

The Clever Adventist Diet
by Charles H. Clever
Part I

You can live longer if you practice truths gleaned from the Spirit of Prophecies' guidelines because, "Believe his prophets, so shall ye prosper" (2 Chronicles 20:20).

Most Adventists are clever enough to partially follow certain counsels. They know harmful effects include: Alcohol-it emulsifies tissue; tobacco—a potent carcinogen; flesh foods—transmit pathogens including "mad-cow-related-diseases"; and white flour—lacking in fiber and nutrition; however, by applying *additional* counsels gleaned from the health-reform message given in the 1800s, it should slow the aging process even further.

Since God gave these counsels before scientific advances, we are assured of His tender care. This could allow us to live sufficiently to be among those who are changed, in the twinkling of an eye. ;-)

Flesh foods, either clean or unclean, cause disease and death.

Loma Linda, California (a Blue Zone) is 50% Adventists, meaning these statistics could be better, but according to the U.S. Census, the average woman lives to 91 and men average 87--this equals a median age of 89. The longest lived country in the world is Japan with life spans of 89 for women and 81 for men, with a median of 85.

So, the city of Loma Linda residents, if considered a country live four years longer than any country in the world. And a contributing factor is the Ellen White counsels for the church--No! This message was given to the world. She writes:

"Cancers, tumors, and all inflammatory diseases are largely caused by meat-eating. From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh" (Ellen G. White, *Testimony Studies on Diet and Foods*, page 174).

There are almost *immortal* particle that are in EVERY living thing, clean or biblically unclean; fruit or vegetable, which survive the highest temperatures of cooking. Called *somatids*, they assemble, maintain, and dissolve your body at death. This important topic is discussed in greater detail on the Internet in a page I entitled: "INFLAMMATORY DISORDERS AND BIBLICAL UNCLEAN FOODS" -- Posted at <http://revelado.org/inflammatory.diseases.and.somatids.htm>

No! As you read that page, it is not science fiction or Internet fabrications. Go to that site after reading this page.

Oxidative Stress:

Ellen White tells us that cheese is totally unfit for food and should not be introduced into the stomach, yet she ate cottage cheese—what's the difference?

White instructed a sickly doctor on a vegan diet, the leader of a health sanitarium, to *not* go to dietary extremes and teach the abandonment of dairy or eggs prematurely. With proper foods and supplements vegan diets are safe and to be voluntary but she counsels him, diagnosed with pernicious anemia (B12 deficiency):

"When the time comes that it is no longer safe to use milk, cream, butter, and eggs, *God will reveal this. No extremes in health reform are to be advocated* [by similar well-

meaning Adventist health advocates]. *The question of using milk and butter and eggs will work out its own problem* [Like it did at Fujiyama, Japan]. At present we have no burden on this line. Let your moderation be known unto all men" (*Letter 37, 1901*, pp. 1-13. to Dr. and Mrs. Kress, May 29, 1901).

According to the Health Department, heating food to 164 degrees Fahrenheit (73c) kills all bacteria and viruses. Ellen White said of cow's milk, "it should be thoroughly sterilized" (*Ministry of Healing*, 302). Because in the future cooking or sterilization will *not* render animal products safe, the impending contamination will undoubtedly be from radioactive isotopes.

White also writes to this doctor, as recorded in *12 Manuscript Release*, page 169.4: "Eggs contain properties which are remedial agencies in counteracting **poisons**." There is a systematic **marker of premature death**, homocysteine, that is neutralized by choline (*koleen*) of which eggs are a good source. Study more about how "Choline lowers homocysteine" at: <http://www.life-enhancement.com/magazine/article/1042-choline-battles-homocysteine>

Egg yolks are also a rich source the carotenoids--vitamin K2, luten and zeaxanthin. Vitamin K2, is found in cheese, butter and natto (a fermented soy product). The K vitamins do more than ensure proper blood coagulation--they facilitate the proper utilization of calcium and hormones; they prevent calcification of our soft tissue. The antioxidants are known to neutralize damaging free-radical molecules. They also retard macular degeneration, as outlined in this study: <http://jn.nutrition.org/content/136/10/2519.full>

Doctor Kress obeyed the health message and ate eggs and sterilized milk products, living into his nineties. This was during a time when people died much younger—before cows were routinely tested for tuberculosis and milk pasteurized. Aged 116, Emma Morano is the world's oldest woman and has eaten raw eggs since a teenager. A doctor told her she would live longer by eating three raw eggs a day. She currently (2016) lives alone in her own apartment in Italy. If conditions are favorable, raising a few chickens in your back yard may be a good idea, and vegetarian lay-pellets are readily available.

White died prematurely at 88 from an injury but lived a relatively normal life following God's dietary plan; she had milk cows and chickens until dying from a fractured hip. White also ate colorful fruit, usually planting orchards at homes she purchased. She writes: "We have peaches, apricots, nectarines, grapes, plums, and tomatoes canned" (*Letter 128, 1896*). Now, let us add this information together to promote longevity.

Lacking the life-extending properties of the Tree of Life, much of our food actually causes aging. We slowly "cook" and cell structures bind together through a process called cross-linking. Ellen White was not immune to this and her late-life mini-strokes indicate she had hypertension although blood-pressure testing was not available. This "normal" aging process is discussed later, but we know of hormones today.

White could have lessened the horrors of late life with a simple supplement that replaces an androgen that drops in mid-life. This hormone, abbreviated DHEA is produced in the kidney's adrenal gland. It is used by the system to make essential hormones like estrogen, progesterone, and testosterone. DHEA neutralizes cortisol so at menopause, and more slowly for men, manopause, the higher cortisol actually dissolves the body--slowly, and muscle turns to fat and bones become porous, not to mention a host of other terrors like perpetual PMS.

Most doctors who know will say 25 mg of DHEA per day will help. It is available (puritan.com) in **sustained release**. If you have a headache sensation from taking it, similar to someone waking you up too early, try half the tablet in the morning and the other in the evening. Lowering your "naturally high" cortisol in old age should allow you to perform as younger. And 1,000 milligrams per day of the sunshine vitamin, D-3, will also help you restore lost muscle mass and brain function.

Cheese--Good or Bad?

What makes cheese unfit? It is actually a stored form of milk. In college lab experiments we made *fresh* cheese with lemon juice and human enzymes—acid plus enzymes is the process even babies do normally in digesting breast milk.

So, *fresh* cheese is healthy but in previous generations where there were no refrigerators, the cholesterol in cheese (and butter) oxidized and actually *destroys* tissue. In an experiment, parmesan cheese killed more tissue than any other oxidized food tested.

What cheeses are fresh, being made and stored under refrigeration? Mozzarella (for pizza), Colby, Longhorn, and Jack. These leave the creamery in about one week. Eat no sharp, aged; or un-refrigerated varieties like Velveeta, American, provolone, Swiss, or cheddar.

Keep this thought in mind: Cholesterol is a sterol molecule and oxidizes rapidly. In other words, a fresh egg is good (from range-free hens), and the saturated fats are also beneficial—even help make the good sub-types of cholesterol; but, when it is in a cookie or pasta, or the cholesterol that is in dehydrated meat or cheese, etcetera, stores--after a couple days at room temperature it literally kills tissue and accelerates aging. I know, having seen the microscope slides showing damage after contamination.

Ethnic groups or populations who eat surplus commodities, or live in warm climates without refrigerators and eating dehydrated meat, die very young, even the children are diabetic from destroyed beta cells in the pancreas. In Arizona the Pima Indians are 98 percent diabetic and have the highest amputation rate of any ethnic group but . . .

But the same DNA-matched Indians across the border in Mexico, who do not receive powdered eggs, stored cheese, and canned meat commodities, etc., they live a normal lifespan.

When foods oxidize they become cell-killers on a molecular basis—and this accelerates aging; so do two things—avoid like the plague any cholesterol-containing food that is old or rancid, and consume foods known as antioxidants to neutralize these aberrant molecules.

Avoiding old means NO cheese pops, curls, puffs, cheddar goldfish, cheese-sprayed chips, boxed macaroni, etc. So I emphasize this important fact: Eat foods high in antioxidants because they neutralize those aberrant molecules. This normalizes aging.

A recent (seriously flawed) study shows omega-3 oils actually increase prostate cancer by 71 percent. This was an incomplete study as Eskimos, who primarily eat fresh or frozen fish, are virtually free of prostate problems. The causative error in that study is in the supplement—capsulated fish oil (Omega-3s) and those rancid molecules are toxic. So . . .

So, for longevity, increase the use of antioxidants, like whole freshly ground flax seeds. They are higher in omega-3s than almonds which were easily grown and available

when recommended by Ellen White: "Light has been given me [from God] that almonds are preferable to peanuts" (21MR, 286). A comprehensive study suggests that omega-3 oils protect the brain from the loss of neurons that occurs with ordinary aging:

<http://fellowshipoftheminds.com/tag/james-pottala/>

Two tablespoons that you personally grind to saw-dust consistency supply about one tablespoon (4 capsules) of oil and about 350 percent of the polyunsaturated fats are the essential Omega-3s. Because it oxidizes rapidly, flax-seed oil (linseed oil) was popularly used as varnish, so use *fresh* ground flax within 20 minutes of grinding and store no more than a week's supply in the freezer. Yes! It is an inconvenience to grind flax but the benefits are momentous; I have been doing this for 30 years.

In a few months our body rebuilds of superior molecules and is healthier and stronger—you will live longer and feel better. A recent controlled study of flax-oil revealed a 15 point drop in blood pressure in three months; it also offers protection from radioactive isotopes (<http://naturalsociety.com/trial-links-flax-seeds-lowered-blood-pressure/>). Don't tire of this as when this food is discontinued, you revert to your old person within a few months.

Antioxidants

Increase intake of foods high in carotenoids or other antioxidants. This includes the red or orange varieties. Blueberries and other colorful fruits and vegetables are excellent. Eat these every morning and vegetables later in the day. They neutralize free radicals—slow aging, and promote longevity.

Sweets:

Sugar is not a poison as many think, but some is necessary for cellular metabolism and energy.

The study of glyconutrients is a relatively new branch of science where eight sugars are classified as essential. Without these forms of sugar, "thou shalt surely die." These nutrients are higher in fruits, and denatured by fermentation. That means, "An apple a day may really keep the doctor away." So, these essential nutrients should be consumed in as natural a form as possible, not in alcoholic beverages.

Please observe that fruits in their natural form are not overly sweet but modern concentrations of processed sugar can damage the digestive system. We are warned of this in a letter of 1901 to Dr. Kress, who was mentioned earlier: "Some enjoy best the sweetest crackers, but ***these are an injury to the digestive organs***" (12Manuscript Release 173.1).

Let me emphasize again, sugar itself is not a poison, It is found naturally in many foods like beets and carrots, but it is well known that sugar concentrates dehydrate and kill microbes. In addition, bonded sugar molecules in sucralose (*Splenda*) may cause gastritis and stomach ulcers.

Recent metagenomics research by Dr. Jeffrey Gordon of Washington University in St. Louis shows how normal intestinal flora is destroyed and replaced by other microbes after eating sugar. Damage to the intestines causes the *Leaky Gut Syndrome*. This triggers a host of disorders by allowing bacteria and other contaminants to enter the blood stream. This damage to the intestinal lining comes from many sources including sugar concentrates (<http://www.stopleakygut.com/causes>). So, for those with a sweet tooth, avoid this by consuming very *small* amounts of dessert *after* the meal when the stomach is *not* empty;

this may dilute concentrated sugar but note this experiment:

Friends and I took blood sugar tests before eating at a Chinese buffet. Our tests were around a normal baseline of 100. Two hours after eating my companions tested with sugar levels 130 to 160 *above* baseline. My blood sugar only raised 46 points above baseline. Why were their blood sugar levels so high? Although we all ate similar foods, my contemporaries added three or four coconut macaroons to their diet. And, until their high glucose-level subsided, the high blood sugar circulating throughout the body caused the damaging effects of hyperglycemia, similar to that experienced by uncontrolled sugar levels of diabetics. The sugar-level of the blood does not return to normal for several hours. How many times per day you eat increases total time the blood is elevated like an uncontrolled “diabetic.” If you eat three meals a day, that translates to hypoglycemic for six to nine hours. If you snack continuously your blood sugar is higher much longer and this causes glycation.

Glycation

Do not eat large quantities of sugar, and especially high-fructose foods (or corn-syrup drinks). In addition to damaging cell structures, it stores as visceral fat, especially during periods of physical inactivity, like while sleeping. Our body processes fructose different than granulated sugar (sucrose). Fructose can be 10 times more corrosive than table (vegetable) sugar. All carbohydrates damage the system through a process known as glycation--a secret to longevity is to use "slow carbohydrates." That is, those that digest slowly--processed sugars digest fast.

The world’s oldest people (in Ikaria, Greece) favor a diet low in sweets and higher in vegetables. This keeps their blood glucose lower and retards the aging process. Ellen White teaches us, “Sugar clogs the system. It hinders the working of the living machine” (2 *Testimonies*, p 370).

More than you can imagine, glycation is a *major* factor in growing old. Sugars actually attach to and damages all tissue in your body including vital organs and veins in the circulatory system. We discuss telomeres later, but it is important to know their length determines how long you will live. Smoking one pack of cigarettes a day for 20 years shortens them as if you are really 10 years older. And daily sugar intake, the equivalent to that in a 20 ounce soda, shortens them the same amount.

Next, I discuss what researchers often call intermittent fasting—a technique Ellen White advocated—and it prolongs life more than you can ever imagine.

The Special Adventist Diet Part II

Intermittent Fast and Live Longer Doctors, athletics, or other health enthusiasts, often recommend eating small portions continually throughout the day. For example, someone with high blood sugar may be told to eat protein snacks every thirty minutes. They assume this is beneficial and avoiding this snacking for any length of time is considered intermittent fasting.

Ellen White tells us she did not understand the “whys” God told her certain things but said science will eventually catch up. She was shown to *not* snack between meals—not even an apple--and advocated living on *two* meals per day, “For thirty-five years I have practiced the two-meal system” (*Councils on Diet and Foods*, 179). Why did God tell us this?

For years, these instructions echoed in my mind when offered a piece of pie, ice cream, or other snack between meals but, not knowing why and in faith, I *usually* refused. What benefit does it offer?

A clue comes from the late Dr. Lester Breslow, a California public health specialist. He discovered in the 1960s that eating *between meals* was a factor in premature death. Dr. Breslow did not understand the precise reason, but he noticed snacking had detrimental effects. Let us apply this principle to longevity and the Spirit of Prophecy.

Most everyone has heard that rats raised on reduced calories live about 40 percent longer (120 years equivalency) than those who could eat at random.

On a restricted-calorie diet, they suffered physiologically and had reduced mental function while living longer. In addition, when infant rats were raised normal, then had their calories restricted, they had healthy bodies and lived longer but then grew thin and functioned less than optimal. Then . . .

Then a researcher determined normal calorie intake for rats—what they should eat in 24 hours to maintain proper weight—but only put that quantity of food in front of them once or twice a day. In other words, the rats were forced to fast between meals and again . . . That pause in eating is called “intermittent fasting” and . . .

And because the stomach was allowed to completely digest, empty, and rest, with no food allowed for snacking, *the rats lived as long as those on reduced calories*.

Read of one who was once the oldest man in the United States if two meals a day increases lifespan. Walter Breuning attributed his 114-year longevity to skipping the third meal (http://en.wikipedia.org/wiki/Walter_Breuning).

Your digestive system is one of your largest organs and Ellen White promoted rapid digestion—even recommending eating dry whole wheat bread, liquid restriction, and avoiding cold drinks during meals.

From digestion studies we know that water empties the stomach in about 25 minutes; fruit, 45”; salads, 1’15”; normal meals, about two hours; and a Big-Mac with French fries about **four** hours. Flesh foods have longer digestion time and leave residues called purines that your intestines must process.

Eating fruit in the morning and vegetables in the afternoon promotes rapid digestion. Ellen White also cautioned against eating them simultaneously: “It is not well to eat fruit and vegetables at the same meal. . . . It is better to have the fruit at one meal and the vegetables at another” (*Counsels on Diet and Foods*, page 113).

When fruit (simple sugars, that is, monosaccharides) and vegetables (starch, that is, complex or polysaccharides) are eaten together, the different enzymes necessary for digestion are impaired and the stomach is fatigued in the process of emptying.

When considering the energy consumed in digestion, prolonging it increases calorie usage and oxidative stress. When you allow the stomach to rest between meals, it reduces your total calorie requirement and *that* lowers calorie metabolism, glycation and damage from inflammatory processes; this also promotes longevity by reducing the times your blood sugar is elevated (hyperglycemic) .

So, keep this in mind—reduce calorie intake and live longer (For further research, Google *AGEs* and *glycation*). That also means to *eat less* rather than run long distances every day to burn those excess calories your body stores in unwanted places. Get a good scale and watch your weight to balance calorie intake with physical activity. Also, practices that are

good for your internal organs are also good for appearance. This article will explain this in simple terms: <http://www.dailymail.co.uk/femail/article-2125217> And . . .

Exercise Correctly

And when you exercise, do it like Ellen White advocated: slowly, “There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. . . . Walking, in all cases where it is possible, is the best remedy for diseased bodies . . .” (*Healthful Living*, 130).

When possible, White walked briskly for two miles. They were probably 20 minute miles and for every hour you exercise, you extend your lifetime about seven hours. She never mentions endurance running or jogging—that fad originated in the 1970s; high-intensity exercise should be brief. If you exhaust yourself, it actually causes stress, inflammation, and shortens your life. White also recommended walking or working in a garden, etcetera; even counseled intellectuals to periodically leave the books and till the soil because moderate exercise is essential for health.

Of course not everyone can garden or work outside—especially in the sub-zero winters, so—at the gym, do your repetitions s-l-o-w-l-y and use about 30 percent less weight. It is *not* the *amount* of weight you lift that gives muscle tone and size, but the *fatigue* the cell senses, so . . .

Don’t sweat it! I exercise in street clothes, reducing weights and allowing about seven seconds for each direction in any given exercise. The low-impact elliptical exerciser, also known as cross-country skiing, and lat-pull downs, are important exercises to hinder calcium formations in the shoulder’s articulating surfaces caused by a stationary lifestyle. Flax-seed includes special oils that are not metabolized as energy and some deposits in your synovial fluid and lubricates these surfaces.

A high-intensity exercise has benefits for short durations, but don’t huff and puff as labored breathing indicates high calorie burn. Exercise slowly with little resistance and if your muscles are painful to the touch the next day, you are experiencing the effects of over-exercise and wearing out life forces; you need reduce exertion.

Only exercise under the training of certified instructors and regardless of what “experts” say, for those of advanced age, allow only light or zero vertical pressure downward on the spine or you may lose height and spinal-column integrity—it could cause more problems than you ever imagined.

Most importantly, keep calorie-burn to low levels, and then antioxidants can neutralize the free-radicals as they are generated and this prolongs life. If you exercise too fast, mimicking a fight-or-flight situation, you *exceed* the threshold of antioxidants to neutralize free radicals and those aberrant molecules kill tissue. The resulting oxidative stress and inflammation accelerating cell death and aging.

Please observe, if you have not lived properly and have occluded arteries, there may be wisdom in doctor-supervised intense exercise as you force small arteries to expand and grow, but this is not the case if you are dietary-smart and have avoided corrosive food.

I was raised on a typical Mid-Western diet that is virtually guaranteed to cause heart disease; daily smoking two or more packs of cigarettes and consuming rancid bacon grease almost every meal. Accepting Jesus in midlife, my lifestyle changed and after twenty-five years of practicing the Clever Adventist Diet, I needed to know what the inside of my

arteries looked like. Contracting a hospital and cardiologist, my arteries displayed no occlusions as confirmed by angiogram; and this without aerobics, you see . . .

High-velocity exercises are not necessary for longevity; remember, Tibetan monks live decades longer than Hong Kong rickshaw-pulling coolies, and turtles live decades longer than bounding rabbits.

Use Soy Products Wisely

Before closing this portion, I need mention a couple more subjects--that those textured soy products, and or tofu, may be detrimental to your health. Soy is often classified as an anti-nutrient.

A controlled study at the University of Honolulu by the Alzheimer's Association shows that just two ounces of tofu, twice a week, caused slow cerebral atrophy and accelerated mental decline in Asian men over a thirty-year period. The participants had mental testing throughout the program and were shown to be less intelligent proportional to the amount of tofu consumed (their wives also showed this decline.

<http://articles.mercola.com/sites/articles/archive/2000/09/17/soy-brain.aspx>).

Several decades ago, long before genetic engineered food, it was shown that soy *inhibits* the utilization of essential nutrients: "In feeding experiments, use of soy protein isolate (SPI) increased requirements for vitamins E, K, D and B12 and created deficiency symptoms of calcium, magnesium, manganese, molybdenum, copper, iron and zinc" (1974, Joseph, JR. Biological and physiological Factors in Soybeans. *JOACS*, 1974 Jan;51:161A-170A).

Soy is also a proven goitrogen and because it inhibits the operation of iodine in the thyroid, may similarly affect iodine receptors in the breasts—this has been shown to increase risk of fibrocystic breast disease.

A more recent study in Java, and funded by the *Alzheimer's Research Trust*, found increased mental decline in lifelong use of soy among 719 older men questioned and mentally tested. (High Tofu Intake Related to Memory Loss:)
www.medicalnewstoday.com/releases/114061.php).

Vegetable Oil Can be Dangerous

For decades it is observed in *The Adventist Health Study* that deaths are reduced in all categories among Seventh-day Adventists *except* colorectal cancers. We were "religiously" taught to shun "essential" Omega-3s and saturated fats even though people using olive oil and nuts fared better and Ellen White recommended "Oil, as eaten in the olive. . . ." (*Ministry of Healing*, 298). Since that observation, "debates have run to and fro and knowledge has increased." In all probability the increased cancer rates are related to the era: "All fat is bad except *pufas*." Then cooking with polyunsaturated fatty acids was promoted. Today this is known to cause oxidative stress, inflammation, and increase some cancers. When frying with corn, safflower, soybean, and similar liquid vegetable oils, it inhibits essential omega-3 oils from proper utilization. Now nutritionists recommend using *small* amounts of beneficial saturated fats for cooking like found in olive, peanut, coconut or, as Ellen White recommends--butter.

Sleep several hours before the cock crows twice

One final thought; melatonin is your sleep hormone. Melatonin levels begins to elevate about 10 p.m. so it is better to retire early as sleep is essential for long life. Ellen White writes as recorded in *Manuscript Release 463*: "I know from the testimonies given me [by God] from time to time for brain workers, that sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . ."

Research studying telomere length, a marker of DNA longevity and premature death, found that women who were stressed or cared for "challenged" children displayed an age of ten years older than actual; similar results are found in women caring for Alzheimer's patients. Studies show a lifestyle like Ellen White advocated may prevent detrimental effects, and that includes trusting in God.

Sleep is important, as is moderate exercise, dietary antioxidants and natural foods; and please, in God's strength, live as stress-free as possible—take time to smell the roses. More on telomeres here: <http://www.prevention.com/health/healthy-living/lengthen-dna-telomeres-longer-life?s=8>

Adventists trust God, and we must also ask: "What would you have me to do, Lord?" Of course He wants the best for us, "I wish above all things that you may prosper and be in health, even as your soul prospers" (3 John 1:2). So, if you are clever, then follow The Special Adventist Diet. You will enjoy the benefits God designed and live longer because our Savior says, "He that receives a prophet . . . shall receive a prophet's reward" (Matthew 10:41), and "proof is in the pudding."

Blessings and peace in Jesus . . .

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Break the hidden code in Daniel 12, the only part of the Bible that is "sealed and closed until the end of the days" at:

<http://revelado.org/thetimeoftheend.pdf> (or .htm)

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