

JOHN 13:35

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LOVE

“By this shall all men know that ye are my disciples, if ye have love one for another.”

John 13:35.

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WHY GOD CAME TO EARTH

Love to man is the earthward manifestation of the love of God.

It was to implant this love, to make us children of one family, the King of glory became one with us.

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WHEN IS GOD'S MISSION ACCOMPLISHED?

“And when His parting words are fulfilled, ‘Love one another, as I have loved you’ (Jn 15:12); when we love the world as He has loved it, then for us His mission is accomplished. We are fitted for heaven, for we have heaven in our hearts.” DA 641.

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THE VALUE OF A SOUL

“The loss of even one soul is a calamity


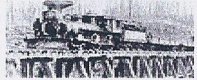


Infinitely outweighing the gains and treasures of a world...” GC 21.

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LOVE FOR MAN

THE KATE SHELLEY STORY


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WHO HAS LOVE ONE FOR ANOTHER?

- ❖ Did Kate Shelley?
- ❖ Did she do something to warn people?
- ❖ How many are rushing to premature death from their habits of living?
- ❖ What are you doing to warn them?
- ❖ More important, many millions are rushing into eternal death?
- ❖ What are you doing to warn them?

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EVEN ANIMALS HAVE COMPASSION



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THE LABORATORY RAT EXPERIMENT

- ❖ A laboratory rat, suspended in the air by a harness, screeches and struggles.




- ❖ Catching sight of the imperiled rat, one of its cagemates becomes upset too and manages to come to the rescue by pressing a bar that lowers the victim safely to the ground. David Goldman, Social Intelligence 2006, pp. 54-5.

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THE MONKEY EXPERIMENT

- ❖ 6 monkeys were trained to pull chains to get food. A 7th monkey gets shocked every time one of the 6 pulls the chains to get food.
- ❖ On seeing this 4 of them began pulling other chains to get food which didn't produce a shock in the 7th monkey. 2 monkeys starved themselves rather than pull the chain which caused a shock to the 7th monkey. ibid., 6



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CHURCH HEALTH PROGRAMS



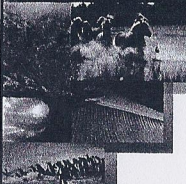
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CHURCH MEMBERS DEMONSTRATE LOVE

- ❖ Have you demonstrated your love to help those who need the health information to come to your church's health programs?

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THE GOOD LIFESTYLE



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HABITS TO PREVENT PREMATURE DEATH

- ❖ Low risk individuals rarely have heart attacks.
- ❖ These are those who do 4 things:
- ❖ Don't smoke.
- ❖ Are not overweight.
- ❖ Exercise daily.
- ❖ Eat well (more fruits and vegetables, more whole grains, less meat).

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Lifestyle

Low-risk individuals
 (don't smoke; get daily exercise, keep their weight down; eat well with little or no meat but lots of fruits, vegetables, and whole grains)

... don't have heart attacks

20,000 aged 35-69 were followed for 10 years

- No man in this low-risk group had a heart attack
- Only two women had heart attacks.

But only 2.7% were in this low-risk category.

Eur J Cardiovasc Prev Rehabil 2006;13:562-70

Lifestyle

A study of 153,000 adults had only 3% who had these 4 factors

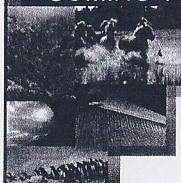
- Didn't smoke
- BMI 18.5-25
- Consume 5 fruits and vegetables per day
- Exercise 30 minutes 5 times per week

Arch Intern Med 2005;165:854-7

The Women's Health Study showed not smoking, low BMI, regular exercise, and a good diet reduced stroke risk even after controlling for hypertension, diabetes, and elevated cholesterol.

Arch Intern Med 2006;166:1403-9

HEALTH NEEDS OF THOSE COMING TO HEALTH PROGRAMS



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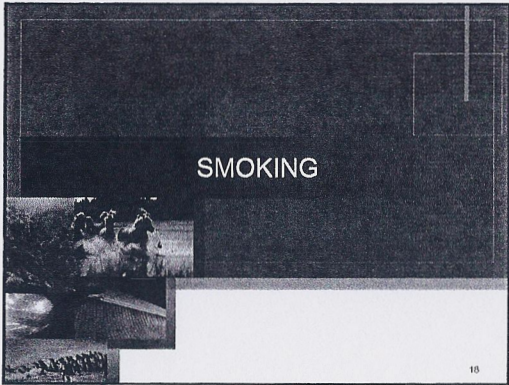
Most, if not all, will be nonsmokers.

Many need to lose weight.

Most need a better diet, using more fruits & vegetables, whole grains & less meat.

Most need to exercise.

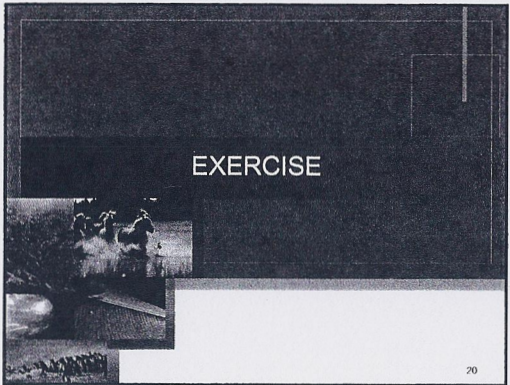
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Population-attributable heart disease and cancer risk from smoking is large.

By 2020 it is estimated 10 million will die in this world every year due to tobacco use!

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EXERCISE IMPORTANT EVEN FOR THE ELDERLY

A study of the elderly (70-82) divided into tertiles of daily energy expenditure (.521 kcal, 521-770, >770) showed


A mortality ratio of less than 1/3rd for the highest vs. **Lowest tertile of energy Expenditure.** JAMA 2006;296:216-5.

Risk Ratio 0.31

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EXERCISE FOR ELDERLY EXTREMELY IMPORTANT

❖ In another study the eldest men (75-93) showed a sedentary lifestyle to promote coronary heart disease more strongly than with those who were younger. Ann Epidemiol 2002;12:173-81.



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WOMEN AND EXERCISE

❖ A study of 72,488 healthy women over 8 years showed exercisers risk vs. those who exercised little:

- 1 hr./week 71% of the risk only
- 3 hrs. 52%
- 5 hrs. 46%
- If done vigorously 41%


▪ NEJM Aug. 1999;341:650-58.

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OVERALL MORTALITY

❖ **Walking 2 miles a day vs. <1 reduces mortality by about 50%!**

N Engl J Med 1996;335:94-9



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EXERCISE VS. OTHER HEALTH PROBLEMS

❖ Fit persons with any combination of smoking, elevated B.P. or elevated cholesterol level had lower death rates than low-fit persons with none of these characteristics. JAMA 1996;276:205-10.

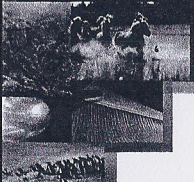
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WHAT DOCTORS ARE TO TELL THEIR PATIENTS

❖ "We should not tell patients to exercise because it will make them slim, normotensive, and with a great lipid profile. Exercise may help with these, but even if it doesn't, there are still important health benefits obtained." Steven Blair, personal communication, July 23, 2007.

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OVERWEIGHT



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OVERWEIGHT AND AGE

❖ The Physicians Health Study of over 85,000 men showed an increased death risk with obesity regardless of age strata (40-54, 55-69, 70-84). The never smokers with BMIs of 30 or greater had a 70% increased risk of death compared to those at 22.2-24.9.

❖ Advanced age did not attenuate the increased risk due to obesity. Lean men did not have an excess risk. Ann Epidemiol 2004;14:731-9

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THE OBESITY EPIDEMIC

❖ "Obesity is no longer a person disease; it is a new global disease and public health phenomenon. Since the 1980's, obesity in the U.S. has taken on epidemic dimensions." Mo Med 2005;102:550-4.

❖ "The prevalence of overweight and obesity now exceeds 60% among US adults, and the rate is rapidly increasing among children." Ann J Med Sci 2006;331:166-74. "Fed Up! Winning the war against childhood obesity."


❖ Due to the "obesogenic" environment. Curr Opin Cardiol 2006;21:353-60.

❖ No longer a sideshow. Minn Med 2005;88:32-7

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OBESITY INCREASES CHRONIC DISEASE


- ❖ Obesity is increasing risk of CVD (heart disease, stroke, hypertension), cancers, diabetes, arthritis, etc. Trans Am Clin Climatol Assoc 2005;116:103-11.
- ❖ A 15-lb. weight gain increases risk of diabetes by 50%, losing as little as 11 lbs. reduces risk by 50%. Am J Nurs 2006;106:40-9.



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OBESITY AND EXERCISE


- ❖ Obese individuals with at least moderate cardiorespiratory fitness have about half the rates of cardiovascular disease or all-cause mortality as normal-weight but unfit peers.
- ❖ 150 minutes a week of moderate intensity physical activity is sufficient to avoid the low-fitness category. JAMA 2004;292:1232-4



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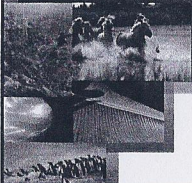
VISCERAL ADIPOSITY

- ❖ It is reported that a 10% weight loss reduces visceral adiposity by 35%. Obesity 2006;14:336-41.
- ❖ Most studies show obesity does not appear to increase mortality very much when data is adjusted for cardio-respiratory fitness. Steven Blair.



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DIET and CHRONIC DISEASE



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"THOU SHALT NOT KILL."

The 6th commandment applies to the fork and spoon as much as to the bullet from a gun!



More than 30% of motivated individuals who ate cholesterol-lowering foods lowered their LDL-C >20% which is not very different from statin therapy. AJCN 2006;83:582-91.

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UNITY IN HEALTH EDUCATION

- ❖ The American Heart Association, the American Cancer Society, and the American Diabetes Association have united in their health education efforts since the factors for each one are about the same.

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CANCER RISK FACTORS

The risk factors for cancer are the same as those for heart disease – smoking, overweight, lack of exercise, and use of too much meat and not enough fruits and vegetables and whole grains.

Highest vs. lowest quartile of fruit and vegetable users have only

$\frac{1}{2}$

The risk of getting cancer.

W Nutr Cancer 1992;18:1-26 35

DIABETES

❖ **DIABETES HAS A CONSISTENT 2-FOLD EXCESS RISK OF CORONARY HEART DISEASE ACROSS ALL AGE GROUPS INCLUDING THE ELDERLY.** Ann Epidemiol 2002;12:173-81.

❖ Meat use increased the risk of getting diabetes and also the mortality once you have diabetes.



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HYPERTENSION

In the Women's Health Study abstinence from smoking, low BMI, moderate alcohol regular exercise, and a healthy diet was associated with a substantial reduction of stroke risk even after controlling for biological mediators such as hypertension, diabetes, & elevated cholesterol. Arch Intern Med 2006; 166: 1403-9



A meta-analysis showed improved diet lowers systolic BP 5 mm, exercise 4.6 mm, alcohol restriction 3.8 mm, salt 3.6 mm. Weight control is essential. J Hypertension 2006;24:215-33.

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HEME IRON

Not to eat the blood of the animal. Lev. 3:17.

Heme iron had a stronger association with CHD than meat intake. J Am Geriatr Soc 2005;53:2159-64

It is associated with diabetes risk. AJCN

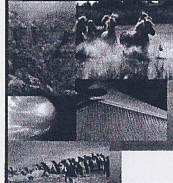
2004;79:70-5
The Nurses' Health Study showed higher iron stores associated with higher diabetes risk. JAMA 2004;291:711-17.

This may also be causing colon cancer.

Cancer Res 1996;56:5781-9; Cholesterol 2005;21:1999-16

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LOVE WILL DRAW PEOPLE TO CHRIST



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THE NEW COMMANDMENT

❖ **"A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another."** Jn 13:34.

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THE RUSHING TRAIN

- ❖ Little do people know on the rushing train of life that the bridge ahead has collapsed.
- ❖ Little do people know they are soon to pass into eternity.
- ❖ Can we show our love by giving the warning and helping those who wish to know what the situation is?

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IMPORTANCE OF HEALTH



“The truth must come to the people upon health reform. This is essential in order to arrest the attention in regard to Bible truth.” CM 132-3.

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GOD'S APPOINTED WORK

“Every gospel worker should feel the giving of instruction in the principles of healthful living, is part of his appointed work. Of this there is great need, and the world is open to it.” MH 147.



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WHY?

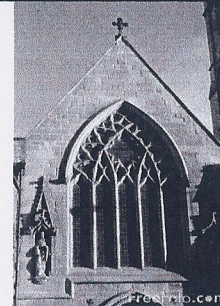
- ❖ ***“This medical missionary work is the door through which the truth is to find entrance to the large cities.”*** CH 392.
- ❖ ***“The union of Christlike work for the body, and Christ-like work for the soul, is the true interpretation of the gospel.”***
Call to Med. Evan. 7.

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IMPORTANCE OF HEALTH

- ❖ “No subject which is presented to the inhabitants of our cities should command so large an interest as that which concerns physical health.”

Temp 100



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PREJUDICE

- ❖ “. . . I know that only by this medical missionary work can the prejudice which exists in the world against our faith be broken down.” GCB 203, 1901.
- ❖ “It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message.” CDF 75.

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EFFECT EVEN IF WITH SELFISH MOTIVES

❖ “Those who are willing to inform themselves concerning the effect of sinful indulgence upon health, and who commence the work of reform, even if it be from selfish motives, in doing so place themselves where the truth of God may find access to their hearts.” 4T 553.

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SEED SOWING AND REAPING

❖ “When connected with other lines of gospel effort, medical missionary work is a most effective instrument by which the ground is prepared for the sowing of the seeds of truth, and the instrument also by which the harvest is reaped.” MH 240.

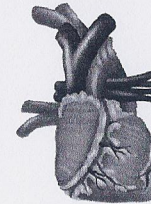
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LOVE

❖ “Thou shalt love thy neighbor as thyself.” Mt. 22:39.

❖ “By this shall all men know that ye are my disciples, if ye have love one to another.”

John 13:35.



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