

# WHO SHOULD NOT EAT MEAT?

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



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

#### 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 contradicts the testimony God has given His

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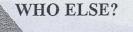
to hear in regard to diet, for this will bring confusion. His disregard of health reform unfits him to stand as the Lord's messenger." DF 453-4.

#### 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.

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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



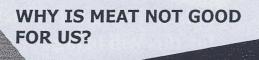
"Meat should not be placed before our children."

CDF 389-90, 1869.

#### WHO ELSE?

"Not an ounce of flesh meat should enter our stomachs."

CDF 380, 1903.



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.



"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 ."

#### 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

"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

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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

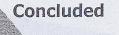
"Those who have received instruction regarding the evils of the use of flesh foods, tea, and coffee, and rich and unhealthful food preparations, and who are determined to make a

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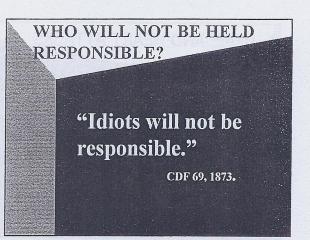
a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful.

#### CONTINUED

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



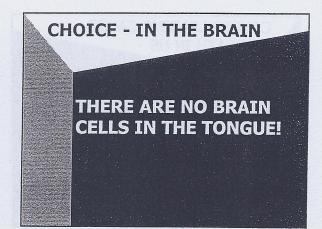
which are not good. This is a work that will have to be done before His people can stand before Him a perfected people." CDF 381, 1909.

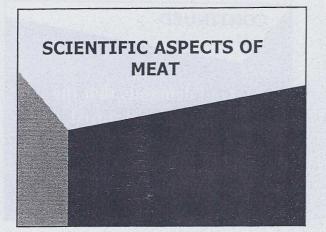


#### GREATEST HINDRANCE TO SPIRITUALITY

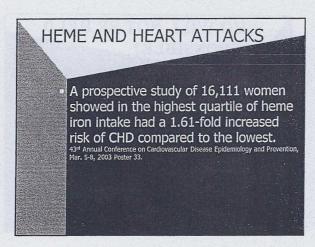
"We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification."

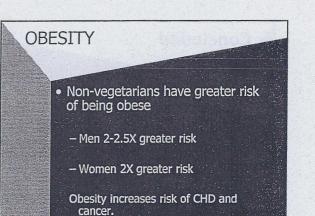
CDF 45, 1909.





HEART ATTACKS			
	Non-Vegetarian	Men	
	Age 45-54	4X risk	
	Age 55-64	2X risk	
	Twice the risk of hypertension.		
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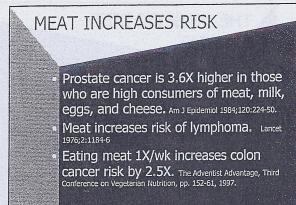
#### CANCER LEADING CAUSE OF DEATH IN US

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.



#### 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 heterocylic 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 heterocylic amines from cooking meat. cancer Epidemiol Biomarkers Prev 2000;9:1215-21.

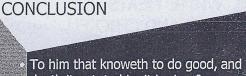
### OVARY CANCER & DIET Of 13,281 white Adventist women since 1976 71 developed ovarian cancers. They were compared to those who did not get ovarian cancer. RR for meat >1X/wk versus no meat was 2.42 cheese >2X/wk 2.02

- was 2.42, cheese >2X/wk 2.02. • RR 0.32 for tomato use >/=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. Architem Med 2004;164:2235-40.
 Hem-iron is associated with diabetes risk. AJCN 2004;79:70-5.

RHEUMATISM • Non-Vegetarians are at much greater risk of rheumatism 48% higher risk.



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