

Supplementation: Is It Necessary?

(Part 1)

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

“It is essential to understand the principles involved in the treatment of the sick...” {MH 127.2}

SOME VERY IMPORTANT POINTS TO KEEP IN MIND ARE:

1: “Men may get up scheme after scheme, and the enemy will seek to seduce souls from the truth, but all who believe that the Lord has spoken through Sister White, and has given her a message, will be safe from the many delusions that will come in these last days...” --Letter 50, 1906.” {3SM 83.5}

2: “The world should be no criterion for us...” {4T 35.3}

3: “Seventh-day Adventists are handling momentous truths...on the subject of temperance, we should be in advance of all other people...” {9T 158.1}

4: “You cannot teach health reform unless you present the most inexpensive method of living. The enemy must have no advantage in any line...” --MS. 105, 1898. {MM 266.3}

5: “Nature’s process of healing is upbuilding and gradual...” {MH 127.3}

Note: There is no need for us to go to the world to get our information regarding health. God has provided it all to us through the Bible and SOP (Spirit of Prophecy).

If the POOR PEOPLE cannot afford it, it is not God's true Health Message. Many will come to you with all these quick fix drinks and elixirs that cost quite a bit of money. Those who can't afford it are led to feel there is no hope for them. But God has designed a better way, and this way has been presented only to his last day church on earth (Seventh Day Adventists). (There are many health gurus in the world who have some good information about health, just like there are many churches that have some truth; but it is God's church that has been given the last message to go to the world. And it is God's last day church that has all the information needed regarding health.

The main principle being addressed today is the topic of **SUPPLEMENTATION** (taking vitamins and minerals). Is it necessary? If so, when and how?

One of the many delusions being taught today is the argument that supplementation MUST be given because there aren't enough minerals in the soil. It is true that there are circumstances where **SUPPLEMENTATION** may be necessary. However, **A LACK OF SOIL IS NOT ONE OF THE REASONS.** If there's not enough nutrients in the soil, then nothing would grow and you and I would cease to exist.

Remember that Adam & Eve were approx. 18 and 15/16 feet tall. At that height, their bodies required a certain amount of nutrients that a six foot or five foot person today cannot handle. **MAN HAS DECLINED IN STATURE SINCE THE CREATION OF TIME**, and God cursed the earth for man's sake (**Genesis 3:17**), therefore the nutrients in the earth have declined in direct proportion with the degradation of mankind. “His word controls the elements.” {PP 115.1}

"In grains, fruits, vegetables, and (nuts) are to be found all the food elements that we need..." {CD 92.2}

"The grains with fruits, (nuts) and vegetables, contain all the nutritive properties necessary to make good blood." {MH 316.2}

This would include Vitamin B-12...another delusion being taught is that the diet of a strict vegetarian does not provide B-12.

<http://www.ucheepines.org/a-discussion-of-vitamin-b12/>

"Grains, fruits, (nuts), and vegetables, in proper combination, contain all the elements of nutrition...they constitute the diet that best promotes both physical and mental strength." {Ed 204.3}

"Grains, fruits, (nuts), and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect..." {MH 296.1}

If one is weak, fatigued or sore, chances are their not eating enough nuts, and/or getting food from all 4 food groups, meaning **FRUITS, VEGETABLES, NUTS, and GRAINS**.

Note: Nuts have very high levels of Magnesium and Phosphorus. They are also very **rich in zinc, manganese, copper, and selenium.** Science is realizing that magnesium is actually more essential in the body than calcium. You can obtain all the calcium you need, but if you don't have the proper levels of magnesium, the calcium will not be able to do the functions it is responsible for. Magnesium is necessary for the formation of bones and teeth and is involved in muscle relaxation. (Foods and Their Healing Power, Volume 1, pg. 56)

"A diet lacking in the proper elements of nutrition brings reproach upon the cause of health reform. We are mortal and must supply ourselves with food that will give proper nourishment to the body." {9T 161.3}

"Those **foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safeguard..."** (MH 295.2)

"Our bodies are built up from the food we eat..." {MH 295.1}

"THE IDEA SHOULD NEVER BE GIVEN THAT IT IS OF BUT LITTLE CONSEQUENCE WHAT WE EAT..." {CD 198.4}

Our bodies need food that is going to encourage cellular growth and help rebuild the system.

Note: For those who worry about eating **NUTS** because of their fat content, keep the following in mind: the oil in nuts is composed of mono or polyunsaturated fatty acids, which **are easily metabolized and do not tend to be deposited in the body** (Foods and Their Healing Power, Volume 1, pg. 55).

Also, read [Genesis 45:18](#) – **"...eat the FAT OF THE LAND."**

NUTS ARE TO BE EATEN SPARINGLY:

A closed fist without the nuts seeping out the sides is enough to supply the body with what it needs....A closed fist is equivalent to ¼ cup...If we were to crack the nuts ourselves, as God intended, chances are there wouldn't be the overeating of nuts as we see today).

SOME SOP QUOTES REGARDING NUTS:

"Care should be taken not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution." {CD 363.5}

"I have been instructed that the nut foods are often used unwisely, that **too large a proportion of nuts is used**, that some nuts are not as wholesome as others. **Almonds are preferable to peanuts; but PEANUTS, in limited quantities, MAY BE USED in connection WITH GRAINS TO MAKE NOURISHING AND DIGESTIBLE FOOD.**" {CD 364.4}

"Three years ago a letter came to me saying, "I cannot eat the nut foods; my stomach cannot take care of them." Then there were several recipes presented before me; one was **that there must be other ingredients combined with the nuts**, which would harmonize with them, and not use such a large proportion of nuts. **One-tenth to one-sixth part of nuts would be sufficient**, varied according to combinations. We tried this, and with success." {CD 364.5}

"Much time should be spent in learning how to prepare nut foods..." {CD 364.1}

"Study economy in everything, but **do not withhold from the diet food which the system needs**. With regard to the nut foods, there are many who cannot eat them." {CD 352.2}

Note: Most do well eating nuts, but **if there's that one who can't, use seeds instead like Flax, Sesame, Pumpkin, or Sunflower.** These have most of the same minerals that the nuts have.

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/supplementation-is-it-necessary-part-1.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/05/supplementation-is-it-necessary-part-1.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/supplementation-is-it-necessary-part-1.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/supplementation-is-it-necessary-part-1.html>