

THE TESTIMONY OF JESUS
ON FLESH FOODS

**The Testimony
of Jesus**

WHO SHOULD NOT EAT
MEAT?

**“Let not any of our
ministers set an evil
example in the eating of
flesh meat.”** CDF 399, 1902.

continued

**“Can we possibly have
confidence in ministers
who at tables where
flesh is served join with
others in eating it?”**

CDF 402, 1902.

WHO ELSE?

**“Instruction has been given me
that physicians who use flesh
meat and prescribe it for their
patients, should not be employed
in our institutions. . . “** CDF 290,
1901.

WHO ELSE?

**“No man should be set
apart as a teacher of the
people while his own
teaching or example con-
tradicts the testimony
God has given His
servants**

Continued

**to hear in regard to diet,
for this will bring
confusion. His disregard
of health reform unfits
him to stand as the
Lord’s messenger.”** DF 453-4,
1900

WHO ELSE?

“Students would accomplish much more in their studies if they never tasted meat. When the animal part of the human agent is strengthened by meat eating, the intellectual powers diminish proportionately.

Continued

A religious life can be more successfully gained and maintained if meat is discarded, for this diet stimulates into most intense activity lustful propensities, and enfeebles the moral and spiritual nature.”

CDF 389, 1896

WHO ELSE?

“Meat should not be placed before our children.”

CDF 389-90, 1869.

WHO ELSE?

“Not an ounce of flesh meat should enter our stomachs.”

CDF 380, 1903.

WHY IS MEAT NOT GOOD FOR US?

E. G. WHITE

HEART ATTACK

“Their meat is poison, and has produced, in those who have eaten it, cramps, convulsions, apoplexy, and sudden death.” CDF 386, 1864.

CANCER

"Cancers, tumors, and pulmonary diseases are largely caused by meat eating." CDF 383, 1902.

OBESITY

"You have flesh, but it is not good material. You are worse off for this amount of flesh. If you should each come down to a more spare diet, which would take from you twenty-five or thirty pounds of your gross flesh, you would be much less

Continued

liable to disease. The eating of flesh meats has made a poor quality of blood and flesh." CDF 387, 1868.

INCREASE DISEASE TENFOLD

"The liability to take disease is increased tenfold by meat eating." CDF 386, 1868.

MUSCLES

"I have shown them that their meat diet, which was supposed to be essential, was not necessary, and that, as they were composed of what they ate, brain, bone, and muscle were in an unwholesome condition, because they lived on the flesh of dead animals."
CDF 387, 1895

INTELLECT

"We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification." CDF 396, 1905.

WILL YOU NOT GO TO HEAVEN IF YOU EAT MEAT?

The Testimony of Jesus

CEASE TO BE A PART OF THE DIET

"Among those who are waiting for the coming of the Lord meat eating will eventually be done away; flesh will cease to form a part of their diet." CDF 380-1, 1890.

WILL NO LONGER WALK WITH GOD'S PEOPLE

"Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them." CDF 382, 1902.

GROW CARELESS

"Those who are in a position where it is possible to secure a vegetarian diet, but who choose to follow their own preferences in this matter, eating and drinking as they please, will gradually grow care-less of the instruction the Lord has given

Continued

regarding other phases of the present truth, and will lose their perception of what is truth; they will surely reap as they have sown." CDF 403, 1909.

NECESSITY FOR APPETITE TO BE CLEANSED

"Those who have received instruction regarding the evils of the use of flesh foods, tea, and coffee, and rich and unhealthful food preparations, and who are determined to make a

CONTINUED

a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthy.

CONTINUED

God demands that the appetite be cleansed, and the self-denial be practiced in regard to those things

Concluded

which are not good. This is a work that will have to be done before His people can stand before Him a perfected people.”

CDF 381, 1909.

WHO WILL NOT BE HELD RESPONSIBLE?

“Idiots will not be responsible.”

CDF 69, 1873.

GREATEST HINDRANCE TO SPIRITUALITY

“We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification.”

CDF 45, 1909.

CHOICE - IN THE BRAIN

THERE ARE NO BRAIN CELLS IN THE TONGUE!

SCIENTIFIC ASPECTS OF MEAT

HEART ATTACKS

- Non-Vegetarian Men
 - Age 45-54 4X risk
 - Age 55-64 2X risk
- Twice the risk of hypertension.

HEME AND HEART ATTACKS

- A prospective study of 16,111 women showed in the highest quartile of heme iron intake had a 1.61-fold increased risk of CHD compared to the lowest.

43rd Annual Conference on Cardiovascular Disease Epidemiology and Prevention, Mar. 5-8, 2003 Poster 33.

OBESITY

- Non-vegetarians have greater risk of being obese
 - Men 2-2.5X greater risk
 - Women 2X greater risk
- Obesity increases risk of CHD and cancer.

CANCER LEADING CAUSE OF DEATH IN US

- Cancer is now the leading cause of death in the U.S. in the age group under 85. J Natl Cancer Inst Mar. 2, 2005;97:330-1.
- This is because heart disease mortality has been reduced dramatically.

CANCER RISK

- PROSTATE CANCER
 - High consumers of meat, milk, eggs & cheese 3.6X greater risk
- Non-vegetarians 41% higher risk of dying of prostate cancer.

MEAT INCREASES RISK

- Prostate cancer is 3.6X higher in those who are high consumers of meat, milk, eggs, and cheese. *Am J Epidemiol* 1984;120:224-50.
- Meat increases risk of lymphoma. *Lancet* 1976;2:1184-6
- Eating meat 1X/wk increases colon cancer risk by 2.5X. *The Adventist Advantage, Third Conference on Vegetarian Nutrition*, pp. 152-61, 1997.

CANCER RISK

- Non-vegetarian 66% higher risk of dying of ovarian cancer.
- Breast cancer worldwide increases with animal fat intake

WHITE MEATS: FISH AND CHICKEN

In the study of Seventh-day Adventists relating diet to colon cancer this is what was found:

"The authors found a positive association with red meat intake (RR 1.90) and white meat intake (RR 3.29).

Am J Epidemiol 1998;148:761-74.

THE BLOOD IN THE MEAT

- Dietary heme (from the blood in the meat) leads to the formation of a highly toxic factor in the colonic lumen that increases colonic epithelial proliferation which increases the risk of cancer. It is suggested that it is the heme in the meat which is causing the colon cancer.

Cancer Res 1999;59:5704-9; *Carcinogenesis* 2000;21:1909-15.

PANCREATIC CANCER

- In a large study of 300,000 Japanese it was noted meat users had two and a half times greater risk of pancreatic cancer. *Diet, Nutrition, and Cancer*. National Academy Press, 1982.

MEAT COOKED WELLDONE

- Well-done meat increased breast cancer in women of a specific genotype 8-fold. *Cancer Epidemiol Biomarkers Prev* 2000;9:905-10.
- Another study showed it increased the risk 4.6X. The heterocyclic amines are formed at high temperature. *J Natl Cancer Inst* 1998;90:1724-9.
- Chinese women who smoke have more lung cancer than men who smoke. It is thought this may be due to the women inhaling fumes containing heterocyclic amines from cooking meat. *Cancer Epidemiol Biomarkers Prev* 2000;9:1215-21.

OVARY CANCER & DIET

- Of 13,281 white Adventist women since 1976 71 developed ovarian cancers.
- They were compared to those who did not get ovarian cancer.
- RR for meat >1X/wk versus no meat was 2.42, cheese >2X/wk 2.02.
- RR 0.32 for tomato use \geq 5X/wk vs. <1.

Cancer Causes Control 2006 Mar;17:137-46.

THE DIABETIC DIET - MEAT

- Meat consumers - 3.8X > risk of diabetes being on the death certificate
- Risk of diabetes in >69000 women is increased for every 1-serving 1.26 for red meat, 1.38 for total processed meats, 1.73 for bacon, 1.49 for hot dogs, 1.43 for processed meats. Arch Intern Med 2004;164:2235-40.
- Hem-iron is associated with diabetes risk. AJCN 2004;79:70-5.

AJCN

RHEUMATISM

- Non-Vegetarians are at much greater risk of rheumatism

48% higher risk.

CONCLUSION

- To him that knoweth to do good, and doeth it not, to him it is sin. James 4:17.