that will fit your needs—more of them now than ever before.) There is nothing more convincing than experiencing the change for oneself. That crucial shift in the way we think about our health will happen, one person at a time. Eventually, policy will begin to change. Industry, deprived of the income produced by ill health and our ignorance, will follow. It's time for us to begin a real revolution—one that begins by challenging our individual beliefs and changing our diets, and ends with the transformation of our society as a whole. —Huffpost Ω

Eating Right: 8 Principles of Food and Health

The benefits of a healthy lifestyle are enormous. We want you to know that you can:

- live longer
- vastly decrease the need for pharmaceutical drugs
- look and feel younger
- keep your bones strong
- have more energy
- avoid impotence
- lose weight
- avoid stroke
- lower your blood cholesterol
- prevent kidney stones
- prevent and even reverse heart

disease

- keep your baby from getting Type 1 diabetes
- lower your risk of prostate, breast and other cancers
- alleviate constipation
- preserve your eyesight in your later years
- lower your blood pressure
- prevent and treat diabetes
- avoid Alzheimer's
- avoid surgery in many instances
- beat arthritis

These are only some of the benefits, and all of them can be yours. The

price? Simply changing your diet. It has never been so easy or so relatively effortless to achieve such profound benefits. We want to summarize the lessons about food, health and disease that we have learned along the way in the following eight principles. These principles should inform the way we do science, the way we treat the sick, the way we feed ourselves, the way we think about health and the way we perceive the world.

PRINCIPLE # 1

Nutrition represents the combined activities of countless food substances. The whole is greater than the sum of its parts.

The main message I'm trying to get across is this: the chemicals we get from the foods we eat are engaged in a series of reactions that work in concert to produce good health. These chemicals are carefully orchestrated by intricate controls within our cells and all through our bodies, and these controls decide what nutrient goes where, how much of each nutrient is needed and when each reaction takes place.

Our bodies have evolved with this infinitely complex network of reactions in order to derive maximal benefit from whole foods, as they appear in nature. The misguided may trumpet the virtues of one specific nutrient or chemical, but this thinking is too simplistic. Our bodies have learned how to benefit from the chemicals in food as they are packaged together, discarding some and using others as they see fit. I cannot stress this enough, as it is the foundation of understanding what good nutrition means.

PRINCIPLE #2

Vitamin supplements are not a panacea for good health.

Because nutrition operates as an infinitely complex biochemical system involving thousands of chemicals and thousands of effects on your health, it makes little or no sense that isolated nutrients taken as supplements can substitute for whole foods. Supplements will not lead to long-lasting health and may cause unforeseen side effects. Furthermore, for those relying on supplements, beneficial and sustained diet change is postponed. The dangers of a Western diet cannot be overcome by consuming nutrient pills.

It is not that these nutrients aren't important. They are—but only when consumed as food, not as supplements. Isolating nutrients and trying to get benefits equal to those of whole foods reveals an ignorance of how nutrition operates in the body. As time passes, I am confident that we will continue to “discover” that relying on the use of isolated nutrient supplements to maintain health, while consuming the usual Western diet, is not only a waste of money but is also potentially dangerous.

PRINCIPLE #3

There are virtually no nutrients in animal-based foods that are not better provided by plants.

Eating animals is a markedly different nutritional experience from eating plants. Plant foods have dramatically more antioxidants, fiber, and minerals than animal foods. In fact, animal foods are almost completely devoid of several of these nutrients plus they have much more cholesterol and fat. Animal foods have

slightly more protein than plant foods, along with more B12 and vitamin D, although the vitamin D is largely added to milk.

By definition, for a food chemical to be an essential nutrient, it must meet two requirements:

The chemical is necessary for healthy human functioning.

The chemical must be something our bodies cannot make on their own, and therefore must be obtained from an outside source.

One example of a chemical that is not essential is cholesterol, a component of animal-based food that is nonexistent in plant-based food. While cholesterol is essential for health, our bodies can make all that we require; so we do not need to consume any in food. Therefore, it is not an essential nutrient. There are four nutrients which animal-based foods have that plant-based foods, for the most part, do not: cholesterol and vitamins A, D, and B12. Three of these are nonessential nutrients. Cholesterol is made by our bodies naturally. Vitamin A can be readily made by our bodies from beta-carotene, and vitamin D can be readily made by our bodies simply by exposing our skin to about fifteen minutes of sunshine every couple days. It is estimated that we hold a three-year store of vitamin B12 in our bodies. If you do not eat any animal products, particularly if you are pregnant or breastfeeding, you should take a small B12 supplement regularly and consider getting tested for B12 levels.

PRINCIPLE #4

Genes do not determine disease on their own. Genes function only by

being activated, or expressed, and nutrition plays a critical role in determining which genes, good and bad, are expressed.

We can safely say that the origin of every single disease is genetic. Our genes are the code to everything in our bodies, good and bad. Without genes, there would be no cancer. Without genes, there would be no obesity, diabetes or heart disease. And without genes, there would be no life.

This might explain why we are spending hundreds of millions of dollars trying to figure out which gene causes which disease and how we can silence the dangerous genes. This also explains why some perfectly healthy young women have had their breasts removed simply because they were found to carry genes that are linked to breast cancer.

Dormant genes do not have any effect on our health. This is obvious to most scientists, and many laypeople, but the significance of this idea is seldom understood. What happens to cause some genes to remain dormant, and others to express themselves? The answer: environment, especially diet. In our body, nutrition is the environmental factor that determines the activity of genes.

PRINCIPLE #5

Nutrition can substantially control the adverse effects of noxious chemicals.

Stories of cancer-causing chemicals regularly appear in the press. Acrylamide, artificial sweeteners, nitrosamines, nitrites, Alar, heterocyclic amines and aflatoxin have all

been linked to cancer in experimental studies.

There is a widely held perception that cancer is caused by toxic chemicals that make their way into our bodies in a sinister way. For example, people often cite health concerns to justify their opposition to pumping antibiotics and hormones into farm animals. The assumption is that the meat would be safe to eat if it didn't have those unnatural chemicals in it. The real danger of the meat, however, is the nutrient imbalances, regardless of the presence or absence of those nasty chemicals. Long before modern chemicals were introduced into our food, people still began to experience more cancer and more heart disease when they started to eat more animal-based foods.

It is useful to think of this principle in another way: a chronic disease like cancer takes years to develop. Those chemicals that initiate cancer are often the ones that make headlines. What does not make headlines, however, is the fact that the disease process continues long after initiation, and can be accelerated or repressed during its promotion stage by nutrition. In other words, nutrition primarily determines whether the disease will ever do its damage.

PRINCIPLE #6

The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).

It is worth repeating that chronic diseases take several years to develop. For example, there is a general thought that breast cancer can be

initiated in adolescence and not become detectable until after menopause! For many people this translates into the fatalistic notion that little can be done later in life.

Cancer that is already initiated and growing in experimental animals can be slowed, halted or even reversed by good nutrition. Luckily for us, the same good nutrition maximizes health at every stage of a disease. In humans, we have seen research findings showing that a whole foods, plant-based diet reverses advanced heart disease, helps obese people lose weight and helps diabetics get off their medication and return to a more normal, pre-diabetes life.

Some diseases, of course, appear to be irreversible. The autoimmune diseases are perhaps most frightening because once the body turns against itself, it may become unstoppable. And yet, amazingly, even some of these diseases may be slowed or attenuated by diet.

I believe that an ounce of prevention does equal a pound of cure, and the earlier in life good foods are eaten, the better one's health will be. But for those who already face the burden of disease, we must not forget that nutrition still can play a vital role.

PRINCIPLE #7

Nutrition that is truly beneficial for one chronic disease will support health across the board.

As I have come to understand more about the biochemical processes of various diseases, I have also come to see how these diseases have much in common. Because of these impressive commonalities, it only makes sense that the same good nu-

trition will generate health and prevent diseases across the board. Even if a whole foods, plant-based diet is more effective at treating heart disease than brain cancer, you can be sure that this diet will not promote one disease while it stops another. It will never be "bad" for you. This one good diet can only help across the board. So I'm afraid I don't have a different, catchy formula for each disease. I only have one dietary prescription. It is a chance to clear away much of the incredible public confusion. Quite simply, you can maximize health for diseases across the board with one simple diet.

PRINCIPLE #8

Good nutrition creates health in all areas of our existence. All parts are interconnected.

The process of eating is perhaps the most intimate encounter we have with our world; it is a process in which what we eat becomes part of our body. But other experiences also are important, such as physical activity, emotional and mental health and the well-being of our environment. Incorporating these various spheres into our concept of health is important because they are all interconnected. Indeed, this is a holistic concept.

Furthermore, it turns out that if we eat the way that promotes the best health for ourselves, we promote the best health for the planet. By eating a whole foods, plant-based diet, we use less water, less land, fewer resources and produce less pollution

and less suffering for our farm animals. Our food choices have an incredible impact not only on our metabolism, but also on the initiation, promotion and even reversal of disease, on our energy; on our physical activity, on our emotional and mental well-being and on our world environment. All of these seemingly separate spheres are intimately interconnected.

The applicability of these principles should not be underestimated. Most importantly, they can help to reduce public confusion regarding food and health. The benefits of understanding these principles are wide-ranging and profound for individuals, societies, our fellow animals, and our planet. – TTC Ω

For more information, you may contact Dr. T. Colin Campbell at <https://nutritionstudies.org>. You may take Plant Based Nutrition Certificate | eCornell at <https://www.ecornell.com/certificates/nutrition/plant-based-nutrition>. Dr. Colin's books are available on Amazon India. His son, Dr. Nelson Campbell, is educating average citizens (communities as well as those in other countries) about the importance of plant-based nutrition via community Pods, educational seminars, and the PlantPure Nation documentary. You may connect to a Pod network and become a group leader by signing up at <http://plantpurecommunities.org/plantpurepods/>. I have just signed up for a Pod. Let us change India, one person at a time, to live a healthy, disease-free life. Ellen Prasad Ω

"Worldly physicians cannot account for the rapid increase of disease among human family. But we know that much of this suffering is caused by the eating of dead flesh. – Ellen G. White, in Counsels on Diet and Foods, p. 386.

The Great Visions of Ellen G. White

Scientific Corroboration

Science has confirmed virtually all the counsels that emanated from Ellen White's first major health reform vision of 1863. Limitations of space prevent mention here of more than perhaps four points made that found their corroboration in scientific inquiry between 1950 and 1990:

1. Tobacco. In 1863 Ellen White declared that tobacco was a "slow," "deceitful" (in 1886 this adjective was modified to read "insidious"), and "malignant" (in 1886, "most malignant") poison. Has history subsequently borne this out?

In the early 1950s Alton Oschner, M.D., professor of thoracic surgery at Tulane University's medical school, New Orleans, was among the earliest to demonstrate an undeniable link between cigarette smoking and lung cancer. And the three characterizations by Ellen White?

a. "Slow": Medical pathologists today declare that it takes approximately 20 years to incubate a full-blown case of lung cancer.

b. "Deceitful" or "insidious": Medical specialists also tell us that if the patients wait for the overt symptoms of lung cancer to appear, it is usually too late to save their lives. The patients with this disease who are saved are those whose condition is revealed in the early stages as a result of routine X-rays.

c. "Most malignant": No informed medical scientist today would dispute the demonstrated link between cigarette smoking and lung cancer.

Ellen White was about 90 years



ahead of her time on this one!

2. Coffee. Ellen White was told by an angel from heaven in the autumn of 1848, and again in the spring of 1863, that the drinking of coffee was deleterious to health, even life-threatening.

In the March 12, 1981, New England Journal of Medicine veteran epidemiologist Dr. Brian MacMahon reported on a study done by his team of Harvard University School of Public Health researchers. According to their study, the predisposing cause of cancer of the pancreas (one of the fastest killers of all cancers today) is coffee drinking.

Then he "dropped the other shoe" by adding that caffeine was probably not the chief culprit, since in his study group as many patients died from drinking decaffeinated coffee as those who died using the straight stuff.

Unsurprisingly, the coffee industry lobbyists quickly geared for a frontal attack on the study and its presenters; indeed, their livelihood and the survival of their industry depended upon destroying the substantial impact this report (in one of the

nation's most respected medical journals) had created.

A five-page article, "All About Caffeine," by Lowell Ponte, appeared in the January 1983 Reader's Digest in what was billed as "A Reader's Digest Report to Consumers." It tried to destroy the credibility of the MacMahon report.

Mervyn G. Hardinge, M.D., Ph.D., Dr. P.H., then director of the Health/Temperance Department of the General Conference of Seventh-day Adventists, responded in these words:

"This article is obviously written by one who is defensive of the use of caffeine. After some 25-30 years of countless articles showing that tobacco smoke is detrimental to health, scientists who smoke still claim there is no hard evidence to relate smoking to human illness in the smoker.

"The same is and will be true of those who use caffeine. I know of no way to discount an article like this because no matter how carefully a study is put together, someone can criticize its structure, methodology, interpretation, etc. I think our best course is to, whenever possible, present the evidence as we see it and allow the individual to choose his own course.

"I think caffeine is addictive (I am a pharmacologist), increases the incidence of coronary heart disease, is an adjunct to hypertension and consequential stroke, is a real instigator of peptic and duodenal ulcers, produces birth defects (has long been known to affect chromosomes), and in recent reports coming from the Adventist Health Study, is related to

a significant increase in cancer. I doubt, however, if the Reader's Digest would be willing to print such an article."

3. Vegetarianism. Ellen White first learned of the substantial health hazards of a nonvegetarian diet in 1863; she herself became a vegetarian immediately thereafter. In 1900 she wrote: "Animals are becoming more and more diseased, and it will not be long until animal food will be discarded by many besides Seventh-day Adventists."

Perhaps the most recent distinguished non-Adventist scientist to come forward urging vegetarianism is Dean Ornish, M.D. His professional pedigree is impressive: assistant clinical professor of medicine, University of California, San Francisco, School of Medicine; attending physician, Pacific Presbyterian Medical Center, San Francisco; and president and director, Preventive Medicine Research Institute, Sausalito, California. His recent findings were little short of startling. Writing in Hospital Practice, May 15, 1991 ("Can Lifestyle Change Reverse Coronary Atherosclerosis?"), Ornish reported that "by combining a strict low-fat vegetarian diet, moderate aerobic exercise, abstinence from smoking, and stress management training" his study group was able to show "measurable regression of disease in patients with severe coronary atherosclerosis."

Recently challenged on his view, Ornish ticked off the reasons for his vegetarian stance:

1. "Even severely blocked arteries began to unclog in the majority of heart patients when they stopped eating animal products and made

other simple lifestyle changes.” Ath-
erosclerosis can be reversed!

2. A December 13, 1990, study in
the New England Journal of Medi-
cine provides persuasive new evi-
dence that the more red meat and
animal fat women ate, the more
likely they were to get colon cancer.
Harvard’s Dr. Walter Willett, chief
director of the study, declared, “The
optimum amount of red meat you
should eat should be zero.”

3. Dr. T. Colin Campbell, of Cornell
University, directed a landmark
study of 6,500 persons in mid-1990.
He found that “the more meat they
ate, the more likely they were to die
prematurely from coronary heart dis-
ease, colon cancer, breast cancer,
prostate cancer, and lung cancer,
among others.”

4. “Many athletes are forgoing the
pre-game steak for foods high in
complex carbohydrates because they
find that eating less meat often in-
creases their endurance.”

5. Most beef is “still very high in
fat. And cholesterol. Studies also
indicate that meat protein and per-
haps other substances in beef raise
the risk of cancer and heart disease.”

6. “Eating meat makes you fat.”

In his conclusion Dr. Ornish played
on a recent slogan of the American
Beef Association (“Beef. Real food
for real people.”) with the words
“Meat. Real food for real death.”

4. Trust in Divine Power. Ellen
White listed this as one of “nature’s
remedies.” Although I firmly believe

it, I never expected to find an em-
pirical study demonstrating the ve-
racity of her declaration. But now
science has confirmed the value of
even this “natural remedy”! The re-
spected Southern Medical Journal of
July 1988, included an article by
Randolph C. Bird entitled the “Posi-
tive Therapeutic Effects of Interces-
sory Prayer in a Coronary Care Unit
Population.” The two questions his
study sought to answer were: (1)
“Does intercessory prayer to the
Judeo-Christian God have any effect
on the patient’s medical condition
and recovery?” and (2) “How are
these effects characterized, if
present?”

His study concludes with these find-
ings: “Prayers to the Judeo-Christian
God were made on behalf of the pa-
tients in the prayer [study] group by
‘born again’ believers in Jesus
Christ. Analysis of events after en-
try into the study showed the prayer
group had less congestive heart fail-
ure, required less diuretic and anti-
biotic therapy, had fewer episodes of
pneumonia, had fewer cardiac ar-
rests, and were less frequently intu-
bated and ventilated.

“In this study I have attempted to de-
termine whether intercessory prayer
to the Judeo-Christian God has any
effect on the medical condition and
recovery of hospital patients. I have
further attempted to measure any
effects, if present, of those prayers.
Based on these data there seemed to
be an effect, and that effect was pre-
sumed to be beneficial.”

<https://m.egwwritings.org>

“If the people let government decide what foods they eat and what medicines they take, their bodies will soon be in a sorry state as are the souls of those who live under tyranny.” – Thomas Jefferson

Section II

A Tribute to Ellen White

Messenger to the Nations

From the Book: **Health Smart** by Walter C. Thompson, M.D.

Contents

- A) The rats cry out!
- B) A “dark secret” revealed
- C) Life in the “good old days”
- D) Enter one—Ellen White
- E) Inspiration moves to the market place
- F) All life controlled by natural law of cause and effect
- G) Healthy communication requires a healthy mind
- H) Diet and appetite, the devil’s tool
- I) Selection and preparation of food
- J) Overeating
- K) Animal food products
- L) Mealtime, a time of joy and peace
- M) Eating habits
- N) Fresh air and health
- O) Exercise, one of God’s natural agencies for health
- P) Exercise to be balanced with rest
- Q) Water, inside and out
- R) Irregular habits
- S) Sunlight heals
- T) Temperance, temper the good, avoid the bad
- U) Tea and coffee
- V) Tobacco
- W) Alcohol
- X) Other drugs
- Y) Clothing
- Z) Satan, originator of disease
- AA) Care of the sick

- BB) The mind
- CC) Parental influence
- DD) Restorative power of the Spirit of God
- EE) Prayer for the sick
- FF) Training health care workers
- GG) Christ’s ambassadors
- HH) Our duty to orphans and the aged
- II) Doing good, remedy for disease

A) The rats cry out!

Rats, just plain old laboratory rats, proved the wisest of the wise to be but fools, and changed forever the way scientists now think about food.

It happened this way. Indian scientists in the 70s were seeking to understand the means by which aflatoxin, a powerful poison found in moldy peanuts and corn, causes cancer of the liver. They took a bunch of rats and divided them into two groups. One group of rats was given a certain quantity of aflatoxin and a diet in which 20% of the calories came from protein (the amount of protein in the typical Western diet). The other group of rats was given the same amount of aflatoxin and a diet containing only 5% of their calories from protein. What happened next was most amazing, for such a clear statement is almost never made in careful scientific research. Every one of the rats given aflatoxin and the 20% protein diet developed liver cancer. Not a single rat getting afla-

toxin and eating the 5% protein diet got cancer.

How could this be? Everyone who knew anything at all about nutrition knew that protein deficiency was the biggest cause of illness and death among the world's poor children—and many adults. Findings of the study were published in the scientific literature of the day—and discredited as “obviously flawed.” However, there was one man, a scientist also studying liver cancer among children in the Philippines who believed.

B) A “dark secret” revealed

During ten years of study, Dr. Campbell discovered what he calls a “dark secret.” Contrary to common sense and scientific thought, his studies revealed that the kids with the highest incidence of liver cancer were not the poorest kids with the poorest diets, but rather, the kids from the wealthiest families who were eating the highest levels of protein in their diets. When he read the report of the Indian researchers, two and two began to come together in his head, propelling him into an avenue of nutritional research that is shaking the nutritional world—but it took the rats to start the wheels turning.

Armed with the message from the rats and his own observations, T. Colin Campbell, PhD, set out to discover the truth about protein and its relationship to cancer and other disease. In time, working with scientists and the governments of China and the United States, Dr. Campbell directed what was then the largest, and most comprehensive study ever done on relationship between diet,

lifestyle, and disease. His findings have confirmed the messages of this lady, Ellen Gould White, honored in this tribute.

Turn back the clock more than a hundred years. The world had just recently escaped doomsday. One William Miller, an ardent student of Bible prophecy concluded that the end of the world was due on October 20, 1844. Thousands in America and around the world heard the message, believed and prepared for the final event and the return of Jesus. Others poked fun!

The day came—and went! Jesus did not come! The world mocked! Believers couldn't understand—and most fell away. Others, certain the prophecies could not lie went back to the Holy Scriptures to determine what had gone wrong. Nor would they be disappointed. Out of those studies was born a movement in Christendom that has grown to reach around the world with a judgment hour message. The end of the world was indeed near, but before Jesus could return, the whole world must hear the warning message and be given opportunity to prepare to meet their God.

There was, however, a major problem. Those most burdened to preach and share their newfound faith were too ill to work. Consumption, (tuberculosis) diphtheria, gout, indigestion, pneumonia, and cancer were rampant—and made worse by trephination (bleeding) and toxic drugs administered by the physicians of the day. It appeared the movement was doomed.

Among the small company of believers who continued to study the Scrip-

tures after the “Great Disappointment” was a young lady by the name of Ellen Gould. She had been forced to drop out of school after only a few years of education following a serious injury to the face sustained when hit with a stone thrown by a schoolmate. One day a few years after that sad October 20, 1844 experience, Ellen was shown a vision outlining the basic principles of healthful living.

That vision was followed by another—and another—yes, and over the next 70 years hundreds more. Many of these filled in the details, instructing believers how to enjoy perfect health and how to use it to help their neighbors.

People scoffed. Fellow Christians accused this Advent Movement of being a cult. They saw the attention being given to the Law of God and the message of healthful living as legalistic—using “works” in an attempt to win salvation. Others believed—and were blessed with freedom of disease and long productive lives. Ellen herself, though crippled and debilitated in childhood and youth, lived and worked well into her nineties.

But it is not the followers of the Advent Movement alone that benefited. Everyone has. The messages revealed to Ellen in vision—messages she and many observers believed came by divine revelation more than one hundred years ago—have changed the health practices of the world. In fact, today many of the principles she wrote about are now accepted as common knowledge. It may safely be said that no one person has had such influence in improving the health practices of the

modern world as has this lady.

In this our tribute to Ellen White, you will have opportunity to read highlights of some of the many hundreds of pages written for our collective benefit even today. The validity of these principles for preventing and treating illness have all been thoroughly tested by careful scientific research and are presented here both for the interest and for the edification of the reader.

A brief sketch of Ellen's world of a hundred or more years ago will allow you to “see” where she was coming from as she placed her messages in writing.

C) Life in the “good old days”

Life expectancy in the mid nineteenth century was barely 50 years. Infectious disease was rampant. Tuberculosis, diphtheria, small pox, rheumatic fever, whooping cough, and measles, just to name a few, killed babies, children, teenagers, and adults with equal vengeance. Rickets commonly deformed the bodies of children and weakened the bones of adults. There were no antibiotics, nor vaccinations. In fact, the link between germs and illness had yet to be understood. Rheumatism (arthritis), and gout were common maladies suffered by most of those that reached adulthood. Indigestion, ruptured appendix (typhlitis), and constipation were common, and cancers took the lives of many.

Physicians learned their profession as apprentices with more senior doctors, often with a minimal formal training. Diagnosis of disease was made by looking at the patient, examining the tongue, the rate and rhythm of the pulse, the color and

taste of the urine and the sounds of the chest and abdomen when tested with a straight wooden tube serving as a stethoscope. There were no x-rays, C.T.'s, MRI's or PET scans to show what was really going on inside a person. Physicians had no EKG's, EMG's, EEG's or other electrical measuring devices, because no one knew about electrical currents that operate within our bodies. Laboratory studies were limited to a few simple chemical reactions and observations through a simple light microscope.

Doctors made house calls in those days. In the doctor's bag you might have found lancets to incise the veins for bleeding his patients, or if the problem were not so acute, a can of leeches. He may have had a head mirror and a candle or kerosene lantern for looking into ears, noses, and mouths, and there would have been plenty of cotton and a bottle of foul-tasting tincture for swabbing inflamed throats. Most certainly he would have carried a sharp scalpel (lancet, knife) for lancing boils and other collections of pus. If he had trained as a surgeon he would have had a sharp knife or two and a saw for dividing the bones when he amputated an infected arm or leg. There may also have been a needle and some cotton thread for repairing wounds, or a bit of hair from his horse's mane for tying off bleeding vessels. Narrow strips of cloth or gauze would have been found there with which to dress the wounds.

Other items in the doctor's bag would have included small glass or tin containers of powders, alcohol tinctures, and various ointments and salves. Many of these would be com-

posed of potent narcotics, toxic heavy metals (mercury, bismuth, arsenic, etc.), and other chemicals designed to make one vomit, purge, or pass water.

There would have been no sterile gloves, drapes, antiseptic solutions, or anesthetics for putting his patients to sleep.

Lifestyles too were different in those days. Cities were small when compared to the cities of today. Most people lived off the land on farms in the country. Periodic trips to town with the horse and buggy (or on foot) allowed for the exchange of farm produce for such staple items as sugar, fine white flour, spices, and such other things that could not be easily made at home.

Families were often large, beds filled to capacity with children. Houses were often cold in winter and hot in summer. There was no insulation in the houses—no central air or thermostatic controls. What heat there was came from wood (or coal) burned in the fireplace or a cast iron stove. The “bathroom” consisted of a foul smelling two or three-hole bench in a shack down a path away from the house, and for some, a pot under the bed for urgent use during the night. Sitting on the end of the sink in the kitchen or pantry was a galvanized 12 quart bucket containing water for drinking, cooking, and for occasionally washing the hands. In the bucket, or hanging from a nail close by was a long handled dipper from which everyone drank when thirsty. In the sink was a basin for washing the hands when they became dirty. Some “rich” people had a large pitcher and basin in the bedroom that might be used for taking a

sponge bath, but for most, taking a bath depended upon a dip in the stream or pond in the summertime, or heating water to fill a big round galvanized tub in which to sit and wash once or twice a year.

Everyone was expected to chip in and do his/her part with the necessary chores. Some milked the cows; others fed the pigs and chickens. Cooking three meals each day kept some busy. Others washed the dishes, did the laundry and hung cloths on the line to dry. Of course the wood needed to be split and carried in, and water hauled from the spring.

Pigs and other large animals were butchered in the late autumn when the weather was cold, for there were no freezers or refrigerators. Some meat may have been “smoked,” and others preserved with salt. Chickens, ducks and other small birds and animals that would be eaten fresh could be killed and dressed any time.

Most families ate three meals each day, and appetites were good. Common foods consisted of porridge, puddings, breads, potatoes, and meat—most often pork, though beef, chicken, fish, or even wild game might be available on occasion. Eggs, milk, cream, butter, and cheese would have been common fare for those having chickens and cattle. Except for those things that could be stored in the cold cellar or canned or pickled, vegetables, fruit, and berries would have been available only in season. Vinegar and salt were used freely, both for preservation of food, and for flavor. Mustard, pepper, and other heavy spices were also in common use. Tea, coffee, and home-brewed cider or ale were the com-

mon drinks. And nearly every adult male and a few women smoked tobacco.

We tend to look back at those days with envy, thinking people back then had it pretty good! We think they were free of stress and at peace with the world. That picture is not quite true. Though divorce was nearly unknown, broken or combined families were common then, as now—caused by the early death of mothers in childbirth or of disease, and fathers from overwork and intemperance. Mental illness was common, and there were no effective medications to treat schizophrenia or depression. Insane asylums locked many behind bars, isolated from humanity like the lepers of former times. Knowing what we know today, it is relatively easy to look at these snapshots of the past and see how illness and disease could develop and kill so readily.

D) Enters one, Ellen White

This was the world of Ellen White. But as you read her writings, remember that though they may sometimes sound fanatical and old fashioned, the principles she described are as vital for health today as then. Please keep in mind that these ARE NOT rules that one may follow to earn God's favor or a home in heaven, but rather, descriptions of the laws that govern our bodies, that if wisely and carefully applied under the guidance of the Holy Spirit, promise not only health and long life, but courage and strength as well to make a difference in the world during the final judgment hour of planet earth. Indeed, these counsels have been proven to give an average of more than seven

years of added life with much less disease among those adhering to them (See Section XII, chapter 4). It is interesting too to examine her writings and compare them with the discoveries of modern science.

Henry is an African American who when he was first seen at the Lawndale Christian Health Center in Chicago had multiple severe health problems. Not yet fifty years of age, Henry was disabled with diabetes, dependent upon several doses of insulin daily. He was obese. His blood pressure was high despite medications. His legs were swollen, covered with infected ulcers, and very painful. It was with great difficulty that he could walk, even with the help of a wooden cane.

No fault could be found for the quality of medical care Henry was receiving. Everything that could be done with expensive modern medications was clearly being done. Already heading on a down hill road toward early death, I recommended to Henry that it was time to consider a different approach.

With his agreement, I carefully outlined some basic principles of natural healing that I had learned from the inspired writings of Ellen White. With a generous bit of encouragement, Henry was able to apply some of these principles in his life—principles outlined elsewhere in this book of HEALTH SMART.

We rejoiced with Henry the day he came strolling into the clinic without his cane. But Henry is only one of thousands—yea millions—who through the years have similarly benefited by the admonitions of Ellen White, Messenger of God to the Nations.

Ellen was still a young lady when she was called of God to deliver a message that would prepare the peoples of the world for the end of time. Instructions regarding natural principles of health and healing were prominent from the beginning of her ministry through to the end of her long and productive life. Indeed, the principles revealed to her have formed the basis of the health teachings of the Advent movement all through the years and have changed the health practices of the whole world.

E) Inspiration moves to the market place

Perhaps the most widely recognized name arising from the health oriented Advent movement is the name of W.K. Kellogg. It was Dr. John Harvey Kellogg who discovered “Corn Flakes” in the kitchens of the old Battle Creek Sanitarium as he sought to create nutritious meals for his many “guests.” His brother, William, the entrepreneur of the family, moved the baked corn cereal from the kitchen to the world marketplace. And though no longer the nutritious whole grain cereal it once was, breakfast cereals have been an important health benefit to the peoples of the world ever since.

Peanut butter, too, was given birth in Kellogg’s kitchens, as were many other foods still available on the commercial markets of the world. But it was not only food that attracted “guests” by the thousands to Battle Creek, Michigan. Dr. John Harvey was also a very skilled and famous surgeon, an inventor of gadgets and a careful clinical researcher studying the principles of health and

healing. “Guests” at the “San” were also treated with sun baths, electric light heat treatments, massage by skilled masseurs, and the generous use of water, both inside and out, hot and cold water treatments and exercise in the open air—and of course alcohol, tobacco, and caffeine-containing drinks were no where to be found.

During his “Hey day,” Kellogg was sometimes asked by his colleagues how it could be that he always “beat them to the punch” with new treatments and procedures. And always, Kellogg’s response was that he had an inside tract to the knowledge of the principles of healing through his friend, the one who had sponsored him during his training years, Ellen White.

Kellogg and the Battle Creek San are now long gone, but the principles practiced and taught there have not diminished one wit—many having been passed on to Loma Linda University and Medical Center, to the Mayo Clinic (Kellogg and the Mayo brothers were close friends and colleagues), and to practitioners and health care institutions everywhere.

One of these was Dr. Harry Miller, the “China Doctor.” Dr. Miller, true to the mission of the Advent Movement, considered it a privilege to carry the judgment hour message to the world. As a medical missionary to China during pre-Communist days, Dr. Miller practiced the principles of the Adventist health message, providing unexcelled health care to the highest officials of the Chinese government. In addition, he established hospitals throughout China and developed numerous nutrient rich foods, not the least of

which was a soy formula for starving infants.

More recently, followers of Ellen White and the Advent Movement have continued to be pace-setters in health and healing. Traditionally known for training excellent clinicians that have served faithfully at home and abroad—a role they continue to play, Adventists have become both the guinea pigs of scientific research as well as researchers—seeking to learn why they live 5-10+ years longer (the closer they follow the guidelines the greater the expectancy) than their neighbors, and suffer much less illness and disability during those long years.

Current interest in Adventist health statistics and the practices that are responsible for those statistics began nearly fifty years ago when Loma Linda University and the American Cancer Society decided to look at the causes of death among Adventist men in comparison with non-Adventist men. In that study Adventist men enjoyed 59% fewer deaths from all causes and 20% fewer deaths from lung cancer than their neighbors. Other more extensive studies have been undertaken since that time, confirming the benefits of the principles of Adventist lifestyle first outlined by Ellen White. Armed with this information, scientists responsible for the public health frequently refer to Adventist health statistics as they establish public health policy.

Even as this book goes to press, the Loma Linda University School of Health is engaged in one of the largest and most comprehensive epidemiological studies ever undertaken. When complete, the lifestyle prac-

tices and health records of nearly 100,000 adult Adventists will be used to study the cause of disease and death as it relates to lifestyle practices.

The reader may have noticed that I have attributed the principles of the Adventist lifestyle to divine inspiration, and described Ellen White as the messenger chosen by God to receive them and to deliver them to the nations of the world. As we now take a look at some of those principles, please ask yourself how one writing more than one hundred years ago, before the days of modern science, could possibly “know” all the things she has written, and to have done so without major error.

F) All of life is controlled by natural laws of cause and effect

Read what Ellen said about God’s laws.

The laws governing the physical nature are as truly divine in their origin and character as the law of the Ten Commandments. Man is fearfully and wonderfully made; for Jehovah has inscribed His law by His own mighty hand on every part of the human body (Healthful Living, p. 21).

He who hungers and thirsts after God will seek for an understanding of the laws that the God of wisdom has impressed upon creation. These laws are a transcript of his character. They must control all who enter the heavenly and better country. (Healthful Living, p. 17.1).

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have knowledge of nature’s

remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and up-building is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind (The Ministry of Healing, p. 127).

Let it be made plain that the way of God’s commandments is the way of life. God has established the laws of nature, but His laws are not arbitrary exactions. Every “Thou shalt not,” whether in physical or in moral law, implies a promise. If we obey it, blessing will attend our steps. God never forces us to do right, but He seeks to save us from the evil and lead us to the good (The Ministry of Healing, p. 114).

The Lord has made it a part of his plan that man’s reaping shall be according to his sowing. And this is the explanation of the misery and suffering in our world, which is charged back upon God. The man who serves himself, and makes a god of his stomach, will reap that which is the sure result of the violation of nature’s laws. He who abuses any organ of the body to gratify lustful appetites and debased passions will bear testimony to the same in his countenance. He has sown to fleshly

lusts, and he will just as surely realize the consequence. He is like a hunted being; he is a slave to passion, the chains of which he is unwilling to break. And at last he is left of God, without conviction, without mercy, without hope, to destroy himself. He is left to the natural processes of corrupting practices that degrade him beneath the brute creation. His sinfulness has ruined the mechanism of the living machinery, and nature’s laws, transgressed, become his tormentors (Healthful Living, p. 25.2).

The harmonious, healthy action of all the powers of body and mind results in happiness; the more elevated and refined the powers, the more pure and unalloyed the happiness. An aimless life is a living death. The mind should dwell upon themes relating to our eternal interests. This will be conducive to health of body and mind (Healthful Living, p. 31.1).

Many persons complain of Providence because of the discomfort and inconvenience that they suffer, when this is the sure result of their own course. They seem to feel that they are ill-treated of God, when they themselves are alone responsible for the ills which they endure (Healthful Living, p. 52.2).

God is not responsible for the suffering that follows the non-conformity to natural law and moral obligations to him (Healthful Living, p. 53.2).

G) Healthy communication requires a healthy mind

Here’s what Ellen had to say about this.

If Christians obey the laws which govern health and life, they will have

the blessing of physical and mental vigor. They will have moral power to engage in the warfare against Satan; and in the name of him who conquered appetite in their behalf, they may be more than conquerors on their own account (Healthful Living, p. 43.2).

H) Diet and appetite—the devil’s tool

Since the very beginning of time, Satan has used diet as one of his most effective tools for gaining the victory over us humans. We might recall Adam and Eve and the serpent’s success with them. Jesus too was tempted by the devil, but unlike Adam and Eve, He did not yield to the temptation. Here is what Ellen had to say about appetite and diet.

If the appetite is allowed to rule, the mind will be brought under its control (Healthful Living, p. 74.3).

I) Selection and preparation of food

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, p. 296.1).

All the elements of nutrition are contained in the fruits, vegetables, and grains (Healthful Living, p. 78.4).

J) Overeating

Excessive eating of even the best of food will produce a morbid condition of the moral feelings. Wrong habits of eating and drinking lead to

errors in thought and action. Indulgence of appetite strengthens the animal propensities, giving them the control over the mental and spiritual powers. ... Everything that conflicts with natural law creates a diseased condition of the soul (Healthful Living, p. 41.2).

K) Animal products

The mortality caused by eating meat is not discerned. Animals are diseased, and by partaking of their flesh we plant the seeds of disease in our own tissues and blood (Healthful Living, p. 67.2).

Its use excites the animal propensities to increased activity, and strengthens the animal passions. When the animal propensities are increased, the intellectual and moral powers are decreased. The use of the flesh of animals benumbs the fine sensibilities of the mind (Healthful Living, p. 101.5).

L) Mealtime to be a time of joy and peace

At meal-time cast off care and taxing thought (Healthful Living, p. 85.3).

M) Eating habits

Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all his blessings (Healthful Living, p. 86.5).

N) One of nature's agents for health is fresh air

Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. The influence of pure, fresh

air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound, sweet sleep (Healthful Living, p. 72.2).

O) Exercise—one of God's natural agencies for health

The exercise of one muscle, while others are left with nothing to do, will not strengthen the inactive ones, any more than the continual exercise of one of the organs of the mind will develop and strengthen the organs not brought into use. Each faculty of the mind and each muscle has its distinctive office, and all require to be exercised in order to become properly developed and retain healthful vigor. Each organ and muscle has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed. Each faculty has a bearing upon the others, and all need to be exercised in order to be properly developed. If one muscle of the body is exercised more than another, the one used will become much the larger, and will destroy the harmony and beauty of the development of the system. A variety of exercise will call into use all the muscles of the body (Healthful Living, p. 127.6).

If invalids would recover health, they should not discontinue physical exercise. There will be increased

vitality, which is so necessary to health (Healthful Living, p. 46.4).

P) Exercise is great, but it must be balanced with rest and sleep

Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated (Healthful Living, p. 46.7).

Q) Water is another of God's natural remedies. It is useful on the inside, and useful on the outside, both for cleansing and for treating illness

Water is the best liquid possible to cleanse the tissues. (Healthful Living, p. 226.1).

Fast for one or two meals, and drink only pure, soft water. The loss of a meal or two will enable the overburdened system to overcome slight indispositions; and even graver difficulties may sometimes be overcome by this simple process (Healthful Living, p. 226.2).

1. Bathing

The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities (Healthful Living, p.188.3).

2. Cleanliness

Strict habits of cleanliness should be observed. Many, while well, will not take the trouble to keep in a healthy condition. They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not

often washed, and frequently aired, it becomes filthy with impurities that are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs (Healthful Living, p. 143.1).

R) Irregular habits

Misuse of the body shortens that period of time which God designs shall be used in his service. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting to take physical exercise, by overworking mind or body, we unbalance the nervous system. Those who thus shorten their lives by disregarding nature's laws are guilty of robbery before God (Healthful Living, p. 47.3).

Children are permitted to indulge their tastes freely, to eat at all hours. The digestive organs, like a mill which is continually kept running, become enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened. The unnatural stimulation and wear of the vital forces make the children nervous, impatient of restraint, self-willed, and irritable (Healthful Living, p. 49.2).

S) Sunlight, another of God's healing medicines

This is one of nature's most effective healing agents (Healthful Living, p. 229.1).

If you would have your homes sweet and inviting, make them bright with air and sunshine, remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets (Healthful Living, p. 229.2).

T) Temperance, the avoiding of all toxic things and moderation of all things good, is another of God's principles for life and health

The use of unnatural stimulants is destructive to health, and has a numbing influence upon the brain, making it impossible to appreciate eternal things (Healthful Living, p. 106.1).

U) Tea and coffee

Tea and coffee do not nourish the system. The relief obtained from them is sudden, before the stomach has had time to digest them. This shows that what the users of these stimulants call strength is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. All this is false strength, that we are the worse for having. They do not give a particle of natural strength (Healthful Living, p. 108.2).

V) Tobacco

Tobacco, in whatever form it is used, tells upon the constitution. It is a slow poison. It affects the brain and benumbs the sensibilities so that the mind cannot discern spiritual things, especially those truths that would have a tendency to correct this filthy indulgence. Those who use tobacco

in any form are not clear before God. In such a filthy practice it is impossible for them to glorify God in their bodies and spirits, which are his. And while they are using slow and sure poisons, which are ruining their health and debasing the faculties of the mind, God cannot approbate them. He may be merciful to them while they indulge in this pernicious habit in ignorance of the injury it is doing them; but when the matter is set before them in its true light, then they are guilty before God if they continue to indulge this gross appetite (Healthful Living, p. 109.5).

W) Alcohol

The only safe course is to touch not, taste not, handle not—tea, coffee, wines, tobacco, opium, and alcoholic drinks (Healthful Living, p. 112.1).

If men would become temperate in all things, if they would touch not, taste not, handle not, spirituous liquors and narcotics, reason would hold the reins of government in her hands, and control the animal appetites and passions (Healthful Living, p. 112.2).

X) Other drugs

The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form. Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows (Healthful Living, p. 243.3).

In treating the sick, the physician will seek God for wisdom; then, instead of placing his dependence

upon drugs and expecting that medicine will bring health to his patients, he will use nature's restoratives, and employ natural means whereby the sick may be aided to recover. The Lord will hear and answer the prayers of the Christian physician (Healthful Living, p. 247.4).

Many parents substitute drugs for judicious nursing (Healthful Living, p. 243.2).

Y) Clothing

Christians should not take pains to make themselves a gazing-stock by dressing differently from the world. But if, when following out their convictions of duty in respect to dressing modestly and healthfully, they find themselves out of fashion, they should not change their dress in order to be like the world; but they should manifest a noble independence and moral courage to be right, if all the world differ from them. If the world introduces a modest, convenient, and healthful mode of dress, which is in accordance with the Bible, it will not change our relation to God or to the world to adopt such a style of dress. Christians should follow Christ and make their dress conform to God's word. They should shun extremes (Healthful Living, p. 118.3).

Z) Satan is the originator of disease

God has placed it in our power to obtain knowledge of the laws of health. He has made it a duty to preserve our physical powers in the best possible condition, that we may render to him acceptable service. Those who refuse to improve the light and knowledge that have been mercifully placed within their reach, are rejecting one of the means which God has granted them to promote spiritual as

well as physical life. They are placing themselves where they will be exposed to the delusions of Satan (Christian Temperance and Bible Health, p. 111.2).

Not a few in this Christian age and Christian nation resort to evil spirits, rather than trust to the power of the living God. The mother, watching by the sickbed of her child, exclaims, "I can do no more. Is there no physician who has power to restore my child?" She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hands of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power that it seems impossible to break (Christian Temperance and Bible Health, p. 111.3).

AA) Care of the sick

When we do all we can on our part to have health, then may we expect that blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health (Healthful Living, p. 155.4).

BB) The mind

The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires; and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain (Healthful Living, p. 193.3).

The consciousness of right doing is the best medicine for diseased bodies and minds (Healthful Living, p. 205.5).

The Bible is a soother of the nerves, and imparts solidity of mind and firm principles (Healthful Living, p. 205.6).

But few realize the power the mind has over the body (Healthful Living, p. 230.3).

The sympathy that exists between the mind and the body is very great; when one is affected, the other responds (Healthful Living, p. 230.4).

All should guard the senses, lest Satan gain victory over them; for these are the avenues to the soul (Healthful Living, p. 54.2).

Doubt, perplexity, and excessive grief often sap the vital forces and induce nervous diseases of a most debilitating and distressing character (Healthful Living, p. 48.2).

CC) Parents influence their children

If the mother is deprived of an abundance of wholesome, nutritious food, she will lack in the quantity and quality of blood. Her circulation will be poor, and her child will lack in the very same things (Healthful Living, p. 59.1).

DD) Restorative power of the Spirit of God

When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin. The Sun of Righteousness arises, “with healing in His wings” (Malachi 4:2). Not all that this world bestows can heal a broken heart or impart peace of mind or remove care or banish disease. Fame, genius, talent—all

are powerless to gladden the sorrowful heart or to restore the wasted life. The life of God in the soul is man’s only hope (Counsels on Health, p. 29.2).

The love that Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are aroused to activity. It frees the soul from the guilt and sorrow, the anxiety and care that crush the life forces. With it come serenity and composure. It implants in the soul joy that nothing earthly can destroy—joy in the Holy Spirit—health-giving, life-giving joy (The Ministry of Healing, p. 115).

Christ feels the woes of every sufferer. When evil spirits rend a human frame, Christ feels the curse. When fever is burning up the life current, He feels the agony. And He is just as willing to heal the sick now as when He was personally on earth. Christ’s servants are His representatives, the channels for His working. He desires through them to exercise His healing power (Counsels on Health, p. 30.2).

The assurance of God’s approval will promote physical health. It fortifies the soul against doubt, perplexity, and excessive grief that so often sap the vital forces and induce nervous diseases of a most debilitating and distressing character (Healthful Living, p. 235.4).

The exalting influence of the Spirit of God is the best restorative for the sick (Healthful Living, p. 235.5).

EE) Prayer for the sick

Prayer will give the sick an abiding

confidence (Healthful Living, p. 239.2).

Where the way is clear for the offering up of prayer for the sick, the case should be committed to the Lord in calm faith, not with a storm of excitement. He alone is acquainted with the past life of the individual, and knows what his future will be. All that we are required to do is to ask God to raise up the sick if in accordance with his will, believing that he hears the reasons which we present, and the fervent prayers offered. If the Lord sees that it will best honor him, he will answer our prayers. But to urge recovery without submission to his will, is not right. All that can be done in praying for the sick is earnestly to importune God in their behalf, and in perfect confidence rest the matter in his hands. If the life of the sick can glorify him, we pray that they may live; nevertheless, not as we will, but as he wills. Our faith can be just as firm, and more reliable, by committing the desire to the all-wise God, and without feverish anxiety, in perfect confidence, trusting all to him. Our petitions must not take the form of a command, but of intercession for him to do the thing we desire of him (Healthful Living, p. 238.6).

Jesus can limit the power of Satan. He is the physician in whom the sick soul may trust to heal the maladies of the body as well as of the soul (Healthful Living, p. 239.3).

The relations between God and each soul are as distinct and full as though there were not another soul for whom he gave his beloved Son. Keep your wants, your joys, your sorrows, your cares, and your fears before God. The Lord is very pitiful

and of tender mercy. His heart of love is touched by our sorrows, and even by our utterance of them. Nothing that in any way concerns our peace is too small for him to notice. There is no chapter in our experience too dark for him to read; there is no perplexity too difficult for him to unravel. No calamity can befall the least of his children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our Heavenly Father is unobservant, or in which he takes no immediate interest. “He heals the broken in heart, and binds up their wounds” (Healthful Living, p. 242.2).

In such cases of affliction where Satan has control of the mind, before engaging in prayer there should be the closest self-examination to discover if there are not sins which need to be repented of, confessed, and forsaken. Deep humility of soul before God is necessary, and firm, humble reliance upon the blood of Christ alone. Fasting and prayer will accomplish nothing while the heart is estranged from God by a wrong course of action (Healthful Living, p. 236.3).

God does not work miracles where he has provided means by which the work may be accomplished (Healthful Living, p. 238.2).

FF) Training of health care workers

I can see that in the Lord’s providence the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached (Healthful Living, p. 252.2).

Knowledge and science must be vitalized by the Spirit of God in order to serve the noblest purposes. The Christian alone can make the right

use of knowledge. Science, in order to be fully appreciated, must be viewed from a religious standpoint (Healthful Living, p. 256.1).

GG) Christ's ambassadors

We shall find the footprints of Jesus by the sickbed, by the side of suffering humanity, in the hovels of the poverty stricken and distressed. We may walk in these footsteps, comforting the suffering, speaking words of hope and comfort to the despondent. Doing as Jesus did when he was upon earth, we shall walk in his blessed steps (Healthful Living, p. 278.1).

Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me" (The Ministry of Healing, p. 143).

HH) Our duty to orphans and the aged

There are multitudes of poor children who need care and protection. There are multitudes of aged people who are dependent upon others for the necessities of life. The Lord has not designed that these sufferers should be neglected (Healthful Living, p. 279.1).

NATURAL NEWS

◆ **India and Vegetarianism** - In 2007, UN FAO statistics indicated that Indians had the lowest rate of meat consumption in the world. India has more vegetarians than the rest of the world put together. In In-

II) Doing good a remedy for disease

Our happiness will be proportionate to our unselfish works, prompted by divine love; for in the plan of salvation God has appointed the law of action and reaction, making the work of beneficence in all its branches twice blessed (Healthful Living, p. 279.4).

No one can give place in his own heart and life for the stream of God's blessing to flow to others, without receiving in himself a rich reward (Thoughts from the Mount of Blessing, p. 112).

The blessing of God is a healer; and those who are abundant in benefiting others, will realize that wondrous blessing in their hearts and lives (Healthful Living, p. 234).

We are now in God's workshop. Many of us are rough stones from the quarry. But as we lay hold upon the truth of God, its influence affects us. It elevates us and removes from us every imperfection and sin, of whatever nature. Thus we are prepared to see the King in His beauty and finally to unite with the pure and heavenly angels in the kingdom of glory. It is here that this work is to be accomplished for us, here that our bodies and spirits are to be fitted for immortality (Counsels on Health, p. 44.1). Ω

dia, vegetarianism is usually synonymous with lacto vegetarianism. Most restaurants in India market themselves as being either "non-vegetarian", "vegetarian", or "pure vegetarian". Vegetarian restaurants abound, and many vegetarian options are usually available. Animal-based ingredients (other than milk and

honey) such as lard, gelatin, and meat stock are not used in the traditional cuisine. India has devised a system of marking edible products made from only vegetarian ingredients, with a green dot in a green square. A mark of a brown dot in a brown square conveys that some animal-based ingredients were used. Products like honey, milk, or its direct derivatives are often categorized under the green mark. According to the 2006 Hindu-CNN-IBN State of the Nation Survey, 31% of Indians are vegetarian, while another 9% also consume eggs (ovo-vegetarian). Among the various communities, vegetarianism was most common among the Lingayat, Vaishnav Community, Jain community and then Brahmins at 55%, and less frequent among Muslims (3%) and residents of coastal states. These surveys indicate that even Indians who do eat meat, do so infrequently, with less than 30% consuming it regularly, although the reasons are mainly cultural. In states where vegetarianism is more common, milk consumption is higher and is associated with lactase persistence. They consume milk into adulthood. India's vegetarian population has increased. Some vegetarians are demanding meat-free supermarkets. In 2016, the Government of India announced the decision to provide students, at a few of the Institutes of Hotel Management, Catering Technology and Applied Nutrition (IHMCTANs), the option to choose only vegetarian cooking. Earlier, it was compulsory for all IHMCTAN students to learn non-vegetarian cooking. These IHMCTANs are located at Ahmedabad, Bhopal and Jaipur.

Vegetarianism by Country from Wikipedia

◆ The book: "**The Moral Basis of Vegetarianism**" by Mahatma Gandhi may be read online.

◆ **The Restorative Power of Nature** - Research shows that having a view of nature can improve a student's test scores, reduce a prison inmate's aggressive behavior, or speed up a hospital patient's healing. Doctors suggest a patient with depression to spend time outdoors instead of prescribing medicine. A soothing place can trigger the brain's healing process. Diseases were lower among those living closer to green spaces. - *Alternative Healing Therapy*

◆ **Colorful Foods** - The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds.

- RED foods such as tomatoes and tomato products, watermelon, and guava contain lycopene, an antioxidant that cuts prostate cancer risk.

- ORANGE foods such as carrots, yams, sweet potatoes, mangos, and pumpkins contain beta-carotene that supports the immune system.

- YELLOW-ORANGE foods such as oranges, lemons, grapefruits, papayas, and peaches contain vitamin C and flavonoids that inhibit tumor cell growth and detoxify harmful substances.

- GREEN foods such as spinach, kale, collards, and other greens contain folate (the same word derivation as foliage) that builds healthy cells and genetic material.

- GREEN-WHITE foods such as broccoli, Brussels sprouts, cabbage,

PRICE LIST

Description	Qty	Cost Rs.
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HEALTH PRODUCTS

Activated Charcoal Powder	500 g	300.00
Activated Charcoal Powder	250 g	180.00
Activated Charcoal Powder	125 g	110.00
Activated Charcoal Tablets - Approx. 150 tablets,	100 g	250.00
Activated Charcoal Capsules	100 Capsules	350.00

Activated Charcoal is the strongest adsorbent of poisons in the world. Use it for gas, stomach problems, to detox kidneys, liver, for snake bites, for poison cases, to cleanse one's blood in case of leukemia, to remove radiation from the body, etc. Order the companion booklet: 'Activated Charcoal, God's Natural Remedy' for Rs.25.00, which lists diseases A-Z which Activated Charcoal treats.

Black Strap Molasses	500 g	300.00
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Blackstrap molasses contains vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium. It is beneficial in the treatment of cancer, combats stress and anxiety, gives glowing skin, heals endometriosis, skin diseases; lowers blood pressure and hypertension; maintains blood sugar balance, healthy bones and teeth; Prevents and cures iron deficiency anemia, protects from cardiovascular disorder, relieves constipation, menstrual cramps, PMS, etc. Drink 1 tsp. mixed in water.

Mosquito Repellent cum Skin Salve	25 g	80.00
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This travel size container has essential oils and other oils which repel mosquitos.

pH Papers,	1 set Strips	15.00
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Strips that will measure the pH of saliva and urine from 5.5 to 8.0. pH paper is used for determining whether a substance is an acid or base. To do this you use the pH scale which goes from 1-14. If the pH is less than 7 it is an acid and if it is above 7 then it is a base (alkaline). When the pH scale reads 7, it means that the substance is neutral. You can tell the pH of a said solution by looking at the color that it corresponds with. If you look at the picture, you can see the color correspondence to the pH. If a reading shows acid, you may eat alkaline food, and check again. Daily checking will help to understand your body and thus moderate your diet to improve your health.

Protein Powders - 3 varieties:	500 g	300.00
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1. Soya-Multigrain, Cinnamon Flavor. It has 15 varieties of beans, lentils, millets, seeds, nuts and roots.
2. Soya-Multigrain, Cardamom Flavor. It is the same as above but has cardamom flavor.
3. Soya-Multigrain Green Powder. It has grains, green peas, brown rice, moringa, roots, dry coconut, and beans, lentils, etc. as above.

The Protein Powders have differing multigrain combinations of millets, lentils, beans, herbs, roots, seeds and nuts, thoughtfully made to provide maximum vitamins and minerals and to give a variety. Use 1 heaped tbsp. per a glass in hot or cold water or mix with fruit juices. Use it in your cookies, patties, dose, baking, etc.

Soya Grits with Wheat and Oats, for Porridge	500 g	200.00
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The porridge tastes nutty and tasty. Cook in water by adding water as needed until cooked well. Add cut bananas, other fruits, nuts, medium roasted peanuts, raisins, and eat.

Soaps: 2 Varieties

1. **Detox Activated Charcoal and Bentonite Clay Skin Soap**, Unscented. ... 1 g for Re.1. May cost between Rs.60-100 according to the weight. This soap is made from

Description	Qty	Cost Rs.
wound healing plants and is good for diabetic wounds, scrapes, bruises and bites.		
2. Soapnut, Shikakai Shampoo Bar. 1 g for Re.1, between Rs.60-100 according to weight. This all natural aromatic shampoo bar gives extra lather due to soap nuts and shikakai and is long-lasting. You may use it for both bath and hair.		
Acne ointment, Herbal	50 g	80.00
Body and Hand Cream (container to be chosen)	?	To price
Has African Shea butter, Cocoa butter, skin healing oils, essentials, bees wax, etc. It is popularly being asked, though I have made it for my personal use only.		
Wound ointment, Herbal: 3 varieties	10 g	30.00
1. Wound Ointment - Jewel weed.) All these three plants are powerful wound healers.		
2. Wound Ointment - Siam weed.) We have filled small testing containers so that you		
3. Wound ointment - Chick weed.) could test for yourself the power of these healing plants. We will appreciate your feed back on these.		
BOOKS		
18 End-Time Bible Prophecies	278 pages	120.00
Bible Stories with End Time Parallels	206 pages	80.00
Charcoal Remedies.Com	302 pages	180.00
Evidence of Modern Science in the Bible	144 pages	100.00
Finding Peace Within, Paper back	220 pages	30.00
Handwriting for School and Church	100 pages	50.00
Hymns, Choruses, School Songs, 545 songs	172 pages	80.00
MAGAZINES	1 copy	25.00
Activated Charcoal—God's Natural Remedy Cancer	Marriage, Adultery, Divorce and Remarriage Milk—For Health or Disease	
Counsels on Diet and Foods	The Coming New World Order	
Depression	Thyroid Disease	
Diseases in the End Time	Vitiligo, Leocoderma	
Does God Require Us to be Holy	Women's Health - Part 1	
God's Natural Remedies vs Allopathy	Women's Health - Part 2	
*Out of print magazines may be looked up at: http://independent.academia.edu/JohnEllen .		
Health Reformer yearly subscription (4 issues per year) - for 5 yrs..... 500.00		
ADD POSTAGE: When ordering our products, please calculate the total weight of your order, plus add 1kg. extra for the weight of the box if the order is for more than 1 kg. Multiply by Rs.72 per kg. towards registered Parcel Post and handling. Add this to the cost of your order, or call us and we will calculate and tell you. Make online payment to the account and send us a sms about this deposit with your address. Please give us 5 days to send you the parcel. For half kg. weight +1-2 magazines, please pay Rs. 100 postage. Your sms will help us to prepare the parcel. Thank you.		
PAYMENT TO BE MADE TO:		
Account Name: All Natural (Current Account)		
Bank Name : Axis Bank, Whitefield Branch		
Account No. : 917020025346597		
IFSE Code : UTIB0002177		

and cauliflower contain indoles and lutein that eliminate excess estrogen and carcinogens.

- WHITE-GREEN foods such as garlic, onions, chives, and asparagus contain allyl sulfides that destroy

cancer cells, reduce cell division, and support the immune system.

- BLUE foods such as blueberries, purple grapes, and plums contain anthocyanins that destroy free radicals.

- RED-PURPLE foods such as

Recipes

Healthy Summer Drink Recipes

Banana, Apple Fruit Juice

Bananas - peeled, frozen, chopped
Apple - peeled, deseeded
Sweetlimes - peeled, cut, deseeded
Mango - chopped

In a blender, add the above, add 1 tbsp. Soya protein powder, 1 tsp. jaggery or molasses, nuts, blend & drink.

Banana, Strawberry Ice cream

Bananas - peeled, frozen, chopped
Strawberries - frozen
Grind them in a Champion juicer. Pour over it, 1/2 spoon of honey or molasses, Sprinkle some nuts and eat.

grapes, berries, and plums contain resveratrol that may decrease estrogen production.

• BROWN foods such as whole grains and legumes contain fiber that aids in carcinogen removal. – *Neal Barnard, M.D.*

u Operation Garuda, Operation Dravida. The New World Order tentacles seem to have stretched to India. Mafias are ruling the world. You must have read about the Illuminati of the West; the Asian Dragon Family of the East; and now in India, Operation Garuda. There are men in this world who have given themselves over to Satan for wealth and position. Satan, in turn, has asked them to perform sexual acts, ritual sacrifices and drinking of the blood of innocent children in return, which atrocities they did. The Bible says that all that is hidden, God will reveal. And God will raise up brave,

Banana, Red Grapes Juice

Bananas - peeled, frozen, chopped
Red grapes - boil, squeeze the juice.
Grind in the blender, bananas, red grape juice, 1 tsp. protein powder, nuts if you prefer, and drink. If you have coriander leaves and Mint leaves, add them to the above juices before grinding.

Potato Salad

Potatoes - boil, peel, chop
Onion - chop
1/2 cucumber - chop
tomato - chop
Coriander leaves or mint - chop
Add all chopped ingredients. Sprinkle salt, add juice of 1/2 a lime, mix, chill for a few minutes and eat while fresh. Avoid cucumber if it should stay longer. Ω

honest people to bring these into the open. One such brave leader in this world today is Trump. And watch how prophets are helping him. Before Jesus comes, 10 kings will rule the world (Daniel 2:41,44; Rev. 13:1). These could be the heads of the 10 Economic bodies, such as SAARC. These 10 leaders could be members of the Illuminati. These have no regard for countries or people. They want to kill 90% of the population of the world through pharmaceuticals, GMO foods, and chemical carcinogens in essential products. These wish to steal people's money and wealth through online banking. Like Trump, God has His people in India who are exposing these schemes of the devil. Watch Indian leaders who are talking about globalism. All wicked leaders in India will be exposed for who they are and will be brought

down by God. Let us take a stand for justice, honesty and mercy.

◆ Readers: Could you please watch the movie: Plantpure Nation? You are requested to start a Plantpure community in your area. If you wish for a 21-day program to be conducted in your area, please contact us.

Editorial

Good things are happening in India with regard to manufacture and treatment with natural remedies. And sometimes, confusion. A medical person from Andhra said: "Did you hear that a person in Vijayawada is treating diabetes with eggs?" And on the net, there are treatments for the same with cow urine, lime juice, etc. The thought about changing one's diet, improving one's health and thus protecting one's organs, is not considered. Quick fix does not give total health. For cow-worshipping and milk-drinking people of India who believe that every product of cow is sacred, here is some news. We are at the end of the world. God has a special message for this time. He wants to purify our appetites and our bodies so that they will be fit for heaven. The work of the 3rd angel is severe. It is he who will cut down young and old who refuse to cleanse their appetites. Due to extreme wickedness on this earth, and in order to cleanse our appetites, God has cursed the animal creation. They first suffer because of our sins. Animals, birds and fishes will be diseased. God foresaw what was coming and therefore a hundred years ago, He gave over 2,000 visions to Ellen White, and over 60% of the visions were about health. God is separating the good from the bad. Hmmm, did you ever hear of a God who talked about health? Only the God who created us knows the future. All which He showed to Ellen White are written down in her books: "The Ministry of Healing", "Counsels on Diet and Foods", "Healthful Living", etc. These counsels are meant for our day. EGW said: "A day will come when there will be no safety in consuming eggs and milk. When that day comes,

◆ The second session of a 3-month 'Natural Remedies Training Program' begins in May 2018. The date is not yet decided. Those who wish to join may please call us by phone to know the date. And those who wish to be treated may also plan to be with us then. Ellen Prasad Ω

God will reveal it." Thankfully, God is revealing it through scientists and physicians of this world to keep off from dairy, meat and eggs. If your doctor is advising you to drink more milk because you have calcium deficiency, my brothers and sisters, your doctor is out of touch with the times we are living in, and out of touch with the message God is giving to this world NOW. It is milk which is depleting your body from calcium. It will be a danger for you to consume any animal products. Please switch to soya milk.

My ayurvedic doctor friends, if your medications should be a success, please do not use cow products or animal products in your preparations. There is a true God, and He cared to give a health warning a 100 years ago. Please listen to Him. Cancers are all around us, including in small children. There is no safety in any animal products any more; and there is safety only in whole foods, plant-based diet. Do not rush to get some quick fixes.

Last month, we had two patients: one was a diabetic for 10 years and on insulin. The other was a diabetic for 20-years, one foot had gangrene and water was oozing from a hole in the gangrenous foot, which showed that her kidneys were not functioning. In a couple of days of treatment with FOOD, massage, and steam baths, the patients, as well as our students who treated them were surprised that the patients were rid of diabetes, B.P.; gangrenous foot became normal and the hole closed. They were treated with food. Try this for 10 days or 21 days. Once you experience good health, you will never want to go back to unwholesome food. Satan wants to destroy our bodies but God wants to cure our bodies. It is God's wish that we enjoy good health. Here are the doc-

tors in the USA who are recommending whole food, plant-based diet: T. Colin Campbell, PhD, John McDougall, MD, Caldwell Esselstyn, MD, Neal Barnard, MD, Michael Greger, MD, Michael Klaper, MD, Joel Fuhrman, MD, Dean Ornish, MD, and many others. The website: www.theveganjunction.com/ gives 20 plant-based health professionals. And their numbers are increasing. I hope

that doctors in India will join this group and will make a difference in the lives of the people of India.

And a 'thank you' to Dr. T. Colin Campbell for 60 years of service in the field of nutrition and for sticking to his stand that 'Whole food, plant based diet is the only remedy for our diseases. May God bless you with wisdom and health! Ellen Prasad Ω

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"Health is not a matter of chance & it's not a matter of your destiny being written on your genes. Foods are the cause of diabetes, of heart disease, of many forms of cancer, of hypertension & if they're the cause, they can also be the solution. That's been a totally new idea for most people but it's a very powerful one. Vegetables, fruits, whole grains, beans; those foods have power that you never imagined. It's time to put it to work."

Excerpt from new documentary, 'Eating You Alive' by Neal Barnard, M.D., Internal Medicine.

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