

"GRANDMA, IS THIS a real hot dog?"

Megan asked when she saw the corn dog on her plate. We were in the Loma Linda University Cafeteria, and I assured her that no meat was served in that place.

But Megan was cautious. She looked at her salad. "Grandma, are you sure these aren't real bacon bits?" I again reassured her, but perhaps there was a touch of impatience in my voice.

Megan lifted her serious 4-year-old eyes and looked straight into mine, "I need to be careful Grandma," she said solemnly. "I have never eaten any meat in my life, and I don't ever want to. So when I'm not home, I need to ask."

Megan was right. Nutritional research confirms that people who don't eat animal products have greater longevity, fewer heart attacks and strokes, fewer weight problems, lower cholesterol, lower blood pressure, and less diabetes. They have less cancer

of the breast, prostate, and colon, and fewer hemorrhoids. They also have fewer stones of the kidney and gall bladder, less kidney disease, and less gouty arthritis. Their bones are stronger; they have less osteoporosis.

An editorial in the Journal of the American Medical Association states: "A total vegetarian diet could prevent up to 97 percent of our heart attacks."

Although the human body can nourish itself on animal foods, it lacks the protection against large amounts of fat and cholesterol that carnivorous animals have. Therefore, excessive fat and cholesterol stack up in the blood-stream. Arteries thicken and narrow, and plaque forms, blood supplies to vital organs diminish. The stage is set for many of our killer diseases.

In a lifetime, the average American meat eater subsidizes the killing of a thousand chickens and turkeys, dozens of pigs, sheep, and cows, plus thousands of

sea creatures.

Today the Eden diet is "in." On every side we are urged to eat more fruits, vegetables, and grains because they contain phytochemicals, antioxidants, and fiber—substances that the body needs to protect itself from cancer and other health threats.

The food fanatics of yesteryear have now become today's trend-setters. Whether they are a CEO, lawyer, tennis champion, or housewife, vegetarians are widely respected. Today, vegetarianism is increasingly viewed as smart, healthy, caring, and a responsible choice.

*Lord, help me to be willing to make sacrifices for my ultimate well-being.*

Aileen Ludington

Victory in Christ is our goal -  
Health of body, mind, and soul.

**Come and travel with us.**

## Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

*Reading from Fit Forever. Kay Kuzma, Editor, copyright 2005 Review and Herald Publishing Association. Used with Permission.*

**Victoria Seventh-day  
Adventist Church**  
1860 Mountain View Ave.  
(1 Block North of I-10)  
P.O. Box 863  
Loma Linda, CA 92354  
Phone (909) 796 7869  
pastor@victoriaadventist.org  
www.victoriaadventist.org

Wednesdays 7-8:30 P.M.  
Saturdays 9:00 A.M. to Noon

# HEALTH TIPS!

# 12



## The Trend

*. . . unless you . . . become  
as little children, you will by no  
means enter the kingdom of heaven.  
Matt. 18:3, NKJV.*