

The Entering Wedge – Pure Air and Proper Diet

One of the main tenants of Seventh Day Adventists is the health reform message. This message teaches us to live a healthy lifestyle in order to give glory to God and to be effective at witnessing for Him. In this brief study we seek to earnestly contend for our faith and show that the main principles put forth by the health reform message, commonly referred to as the eight laws of health, are biblical.

3 Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, **and exhort you that ye should earnestly contend for the faith which was once delivered unto the saints.**

4 For there are certain men crept in unawares, who were before of old ordained to this condemnation, ungodly men, **turning the grace of our God into lasciviousness,** and denying the only Lord God, and our Lord Jesus Christ. Jude 1

Here is a summary of these eight (8) laws of health also known as the true remedies.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. – {CH 90.2}

Are these principles biblical?

The Bible is a sacred book that transcends time, culture and place. God in His Infinite wisdom, using His human instruments, wrote in it principles that can stand the test of time. Not all guidance is written verbatim to all ages and cultures of people, but rather all guidance is provided through principles that are able to guide the honest heart. For example, nowhere in the bible is it explicitly written to not smoke or get drunk. But the serious and honest students of the scriptures do understand that doing so is against biblical principle and therefore would refrain from doing so. However, to understand these principles one must possess a holy zeal and studious mind. The Bible teaches and instructs us in the book of Timothy as follows.

15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. 2 Timothy 2

16 **All scripture is given by inspiration of God**, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

17 **That the man of God may be perfect, thoroughly furnished unto all good works.** 2 Timothy 3

Pure air & proper diet

23 Only be sure that thou eat not the blood: **for the blood is the life**; and thou mayest not eat the life with the flesh. Deuteronomy 12

14 **For it is the life of all flesh; the blood of it is for the life thereof**: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh: **for the life of all flesh is the blood thereof**: whosoever eateth it shall be cut off. Leviticus 17

Deuteronomy and Leviticus tell us that the “life of the flesh (or body) is in the blood” and that the “the blood is the life”. Simple reasoning tells us that for a healthy life, the body must have healthy blood. By deductive reasoning, we understand this as the principle being set forth by the bible. How can we have healthy blood? Surely, we must ascertain the constituents of the blood to answer this question. The main constituents of healthy blood that feed the flesh are oxygen and nutrients. Oxygen is from air and nutrients are from diet. Therefore, we must breathe “pure air” to get adequate oxygen levels and also eat a “proper diet” to supply the necessary nutrients to maintain a healthy body and therefore life.

53 Then **Jesus** said unto them, Verily, verily, I say unto you, **Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.** John 6

The greatest teacher that ever lived, Jesus Christ, understood and taught this principle. Using His flesh and blood as a metaphor or symbol pointing to His Word, He taught that His flesh and blood give us life. In other words, we must study and assimilate His word to have eternal life.

Based on our study and understanding of the above scriptures, we have seen that “pure air” and “proper diet” are biblical principles. May we by God’s grace strive to prosper and be in health as John implores us.

2 Beloved, I wish **above all things** that thou mayest **prosper and be in health, even as thy soul prospereth.** 3 John 1

In the next studies, God willing, we will examine the remaining six laws of health.