Finding Balance in an Unbalanced World

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General Conference of Seventh-day Adventist Church

Robert has cancer of the colon. The doctor told him that it is probably small and that surgery would be the best treatment.

Robert did not know what to do. Should he have surgery or the treatment with magnets, enemas and diet?

He read on the internet that there was a clinic that treated cancer with magnets, enemas and a special diet. They promised complete cure and there wouldn’t be a need for surgery.

His friends and family advised him on what he should do. They all had different opinions.

He investigated further and found many testimonies from people who said they had been cured from cancer...
Confusion grew. Should he have surgery or the treatment with magnets, enemas and diet?

Finally, he decided to get a second medical opinion.

There was fear and uncertainty but surgery was chosen.

Good news! The cancer was small and there wasn’t a sign of spread. Doctors would keep a close watch but no further treatment was needed.

Susan was diagnosed with early stage breast cancer in 2010. She was told by her physicians that surgical removal would be the best treatment.

She and her husband went home and read on the internet that there were clinics that treated breast cancer with "natural" methods like massage, hydrotherapy, and special diets. They promised complete cure and there wouldn’t be a need for surgery.
Susan was confused and did not know what to do. Should she have surgery or the “natural treatments?"

She found many testimonies from people who said they had been cured from breast cancer…

Their friends and family advised her on what she should do—and they all had different opinions!

Confusion grew. Should she have surgery or the “natural” treatments?

They decided she would go to a lifestyle center where she learned to change her diet, adopted an animal-free diet, and learned other important health habits. She faithfully practiced these new habits.

It was a terrible surprise in 2015 to discover that she now had a very rapidly growing lump. She then went to an international treatment center where she was placed on a raw food diet and a hydrotherapy regimen for 4 months—the lump continue to grow larger.
In 2016 she again gathered funds from friends and family and went out-of-state to yet another center for alternative treatments—being promised a cure. Drinking juice, walking, sunbathing, devotions, deep breathing, hydrotherapy. She went home believing she was healed.

In a short time the lump was growing again. Then she began to experience back pain. After x-rays and a MRI she was told she had stage 4 bone cancer—and there was nothing that could be done for her. It was too late. All they could do was to help control her pain.

Her prognosis is not good, but they are raising money again to go to another treatment center.

Where do we find balance, accuracy, and integrity?

The Only Balanced Person is YOU!

Three Pillars of Balance
1. Consistent with the Bible
2. In harmony with Ellen G. White counsel
3. Supported by evidence-based science consistent with a Biblical world view
"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

"The door is also closed in a great measure, so that unbelievers cannot be reached by the present truth upon the Sabbath and the soon coming of our Saviour. The most precious truths are cast aside by the people as unworthy of a hearing. These men are referred to as representatives of health reformers and Sabbathkeepers in general. A great responsibility rests upon those who have thus proved a stumbling block to unbelievers.”
CD 209

“These men are doing a work which Satan loves to see go on.”
PH101 3

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>RR</th>
<th>95% Confidence Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-vegetarian</td>
<td>1.00</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>0.85</td>
<td>0.71 – 0.93</td>
</tr>
<tr>
<td>Lacto-ovo-</td>
<td>0.91</td>
<td>0.82 – 0.96</td>
</tr>
<tr>
<td>Pesco-</td>
<td>0.81</td>
<td>0.69 – 0.88</td>
</tr>
<tr>
<td>Semi-</td>
<td>0.92</td>
<td>0.80 – 1.06</td>
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*Adjusted for age, gender, and ethnicity.

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<tr>
<th>Risk Factor</th>
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</thead>
<tbody>
<tr>
<td>No red meat</td>
<td>1.00</td>
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</tr>
<tr>
<td>1 oz/day (28 g)</td>
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<td>1.19 – 1.35</td>
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<tr>
<td>2 oz/day (56 g)</td>
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<tr>
<td>3 oz/day (84 g)</td>
<td>2.05</td>
<td>1.70 – 2.47</td>
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</tbody>
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*Adjusted for age, gender, and ethnicity.

| Total Veg vs L-O Veg | 0.09 |
| No Red Meat vs 28 g  | 0.27 |
| No Red Meat vs 56 g  | 0.61 |
| No Red Meat vs 84 g  | 1.05 |

Total Mortality Differences

Keeping HM Balanced.key - October 27, 2017
Dietary Pattern and CHD Mortality*

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<td>0.91</td>
<td>0.67 – 1.10</td>
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<tr>
<td>Lacto-ovo-</td>
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<td>0.80 – 1.12</td>
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<tr>
<td>Pesco-</td>
<td>0.80</td>
<td>0.64 – 1.05</td>
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<tr>
<td>Semi-</td>
<td>0.85</td>
<td>0.58 – 1.07</td>
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Dietary Pattern and Total Cancer*

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<td>0.65 - 0.93</td>
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<tr>
<td>Lacto-ovo-</td>
<td>0.90</td>
<td>0.83 – 1.02</td>
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<tr>
<td>Semi-</td>
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Red Meat and Colon Cancer*

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<td>1.07 – 1.71</td>
</tr>
<tr>
<td>2 oz/day (56 g)</td>
<td>1.83</td>
<td>1.14 – 2.93</td>
</tr>
<tr>
<td>3 oz/day (84 g)</td>
<td>2.48</td>
<td>1.22 – 5.03</td>
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Cancer Mortality Differences

Let's Move the Conversation to…

1. To recognize health is much more than what we eat!
   - Faith in God and service to others
   - Exercise
   - Sleep
   - Avoiding alcohol, tobacco, and caffeine
   - Liquids
   - A wholesome, balanced plant-based diet

2. How’s of eating healthfully…not just the do’s and don’ts.

3. The importance of avoiding red meat (including poultry).

The Food Wars

We must love people more than the health message!
Words of Wisdom from Paul

“Those who feel free to eat anything must not look down on those who don’t. And those who don’t eat certain foods must not condemn those who do, for God has accepted them. For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit. So then, let us aim for harmony in the church and try to build each other up. Don’t tear apart the work of God over what you eat...It is better not to eat meat or drink wine or do anything else if it might cause another believer to stumble.”

Romans 14:3, 17, 19-20, 21 (NLT, emphasis mine)

Need a non-judgmental and balanced attitude!

How Shall We Respond?

“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

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.
Hallmarks of Balance

1. Love people more than the health message.
2. Recognize healing only comes through Christ.
3. Base our health ministry on sound science.
4. Possess a non-judgemental and balanced attitude.

Can We Balance the Bad with the Good?

Non-Biblical Concept

Biblical Concept of Balance

“In looking to Jesus, by studying His life and character, by earnestly desiring to be like Him, our minds will be balanced in the right direction, that we may overcome selfishness, and choose a course of righteousness. . . .” SD 159

Our Christian Experience is Progressive

“Lord, what should I change in my life today—by your Grace?”

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.”

I Cor 10:31

Questions?

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