

Health Promotion NEWSLETTER

Health Department of the Euro-Africa Division

Number 24, Second Quarter 2000

EDITORIAL

Dear colleagues and friends:

Every Adventist looks forward to the General Conference session in Toronto expecting new ideas coming out and revival of the Church. We truly live in solemn times and should be praying for the success of this important event.

During the week after the General Conference session in Toronto there will be two world conferences on vegetarian nutrition, the "Adventist" conference in Andrews (see on the last page), and the 34th World Vegetarian Congress in Toronto itself. There you will be confronted with all kinds of "truths", philosophies and beliefs, based on a variety of Scriptural passages, ethical principles or pantheistic views. It is shocking to find so much confusion in the areas of religion, healing methods and nutrition. "For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear." (2 Tim 4:3 NIV) When the apostle John saw these things in vision he exclaimed "...woe to the earth and the sea, because the devil has gone down to you! He is filled with fury, because he knows that his time is short." (Rev 12:12 NIV) It is astounding to notice how these concepts are pervading universities, literature, economy, mass media, Internet, and so on. The intellectual leaders of this world, holding university degrees, as well as lay people, are equally affected and getting involved. And where are we, where are you? "Functional food" is a new concept going around right now. There will be no end to all these things until Jesus comes back and restores this sinsick world to sanity.

This was a long introduction to say that our church members are also confronted with many concepts which sometimes may rob their inner peace and incite doubts, impelling them either to extremism or total indifference towards important matters. In the present issue we chose one topic

out of many others, and this is the question about eating raw food.

Yours, for better health

J. Hawlitschek

EUD Health Department.

FADS AND QUESTIONS ON NUTRITION

Movements advocating exclusive use of raw foods are expanding rapidly. It is true that the average diet in the industrialized world contains very little raw fruits and vegetables and many would benefit by including more of these items into their diet. Many scientific studies demonstrate the benefits of including plenty fruits and vegetables in the diet. It is also true that the cooking process destroys some of the vitamins and leaks out other nutrients. This lead some people to conclude that all foods MUST be eaten raw in order to get an adequate nutrition, or, saying it in other words, that it is bad to eat cooked food.

In order to get a balanced position we have consulted the Bible, the Spirit of Prophecy books, and three specialists in this area: Dr Kenneth Burke, professor of nutrition of the Loma Linda University; Dr Winston Craig, professor of nutrition of the Andrews University; and Dr John Scharffenberg from the General Conference.

QUESTION: What does the Bible say about the cooking of food?

Some say that in the garden of Eden there was no use of fire and therefore all foods were eaten raw. That may be true. The situation today is quite different and although fire is used in the Bible for destruction (Ge 3:24 and Ge 19:24) it has also been used for cooking. It is interesting to notice that even the manna, the "bread from heaven", could be eaten raw or cooked according to God's explicit order:

"This is the bread which the LORD has given you to eat. ...Bake what you will bake today, and boil what you will boil." (Exo 16:15, 23)

"The manna was like coriander seed and looked like resin. The people went around gathering it, and then ground it in a handmill or crushed it in a mortar. They cooked it in a pot or made it into cakes. And it tasted like something made with olive oil." (Num 11:7-8 NIV)

Even after the resurrection Jesus ate broiled fish: "And while they still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" They gave him a piece of broiled fish, and he took it and ate it in their presence." (Luke 24:41-43 NIV)

QUESTION: What does Ellen G. White say about the cooking of food?

We should be careful to avoid all extremes for ourselves and even more careful when teaching others. In the following there are some wise counsels given by Ellen G. White concerning the preparation of wholesome food [underlining supplied].

"Great care should be taken when the change is made from a flesh meat to a vegetarian diet to supply the table with wisely prepared, well-cooked articles of food. So much porridge eating is a mistake. The dry food that requires mastication is far preferable. The health food preparations are a blessing in this respect. Good brown bread and rolls, prepared in a simple manner yet with painstaking effort, will be healthful. Bread should never have the slightest taint of sourness. It should be cooked until it is most thoroughly done. Thus all softness and stickiness will be avoided."

Counsels on Diet and Foods, p. 108

"A few simple articles of food, cooked with care and skill, would supply all the real wants of the system. No greater luxuries are required than good wheat-meal bread, gems, and rolls, with a simple dessert, and the vegetables and fruits which are so abundant in most countries. These articles should be provided in sufficient quantity and of good quality, and when well cooked, they will afford a wholesome, nourishing diet. No one should be compelled to eat flesh meats because nothing better is provided to supply their place. Meat is not essential to health or strength; had it been, it would have been included in the bill of fare of Adam and Eve before the fall. The money that is sometimes expended in buying meat, would purchase a good variety of fruits, vegetables, and grains, which contain all the elements of nutrition."

The Gospel of Health, § 12

"Because it is wrong to eat merely to gratify perverted taste, it does not follow that we should be indifferent in regard to our food. It is a matter of the highest importance. No one should adopt an impoverished diet. Many are debilitated from disease, and need nourishing, well-cooked food. Health reformers, above all others, should be careful to avoid extremes. The body must have sufficient nourishment."

Counsels on Diet and Foods, p. 199

"We can have a variety of good, wholesome food, cooked in a healthful manner, so that it will be palatable to all. It is of vital importance to know how to cook. Poor cooking produces disease and bad tempers; the system becomes deranged, and heavenly things cannot be discerned. There is more religion in good cooking than you have any idea of." Counsels on Diet and Foods, p. 256

"The time may come when it will not be safe to use milk. But if the cows are healthy and the milk thoroughly cooked, there is no necessity of creating a time of trouble beforehand."

Counsels on Diet and Foods, p. 210

QUESTION: What scientific facts speak in favor or against cooking of food?

Benefits of cooking:

1. Cooking improves the digestibility of starch and protein e.g. beans and lentils, and potatoes and rice are very poorly digested if eaten raw and can cause flatulence, cramping and malabsorption.
2. Cooking increases the bioavailability of phytochemicals such as the carotenoids and indoles that protect against cancer. E.g. Lycopene is more available from cooked tomatoes than raw. Beta carotene is more available from cooked carrots. Hence cooking enhances cancer protection.
3. Cooking also diminishes the phytate level in grains and beans and seeds. The consequence of this will be a greater mineral (calcium, zinc, etc) availability. Sprouting will achieve the same end result.
4. Cooking helps to ensure elimination of E coli and Salmonella and other life-threatening organisms in our food supply.
5. Elderly persons with dentures may have trouble with everything raw. Therefore cooking helps with better digestion, especially the elderly.

Disadvantages of cooking:

1. Cooking will destroy some of the B vitamins and vitamin C (especially if lots of water is used in the cooking and then discarded, or overcooking). Storage of produce and cutting into small pieces that sit around for some time will also cause substantial vitamin C losses. However, the use of raw fruit more than compensates the loss in cooked vegetables.
2. Browning of the products in the Maillard Reaction (reducing sugars reacting with protein as in baking, etc). The browning decreases the availability of lysine (the first limiting amino acid in cereal grains) and so decreases the protein quality.
3. Cooking usually means adding sugar, salt or fat to a food which are the very things responsible for much of the diseases man gets in the Western world.
4. Increases the cost of the food. In places of the world (e.g. Africa) that are fuel deficient and poor, this may be a consideration.
5. Cooked food requires a lot of concocting with various flavors to make it flavorful but food in the natural state is already flavorful. Cooking in other words destroys flavor.

QUESTION: It is clear that there are benefits but also disadvantages of cooking the food. How to decide which foods should be cooked and which should be eaten raw?

We cannot expect to eat like in the Garden of Eden since the Tree of Life that supported immortality was removed! We don't know how Adam got his B12, for example. We don't know what kind of flora inhabited the "pre-sin" colon?

It is difficult to get enough calories and other nutrients in an all raw food diet. It can be done with careful selection and with plenty of fresh fruits and nuts, but most will find eating all raw foods a real task in the long run.

Some are trying to indicate we should have a certain percentage of our foods as fresh foods. However, there is not enough scientific evidence to set any figure. Certain foods obviously should be cooked such as most dry beans, rice, bread, pumpkin, most of the grains, etc. That is not difficult for most people to understand.

Other foods can easily be used in either the cooked or fresh state such as many of the fruits (apples, berries, pears, tomatoes) and some of the vegetables (broccoli, peas, cabbage, peanuts, etc.).

Certain vegetables such as those containing indoles (such as cabbage, broccoli, cauliflower, etc.) should sometimes (we think at least weekly) be eaten in the fresh uncooked state as cooking reduces the indoles by as much as 50%. The indoles increase the production of benzopyrenases which inactivates the carcinogen benzopyrene.

It is really a necessity for all animal foods to be well cooked because of the danger of disease if they are not cooked. Although today most people understand that animal foods such as meat, eggs, and whole milk are best omitted from the diet of those trying to reduce their risk of heart disease and cancer.

Another important aspect of the culinary art and science is to eat foods in the unrefined state so as to get the full benefit from the foods. And when cooking make sure foods such as stews and soups are not cooked for many hours as this will reduce the vitamins to very low levels unnecessarily.

QUESTION: Should raw foods be eaten before cooked food?

There is no good reason to say raw food should be eaten before cooked foods. Some have suggested these raw foods would contain vitamin C and it should be in the stomach to help in the absorption of the iron, etc. Don't worry, all these nutrients will be in the stomach and intestines together so you don't have to eat one before the other. Some have suggested if you eat raw foods, such as salads, first you will get filled up with low calories foods first and therefore end up eating less and this may be useful for overweight individuals. This is true. Eating a lot of high fiber, low calorie density foods is a very useful method for reducing total caloric intake.

Conclusion:

The issue of preparing the food is very basic for the life and health of this planet. It is therefore that Dr Hu Ching-Li, representing the World Health Organization, said at the opening of the working session of the WHO Study Group on Diet, Nutrition and Prevention of Noncommunicable Diseases in Geneva, March 1989, that "the amount and type of food eaten were fundamental determinants of human health." (Diet, Nutrition, and the Prevention of Chronic Diseases, p. 9)

As a group Seventh-day Adventists were blessed with considerable amount of knowledge in the area of nutrition and health promotion and it is our duty to learn and teach about these vital issues. I finish by quoting once more Ellen G White:

“Do not neglect to teach your children how to cook. In so doing, you impart to them principles which they must have in their religious education. In giving your children lessons in physiology, and teaching them how to cook with simplicity and yet with skill, you are laying the foundation for the most useful branches of education. Skill is required to make good light bread. There is religion in good cooking, and I question the religion of that class who are too ignorant and too careless to learn to cook. . . .” Counsels on Diet and Food p. 264

10th ICPA World Congress Cape Town, Jan 25-30, 2000 Report

Cape Town in South Africa is one of the most beautiful and cleanest cities of the world during daytime but it is good advice not be on the streets after sundown. The Table Mountain, with its enchanting view over the bay and its cloudy “table cloth” hanging over in the evenings is certainly one of the precious gems of nature. Robben Island with its famous prison holding Nelson Mandela’s cell, teaches the visitor a silent but powerful lesson about human rights. The Cape of Good Hope with the junction of two oceans, the kindness of the South African people, the agreeable climate, on one side and the high incidence of criminality on the other, made Cape Town an ideal place to host this World Congress with the motto “Empowering People Through Prevention”.

First of all let me say that the GC Health Department was present in full and Dr Allan Handysides sends special greetings to all of you.

Attendants were greatly impressed by the fine selection and variety of speakers, among others

- Mr M F Cassim, member of the South African Parliament
- Dr Ernest Noble, researcher in genetics
- Sharon Scott and Sandy Golden, both renowned lecturers and writers in the area of youth alcohol prevention in the US
- Dr Ernest Steed, who figures among the first presidents and longest members of ICPA
- Dr Gary Hopkins, professor at Loma Linda and at Andrews University and Director of the Institute for Behavioral Research at Andrews University
- Dr Ralph Thompson, Secretary of the General Conference
- Dr Percy Harrold from Australia and
- Dr Richard Willis from England

People from all continents came to attend this congress. It seems that the topics hit the very roots of the problem of alcohol, tobacco and drug dependency. Dr Gary Hopkins’ lectures on youth resilience were mostly applauded and prepared the ground for the forum where leaders of several religious leaders discussed freely and without any tension the responsibility of the faith community in the prevention of this “moral and spiritual problem.” In it participated the Salvation Army, Dutch Reform, Pentecostal, Anglican, Muslim, and Seventh-day Adventist Church. There was an excellent atmosphere all throughout the congress which concluded with a fervent prayer for God’s help in the great task of preventing the youth from taking bad decisions. Here are some examples of the questions presented to the panel:

- Is the use of alcohol, tobacco or drugs considered to be a moral/spiritual issue by your church or faith community?
- If the government would legalize the use of other drugs (besides alcohol and tobacco), what would be the response of your C/F?
- Is it necessary to abstain from alcohol, tobacco and drugs to become a member of your C/F? If not, explain why?
- If a member of your faith community would be found using alcohol, tobacco or drugs, how would your C/F deal with this member?
- Does your C/F have a program of prevention of the use of alcohol, tobacco or drugs?

These issues were discussed openly, and without any criticism, showing strong and weak aspects of this delicate matter. Bible texts were searched and explained and the following passage of the Al-Quran was read: *“O you who believe! Intoxicants, all kinds of alcoholic drinks, gambling, Al-Ansab (unclean animal meats) and Al-Azlam (idolatry and luck seekers e.g tarot cards, astrology etc) are an abomination of Shaitan’s (satan’s) handiwork. So avoid strictly all such abomination in order that you may be successful.”* [Surah 5, Al-Maidah, aya (verses) 90-91, Al-Bukari version by Muhammad Taqi-ud-Din Al-Hilali]

It was surely a learning experience for all participants who departed with a better understanding and respect of each other, and the conviction that in the prevention of alcoholism and crime we all are “sitting in the same boat”.

Some resolutions and recommendations were made to the UN / WHO, and to the government of South Africa, to establish a council to prepare clear strategies to diminish under age drinking and drunk driving. Besides that, a South African chapter of ICPA was created under the

direction of Mr Cassim, member of the parliament and active defensor of total abstinence.

Simultaneously there was an AY2Y program running at the Helderberg College, with representatives from 7 different institutions. At the conclusion a youth association was organized which will lobby at the SA government for the prevention of alcoholism. Mr Cassim, from the parliament, agreed to give it full support.

REPORTS FROM THE FIELD

Czech Republic - Health Weeks

"We are doing quite well in Country Life. Just this weekend we had a meeting of the group organizing NEWSTART programs. Dr Slavicek presented some results: cholesterol went down from 4.9 to 4.3 mmol/l, blood sugar from 4.2 to 3.3 mmol/l, systolic BP from 121.5 mmHg to 117.4, diastolic BP from 76.5 to 73.8 mmHg. This is for 106 guests which were measured at the beginning and at the end of 10-days long NEWSTART stays during 1997-1999.

Next year we would like to organize three programs again - in Jizerske Hory mountains, each of them for some 50 guests. We try to make this program financially available for almost everybody - for this reason two of the stays (in spring and in autumn) are supposed to be only 8 days long (from Sunday to Sunday). According to our experience, it works well too: We even had a big drop in cholesterol (almost 2 mmol/l) in a group of some 10-15 people with higher cholesterol levels after just three days of a vegan diet!

Recently we had quite a number of opportunities to appear in the media, namely on TV. We have established quite a good relationship with the TV staff - I offered to them to make a series of health programs based on the book *Dynamic Living*, which just appeared on the Czech market. The person responsible for the program at this main Czech commercial TV comes almost daily to our restaurant for lunch!"

Reported by Robert Zizka, Country Life and member of the Union Health Committee.

Italy - Waldensian Valleys

"From the light that I have had, there are, all through these [Piedmont] valleys, precious souls who will receive the truth... Those who labor in these valleys must take a deep interest in their work, or they will not succeed... They are not only to preach, but to minister. As they go forth to labor, they are to make personal efforts for the people, coming heart to heart with them, as they open to them the Scrip-

tures. There may at first be only a few here and there who will accept the truth; but when these are truly converted, they will labor for others, and soon, with proper efforts, larger companies will be raised up, and the work will move forward more rapidly... There will be many, even in these valleys (in northern Italy), where the work seems to start with such difficulty, who will recognize the voice of God speaking to them through His Word, and, coming out from under the influence of the clergy, will take their stand for God and the truth. This field is not an easy one in which to labor, nor is it one which will show immediate results; but there is an honest people here who will obey in time." *Evangelism* 423-424 (1886)

This vision is becoming reality in our days. Since 4-5 years ago, Dr Roby Sherman from Wildwood, and her husband, after reading this text, took interest in the Waldensian Valleys and visit the place regularly presenting health lectures and making "heart to heart" contacts with the people. Today there is a nice team of young people, nurses, physician, and colporters living in this area doing the ground-breaking work. Please include the Waldenses in your prayers.

LITERATURE & MATERIALS

In Pursuit of Excellence. This is an excellent evangelistic program which combines spiritual presentations with health principles. It was developed by Gary Strunk of the Pacific Health Education Center. You can order the English version from the Health Connection (no catalog number).

There are also translations available in French and Spanish from the Inter-American Division at \$ 25.- each manual. The accompanying transparencies in PowerPoint are still in preparation. Order by Fax +1 (305) 441-1814.

The new Health Connection catalog 2000 just came out of the press. One issue is included with this Newsletter for all Union Health Department leaders. All others can access the catalog online at <http://www.healthconnection.org> or just send your request to sales@healthconnection.org

You will find lots of excellent materials in this catalog at the best prices. We specially call your attention to some new very interesting items like the following:

✓ **Human Body Felt Set**, cat-nr. 32090, price \$ 19.95 Very useful for teaching anatomy and physiology to small groups.

✓ **Food Pyramid Felt Set**, cat-nr. 31760, price \$ 19.95. All food items can be used independently. Ideal for nutrition lectures in small groups or classrooms.

✓ **Tall Paul Torso Model**, cat-nr. 28890, price \$ 199.95. A plastic torso with removable organs. Ideal for teaching.

The Health Department of the South Pacific Division produced two CD-ROMs with lectures on PowerPoint:

✓ **Quit Now!** This is the Australian version of the "Breathe Free" plan to stop smoking. Order from hstanton@compuserve.com or Fax +61 2 94890943.

✓ **Adventist Health Resources.** This CD contains many different health lectures by Dr Percy Harrold. Order by Fax +61 2 94890943 or from pharrold@adventist.org.au I just met Dr Harrold at the ICPA congress in South Africa and we are thankful to him for sharing these valuable tools with other Divisions.

CONVENTIONS AND SEMINARS

NEUSTART programs in Romania All year round. There are also special programs for German groups and soon there will be English speaking groups. Ask for more information.

Place: Health Center in Hergheia.

Phone +40-65-169 169, Fax +40-65-168 007

E-mail: herghelia@netsoft.ro

AMALF Congress, France

Date: October 27-29, 2000

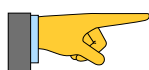
Place: Montpellier

Subject: Food borne Allergies and Intolerances.

Among the speakers will be the best specialists of France.

☎ +33 (1) 360.68.62.32

World Conference "Adventist Lifestyle: Its Relevance Today"



July 12-15, 2000 (right after the GC session in Toronto)

Place: Andrews University, USA

Lectures will include discussions on traditional SDA issues such as the original diet, the effect on health of meat, and the use of alcohol. Other presentations will include the Adventist health study, herbs, food combinations, the safety of dairy products, quackery, weight loss diets, etc.

Workshops will be held on stress management, exercise, natural therapies, weight management, planning & evaluating church health programs, health & spirituality.

Speakers will include Dr Handysides, Stoy Proctor and Dr Scharffenberg of the General Conference, and faculty from Andrews University and Loma Linda University.

Information: ☎ +1 (616) 471-3370

Fax +1 (616) 471-3485

E-mail: lisad@andrews.edu

KEY DATES 2000



May 31 World No Smoking Day



October 07-14 Week of Health
Prepare a special program for the church.



December 1 World AIDS Day
Distribute the SDA AIDS-pamphlet.
Focus on Biblical principles of prevention.

THOUGHT OF THE MONTH

"THE SECRET OF SUCCESS is the union of divine power with human effort. Those who achieve the greatest results are those who rely most implicitly upon the Almighty Arm. The man who commanded, 'Sun, stand thou still upon Gibeon; and thou, Moon, in the valley of Ajalon,' is the man who for hours lay prostrate upon the earth in prayer in the camp of Gilgal. The men of prayer are the men of power."

Patriarchs and Prophets, p. 509

The **Health Promotion NEWSLETTER** is a quarterly report about new health promotion materials, conventions, important addresses, working strategies, etc. For best effectiveness we kindly ask you to share such information with your co-workers and also to supply to our department pertinent information to be published. Let us unite in the proclamation of God's health message!

Our address is: Health Department, Euro-Africa Division, Schosshaldenstr. 17, 3006 Bern, Switzerland. Phone +41-31-359 15 15, FAX +41-31-359 15 66. Jochen Hawlitschek, director, e-mail JHawlitschek@compuserve.com; Monica Braun, secretary, 104100.71@compuserve.com

What about Spirulina or Blue-Green Algae?

Spirulina is a brand name of Blue-Green Algae or "Pond Scum" which comes from the scum that covers many stagnant bodies of water. It is composed of microscopic plants which cause the water to smell foul and taste bad. Health claims for it is that it is a perfect food that contains all the necessary nutrients to help individuals with medical challenges, that it is a supersource of protein with 65-71% complete protein, a plant source of vit. B-12, or with the brand Chlorella that it contains the miracle Chlorophyll. It is stated that Blue-Green Algae is an anti-bacterial agent and that no other organism can survive in the water. They claim it is natural. What are the facts? It is actually a highly refined product extracted by chemicals. In its natural form it has poisoned animals. The protein is of poor quality; comparable to peanut protein. A recommended dose contains less protein than a half slice of whole wheat bread. The Food and Drug Administration study shows the B-12 is probably due to fecal matter, feathers and insects. Chlorophyll is not absorbed by the body. In spite of this being eaten by cows they still may get cancer.

The North American Health Ministries Department also has lots of information available at their homepage

<http://www.northamerica.adventist.org/hm>