

**Seventh-day Adventist Philosophy of Health**  
**for the End Times**  
**from the Writings of Mrs. Ellen G. White**

*Testimonies for the Church, Vol. 1, p. 488*

“I saw that our heavenly Father has bestowed upon us the great blessing of light upon health reform, that we may obey the claims which he has upon us, and glorify Him in our bodies and spirits, which are His, and finally stand without fault before the throne of God.”

*Testimonies for the Church, vol. 1, p. 486*

“The health reform, I was shown, is a part of the **third angel’s message** and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God’s people are not prepared for the **loud cry of the third angel**. They have a work to do for themselves which they should not leave for God to do for them. He has left this work for them to do. It is an individual work; one cannot do it for another.”

*Counsels on Health, pp. 21-22*

“To make natural law plain, and to urge obedience to it, is a work that accompanies the **third angel’s message** . . . He designs that the subject shall be agitated and the public mind deeply stirred to investigate it . . . He who cherishes the light which God has given him upon health reform has an important aid in the work of **becoming sanctified through the truth and fitted for immortality.**”

*Testimonies for the Church, vol. 3, p. 161*

“I was again shown that the health reform is one branch of the great work which is to **fit a people for the coming of the Lord**. It is as closely connected with **the third angel’s message** as the hand is with the body . . . Men and women cannot violate natural law by indulging depraved appetite and lustful passions, and not violate the law of God . . . To make plain natural law, and urge obedience to it, is the work that accompanies **the third angel’s message to prepare a people for the coming of the Lord.**”

*Testimonies for the Church, vol. 6, p. 267*

“Combine medical missionary work with the proclamation of the **third angel’s message**. Make regular, organized efforts to lift the church members out of the dead level in which they have been for years. Send out into the churches workers who will live the principles of health reform. Let those be sent who can see the necessity of self-denial in appetite, or they will be a snare to the church. See if the breath of life will not then come into our churches.”

*Testimonies for the Church, vol. 6, p. 112*

As we near **the close of time**, we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words but by our practice.”

***Testimonies for the Church, Vol. 6, p. 327***

“When properly conducted, the health work is an entering wedge, making the way for other truths to reach the heart. When the **third angel’s message** is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body.

But while the health work has its place in the promulgation of the third angel’s message, its advocates must not in any way strive to make it take the place of the message.”

***Patriarchs and Prophets, p. 601***

“There is an intimate relation between the mind and the body, and in order to reach a high standard of moral and intellectual attainment, the laws that control our physical being must be heeded.”

***Testimonies for the Church, Vol. 9, p. 160***

“The health of the body is to be regarded as essential for growth in grace and the acquirement of an even temper. If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. The brain and nerves are in sympathy with the stomach. Erroneous eating and drinking result in erroneous thinking and acting.”

***Testimonies for the Church, vol. 9, p. 156***

“God requires of His people continual advancement. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification. With all our profession on health reform, many of us eat improperly.”

***Testimonies for the Church, vol. 2, p. 66***

“You need clear, energetic minds, in order to appreciate the exalted character of the truth, to value the atonement, and to place the right estimate upon eternal things. If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual powers, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ; you will not make those earnest, self-sacrificing efforts for entire conformity to the will of God, which His word requires and which are necessary to give you a moral fitness for the finishing touch of immortality.”

***Education, p. 209***

“Physical inaction lessens not only mental but moral power. The brain nerves that connect with the whole system are the medium through which heaven communicates with man and affects the inmost life. Whatever hinders the circulation of the electric current in the nervous system, thus weakening the vital powers and lessening mental susceptibility, makes it more difficult to arouse the moral nature.”

***Testimonies for the Church, Vol. 3, pp.486-487***

“There is a solemn responsibility upon all, especially upon ministers who teach the truth, to overcome upon the point of appetite. Their usefulness would be much greater if they had control of their appetites and passions; and their mental and moral powers would be

stronger if they combined physical labor with mental exertion. With strictly temperate habits, and with mental and physical labor combined, they could accomplish a far greater amount of labor and preserve clearness of mind. If they would pursue such a course, their thoughts and words would flow more freely, their religious exercises would be more energized, and the impressions made upon the hearers would be more marked.”

***Christ Object Lessons, p. 346***

“Anything that lessens physical strength enfeebles the mind, and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good, and have less strength of will to do that which we know to be right.

The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do.”

**Summary Statement**

Health Reform is a part of the third angel’s message and is an aid in the work of becoming sanctified through the truth, prepared for translation, and fitted for immortality and the coming of the Lord. It’s acceptance and promotion is absolutely necessary as a means of not only personal but also public preparation for the loud cry of the third angel and the second coming of Christ.

The acceptance of the principles of health reform prepare the mind for the acceptance of the truths of the Word of God. It is the Word of God alone that brings salvation; however, a teaching and enabling health ministry prepares the way for the truths of the Word to reach the heart.