



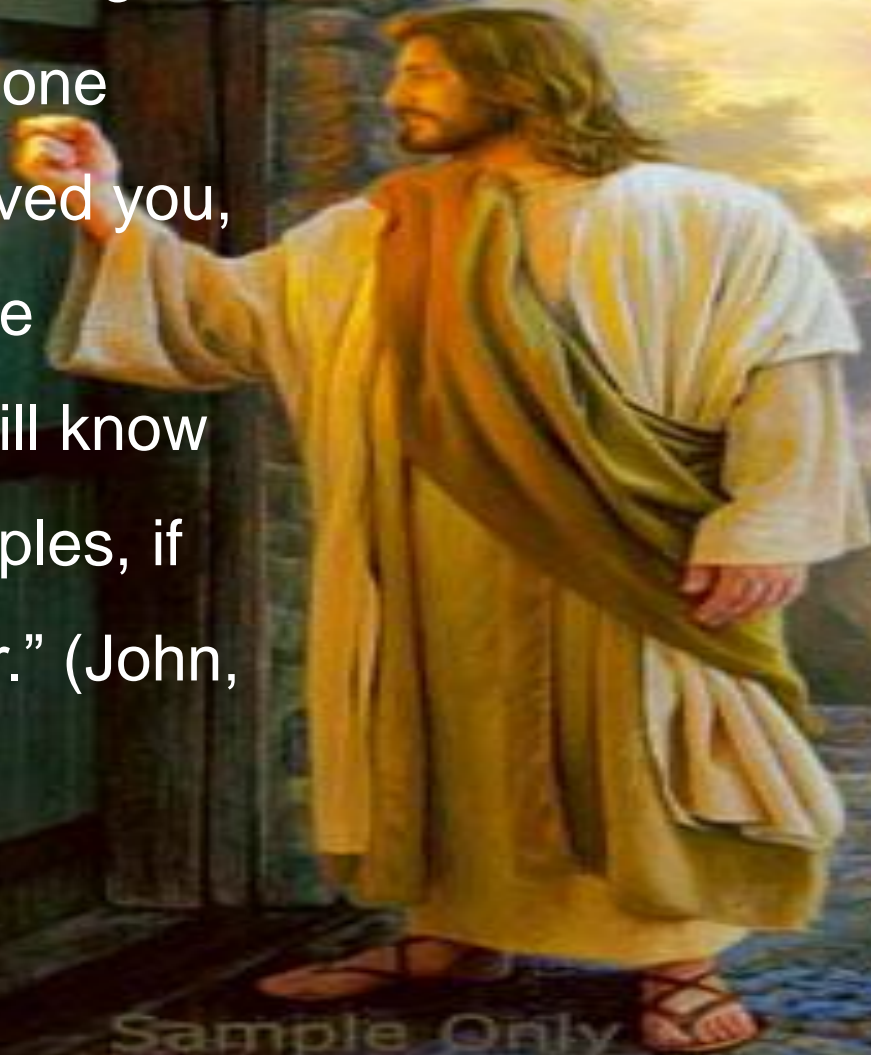
Burger anyone?

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Associate Professor

East Carolina University

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you love one another.” (John, 13, 34-35)



Stating the facts

- Meat was not a part of the original/Edenic diet
- Biblically speaking, it is lawful to eat meat of clean animals
- Vegetarianism is the preferred eating option found in the writing of one of the Seventh-day Adventist Church founders - Ellen White

The Adventist Health Message

Ellen White received instructions from God regarding the health message.












“I have had great light from the Lord upon the subject of health reform. I did not seek this light; I did not study to obtain it; it was given to me by the Lord to give to others.”

(Ms 29, 1897; cited in CD 493)

The Adventist Health Message

- 1. The original Edenic vegetarian diet of fruits, nuts, grains, and vegetables, along with some milk or cream, is still the ideal diet today.**
- 2. Flesh foods (meat, fish, poultry) eggs and dairy products are increasingly undesirable and unsafe for human consumption.**
- 3. When flesh articles are removed from the diet, adequate nutritional substitutes must be provided.**

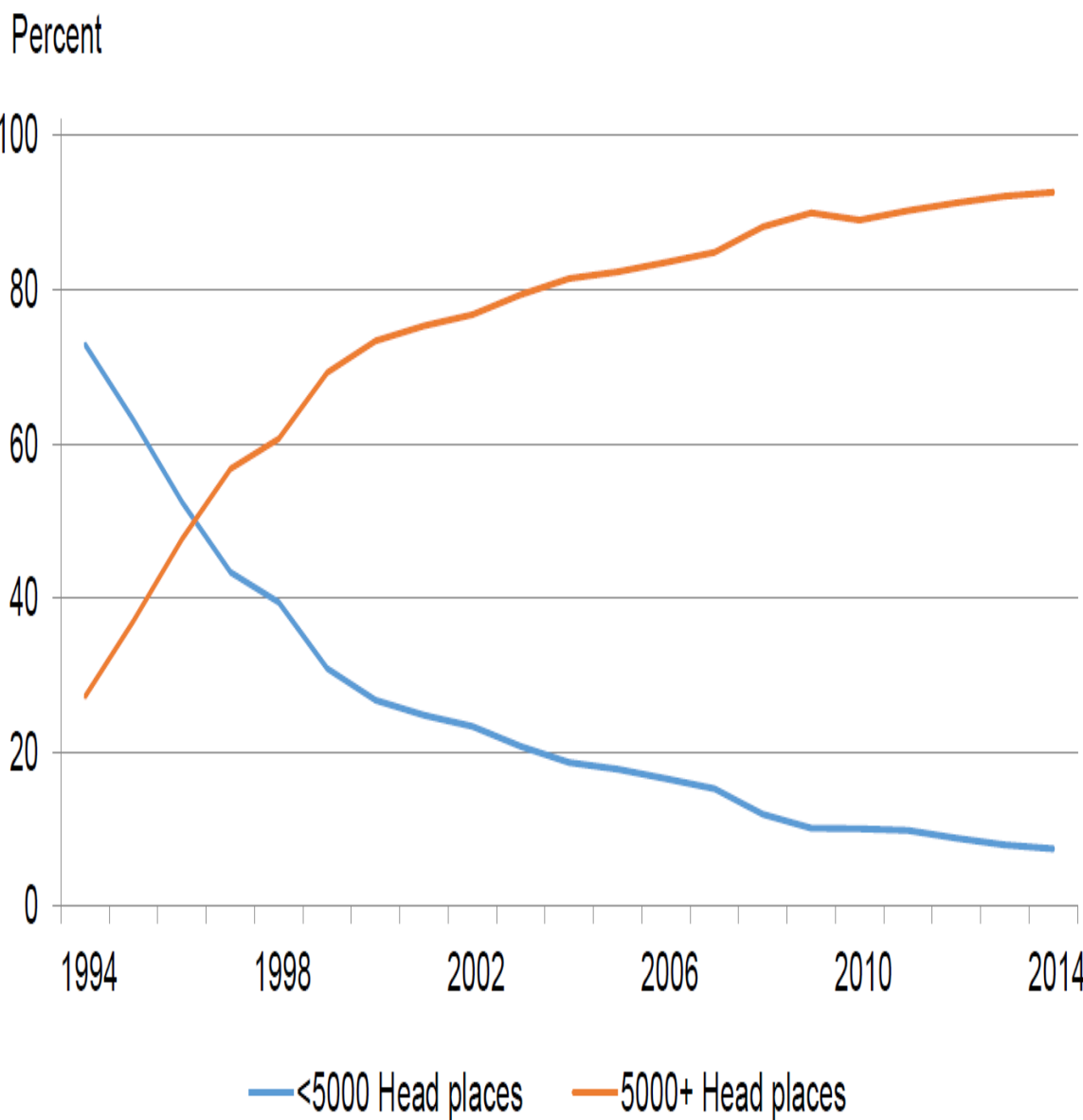
Diet of Seventh-Day Adventists according to the Adventist Health Study 2

Diet	%	Beef	Poultry/Fish	Dairy/Eggs
Vegan	4.3	None	None	None
Lacto-ovo	34.0	None	None	
Pesco	9.7	None		
Semi	8.3			
Non-vege	43.7			

Semi-vegetarians: eat red meat, poultry and fish less than once per week

Non-vegetarians: eat red meat, poultry and fish more than once per week

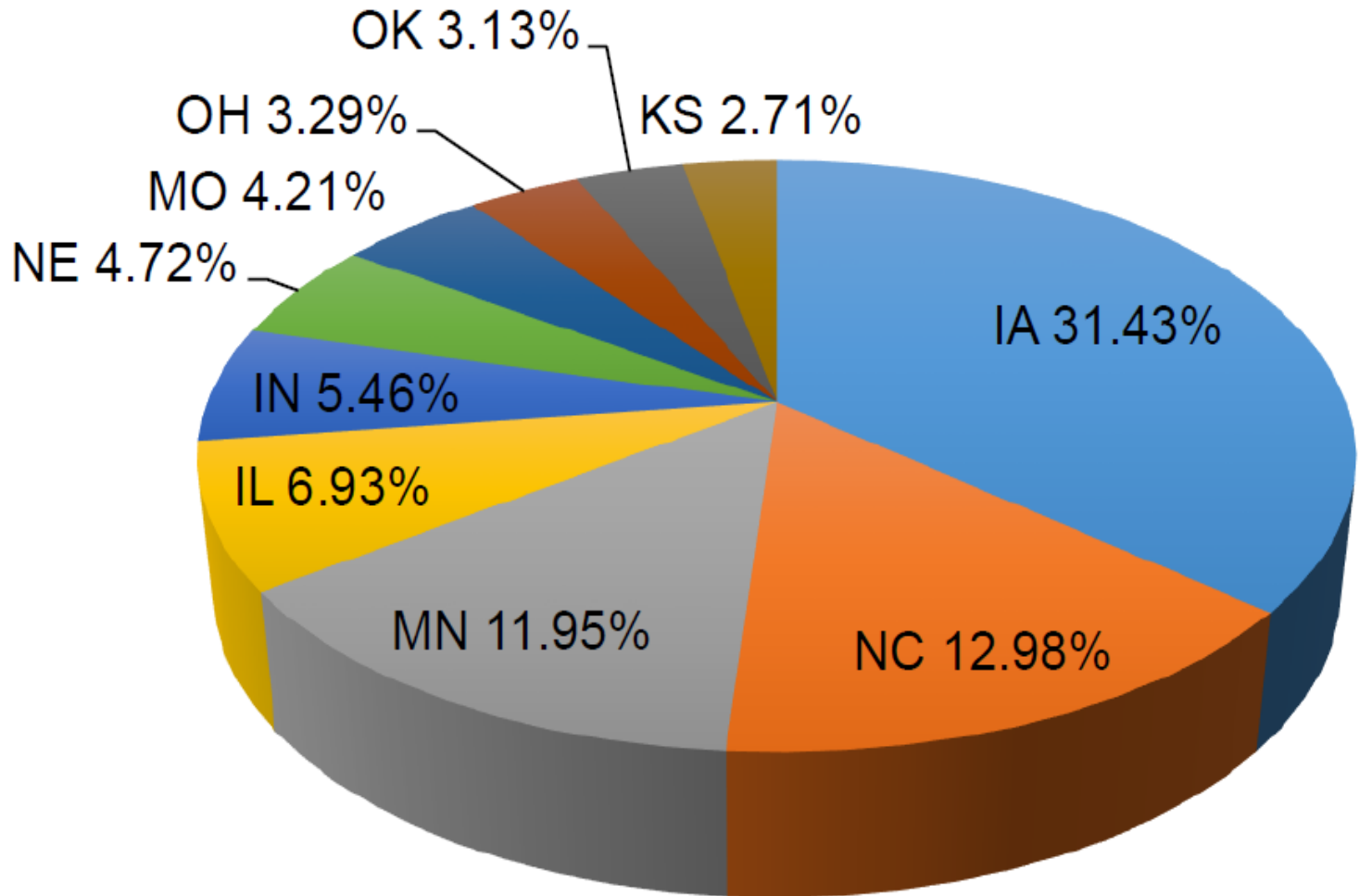
Annual Pig Crop Distribution by Size of Operation – United States: 1994-2014



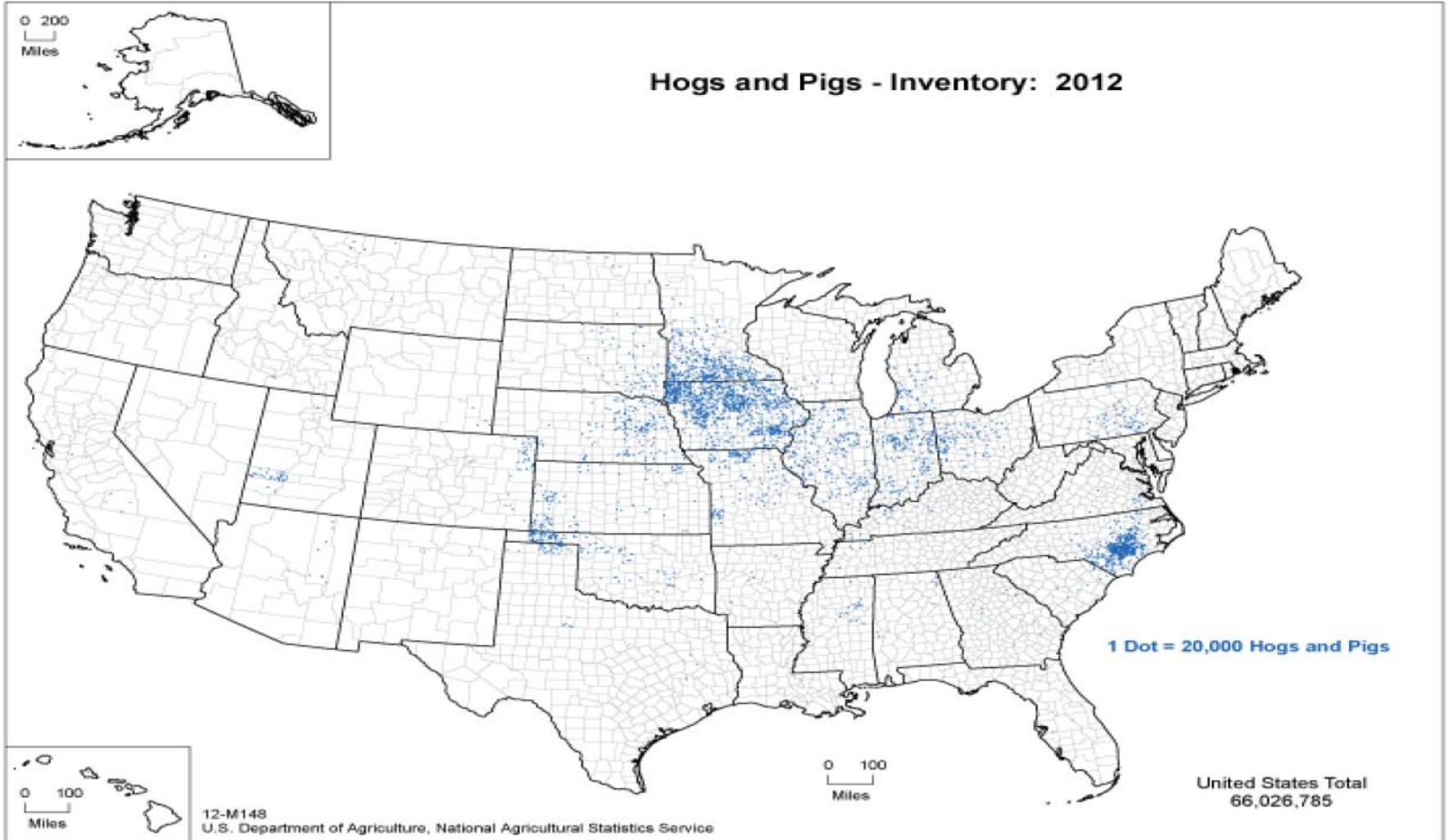
“Historically, the majority of the annual pig crop was produced on operations with fewer than 5,000 hogs and pigs. ... For the 2014 production year, 93 percent of the annual pig crop was produced on operations with at least 5,000 head, up from 27 percent in 1994 and up from 88 percent in 2008.”

USDA. Overview of the United States Hog Industry
<http://usda.mannlib.cornell.edu/usda/current/hogview/hogview-10-29-2015.pdf>

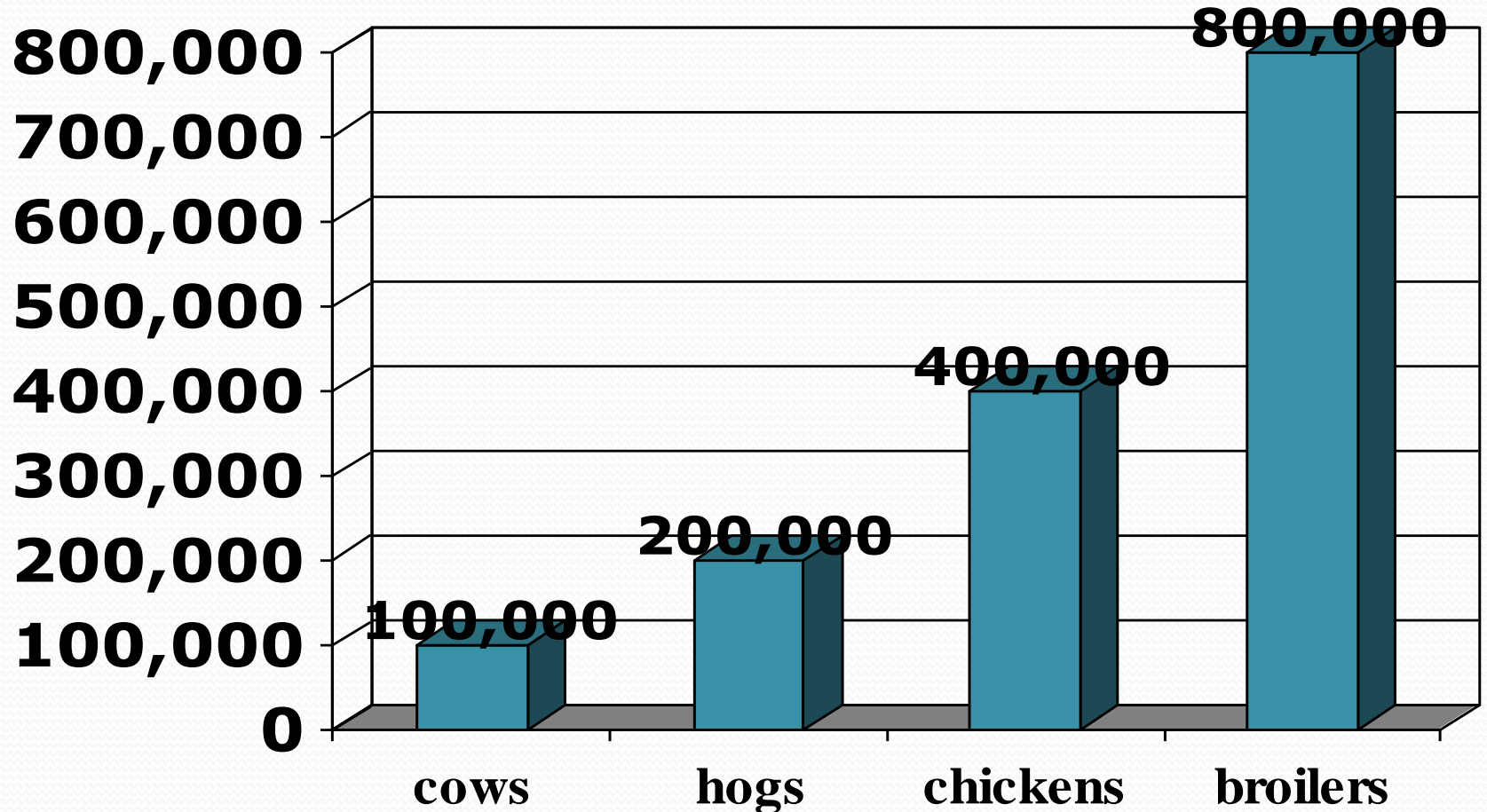
Percent of Inventory by State – Top 10 States: December 1, 2014



■ IA ■ NC ■ MN ■ IL ■ IN ■ NE ■ MO ■ OH ■ OK ■ KS



Number of animals raised in CAFO



Trend in meat consumption in U.S.

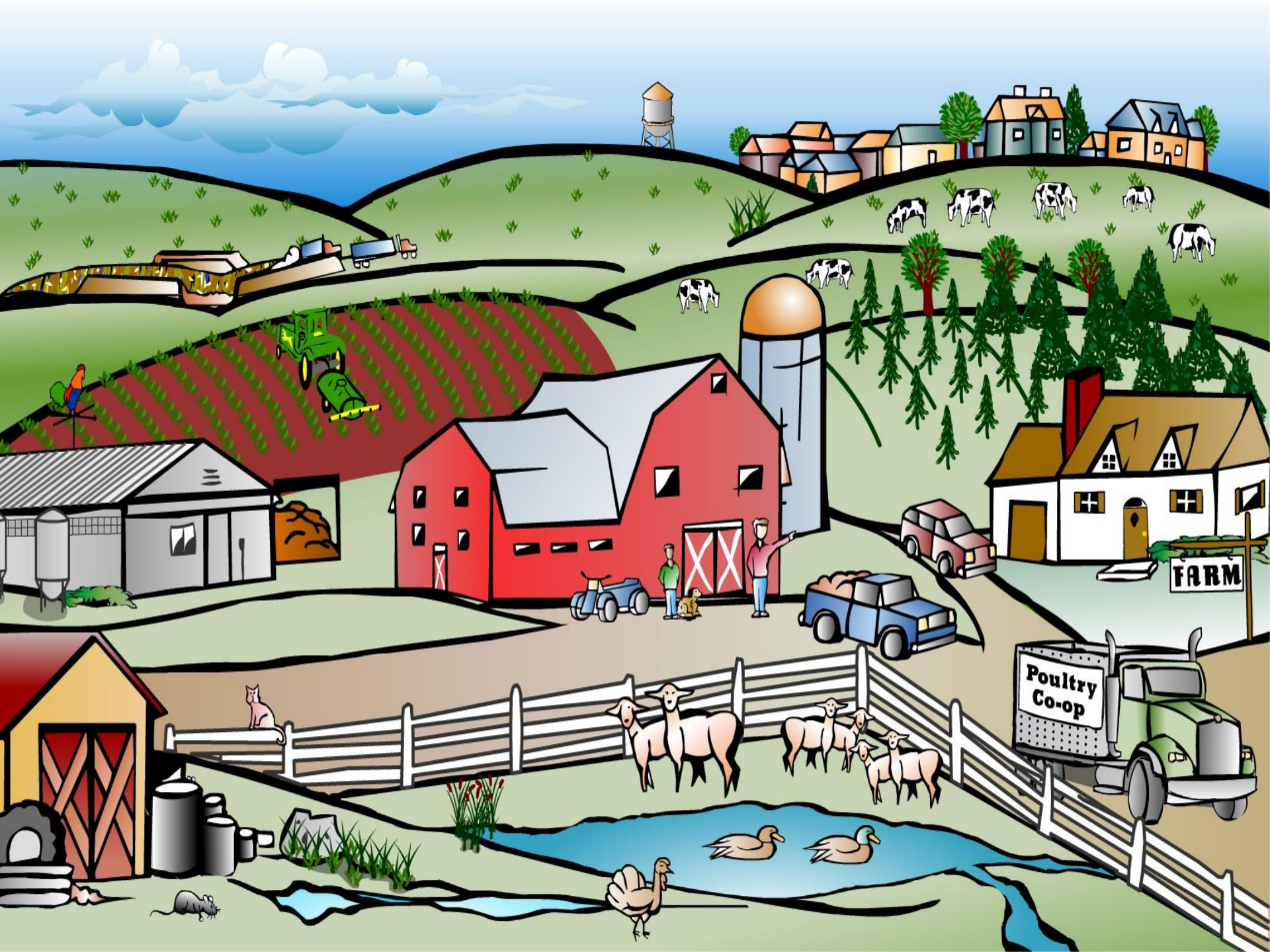


Item	1950-59	1960-69	1970-79	1980-89	1990-99	2000
<i>Pounds per capita, boneless-trimmed weight</i>						
Total meats	138.2	161.7	177.2	182.2	189.0	195.2
Red meats	106.7	122.34	129.5	121.8	112.4	113.5
Beef	52.8	69.2	80.9	71.7	63.2	64.4
Pork	45.4	46.9	45.0	47.7	47.6	47.7
Veal and lamb	8.5	6.2	3.5	2.4	1.7	1.4
Poultry	20.5	28.7	35.2	46.2	61.9	66.5
Chicken	16.4	22.7	28.4	36.3	47.9	52.9
Turkey	4.1	6.0	6.8	9.9	13.9	13.6
Fish and shellfish	10.9	10.7	12.5	14.2	14.7	15.2

In 2000, in the U.S. annual per capita intake of meat increased by 57 pounds in comparison to 1950s.









What are the reasons why
Ellen White warned
against meat intake?

1. Cruelty to animals

“Think of the cruelty to animals that meat eating involves, and its effect on those who inflict and those who behold it. How it destroys the tenderness with which we should regard these creatures of God!”

(MH p. 315)



2. Animals are diseased

"Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing.

Those who use flesh foods little know what they are eating. Often **if they could see** the animals when living and know the quality of the meat they eat, they would turn from it with loathing."

(MH p. 313)



“... if they could see ...”

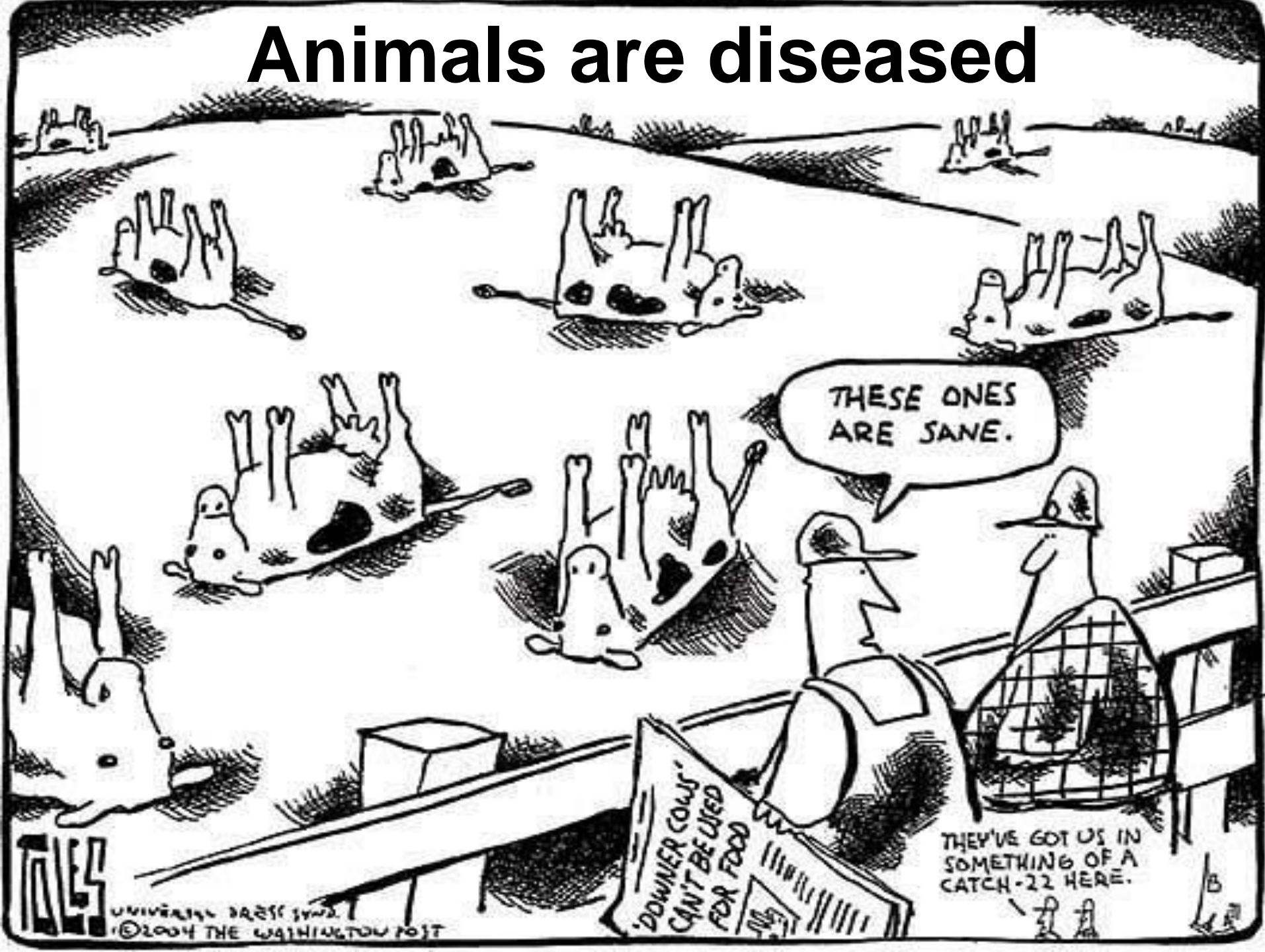
- **“Life is a nightmare”**
- **“Meet your meat.”**



- **“... but the seventh day is the Sabbath day ... In it you shall do no work, you, nor your son, ... nor your cattle ...” (Ex. 20, 10)**
- **“... and should I not pity Nineveh, that great city, in which are more than one hundred and twenty thousand persons ... and also much livestock?” (Jonah 4, 11)**
- **“A righteous man regards the life of his animal.” (Proverbs 12,10)**



Animals are diseased



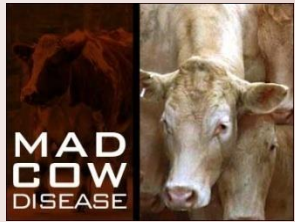
THESE ONES
ARE SANE.

THEY'VE GOT US IN
SOMETHING OF A
CATCH-22 HERE.

'DOWNER COWS'
CAN'T BE USED
FOR FOOD

2. Animals are diseased

Cows:



Bovine Spongiform Encephalopathy (BSE),
known as Mad Cow Disease,
Downer Cow Syndrome

Sheep and goats – Scrapie

Cervids – Chronic Wasting Syndrome (CWS)

Mink – Transmissible Mink Encephalopathy
(TME)

Kudu – Exotic Ungulate Encephalopathy (EUE)

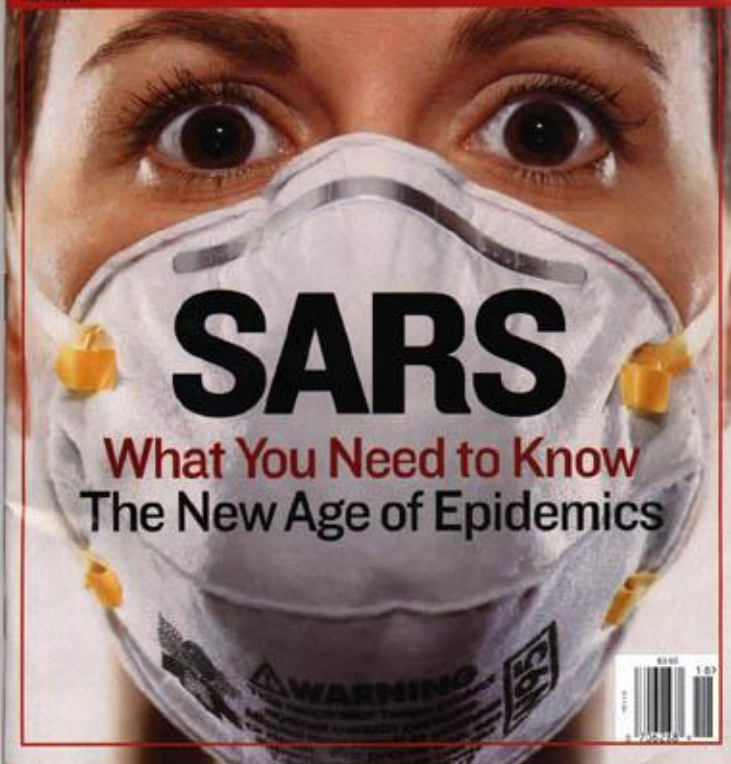
Cats – Feline Spongiform Encephalopathy (FSE)



THE SHIITE FACTOR • HOT SUMMER MOVIES


Newsweek

May 8, 2003



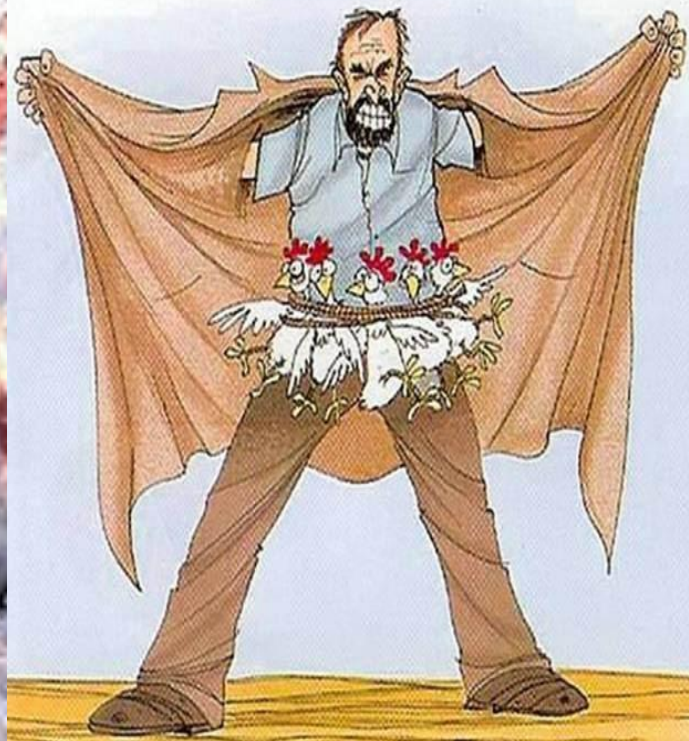
SARS

What You Need to Know
The New Age of Epidemics



Bird flu

LATEST TERRORIST THREAT





SWINE FLU

Goat flu in Netherlands sickens over 2,000 humans, kills six

Dec 16, 2009 by [Steven Zyan Kain Nickels](#) - 10 votes, 2 comments

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An outbreak of "Q fever" in the Netherlands has sickened more than 2,000 people and killed at least six. Dutch officials say they plan to "slaughter all pregnant infected goats" to help prevent the spread of disease.

An outbreak of "goat flu," officially known as Q fever, has been blamed for sickening more than 2,000 people and killing at least six in the Netherlands this year. *Radio Netherlands Worldwide (RNO)* [reports](#) that experts have recommended the "wholesale slaughter of pregnant goats on farms where disease has been reported." Transmission through the birthing process of infected animals is said to be a primary risk of release of the disease's bacteria.

RNO reports that symptoms of the disease primarily resemble the flu, including severe headaches, shivers, perspiration, aching muscles, diarrhea and a slow pulse rate. Symptoms usually subside after about two weeks with the acute variety of Q fever, but a more chronic strain can last up to two years, with the primary symptom being fatigue.

Many animals can carry the disease, but the primary transmitter of the disease to humans in the Netherlands has been goats. The Chinese news agency *Xinhua* is [reporting](#) that Dutch government officials say they plan to "slaughter all pregnant infected goats," to help prevent the disease. Dutch government spokesman Thijs Von Son speculated that the high incidence of Q fever in the Netherlands may be caused by the large number of animals on each farm, combined with the high density of the Dutch human population.

Across China, the virus that could spark the next pandemic is already circulating. It's a bird flu called H7N9, and true to its name, it mostly infects poultry. Lately, however, it's started jumping from chickens to humans more readily – bad news, because the virus is a killer. During the recent spike, 88% of people infected got pneumonia, three-quarters ended up in intensive care with severe respiratory problems, and 41% died.”

Times “The world is not ready for the next pandemic.”

<http://time.com/4766624/next-global-security/>

“Research indicates that between one third and one half of all human infectious diseases have a zoonotic origin, that is, are transmitted from animals. About 75% of the new diseases that have affected humans over the past 10 years (such as the West Nile Virus) have originated from animals or products of animal origin.”

European Food Safety Authority

<https://www.efsa.europa.eu/en/topics/topic/zoonotic-diseases>

Vector borne diseases

Avian influenza

Q fever

MRSA

2. Animals are diseased

- “Animals are diseased, and by partaking of their flesh we plant the seeds of disease in our own tissues and blood.”

(Healthful Living p. 67)

- “Disease of every type is afflicting the human family, and it is largely the result of subsisting on the diseased flesh of dead animals.”

(Healthful Living p. 104)

3. Filthy stables, fattening on decaying food

“Often animals are taken to market and sold for food, when they are so diseased that their owners fear to keep them longer. And some of the processes of fattening them for market produce disease. Shut away from the light and pure air, breathing the atmosphere of filthy stables, perhaps fattening on decaying food, the entire body soon becomes contaminated with foul matter.”

(M.H. 314)





3. Fattening on decaying food

Ingredients in “protein concentrates”

- Parts of animals slaughtered in slaughter houses including (intestines and their content, head, hooves, horns, bones, blood)
- Entire bodies of dead animals from CAFO (40 billion pounds per year)
- Euthanized pets (dogs and cats, 6 to 7 million each year)
- Fish meal (unwanted fish catch)
- Road kills
- Blood meal



3. Fattening on decaying food

Ingredients in “protein concentrates”

- Dried cattle and poultry manure
- Hydrolyzed feather meal
- Hydrolyzed animal hair
- Cooked municipal garbage
- Ground limestone
- Beef tallow, lard
- Poultry fat



- “The rendering plant floor is piled high with ‘raw product’: thousands of dead dogs and cats; heads and hooves from cattle, sheep, pigs and horses; whole skunks; rats and raccoons --all waiting to be processed. In the 90-degree heat, the piles of dead animals seem to have a life of their own as millions of maggots swarm over the carcasses. ...

- The dead animals (the 'raw') are accompanied by a whole menu of unwanted ingredients. Pesticides enter the rendering process via poisoned livestock, and fish oil laced with bootleg DDT and other organophosphates that have accumulated in the bodies of West Coast mackerel and tuna.

- Because animals are frequently shoved into the pit with flea collars still attached organophosphate-containing insecticides get into the mix as well. The insecticide Dursban arrives in the form of cattle insecticide patches. Pharmaceuticals leak from antibiotics in livestock, and euthanasia drugs given to pets are also included. Heavy metals accumulate from a variety of sources: pet ID tags, surgical pins and needles.

- Even plastic winds up going into the pit. Unsold supermarket meats, chicken and fish arrive in styrofoam trays and shrink wrap. No one has time for the tedious chore of unwrapping thousands of rejected meat-packs. More plastic is added to the pits with the arrival of cattle ID tags, plastic insecticide patches and the green plastic bags containing pets from veterinarians.”

● “It is impossible for the flesh of any living creature to be wholesome when filth is its natural element and when it feeds upon every detestable thing.” (MH p. 314)



**“You shall not
eat any
detestable
thing.”**

(Deut. 14, 3)

3. Other fattening methods

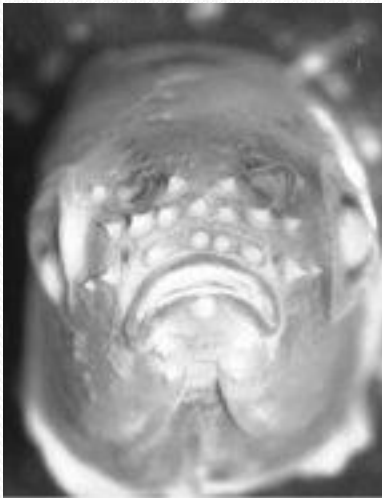
Antibiotics (25 million pounds/year)

“The University of Arkansas Extension Service claims that if we raised our own children the way we raised chicken a 2.5 year old child would weight 349lbs.”

(Factory Farming a report card)

The “pharmaceutical effect”

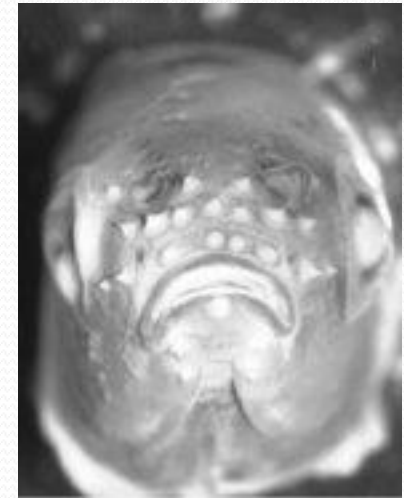
Male
fathead
minnows



Female
fathead
minnows



Female
fathead
minnows
Exposed to
androgens (testosterone)



- **“These observations indicate that wild fish "are being nailed by polluting hormones," males becoming somewhat feminized and females somewhat masculinized.”** Louis J. Guillette Jr. of the University of Florida
- **“Males just downstream of the feedlots "had a significantly reduced testis size"—which, appears to explain why they also produced less testosterone than males upstream.”** Earl Gray Jr. with the Environmental Protection Agency
- **“It's highly likely that what we're seeing in these wild fish is a ‘pharmaceutical effect’ derived from the farm use of these agents.”** Louis J. Guillette Jr. of the University of Florida

4. Transportation causes great suffering



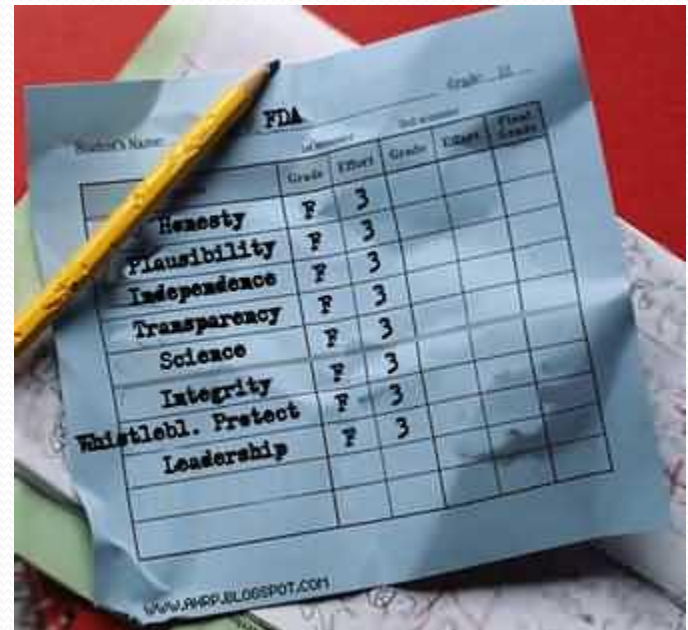
- Animals are often transported long distances and subjected to great suffering in reaching a market. Taken from the green pastures and traveling for weary miles over the hot, dusty roads, or crowded into filthy cars, feverish and exhausted, often for many hours deprived of food and water, the poor creatures are driven to their death, that human beings may feast on the carcasses. (CD&F p. 385)

Reasons to give up eating of animal flesh

- Meat eating involves cruelty to animals
- Animals are/will become diseased
- Questionable “fattening” methods/feeding practices
- Kept in “filthy stables”
- Questionable transportation conditions

- “Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but under careful restrictions which tended to lessen the evil results. ... Only such animals could be used for food as were in good condition. ... By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. They did not reach God’s ideal of character or fulfill His purpose.” (MH p. 312)

● Factory forming – A REPORT CARD



“... the release of waste from animal feedlots to surface water, groundwater, soil, and air is associated with a range of human health and ecological impacts and contributes to degradation of the nation’s surface waters.” (U.S. EPA)






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An aerial photograph showing a wide, muddy brown river flowing through a lush green landscape. The river is flanked by dense, vibrant green vegetation, likely mangroves or a similar wetland ecosystem. In the upper right corner, a small cluster of buildings and a road are visible, suggesting a nearby settlement or industrial site. The overall scene depicts a natural waterway in a heavily vegetated area.

“Factory farms produce 1.3 billion tons of sewage each year in the United States alone.”

Copyright doveimaging 2005

An aerial photograph showing a wide river with a distinct brown, turbid color, contrasting with the surrounding lush green forest. The river flows from the top right towards the bottom left, curving slightly. The forest is dense and covers the majority of the landscape. A blue sky is visible in the top right corner.

**Yadkin Riverkeeper and Concerned Citizens Confront
Thomasville City Council, Wants Answers About 15 Million Gallon
Sewage Spill (source: Carolina Newswire)**

Copyright doveimaging 2005

**“The most dramatic ecological impacts associated with manure pollutants in surface waters are massive fish kills. Highly publicized incidents have occurred in nearly every state — from California to Maryland.”
(U.S. EPA)**



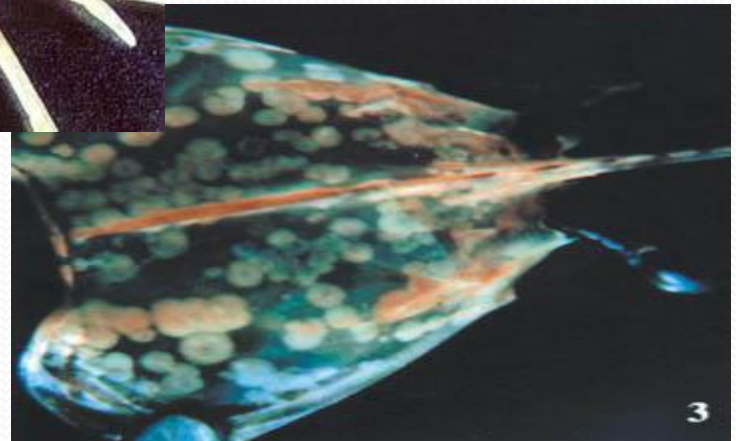


By Oct 6, 2009, New Bern City workers had hauled away more than 2 tons of dead fish from around boat ramps

- “The diet reform should be progressive. As disease in animals increases, the use of milk and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable.” (CDF 365)



What about fish?



Lice on farmed fish are a major problem in BC Sea and around the world. In Ireland, the wild sea trout (a salmonid species) has been devastated by sea lice, and studies have shown a close correlation with salmon farms. Scotland's Minister of Fisheries has acknowledged there is evidence that sea lice and farmed salmon are affecting the health and the survival of wild salmon there. In BC, an unprecedented epidemic of sea lice has been raging since early June among wild pink salmon smolts in the Broughton Archipelago, an area with a dense concentration of salmon farms. (Laurie MacBride, Georgia Strait Alliance www.georgiastrait.org)

“Disease ridden shrimp languished near the surface of the water, and the gulls dove down to the feast while workers hurried to harvest the remaining shrimp and ship them to market. Similar scenes have been repeated on shrimp farms from India to Ecuador, Thailand to Texas. In Ecuador, the largest farmed shrimp producer in the western hemisphere, viral disease epizootics cut production by 58 percent in 1994. While the incidence of outbreaks has declined, losses from two major viruses, Taura and white spot, can still reach as high as 100 percent on affected farms, threatening not only the fastest growing seafood industry in the world, but wild shrimp stocks, and possibly human health as well.” (Alicia Patterson “Disease: Shrimp Aquaculture’s Biggest Problem” www.aliciapatterson.org)



- The US News and World's Report, March 1, 2009 published an article "10 health habits that will help you to live to 100". The 8th principle says:
- **“Live like a Seventh Day Adventist .** Americans who define themselves as Seventh Day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it's important to cherish the body that's on loan from God, which means no smoking, alcohol abuse, or overindulging in sweets. ...”

Meat production and global warming

- “The animal agriculture sector is responsible for 18% of greenhouse gas emissions measured in carbon dioxide (CO₂) equivalent accounting for
 - 9% of annual human-induced CO₂ emissions,
 - 37% of methane (CH₄) emissions, which has more than 20 times the global warming potential of CO₂, and
 - 65% of nitrous oxide (N₂O) emissions, which has almost 300 times CO₂'s global warming potential.” (FAO)



OPRAH
THE OPRAH WINFREY SHOW

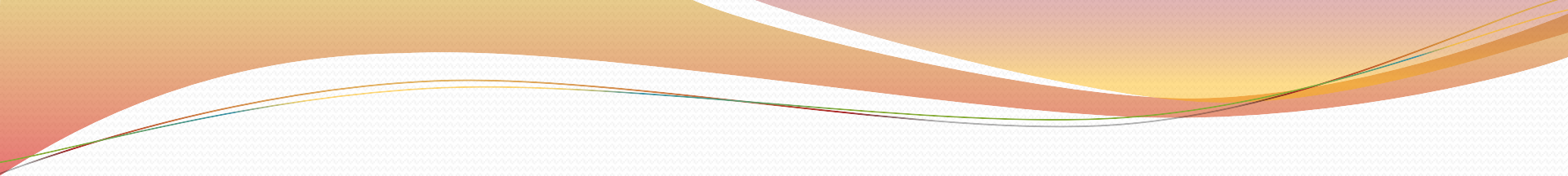
- “Home to the longest-living Americans is Loma Linda, California, a town 60 miles east of Los Angeles.

A big part of life in Loma Linda revolves around faith—it's home to 9,000 followers of the Seventh Day Adventist church. The Christian religion emphasizes diet and health and frowns on smoking, drinking and eating meat and processed foods. ...”

The Parable of the Barren Fig Tree

8. But he answered and said to him, ‘Sir, let it alone this year also, until I dig around it and fertilize it.
9. And if it bears fruit, well. But if not, after that you can cut it down.’” (Luke 13. 6-9)



- 
- “So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you.” (Ex. 23, 25)