

Adventist Health Message

Hamengamon Kharsynniang, Spicer Adventist University

What is Adventist Health Message?

It is a health reform message based on Ellen G White's writings on health, disease, and healing, with the intention of restoring man "physically, mentally, spiritually, environmentally, and socially, in Jesus Christ" (Galvez, 2014, p. 195).

What is its Importance?

The AHM's significance is to alleviate suffering and pain in the world and cleanse God's church (White, 1946, Ev). The AHM from Ellen White's writings is also significant since it identifies biblical truths and applies them to the modern world. Another significant component of the AHM is that it provides our salvation and the salvation of the entire planet. "God's light on health reform has come for our redemption and the salvation of the world" (White, 1976, CD, p. 461). Finally, "whatever promotes physical health, promotes the development of a strong mind and a well-balanced character" (White, 1952, Ed. p. 195). Furthermore, to obtain the eternal gift of heaven, we must strive to improve our character while still on this planet.

How to apply AHM in our lives?

Laws of nature are laws of God. In order to apply it in our lives, we need to understand it, know its importance, and practice it (White, 1952, Ed). Children should avoid "wrong habits of their (our) parents and, by correct living, place themselves (ourselves) in better conditions" (White, 1942, MH, p. 234). We should be careful in eating, drinking, dressing, and working (White, 1942, MH). We must also have a contented mind because our mind and body are closely related. What affects our mind affects our body (White, 1942, MH).

How to Share AHM with others?

We must keep in mind that unhealthy eating is also a contributing factor to the world's curse of crime, wretchedness, and intemperance, all caused by a lack of nourishment. "In teaching health reform... we are to meet the people where they are..." (White, 1976, CD. p. 460). Some of the ways we can use it for reaching others are:

1. By being an example (White, 1976, CD), we can reach others by following and doing it ourselves.
2. Applying it in our sanitariums (White, 1976, CD), people will be taught how to prevent sickness by following the habits presented in the AHM.
3. Giving simple treatments to people we visit by using the natural eight remedies "Pure air, sun light, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies" (White, 1942, MH, p. 127).

4. We should not teach the poor about health reform unless we provide the necessary changes.
5. We can eliminate undesirable habits in our daily lives by practicing self-discipline similar to an athlete.

References:

- [1] Galvez, C. A. (2014). *The 7 secrets to change: For your total health and wellness*. Philippines: Philippines publishing house.
- [2] White, E. G. (1942). *The Ministry of Healing*. Mountain View, CA: Pacific Press.
- [3] _____. (1946). *Evangelism*. Takoma Park, DC: Review and Herald.
- [4] _____. (1952). *Education*. Mountain view, CA: Pacific press.
- [5] _____. (1976). *Counsels on diet and foods*. Takoma Park, DC: Review and Herald

Benefits of Seventh-Day Adventist Diet

1. **Maintain Our Earthly Bodies** (1 Corinthians 6:19, 20; 10:31)
2. **Mental health is as vital as physical health** (Proverbs 17:22; 14:30; 15:30)
3. **Avoid alcohol** (Isaiah 5:22; Proverbs 23:31, 32)
4. **Work-life balance** (Ecclesiastes 4:6; Exodus 20:9, 10; Ecclesiastes 3:13)
5. **Sleep Is Essential** (Ecclesiastes 5:12; Psalm 127:2)
6. **Eat Moderately** (Proverbs 25:16; 23:20, 21)
7. **God Designed Us for a Plant-Based Diet** (Genesis 1:29; Daniel 1:8, 11, 12, 15)
8. **Trust in God** (Proverbs 19:23; 4:20, 22)
9. **God's Word for Longevity** (Proverbs 3:1, 2; Exodus 20:12)



<https://improvednature.com/food-of-the-future-prioritizing-plant-based-foods/>