What is Balanced Health Ministry?

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Tuesday, March 5, 13

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**Balance**

- **Noun**: An even distribution of weight enabling someone or something to remain upright and steady.
- **Verb**: Keep or put (something) in a steady position so that it does not fall.

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Superiority of a Vegetarian Diet

“In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat.” MS 27,1906

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Both Diets Rank Highly!

- Position of Academy of Nutrition and Dietetics:
  - Appropriately planned vegetarian diets, including total vegetarian or vegan diets, are:
    - Healthful
    - Nutritional adequacy
    - Provide benefits in prevention and treatment of certain diseases
    - Appropriate for individuals during all stages of life cycle including pregnancy and childhood
    - Appropriate for athletes

JADA 2009;109:1266-82

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Are Total Vegetarians at Greater Risk of Deficiency?

<table>
<thead>
<tr>
<th>Nutrients of Concerns</th>
<th>Body Function That May Be Impaired</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B12</td>
<td>brain/nerve function</td>
</tr>
<tr>
<td>C20 ω-3 fatty acids</td>
<td>CV, eye and brain function</td>
</tr>
<tr>
<td>Calcium</td>
<td>bone health</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>bone health, cancers and other diseases</td>
</tr>
<tr>
<td>Iron</td>
<td>anemia</td>
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Are These Nutrients Adequately Available for Vegetarians?

Vitamin B12  Vitamin D  Calcium  Iron  DHA (ω3)

- A vegetarian diet in North America can meet current recommendations for all these nutrients. Supplements or fortified foods can provide useful amounts of key nutrients.

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Isaiah 7

14 “Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel.

15 Curds and honey He shall eat, that He may know to refuse the evil and choose the good.”

Love People More Than the Health Message!

“We don’t make the health reform an iron bedstead, cutting people off or stretching them out to fit it. One person cannot be a standard for everybody else. What we want is a little sprinkling of good common sense. Don’t be extremists. If you err, it would be better to err on the side of the people than on the side where you cannot reach them.” 18AT 12
“Let them find out what constitutes true health reform and teach its principles, both by precept and by a quiet, consistent example.” CH 449

“Medical missionary work is in no case to be divorced from the gospel ministry. The Lord has specified that the two shall be as closely connected as the arm is with the body. Without this union neither part of the work is complete. The medical missionary work is the gospel in illustration.” CH 424

“We should ever remember that the object of the medical missionary work is to point sin-sick men and women to the Man of Calvary, who takes away the sin of the world. By beholding Him, they will be changed into His likeness.” CDF 458

- There are lots of godless behavior change programs.
- Goal of our programs must be to introduce people to the only Power that can effect permanent change.
- Only God’s Word and prayer have the power to bring about permanent transformation in lives.
“It is through the social relations that Christianity comes in contact with the world... Social relations, sanctified by the Spirit of Christ, must be improved in bringing souls to the Savior.” MH 296

- Recognize that health ministry is a process not an event.
- It is a marathon, not a sprint and requires stamina and tenacity.
- Must have structured follow-up activities.

Based on Sound Science

- Evidence-based information
- Accurate in our teachings
- Science, properly understood, protects us from extremism

"If they see that we are intelligent with regard to health, they will be more ready to believe that we are sound in bible doctrines." Counsels on Health p 452

Need an attitude adjustment!
“The strongest argument in favor of the gospel is a loving and lovable Christian.” MR 710

“God would have us more kind, more loving and lovable, less critical and suspicious. O that we all might have the Spirit of Christ, and know how to deal with our brethren and neighbors! RH, February 24, 1891 par. 3

1. Love people more than the health message.
2. Share Jesus as the most effective Agent of change.
3. Focus on building relationships.
4. Base health ministry on sound science.
5. Possess a balanced attitude.

We cannot work our way to heaven.

But we may be able to work our way out of heaven...by refusing the gift of God.

Differing dietary practices should NOT be allowed to divide the church!

Eating should bring the church together in fellowship, not divide us.
Romans 14:17-20

“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit...

“Let us therefore make every effort to do what leads to peace and to mutual edification.

“Do not destroy the work of God for the sake of food.”

Paul’s Counsel

Let us not allow differences over food to destroy the effectiveness of work of God. We must respect each other’s views.

Joy and Understanding

Gratefully accept the health God has given us...

Focus our lifestyle choices on the healthful and wholesome.

Cheerfully yield our desires and appetites to the sovereignty of His love.
Rejoice in the benefits He grants us as we make wholesome choices through His abundant Grace.

“So whether you eat or drink or whatever you do, do it all for the glory of God.” (Col 10:31)