

Health Quotes 'n' Notes™

Stimulants & Addictive Substances



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Health, Happiness, and a Higher Purpose.

Health Quotes ‘n’ NotesTM Stimulants & Addictive Substances

**A compilation of E.G. White
and Bible texts
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Stimulants and Addictive Substances

This may touch close to home, please read on anyway: “Some are indulging lustful appetite which wars against the soul and is a constant hindrance to their spiritual advancement. They constantly bear an accusing conscience, and if straight truths are talked they are prepared to be offended. They are self-condemned and feel that subjects have been purposely selected to touch their case. They feel grieved and injured, and withdraw themselves from the assemblies of the saints. They forsake the assembling of themselves together, for then their consciences are not so disturbed. They soon lose their interest in the meetings and their love for the truth, and, unless they entirely reform, will go back and take their position with the rebel host who stand under the black banner of Satan. If these will crucify fleshly lusts which war against the soul, they will get out of the way, where the arrows of truth will pass harmlessly by them. But while they indulge lustful appetite, and thus cherish their idols, they make themselves a mark for the arrows of truth to hit, and if truth is spoken at all, they must be wounded. Some think that they cannot reform, that health would be sacrificed should they attempt to leave the use of tea, tobacco, and flesh meats. This is the suggestion of Satan. It is these hurtful stimulants that are surely undermining the constitution and preparing the system for acute diseases by impairing Nature’s fine machinery and battering down her fortifications erected against disease and premature decay.

Those who make a change and leave off these unnatural stimulants will for a time feel their loss and suffer considerably without them, as does the drunkard who is wedded to his liquor. Take away intoxicating drinks and he suffers terribly. But if he persists he will soon overcome the dreadful lack. Nature will come to his aid and remain at her post until he again substitutes the false prop in her place. Some have so benumbed the fine sensibilities

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of Nature that it may require a little time for her to recover from the abuse she has been made to suffer through the sinful habits of man, the indulgence of an acquired, depraved appetite, which has depressed and weakened her powers.

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Give Nature a chance, and she will rally and again perform her part nobly and well. The use of unnatural stimulants is destructive to health and has a benumbing influence upon the brain, making it impossible to appreciate eternal things. Those who cherish these idols cannot rightly value the salvation which Christ has wrought out for them by a life of self-denial, continual suffering and reproach, and by finally yielding His own sinless life to save perishing man

from death.” {1T 548-9} *(As the complier, I am NOT perfect. I too struggle with some of the things that are mentioned in this booklet. However, because of the importance of this topic I cannot wait until I’ve attained complete reform, I must share this personal study with you now.)*

Healthful foods don’t taste good because of stimulants: “Because it is the fashion, in harmony with morbid appetite, rich cake, pies, and puddings, and every hurtful thing, are crowded into the stomach. The table must be loaded down with a variety, or the depraved appetite cannot be satisfied. In the morning, these slaves to appetite often have impure breath, and a furred tongue. They do not enjoy health, and wonder why they suffer with pains, headaches, and various ills. Many eat three times a day, and again just before going to bed. In a short time the digestive organs are worn out, for they have had no time to rest.... Persons who have indulged their appetite to eat freely of meat, highly-seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted they have no appetite for a wholesome diet of fruits, plain bread and

vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. That fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet. It will take time for the taste to recover from the abuses which it has received, and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater satisfaction than the epicure enjoys over his rich dainties. The stomach is not fevered with meat, and overtaxed, but is in a healthy condition, and can readily perform its task. There should be no delay in reform. Efforts should be made to preserve carefully the remaining strength of the vital forces, by lifting off every over-tasking burden.” {4aSG 130-1}

What is a stimulant

STIMULANT, a. [L.] Increasing or exciting action, particularly the action of the organs of an animal body; stimulating. n. A medicine that excites and increases the action of the moving fibers or organs of an animal body. Webster’s Dictionary

Most harmful stimulants (these are labeled as sinful to indulge in and should be avoided at all costs):

Tea

Coffee

Liquor

Tobacco

Narcotics (opium, etc.)

Moderate use of Alcohol Leads to Use of Stronger Drinks:

“Cider drinking leads to the use of stronger drinks. The stomach loses its natural vigor, and something stronger is needed to arouse it to action. On one occasion when my husband and myself were traveling, we were obliged to spend several hours waiting for the train. While we were in the depot, a red-faced, bloated farmer came

into the restaurant connected with it, and in a loud, rough voice asked, "Have you first-class brandy?" He was answered in the affirmative, and ordered half a tumbler. "Have you pepper sauce?" "Yes," was the answer. "Well, put in two large spoonfuls." He next ordered two spoonfuls of alcohol added, and concluded by calling for "a good dose of black pepper." The man who was preparing it asked, "What will you do with such a mixture?" He replied, "I guess that will take hold," and placing the full glass to his lips, drank the whole of this fiery compound. Said my husband, "That man has used stimulants until he has destroyed the tender coats of the stomach. I should suppose that they must be as insensible as a burnt boot. Many, as they read this, will laugh at the warning of danger. They will say, "Surely the little wine or cider that I use cannot hurt me." Satan has marked such as his prey; he leads them on step by step, and they perceive it not until the chains of habit and appetite are too strong to be broken. We see the power that appetite for strong drink has over men; we see how many of all professions and of heavy responsibilities, men of exalted station, of eminent talents, of great attainments, of fine feelings, of strong nerves, and of high reasoning powers, sacrifice everything for the indulgence of appetite until they are reduced to the level of the brutes; and in very many cases their downward course commenced with the use of wine or cider. Knowing this, I take my stand decidedly in opposition to the manufacture of wine or cider to be used as a beverage. . . . If all would be vigilant and faithful in guarding the little openings made by the moderate use of the so-called harmless wine and cider, the highway to drunkenness would be closed up." {Te 96}

What about the Bible and Wine: "The Bible nowhere sanctions the use of intoxicating wine. The wine that Christ made from water at the marriage feast of Cana was the pure juice of the grape. This is the 'new wine . . . found in the cluster,' of which the Scripture says, 'Destroy it not; for a blessing is in it.' Isaiah 65:8. It was Christ who, in the Old Testament, gave the warning to Israel, 'Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.' Proverbs 20:1. He Himself provided no such beverage. Satan tempts men to indulgence that will becloud reason

and benumb the spiritual perceptions, but Christ teaches us to bring the lower nature into subjection. He never places before men that which would be a temptation. His whole life was an example of self-denial. It was to break the power of appetite that in the forty days' fast in the wilderness He suffered in our behalf the severest test that humanity could endure. It was Christ who directed that John the Baptist should drink neither wine nor strong drink. It was He who enjoined similar abstinence upon the wife of Manoah. Christ did not contradict His own teaching. The unfermented wine that He provided for the wedding guests was a wholesome and refreshing drink. This is the wine that was used by our Saviour and His disciples in the first Communion. It is the wine that should always be used on the Communion table as a symbol of the Saviour's blood. The sacramental service is designed to be soul-refreshing and life-giving. There is to be connected with it nothing that could minister to evil." {Te 97}

Tobacco: "Those who are slaves to tobacco will see their families suffering for the conveniences of life, and for necessary food, yet they have not the power of will to forego their tobacco. The clamors of appetite prevail over natural affection, and this brute passion controls them. The cause of Christianity, and even humanity, would not in any case be sustained, if dependent upon those in the habitual use of tobacco and liquor. If they had means to use only in one direction, the treasury of God would not be replenished, but they would have their tobacco and liquor, for the tobacco idolater will not deny his appetite for the cause of God. It is impossible for such men to realize the binding claims and holiness of the law of God, for their brain and nerves are deadened by the use of this narcotic. They cannot value the atonement or appreciate the worth of immortal life. The indulgence of fleshly lusts wars against the soul. The apostle in the most impressive language addresses Christians, 'I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God.' If the body is saturated with liquor and defiled by tobacco, it is not holy and acceptable to God. Satan knows that it cannot be, and for this reason he brings his temptations to bear upon the point

- 8 -

of appetite, that he may bring us into bondage to this propensity and thus work our ruin.” {2Red 60-1} “The use of tobacco and strong drinks has a great deal to do with the increase of disease and crime. Tobacco is a slow, insidious, but most malignant poison, and its use is working untold harm....Boys begin the use of tobacco at a very early age. The habit thus formed, when body and mind are especially susceptible to its effects, undermines the physical strength and corrupts the morals.” {3MR 115.3}

“Those also who use tobacco are weakening their physical and mental power. The use of tobacco has no foundation in nature. Nature rebels against the narcotic, and when the tobacco user first tries to force this unnatural habit upon the system, a hard battle is fought. The stomach, and, indeed, the whole system, revolts against the abominable practice, but the evildoer perseveres until nature gives up the struggle, and the man becomes a slave of tobacco.

If salvation were offered to man on terms as hard to endure, God would be looked upon as a hard master. Satan is a hard master, and requires his subjects to undergo severe tests, and to make themselves the slaves of passion and appetite; but God is consistent in all His requirements. And asks of His children that only which will work for their present and eternal happiness. ‘Thou shalt worship the Lord thy God, and Him only shalt thou serve.’ This is the command of God, and yet how many, even of those who profess to be the servants of God, are the devotees of tobacco, and make it their idol. When men should be out in the pure air, with sweet breath, praising God for His benefits, they are polluting the atmosphere with the fumes of pipe or cigar. They must go through the ordeal of smoking, in order to stimulate the poor relaxed nerves as a preparation for the duties of the day; for if they did not have their smoke, they would be irritable and unable to control their thoughts. As an illustration of the inability of tobacco users to command their senses when without the stimulant, I will relate

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an occurrence that came to my notice. An aged man who was at one time my next-door neighbor was a great user of tobacco; but one morning he had not taken his usual smoke when I went in to get a book I had lent him. Instead of getting the book I had asked for, he handed me a bridle. In vain I strove to make him understand what I wanted; I had to go away without the book. Next day I went again the made the same request, and he immediately handed me the book. Then I asked him why he had not given it to me the day before. He said: "Why, were you in yesterday? I do not remember it. Oh, I know what was the trouble, I had not had my tobacco!" This was the effect upon his mind when he was without the stimulant. His physician told him that he must cease its use or he could not live. He did give it up, but all his life after he suffered from the constant longing for the accustomed stimulant; he had to fight a continual battle." {Te 278-9}

Opium and other drugs: "Her physician was called. He gave her an increased dose of opium, which quieted her ravings, yet made her very talkative and cheerful. She was at peace with all around her, and expressed much affection for acquaintances, as well as for her relatives. She soon grew drowsy, and fell into a stupefied condition. The gentleman mentioned above, solemnly said: 'Her condition is no better now than when she was in her frantic ravings. She is decidedly worse. This drug-poison, opium, gives temporary relief from pain, but does not remove the cause of pain. It only stupefies the brain, rendering it incapable of receiving impressions from the nerves. While the brain is thus insensible, the hearing, the taste, and the sight are affected. When the influence of opium wears off, and the brain arouses from its state of paralysis, the nerves, which had been cut off from communication with the brain, shriek out, louder than ever, the pain in the system, because of the additional outrage the system has sustained in receiving this poison. Every additional drug given to the patient, whether it be opium or some other poison, will complicate the case, and make the patient's recovery more hopeless. The drugs given to stupefy, whatever they may be, derange the nervous system. An evil, simple in the beginning, which nature aroused herself to overcome, and which she would have overcome

had she been left to herself, has been made tenfold worse by the introduction of drug-poisons into the system. The result of these poisons is a destructive disease of itself, forcing into extraordinary action the remaining life-forces to war against and overcome the drug intruder.” {RH, Aug 29, 1899 par. 2}

Tea & Coffee: “The use of tea and coffee is also injurious to the system. To a certain extent, tea produces intoxication. It enters into the circulation and gradually impairs the energy of body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action, and thus gives the tea drinker the impression that it is doing him great service, imparting to him strength. This is a mistake. Tea draws upon the strength of the nerves and leaves them greatly weakened. When its influence is gone and the increased action caused by its use is abated, then what is the result? Languor and debility corresponding to the artificial vivacity the tea imparted. When the system is already overtaxed and needs rest, the use of tea spurs up nature by stimulation to perform unwonted, unnatural action, and thereby lessens her power to perform and her ability to endure; and her powers give out long before Heaven designed they should. Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in the degree that it elevates above par it will exhaust and bring prostration below par. Tea and coffee drinkers carry the marks upon their faces. The skin becomes sallow and assumes a lifeless appearance. The glow of health is not seen upon the countenance.

Tea and coffee do not nourish the system. The relief obtained from them is sudden, before the stomach has time to digest them. This shows that what the users of these stimulants call strength is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. All this is false strength that we are the worse for having. They do not give a particle of natural strength.

The second effect of tea drinking is headache, wakefulness,

palpitation of the heart, indigestion, trembling of the nerves, with many other evils. "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." God calls for a living sacrifice, not a dead or dying one. When we realize the requirements of God, we shall see that He requires us to be temperate in all things. The end of our creation is to glorify God

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in our bodies and spirits, which are His. How can we do this when we indulge the appetite to the injury of the physical and moral powers? God requires that we present our bodies a living sacrifice. Then the duty is enjoined on us to preserve that body in the very best condition of health, that we may comply with His requirements. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." {2T 64-5}

"Tea is a stimulant. It increases an excitement beyond its natural

action, and the whole mental powers are unduly aroused, after which come corresponding languor and debility. There is a nervous trembling which is interpreted to be a need of more vigor. Or, again, the coffee or tea is resorted to for the purpose of recruiting the energies, and thus artificial strength instead of natural deceives the tea-drinker to think that the strength is derived from the charming cup of tea, when it is only the exhausted energies spurred up to unnatural action, wearing away imperceptibly the life forces. They have thus stimulated the brain nerves to unnatural labor. Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, and the effect is prostration, sadness, exhaustion of the mental, moral, and physical forces. The mind becomes enervated, and unless through determined effort the habit is overcome, the activity of the brain is greatly lessened. All these nerve irritants

are wearing away the life forces, and the restlessness caused by shattered nerves, the impatience, the mental feebleness, becomes a warning element against spiritual progress. Then shall not those who advocate temperance and reform be awake in regard to these injurious things? And shall not this pledge paper embrace coffee and tea, as hurtful stimulants? In some cases it is as difficult to break up this tea and coffee habit as it is for the inebriate to discontinue the use of liquor. The money used for tea or coffee as a common drink is worse than wasted. It does the user, be it man or woman, harm and that continually. Shall Christians bring under the control of reason this appetite, or will they continue its practice because they feel so let down without it, like the drunkard without his stimulant?" {RH, April 19, 1887}

Tea Used as a Medicine, but Not as a Beverage, Red Clover tea better: "I do not use tea, either green or black. Not a spoonful has passed my lips for many years except when crossing the ocean, and once since on this side I took it as a medicine when I was sick and vomiting. In such circumstances it may prove a present relief. I did not use tea when you were with us. I have always used red-clover top, as I stated to you. I offered you this, and told you it was a good, simple, and wholesome drink." {2SM 302} (*Thus I believe a little herb tea is not objectionable.*)

Mild and moderate stimulants (*These lead to a desire for stronger stimulants. They are not safe for children or those struggling with temperance or self-control*):

Highly-seasoned foods: too much salt, spices

Black Pepper

Condiments such as: Chow-Chow (relish), mustard, pickles, etc.

Rich gravies

Rich pastries

Luxurious cakes

Meat

“CONDIMENT, n. [L., to season, pickle or preserve.] Seasoning; sauce; that which is used to give relish to meat or other food, and to gratify the taste.” Webster’s Dictionary

Pepper and to much salt: “On my frequent journeys across the continent, I do not patronize restaurants, dining car, or hotels, for the simple reason that I cannot eat the food there provided. The dishes are highly seasoned with salt and pepper, creating an almost intolerable thirst. . . . They would irritate and inflame the delicate coating of the stomach. . . . Such is the food that is commonly served upon fashionable tables, and given to the children. Its effect is to cause nervousness and to create thirst which water does not quench... Food should be prepared in as simple a manner as possible, free from condiments and spices, and even from an undue amount of salt.” {CD 339.5}

Pepper, Mustard and other Condiments: “I had used pepper and mustard in my diet; but these should not be put into the human stomach. The delicate membrane becomes inflamed, the healthy tone of the stomach is lowered, and the appetite is perverted, the taste loses its discernment, and the delicious flavors of grains, vegetables, and fruits become insipid and unpalatable.” {ST, February 17, 1888 par. 5} “Condiments, so frequently used by those of the world, are ruinous to the digestion.” {CCh 223.6} “In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard’s stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating.” {CCh 223.7} (“*In this fast age*”. *WOW if the 1800’s were fast what are we living in! How much MORE true is this is.*)

Condiments act like liquor: “In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard,

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A Little Ginger ok: "We have not had spice in our house for ten years, except a little ginger, which we have always used to some extent." {15MR 245.4}

Cinnamon: "Cake was brought into our tent. I ate a small piece, and my stomach refused to retain it; it was spiced with cinnamon. If my stomach would not acknowledge this as food, but rebelled against it, what condition must these be in who partook of this food every day." {RH, July 19, 1870 par. 5} *Note: Ellen White refers to refined flours and rich desserts including cake often. The quotes in this booklet should be understood from that context. If your body has trouble with digestion, you MUST listen to it. It is harmful for you to continue down a path you've seen to be problematic in your own life. Only in two places (all other places are just repeats of the second quote) Ellen White talks of cinnamon this is one and the other is under "**Creates unnatural cravings and ruins the desire for healthful food**". Neither gives me enough information to state cinnamon is in the same category as harmful stimulants like coffee and tea, which she talk specifically about in detail! In addition, the word "Spice" is left somewhat of a mystery in her writings. The dictionary definition of herb is the leaf of a plant, spices are from the fruit, bark, root, etc. Ellen White makes no particular distinction between herbs, as we know them, and spices. Hence "the herb from China" is black tea. She mentions herbs, but in the context of a plant or a vegetable not a seasoning. Thus I am led to believe ALL seasonings should be used in moderation to enhance the food not to cover up the natural flavor... "(cook) in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven."* {CCh

223.1} *You will see various spices and herbs in my cookbooks, but used sparingly. Herbs and roots are mentioned for medicine and even “spices” can be healthy when used appropriately. Example: Cinnamon has health benefits (as published in several medical journals): it is an antiviral, an antioxidant, helps regulate glucose and lipids in diabetics, and even slows cancer cell production. It is the unnatural craving that she is warning about. “Some...like the children of Israel, allow perverted appetite and old habits of indulgence to clamor for victory. They long, as did ancient Israel, for the leeks and onions of Egypt. {CH 408.1} I don’t think onions and garlic are harmful. No, it was the cravings that led the people to rebel, thus a full surrender is what is required for understanding and spiritual growth. As always these booklets are complied with as much neutrality and prayer as possible but you must decide what is correct from your own research and not trust any “man” for your health and welfare. -- Complier.*

Rich foods: “Luxurious dishes are placed before the children,--spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach, and causes a craving for still stronger stimulants.” {CD 340.2}

Meat: “When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as evidence that flesh food is essential; but it is because foods of this class are stimulating, because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh eating as it is for the drunkard to give up his dram; but they will be the better for the change. Flesh food also is harmful. Its naturally stimulating effect should be a sufficient argument against its use; and the almost universally diseased condition of animals makes it doubly objectionable. It tends to irritate the nerves and to excite the passions, thus giving the balance of power to the lower propensities.” {CD 397.1}

“We are composed of what we eat, and eating much flesh will diminish intellectual activity. Students would accomplish much more in their studies if they never tasted meat. When the animal

part of the human agent is strengthened by meat-eating, the intellectual powers diminish proportionately. A religious life can be more successfully gained and maintained if meat is discarded, for this diet stimulates into intense activities lustful propensities, and enfeebles the moral and spiritual nature. ‘The flesh warreth against the spirit, and the spirit against the flesh.’ We greatly need to encourage and cultivate pure, chaste thoughts, and to strengthen the moral powers rather than the lower and carnal powers. God help us to break from our self-indulgent appetites! The idea of eating dead flesh is abhorrent to me; the thought of one living animal eating the flesh of another animal is shocking. There is no call for it. All your excuses made in regard to faintness is an argument why you should eat no more meat... I have the subjects presented to me in different aspects. The mortality caused by meat-eating is not discerned; if it were, we would hear no more arguments and excuses in favor of the indulgence of the appetite for dead flesh. We have plenty of good things to satisfy hunger without bringing corpses upon our table to compose our bill of fare.” {PH0317-8}

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Don't go from eating meat to eating too much sugar: “The individual was a noble man. He stood six feet and was of fine appearance. I was called to visit him in his sickness. I had previously conversed with him in regard to his manner of living. “I do not like

the looks of your eyes,” said I. He was eating large quantities of sugar. I asked him why he did this. He said that he had left off meat, and did not know what would supply its place as well as sugar. His food did not satisfy him, simply because his wife did not know how to cook... The wife and mother was deficient in this important branch of education; and as the result, poorly cooked food not being sufficient to sustain the demands of the system, sugar was eaten immoderately, which brought on a diseased condition of the entire system. This man’s life was sacrificed unnecessarily to bad cooking... I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. Anything that hinders the active motion of the living machinery affects the brain very directly. And from the light given me, sugar, when largely used, is more injurious than meat. These changes should be made cautiously, and the subject should be treated in a manner not calculated to disgust and prejudice those whom we would teach and help.” {2T 370.1} *Sugar is a simple carb and the body reacts quickly to it giving energy and even a “feel good” mood, but then the blood sugar crashes and you are worse off than before. Sugar also reduces the function of the immune system. Keep in mind, sugar is sugar. Honey, syrup, cane juice and the like will all spike the blood sugar if eaten alone or in excess. Using in moderation is perfectly acceptable, especially when combine with other foods. Note the emphasis is on eating ‘too much’ or ‘free use’ in conjunction with dairy. NO more ice cream, LOL.*

What stimulants do

Injures the digestion and creates unnatural appetite: “Men and women, by indulging the appetite in eating rich and highly-seasoned foods, especially flesh-meats, with rich gravies, and by using stimulating drinks, as tea and coffee, create unnatural appetites. The system becomes fevered, the organs of digestion become injured, the mental faculties are beclouded, while the baser passions are excited, and predominate over the nobler faculties. The appetite becomes more unnatural, and more difficult of restraint. The circulation of the blood is not equalized, and becomes impure.

The whole system is deranged, and the demands of appetite become more unreasonable, craving exciting, hurtful things, until it is thoroughly depraved.” {2SM 420.1}

Causes irritability: “A bottle of chow-chow, fiery with mustard and pungent with spices, was handed her, from which she helped herself freely. The child was proverbial for her nervousness and irritability of temper, and these fiery condiments were well calculated to produce such a condition. The oldest child thought he could not eat a meal without meat, and showed great dissatisfaction, and even disrespect, if it was not provided for him. The mother had indulged him in his likes and dislikes till she had become little better than a slave to his caprices. The lad had not been provided with work, and he spent the greater portion of his time in reading that which was useless or worse than useless. He complained almost constantly of headache, and had no relish for simple food.” {CD 242.3}

Creates disease: “Cancers, tumors, and all inflammatory diseases are largely caused by meat-eating. From the light God has given me, the prevalence of cancers and tumors is largely due to gross living on dead flesh... Feeding on flesh, the juices and fluids of what you eat pass into the circulation of your blood, and, as we are composed of what we eat, we become animalized; thus a feverish condition is created, because the animals are diseased, and by partaking of their flesh we plant the seeds of disease in our own tissue and blood. Then when exposed to the changes in a malarious atmosphere, these are more sensibly felt, also when we are exposed to prevailing epidemics and contagious diseases the system is not in condition to resist the disease.” {PH031 8} *Over and over science has proven this point (among many others in Ellen White’s writings, which is why I keep writing these booklets). EVEN ‘healthy’ meat increases the risk of many cancers as studied by Harvard University and others. I highly recommend the book “The China Study” or watch “Forks Over Knives”, both are based entirely on science, not religious. It will open your eyes.*

Affects the nervous system: “Tea and coffee produce an immediate

effect. Under the influence of these poisons the nervous system is excited; and in some cases, for the time being, the intellect seems to be invigorated, the imagination more vivid. Because these stimulants produce such agreeable results, many conclude that they really need them; but there is always a reaction. The nervous system has borrowed power from its future resources for present use, and all this temporary invigoration is followed by a corresponding depression. The suddenness of the relief obtained from tea and coffee is an evidence that what seems to be strength is only nervous excitement, and consequently must be an injury to the system.” {CG 403.2}

Affects the mind: “Will they discard tea, coffee, flesh meats, and all stimulating food, and devote the means expended for these hurtful indulgences to spreading the truth? These stimulants do only harm... While a healthy state of mind depends upon the normal condition of the vital forces, what care should be exercised that neither stimulants nor narcotics be used.” {3T 569.2}

Tends to excess and physical degeneration: “Under the head of stimulants and narcotics is classed a great variety of articles that, altogether, used as food or drink irritate the stomach, poison the blood, and excite the nerves. Their use is a positive evil. Men seek the excitement of stimulants, because, for the time, the results are agreeable. But there is always a reaction. The use of unnatural stimulants always tends to excess, and it is an active agent in promoting physical degeneration and decay.” {CD 339.2}

Why we should avoid

Temperance is a path of safety: “God calls upon parents to guard their children against the indulgence of appetite, and especially against the use of stimulants and narcotics. The tables of Christian parents should never be loaded with food containing condiments and spices. They are to study to preserve the stomach from any abuse. In this fast age the less exciting the food the better. Temperance in all things and firm denial of appetite is the only path of safety.” {CG 405.1}

It creates a desire for more: “The food is often such as to excite a desire for stimulating drinks. Luxurious dishes are placed before the children,--spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach, and causes a craving for still stronger stimulants.” {CTBH 17.2} “You have perhaps seen a picture of the stomach of one who is addicted to strong drink. A similar condition is produced under the irritating influence of fiery spices. With the stomach in such a state, there is a craving for something more to meet the demands of the appetite, something stronger, and still stronger. Next you find your sons out on the street learning to smoke.” {CD 236.1}

Weakens the body and reason: “A stimulant may for a time arouse the energies and produce mental and physical activity; but when the exhilarating influence is gone, both mind and body will be in a worse condition than before. Intoxicating liquors and tobacco have proved a terrible curse to our race, not only weakening the body and confusing the mind, but debasing the morals. As the control of reason is set aside, the animal passions will bear sway. The more freely these poisons are used, the more brutish will become the nature.” {CG 404.3}

Creates unnatural cravings and ruins the desire for healthful food: “There is a natural and a depraved appetite. Parents who have taught their children to eat unhealthful, stimulating food all their lives--until the taste is perverted, and they crave clay, slate pencils, burned coffee, tea grounds, cinnamon, cloves, and spices--cannot claim that the appetite demands what the system requires. The appetite has been falsely educated, until it is depraved. The fine organs of the stomach have been stimulated and burned, until they have lost their delicate sensitiveness. Simple, healthful food seems to them insipid. The abused stomach will not perform the work given it, unless urged to it by the most stimulating substances. If these children had been trained from their infancy to take only healthful food, prepared in the most simple manner, preserving its natural properties as much as possible, and avoiding flesh meats,

grease, and all spices, the taste and appetite would be unimpaired. In its natural state, it might indicate, in a great degree, the food best adapted to the wants of the system.” {CG 381.2}

Makes it difficult to think properly: “It is impossible for those who give the reins to appetite to attain to Christian perfection. The moral sensibilities of your children cannot be easily aroused, unless you are careful in the selection of their food. Many a mother sets a table that is a snare to her family. Flesh-meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood... Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. The mother should study to set a simple yet nutritious diet before her family.” {CTBH 46.3}

They are injurious: “The less that condiments and desserts are placed upon our tables, the better it will be for all who partake of the food. All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach.” {CD 113.3}

Christians should have self-control: “Since a healthy state of mind depends upon the normal condition of the vital forces, what care should be exercised that neither stimulants nor narcotics be used! Yet we see that a large number of those who profess to be Christians are using tobacco. They deplore the evils of intemperance; yet while speaking against the use of liquors, these very men will eject the juice of tobacco. There must be a change of sentiment with reference to tobacco-using before the root of the evil will be reached. We press the subject still closer. Tea and coffee are fostering the appetite for stronger stimulants. And then we come still closer home, to the preparation of food, and ask, Is temperance

practiced in all things? are the reforms which are essential to health and happiness carried out here? Every true Christian will have control of his appetites and passions. Unless he is free from the bondage of appetite, he cannot be a true, obedient servant of Christ. The indulgence of appetite and passion blunts the effect of truth upon the heart. It is impossible for the spirit and power of the truth to sanctify a man, soul, body, and spirit, when he is controlled by sensual desires.” {CE 181}

It is a sin to destroy the body - It breaks the first commandment:

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s” 1 Corinthians 6:19, 20. “The people must be educated to understand that it is a sin to destroy their physical, mental, and spiritual energies, and they must understand how to co-operate with God in their own restoration. Through faith in Christ they can overcome the habit of using health-destroying stimulants and narcotics.” {Te 89.2} “Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul. These darling idols create an excitement, a morbid action of the nervous system; and after the immediate influence of the stimulants is gone, it lets down below par just to that degree that its stimulating properties elevated above par.” {CD 425.3} *Putting your appetite before God, “NO other God’s before Me” is breaking the first commandment.*

Misc

Food should not be our primary focus in life: “The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less about what they shall eat and drink, of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience.” {CD 90.1}

“We must be constantly meditating upon the word, eating it,

digesting it, and by practice, assimilating it, so that it is taken into the life current. He who feeds on Christ daily will by his example teach others to think less of that which they eat, and to feel much greater anxiety for the food they give to the soul.” {CD 89.3}

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Children’s Diets should be stricter:

“Mothers need to be instructed on this point. Sweet cake should be kept off the table, for it is an injury to the stomach and liver. The sweets that children eat harm the life-current. By the laws of the home everything that renders the blood impure should be discarded from the table. Especially should little children be given wholesome food. They should be given no tea or coffee. Their food should not contain spices or any kind of seasoning. The plainest food is the

most wholesome and keeps the temple of God in the most healthy condition.” {1SAT 215.1}

How to change:

It takes some time: “Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, nutritious diet. Their taste is so perverted they have not appetite for a wholesome diet of fruits, plain bread, and vegetables. They need not expect to relish at first food so different from that in which they have been indulging.” {CD 341.3}

Education and training: “Children are to be trained to understand that every organ of the body and every faculty of the mind is the gift of a good and wise God, and that each is to be used to His glory. Right habits in eating and drinking and dressing must be insisted upon. Wrong habits render the youth less susceptible to Bible instruction. The children are to be guarded against the

indulgence of appetite, and especially against the use of stimulants and narcotics. The tables of Christian parents should not be loaded down with food containing condiments and spices. ...Show them that if they violate the laws of their being they must pay the penalty in suffering. If you cannot see as rapid improvement as you desire, do not be discouraged, but instruct them patiently and press on until victory is gained.” {CT 125-6} “Teach your children to abhor stimulants. How many are ignorantly fostering in them an appetite for these things! God calls upon parents to guard their children against the indulgence of appetite, and especially against the use of stimulants and narcotics. The tables of Christian parents should never be loaded with food containing condiments and spices. They are to study to preserve the stomach from any abuse. In this fast age the less exciting the food the better. Temperance in all things and firm denial of appetite is the only path of safety.” {CG 405}

Abstinence: “... trying to cure a drunkard by giving him, in the place of whisky or brandy, the milder intoxicants, such as wine, beer, or cider. The use of these would continually foster the appetite for stronger stimulants. The only safety for the inebriate, and the only safeguard for the temperate man, is total abstinence... Total abstinence is his only safety.” {CT 383.4}

Avoid restaurants and prepackage food if you can't be sure of the ingredients:

“Our tables should bear only the most wholesome food, free from every irritating substance. The appetite for liquor is encouraged by the preparation of food with condiments and spices. These cause a feverish state of the system, and drink is demanded to allay the irritation.

On my frequent journeys across the continent, I do not patronize restaurants, dining car, or hotels, for the simple reason that I cannot eat the food there provided. The dishes are highly seasoned with salt and pepper, creating an almost

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intolerable thirst. . . . They would irritate and inflame the delicate coating of the stomach. . . . Food should be prepared in as simple a manner as possible, free from condiments and spices, and even from an undue amount of salt.” {CD 339.5}

If you NEED a stimulant - exercise: “Go to work, whether you feel like it or not. Engage in personal effort to bring souls to Jesus and to the knowledge of the truth. In such labor you will find both a stimulant and a tonic; it will both arouse and strengthen. By exercise, your spiritual powers will become more vigorous, so that you can, with better success, work out your own salvation. The stupor of death is upon many who profess Christ. Make every effort to arouse them. Warn, entreat, expostulate. Pray that the melting love of God may warm and soften their ice-bound natures. Though they may refuse to hear, your efforts will not be lost. In the effort to bless others, your own souls will be blessed.” {RH, Nov 12, 1914 par. 9}

10 Steps adapted from 5-day Plan & AA

(One of the MOST successful addition recovery programs.)

1. Choose! Make the choice to stop the harmful activity/food/drink. Why are you doing this? What is your motivation? PART 1: Don't give up or get overwhelmed. PART 2: Believe with God all things are possible.

2. Get rid of it! Don't keep any around in the house. Don't make provision to fail. Start choosing healthy alternatives. Drink water in place of all other drinks, eat wholesome foods. (FAST for a day or two if you are really struggling with diet.)

3. Deep Breathing. DAILY slow deep breathing of 4 to 6 breaths per minute for 30 minutes or more as needed. You can do this in 3 sessions of 10 minutes each throughout the day. Be sure you are breathing down into the diaphragm (your stomach should move).

4. DAILY exercise. Not only with this improve your overall health, but it helps the mind think clearer and gives you more will power. PLUS exercise is a natural stimulant. It will help give you energy.

5. *Get 7 to 8hrs of sleep. Rest helps restore your bodies system and give you a better mental outlook. Sleep deprivation acts like alcohol on the frontal lobe -- you have less will power.*

6. *Water inside: Drink lots of water. This helps cleanse the system and hydrate the brain.*

7. *Water outside: Hot and cold contrast showers help with circulation, giving you engery and removing the toxins from your system sooner.*

8. *Avoid all the harmful things at once! Caffeine, alcohol, heavy meals, spiced foods, and meat all work together to increase cravings for each other if you are weak in any ONE of those areas.*

9. *Avoid habitual situations. Don't go to the bar, sit in your favorite chair, etc. Avoid people (just until the craves quit) that eat/smoke/drink that which you are trying to avoid. Try a different grocery store, go to different restaurants.*

10. *Social Support. You will likely be grumpy, that's ok. Most people know what is like to give up a cherished habit. Share with them why you are doing this, don't hide it. You need the support. "Let Go and Let God" is the AA motto and they are very successful. If you need help GET IT. Your health is worth it. YOU are worth it. Daily rely on Christ to get you through. Don't give up if you give in. Even if you go several months (or years) it's not too late to give it up again! In fact, it gets easier with every time you make the decision to QUIT! Remind yourself why you are doing this.*

I also highly recommend the book: "Telling Yourself the Truth", while this book is not written specifically for overcoming addictions, it does teach you how to "think" right. And "stinkin thinkin" is one of the biggest culprits in slipping.

Summary

"Jesus endured the painful fast in our behalf, and conquered Satan in every temptation, thus making it possible for man to conquer in his own behalf, and on his own account, through the strength brought to him by this mighty victory gained as man's substitute

and surety. We thank the Lord that a victory was gained upon these points, even here in Basel; and we hope to carry our brethren and sisters up to a still higher standard to sign the pledge to abstain from Java coffee and the herb that comes from China. We see that there are some who need to take this step in reform. There are some who are nervous, and they should abstain from these nerve-weakening narcotics, that they may place themselves in right relation to the laws of life and health. These injurious stimulants are doing great harm to their nervous system. The machinery of nature is aroused to unwonted activity to be followed by reaction, and the coffee and tea must be used by them to keep up their strength and again urge up their powers. Unnatural activity is the result, and by this continual course of indulgence of appetite the natural vigor of the constitution becomes gradually and imperceptibly impaired. If we would preserve a healthy action of all the powers of the system, nature must not be forced to unnatural action. Nature will stand at her post of duty, and do her work wisely and efficiently, if the false props that have been brought in to take the place of nature are expelled.” {RH, April 19, 1887}

There is hope, we can change: “...the people may be taught how to treat themselves when sick; where they will learn to eat temperately of wholesome food, and be educated to refuse all narcotics,--tea, coffee, fermented wines, and stimulants of all kinds,--and to discard the flesh of dead animals.”{CD 281.2} “The apostle Paul declares to us that we are not our own, that we are bought with a price. If we truly love the One who gave His life for us, we shall feel under solemn obligation to avoid disease. There is a solemn responsibility resting upon all, and especially upon our ministers and their families, to set a right example in the matter of healthful living... The strength of the temptation to indulge perverted appetite can be measured only by the longsuffering of Christ in His long fast in the wilderness. Christ knew that in order to carry out the plan of salvation, He must begin the work of redemption just where the ruin began. Adam fell on the point of appetite. Christ took up the work of redemption just where the ruin began. The same is true of our experience. We are to begin the work of reform just

where the work of degeneracy is so keenly felt. To teach us how to overcome the temptings of appetite, Christ has given us the record of His own experience of nearly six weeks of fasting, followed by His wonderful victory over the powers of Satan. In this experience Christ broke the power of appetite for all who will accept the aid of the divine power on which He relied. He made it impossible for Satan to destroy the human race through indulged appetite, and made it possible for men and women in His strength to live a Christian life. Those who believe in Christ must, like Him, guard the appetite.” {12MR 313.3}

Most of the quotes in regards to stimulants apply to tea, coffee, alcohol, tobacco, and other narcotics. We can assume all caffeinated beverages like colas, are also stimulating drinks and are referred to in these quotes, because caffeine affects the central nervous system. The remaining quotes encourage us to avoid foods that create a desire for these harmful stimulants. Foods such as: meat, heavily spiced foods, rich desserts, and condiments. Eating simple, plain foods may take some time to get used to, but we are living in a time of selfishness, ease, and stress. We need to slow down, simplify, and live so that we can be a blessing to others.

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