

The Bible and Health: The Miracle of Healing¹

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Date Received: 1 May 2023 Revised: 1 June 2023 Accepted: 8 June 2023

Abstract

The Bible is considered a divinely inspired book by Christians and provides moral and living guidelines encompassing all aspects of life, including physical, mental, spiritual, and social health. Theologically, the Bible is the basis of all Christian beliefs, including the concept of origins, the problem of pain, and the restorative plan of God for humanity. In terms of restorative theology, some Christian denominations adopt health-related principles from the Bible as part of their beliefs in God's plan for human well-being. In this paper, the intersection of health-related biblical principles and modern health science is examined, focusing on comparing diet practices in the Bible with recommendations made by modern nutritional scientists. Comparative literature analysis was used to take biblical principles and contrast them with literature produced by nutritional and medical scientists, along with the experiences of practitioners. The findings indicated that biblical practices, such as quarantine instructions to limit disease spread and recommendations to eat plant-based foods, are readily accepted and endorsed by public health authorities. The study provides evidence that health-related biblical principles remain impactful in the modern field of medicine.

Keywords: *Bible, wholistic health, restoration, plant-based food*

Introduction

Many Bible believers have noted that this book contains instructions on how to avoid sickness through nutrition and lifestyle practice (Gen. 1:29). The Bible records the essential foods for humans and animals (Gen. 1:20-30), and the Old Testament has the same content as the Torah of Judaism. The Bible contains principles for preventive health care (Lev. 11-15), together with nutritional recommendations and different guidelines to prevent illness. These principles can be applied effectively in the modern era, as they are supported by respected scholars and practiced in modern medicine. Furthermore, the guidelines render those who implement them more healthy. The Bible is not a textbook about health or nutrition. Yet in Scripture, God provides fundamental principles to guide our personal choices in ways that promote health and prevent disease (Winnail, 2009).

The purpose of this study was to review biblical principles of nutrition and preventive medicine that are applicable in modern times, and have been accepted by nutritionists and the medical community from the biblical archives. In ancient times, a group of people put these principles into practice, and others continue to do so today. These recommended practices are reflected in modern, scientifically-based nutritional education.

Biblical Health Principles

The Bible is the Book that records Christian teachings and practices. It is divided into two parts—the Old Testament, which has the same content as the Torah of the Jewish religion, and the New Testament, which is a record of the life and the practices of Jesus and His apostles.

The Christian tradition shares some elements of belief with Judaism. The latter tradition believes that the world was created by God, and that He left instructions for the human race that have been preserved in written form by inspired writers. The Christian tradition emphasizes the unity of mind, soul, and body, which is clearly taught in their scriptures, so it is not surprising that a connection has been found between diet and health in all domains, namely the physical, emotional, social, and

¹ This paper was presented at the 9th International Scholars' Conference held on October 25-26, 2022 at Asia-Pacific International University, Muak Lek, Thailand, and selected for publication in HBDS.

spiritual (Shipton, 2009). Christians believe that, "All Scripture [the Bible] is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work" (2 Tim. 3:16, NKJV). This verse affirms that its words are from God for the benefit of all believers. When believed and acted upon, these teachings bring desirable results that make recipients ready to be vessels that bring salvation to others. Thus, the Bible contains teachings and advice related to human life and health. Many Christians believe that God is preparing them to assist Him in changing the course of human history, eliminating the plague of disease, and promoting a way of life that leads to physical, mental, and spiritual health.

When God created Adam, he was perfect in every way like Jesus, who was perfect in "wisdom and stature, and in favor with God and men" (Luke 2:52, NKJV). Jesus was physically, mentally, spiritually, and socially complete. Development in these four areas is a goal that Satan is determined to from being achieved. We are living on a battlefield between good and evil, between God and Satan, and Satan is attempting to destroy humans at all times. In these four spheres, the physical is man's weakest point, and the domain in which Satan defeated the world's first woman. He convinces the mind by using the physical drives to distract individuals. Thus, our spiritual defenses must be taken seriously; let us not forget that the physical side is fragile, and that Satan can easily destroy it.

Satan defeated Adam and Eve because of their desire to eat (Gen. 3); Esau lost his birthright because of eating desires (Gen. 25:29–34). The Israelites perished because of their eating and drinking behavior (Ex. 16); Satan first tempted Jesus after a 40-day fast (Matt. 4:3-4). There are many other instances where Satan used eating and drinking to tempt humans, and they can rarely overcome except for Jesus alone. Satan effectively uses food to destroy the lives of human beings around the world. When people become sick, they will turn their attention away from God. Christians—and particularly God's workers, preachers, and pastors—who become sick will not be able to perform their duties fully. The Bible, therefore, requires Christians to show the fruits of the Holy Spirit, especially the aspect involving "self-control" (Gal. 5:22–23) to overcome the appetite, and to always recognize that the body is the temple of God. Therefore, the body should be kept clean and we should not destroy this temple. The apostle Paul warned, "Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service" (Rom. 12:1, KJV). Caring for the body is worshiping God; that's why Satan is trying to destroy the body.

Biblical Health Recommendations

In the Old Testament, the prophet Jeremiah asked the people of Israel, "Is there no balm in Gilead? Is there no physician there? Why then is no recovery for the health of the daughter of my people?" (Jer. 8:22, NKJV). The behavior of the Israelites in Jeremiah's day was a hindrance to their spiritual and physical health.

In the New Testament, the apostle Paul encouraged Christians of his generation to change their lifestyles. "Your restoration is what we pray for. ... Aim for restoration" (2 Cor. 13:9, 11, ESV). The aim is for all to enjoy spiritual progress. To be made complete (restoration) in the sense of what Paul means is to have a perfect life close to that of Adam. Before going astray, Adam had a perfect life in every way in terms of health. God has given special dietary intructions to us, "See, I have given every herb *that* yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you, it shall be for food" (Gen. 1:29, NKJV). If followed, these directions will impact the health in a healing manner. As a saying goes, "There are many foods in the world to choose from, but fruits and vegetables are two foods that cannot be ignored." Humans may seek wholistic health through the things God has made available in the physical, mental, spiritual, and social areas. These natural remedies can greatly assist in health care if the following advice is embraced: "Pure air, sunlight, abstemiousness [self-control], rest, exercise, proper diet, the use of water, trust in divine [God's] power—these are the true remedies" for protection against disease and for healing (White, 2004, p. 290). These biblical guidelines provided by the Creator of life are excellent principles to follow.

Humans can choose from a variety of foods that are good for their bodies. However, nutritional scientists have shown that certain foods, such as fruits and vegetables, are essential and their

consumption should not be reduced. Although humans have not always followed natural food principles and adapted to some foods, such as consuming meat, plant-based foods promote health and are still the most suitable for maintaining healthy bodies. For example, the Eskimos in Alaska, who mainly consume fish, have chronic health problems because of their minimal intake of fruits and vegetables (Pamplona-Roger, 2008).

Human health is highly dependent on lifestyle. Many people think that health problems are caused by genetics, which determine their quality of life and longevity. However, leading a healthy life comes from two main factors: (a) what we put in our bodies, and (b) how we treat our bodies (Gunnars, 2018). All in all, being healthy depends primarily on the “lifestyle” adopted (Tantrarungroj, 2013).

Although we cannot change our genetics, we can change our lifestyle. Lifestyle choices can prevent or delay the early development of diseases to which we may be predisposed. Dr. Neil Nedley aptly quoted Dr. Lamon Murdoch of Loma Linda University School of Medicine when he said: “Genetics loads the gun, but lifestyle pulls the trigger” (Nedley, 1998).

The Bible and Disease Prevention

We have heard the advertisement that says “Half vegetables and half other things” by the Thai Health Foundation (Thai Health Official, 2019), which campaigns for people to eat more vegetables and fruits due to the incidence of chronic non-communicable diseases (NCDs). These diseases are creating public health problems; cancer is a disease that kills nearly 60,000 Thai people a year, accounting for 88.34% of deaths (Strategy and Planning Division, 2021). The main reason that NCDs develop is because of unhealthy lifestyles. If Thai people planned their daily diets to balance essential nutrients, they would combine equal amounts of the vegetables with other dietary components. Doing this would reduce the risk of cancer. The incidence of four prominent diseases (cardiovascular, cancer, diabetes, obesity) that threaten the lives of people in today's society would also be reduced.

Non-communicable diseases in modern times such as cancer, high blood pressure, coronary artery disease, heart disease, and diabetes are not caused by pathogens. They are the result of unbalanced lifestyles, behaviors, unhealthy diets, lack of exercise, stress, and exposure to toxins present in food and in the environment; these factors cause NCDs. In 2014, an estimated total of 14.9 million years of life and 2.4 trillion Baht in productivity was lost by as a result of unhealthy lifestyles (Thai Health, 2014).

When the COVID-19 outbreak occurred, people 60 years old and over and those with congenital diseases were especially at high risk. The above information shows that because of unhealthy dietary habits, humans have become separated from God's dietary plan of natural foods (Gen. 1:29). In the Bible, God instructed the Israelites not to consume animal fat and blood (Lev. 7:3). People in Thailand have received medical advice for many years to avoid hypertension and heart disease by consuming more natural foods, mainly vegetables and fruit, and participate in regular exercise (Ministry of Public Health, n.d.). Winnail (2020), a health educator, indicated that when humans ignore Bible health principles, this leads to sickness. God knows every molecule in our bodies. David said “I am fearfully and wonderfully made ... my frame is not hidden from You Your eyes saw my substance, being yet unformed” (Ps. 139:14–16, NKJV).

No doctor knows how to heal every part of the human body, which is a miracle beyond all human comprehension. God knows each organ we possess, so He gave us rules and recommendations in the Bible that would preserve their function. Everyone can implement those guidelines; believing and following these rules prevents sickness. This is a preventive method that God has bestowed upon mankind to prevent the development of health problems.

Dan Buettner worked to identify hot spots of longevity around the world. With the help of the National Geographic Society, Buettner set out to locate places that not only had high concentrations of individuals over 100 years old, but also clusters of people who had grown old without health problems like heart disease, obesity, cancer, or diabetes (National Geographic, 2017). One out of five groups that he found was the Seventh-day Adventist community in Loma Linda, California—which has the most centenarians and the highest middle-aged life expectancy in the US. Residents

live purposeful lives in walkable settings that keep people naturally active and socially connected, and they eat a diet that largely consists of whole food plant-based recipes (Buettner, 2005a, pp. 117–161; 2022).

Health is central to the Adventist faith, and they have clear guidelines on diet, exercise, and rest. Adventists typically avoid meat (some also avoid dairy products) and follow a “biblical diet,” eating the same way as those who lived thousands of years ago. They follow a vegetarian diet consisting of fruits, vegetables, and whole grains. According to the online study journal *Cancer*, the death rate reported for Adventist in the US was 33% lower from any cause, and 30% lower for all cancers combined, than that of the general population. Adventist had 30% lower rates of breast cancer, 16% lower rates of colorectal cancer, 50% lower rates of rectal cancer, and 30% lower rates of lung cancer (Fraser et al., 2019; Kekatos, 2019).

These findings strongly suggest that these health advantages may be available to all who choose similar diets, in addition to other well-known prudent lifestyle choices such as regular physical activity, avoiding smoking, and care with body weight (Staff Report, 2019).

The Adventist plant-based diet among its church members shows the benefits that can accrue to healthy choices. In 2014, during a conference organized by the Pan-American Health Organization, a senior public health official appealed to Adventists to share their expertise regarding a healthy lifestyle with the rest of the world (McChesney, 2014).

The Bible and the Food of Those Who Will Live Eternally

God created Adam to live forever. He prepared food for the first human family as He said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you, it shall be for food” (Gen. 1:29, NKJV). The diet of man was vegetables and fruits containing seeds; this is the food of those who will enjoy eternal life. God gave it to humans for food before sin entered the world. Switching to other dietary practices, such as emphasizing delicious taste over nutrition, and consuming meat and animal fats, is a major cause of NCDs.

The saying “You are what you eat; whatever you eat, so will your body be” is true. The Bible also teaches, “Whatever one sows, that will he also reap” (Gal. 6:7, MEV). This principle remind those who believe in the Bible to be aware of their personal lifestyles. Others have added that “Short-lived foods (fresh vegetables, fresh fruits) make people live longer” (SME Thailand Online, 2018). “Instant food and food prepared through the production process makes consumers' lives shorter” (Krittaya, 2019) For these reasons, eight percent out of 71 million people in Thailand have turned to vegan food because of their belief in its natural remedial properties. Hippocrates, the Greek father of medicine, said about 2,500 years ago to “Use food as medicine” (Witkamp & van Norren, 2018).

Thai medical personnel recognize that food from natural vegetables is valuable for growth and for preventing lifestyle diseases as well (ThaiHealth Official, 2017). Returning to the diet given in the Garden of Eden is the best option; God knows that in the future, people will get sick and die because of poor choices in the food that they eat.

In modern times, increasing scientific knowledge has led to research on plant-based foods using analytical chemical methods. This has led to clearer data showing that fruits, grains, legumes, and vegetables have ingredients that have benefits besides their nutritional value and taste. Two constituents have been found to exist in plants that are not found in animals, which are antioxidants (certain vitamins and minerals) and phytochemicals (Pamplona-Roger, 2008)

Colin Campbell affirmed the benefits of a plant-based diet that offers a comprehensive solution to NCDs.

“Heart disease, diabetes and obesity can all be treated with a healthy diet. Various research shows that different types of cancer, autoimmune disease, bone and kidney health, perception disorder, and Alzheimer's disease have a strong relationship with diet. The most important food that can cure or prevent these diseases is a diet that mainly consists of vegetables” (Campbell, 2016, p. 34)

In Buddhism, detachment from carnal desire includes food and eating habits that do not harm other living creatures. Consuming the right diet will not only help to prevent disease, but also contributes to building a healthy body, and enables one to feel good, both physically and mentally (Klajon, 2017).

Reinforcing the Biblical Recommendations

According to the testimony of Professor Dr. George Malkmus, his mother experienced a painful death from cancer. So he decided that if he ever developed cancer, he would not allow himself to be treated with radiation and chemotherapy (Malkmus & Dye, 1995). At the age of 42, the professor became sick with colon cancer. He sought healing from God through consulting the Bible and discovered the advice given in Genesis 1:29. As a result, Dr. Malkmus changed his usual diet to one that was plant-based; he also drank vegetable and fruit juices. Within a year, he was miraculously cured of cancer. So he wrote the book *God's Way to Ultimate Health*, which is based on his real-life experiences. In one place, he wrote:

The conclusion after my research and experience over the years is that we don't need to get sick. Diseases and illnesses are the results of self-harm. Almost all health problems except accidents are caused by unhealthy eating habits and lifestyles. All we have to do is to eat and live according to the will of God. (p. 26)

Dr. Malkmus believed that the only food that could regenerate cells was living food, especially fresh vegetables and fresh fruits (Malkmus & Dye, 1995). This suggestion is in accordance with the American Heart Association's recommendation to acquire protein from plants. A variety of plant foods also come with high levels of fiber, vitamins, minerals, and other important nutrients (American Heart Association, 2023). Through faith and the experience of following God's instructions, Dr. Malkmus built a health care center called "Hallelujah Acres" that produces natural food for medicinal purposes, known as the Hallelujah Diet. Many people have recovered from disease by using these natural remedies. The interesting thing about the Hallelujah diet is that great emphasis is placed on the products produced from vegetables. "It has been almost twenty years since I recovered from colon cancer. What is considered the most basic and important thing that I have learned is that there is a vast difference between God's ways and man's way" (Malkmus & Dye, 1995, p. 24).

Health awareness among people in Thailand is increasing. Several studies have been conducted by university students on the benefits of plant-based food in promoting good health. The food industry is becoming aware of this shifting awareness, and there is a growing consumer preference for this kind of food.

A study was conducted by Nakaniti on knowledge of and attitudes towards plant-based foods and the meat consumption behavior of a group of Bangkok residents. The data showed a growing health consciousness among Thais who are turning to plant-based products, particularly those with similar physical properties as meat, because of their health benefits. The majority of Thai people are Buddhists who uphold the Buddha's ethical teachings and animal welfare guidelines (Nakaniti, 2020). Similarly, a study by Nurat (2022) indicated substantial levels of interest among respondents in turning to plant-based products for health reasons. The Thai government is encouraging small and medium enterprises to seize the opportunity to invest in the plant-based food industry, referring to this as the world's future food (Maisuwan, 2021). Research by Jitbovorn on why consumers decide to switch to plant-based meat-like products in Bangkok showed it was because of concerns about their health (Jitbovorn, n.d.).

"God's Way and the Way of Man Are Completely Different"

Dr. Tom Wu, a specialist in nutrition and natural therapies in the US, was ill with terminal lung cancer. The medical doctors said that he had only a few months left to live. When the prescribed medical treatments could not cure his disease, he turned to natural cures. In his book "Nature Saves," Dr. Wu (2010, p. 2) recalled that experience as follows:

In that state of despair and helplessness, I happened to think of a believing God, hoping for spiritual peace. So I hurriedly picked up the Bible, knelt and prayed to God. Strangely enough, the Bible in my hand suddenly fell to the ground and opened to chapter one of Genesis (Gen. 1:29), which is the chapter on the creation of the world. Finally, I decided to eat according to the guidelines of God.

Nine months later, the test results showed that his body was healed with no cancer cells left, so Dr. Wu was eager to testify and become a speaker who educated people around the world. His witness shows that God has used health as a means to bring many people to believe in the Bible.

An important reason why plant-based diets are beneficial to the body is the fiber that they contain, which represents the parts of plants that the human body cannot digest and absorb. Foods high in fiber take longer to chew. When food is chewed in the mouth for a long time, the taste of food becomes sweeter. The fiber absorbs saliva and gastric juices, causing the food to increase in volume, making you feel full, making you eat less, slowing down digestion, and keeping food in your stomach longer, which makes you feel full longer. In addition, fiber helps food move more quickly from the small intestine to the large intestine; thus, the time available for the absorption of substances that may be harmful to the body, such as fat and toxins, is reduced. Dietary fiber is only found in plant-based foods (Nelson & Tantrarungroj, 2002, pp. 49–51).

In Dr. Douglas Winnel's (2001) article "Biblical Principles of Health," he said:

The Bible is not a textbook about health or nutrition. Yet, in the Scriptures, God provides fundamental principles to guide our personal choices in ways that promote health and prevent disease. In ancient Israel it was the job of the priests and Levites—not physicians, health gurus or legislators—to provide basic health instruction and to set the direction for national health policy. As we examine a number of biblical health principles, we will discover how simple, yet up-to-date, this information is—even though it was recorded thousands of years ago! God revealed fundamental truths in the Bible that medical science has taken thousands of years to confirm. Regrettably, many theologians do not understand the value of the health principles recorded in the Scriptures—and as a result they have failed to perform an important God-given function!

Seventh-day Adventists believe in biblical health principles, and apply these principles as a guide for living healthy lives. This is an effective way of living in a society that is linked to nature, and uses what is in nature to enhance life. The principles consist of steps enabling individuals to practice a balanced life involving body, mind, and spirit. The acronym CELEBRATIONS (or "Celebrating Victory for Life") can be expanded to explain the principles involved:

1. C – Choice: Make smart lifestyle choices, choose what's good for your body, and let go of what's detrimental to your health.
2. E – Exercise: In order to have complete physical health, exercise regularly to reduce health problems.
3. L – Liquid: Drink enough water daily.
4. E – Environment: Preserve the environment to suit the lives of oneself and others.
5. B – Belief: Having faith in religion affects spiritual strength as the foundation of life.
6. R – Rest: Have enough sleep and family recreation to strengthen the body.
7. A – Air: Fresh air is an essential element of life in nature.
8. T – Temperance: Force yourself to give up everything that is unhealthy, such as smoking, alcohol, drugs, and maintain a healthy body weight.
9. I – Integrity: Conduct oneself in a morally acceptable way, being honest with oneself, to duty, and to society
10. O – Optimism: Optimism leads to happiness, hope, and joy.
11. N – Nutrition: Mainly eat plant-based natural foods, which the body needs.
12. S – Social Support: Help others with love and compassion. (Handysides et al., 2012, pp. 13–14)

God knows very well that humans will be destroyed by the diets that they eat. After the global flood when He allowed them to eat meat, He commanded, "Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs. But you shall not eat flesh with its life, that

is, its blood." (Gen. 9:3–4, NKJV). Meat was forbidden by the Lord because blood in dead animals contains waste products that are harmful to the body, and contain nutrients that promote the growth of germs. For epidemic prevention, God also warned that "You shall not eat any fat, of ox or sheep or goat ... and the fat of an animal that dies naturally ... you shall by no means eat it" (Lev. 7:23–24, NKJV). These days, medical researchers have shown that animal fats are a common cause of cerebrovascular disease, heart diseases, and paralysis. Dr. Winnel said that God had a reason for not allowing the Israelites to eat unclean meat (Lev. 11). The unclean animals are those animals that clean up the environment, such as snails, crabs, and shrimp, and their meat may contain heavy metal toxins, dangerous pollutants, germs, bacteria, and viruses that are dangerous to consume. When we eat these animals, it is the same as eating the creatures that God created to be the "cleaners" from nature. Even though they are flavored to meet the taste, the consumer is still at risk of poisoning the body" (Winnall, 2001).

Scans of ancient Egyptian mummies done by Dr. Randell Thomas, a cardiologist from the Mid-America Heart Institute, which came from the same era that the Israelites and Moses were in the country, showed that the mummies had chronic diseases, such as heart disease, before they died (Advisory Board, 2017). To prevent His people from suffering the same diseases as the Egyptians, God thus gave the Israelites health guidelines (Lev. 11; Deut. 14:3–21). Today, ancient Egyptian diseases still exist in the world. This shows that the principles which God gave to the Israelites are undoubtedly still applicable today. God said (Exodus 15:26, NKJV):

If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you.

While the Egyptians were sick and dying of the dangerous diseases caused by unhealthy lifestyles, God's people were safe from those diseases.

Taking into account the crowds of millions of Israelite slaves escaping from Egypt (Gen. 12:37), as they kept moving there must be a good waste disposal system for feces to prevent epidemics. God provided a way for disposal of this waste by saying, "When you sit down outside, you shall dig with it and turn and cover your refuse" (Deut. 23:13, NKJV), which is very good advice against pestilence. The Bible is therefore the first Book to introduce the system of health that has been applied all along.

The Bible and the Special Nation

God intended His people to be a clean, holy, and healthy nation. So He gave them manna, a heavenly food, to replace the unhealthy Egyptian diet. He commanded that they worship the only true God instead of the Egyptian gods and idols. The Lord gave guidelines on public health that they might be a clean and perfect people, so enabling the priesthood to prepare the world for the coming of the Messiah. Nowadays, God's chosen people are represented by spiritual Israelite Christians who leave Egypt (the ways of the world). The Lord intends for His church to be perfect in every area, being clean, holy, and healthy to prepare the world for the second coming of Jesus.

The Bible and the Everlasting Covenant

The Jews who have followed strict health rules according to the teachings of the Bible have proven to the world that they are healthy, of excellent intelligence, and marvelously more talented than other nations. In his article "Muslims Looking at Muslims," Dr. Faruk Saleem, a former government adviser of Pakistan, commented that "in the last 105 years, out of 14 million Jews, 180 of them have been awarded the Nobel Prize" (Saleem, 2010). He wondered what has made the Jews so intelligent. For those who understand the Bible, this is no surprise because many Jews have obeyed God's teachings, especially that related to nutrition and biblical formal education.

Seventh-day Adventists are a group of Christians who adhere to Biblical health principles and are known to live longer and healthier lives. This was affirmed in a National Geographic magazine study conducted by Dan Buettner (2005b). The US News & World Report news magazine recommended that

for Americans to stay healthy, they should follow 10 habits. One of these was that in order to be healthy and live longer, readers should “Live like a Seventh-day Adventist” (Sabbath Blog, 2019).

In addition, two health books that are widely recognized around the world (“The Health Revolution on Your Plate” based on *The China Study*, and “How Not to Die”) promote plant-based dietary principles, and refer to the Seventh-day Adventist lifestyle (Campbell, 2016, p. 187).

The Bible clearly states that humans were created to live on the seeds and fruit of fields and trees. Genesis 1:29 states that humans were made to eat grains and fruits, while animals were to eat “green vegetation” for their diet, including vegetables and grasses. God intended for humans to live on a plant-based diet, not meat. When sin entered the world, a number of problems arose; the slaughter of animals for food occurred after the Flood. God allowed humans to kill animals for food after that destructive event because of the resulting food shortages (Gen. 9:3–4).

In the kingdom of heaven that God is preparing for those who love His ways and instruction, and into which the righteous will enter and gain eternal life “There will be no more death” (Rev. 21:4, NIV). Neither will there be any more slaughter of animals for food; the world will return to its former state as in the Garden of Eden. Humans will return to the same plant-based diet with which they were blessed immediately after the creation of the world.

The Seventh-day Adventists are a group of Christians who adhere to Bible principles of health and present these principles to people around the world. The Pan-American Health Organization, an organization affiliated with the World Health Organization, has asked the leaders of the Seventh-day Adventist Church to spread the principles of health according to the teachings of the Bible. Evidence has shown that when these principles are followed, they can effectively reduce the rate of morbidity from chronic NCDs (Adventist News Network, 2014).

All Christians will reap the rewards of obedience if they know how to apply these practices in their lives, especially in today's polluted society. This is an intellectual challenge to the world and a challenge to the Christian faith in this day and age. Just believe and listen to the teachings of the Bible; good health can belong to everyone.

Devoted Christians who believe and follow the teachings of the Bible may nurture their health by relying on food and natural remedies. This has been proven by scholars and medical science. The overarching purpose of the information given in the Bible is “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” (3 John 1:2, NKJV).

Conclusion and Suggestions

Devoted Christians who believe and follow the teachings of the Bible benefit healthwise. The benefits are gained mainly from the consumption of plant-based foods and applying natural resources to promote health, which saves expenditures by individuals and nations. Outstanding health scholars and professionals urge the adoption of a reform in eating habits on a worldwide basis.

Good health is promoted by adopting a diet in agreement with biblical principles. Therefore, there should be more studies and research to promote these principles to prevent sickness and foster continuing health.

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