

Plant Based Cooking Seminar



January 23, 2018

Plant Based Cooking incorporating the 12 step program and CREATION Health!



Step 1: We admitted that we were powerless over our separation from God – that our lives had become unmanageable.

Supporting Scripture Text: "I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out."
Romans 7:18



CREATION Health

A lifestyle habits program developed by Florida Hospital.
(Owned and Operated By Adventist Health System)

The program is focused on eight principles.

The acronym is broken down as follows:



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





Temperance

Temperance - Using good things moderately and avoiding the bad is obviously wise, yet often hard to practice. Temperance can be neither bought nor earned, but is rather an important gift of God, a "fruit of the Spirit" (Galatians 5:22, 23). Moderation in all things is a thread woven throughout the fabric of Lifestyle programs.

- Drugs – over the counter, prescription, caffeine
- Alcohol –
- Tobacco –



2018 SERIES OVERVIEW

JANUARY – DESSERTS

FEBRUARY – SOUPS

MARCH – SAUCES, GRAVIES, DRESSINGS

APRIL – SNACKS

MAY – SALADS

JUNE – SANDWICHES

JULY – PICNIC FARE

AUGUST – ENTREES

SEPTEMBER – INTERNATIONAL FARE

OCTOBER – BREAKFAST ITEMS

NOVEMBER – HOLIDAYS

DECEMBER – DRINKS, SMOOTHIES



A food addict once told me that a food addiction is the worst addiction, because it is staring you in the face 3 times a day. You have to have food to live.

We are presenting this Plant Based Cooking Seminar to offer support, encouragement, hope, facts, healthy plant based recipes, and prayer. We are all on different levels of life's journey and it is our desire to give each of you the tools that you need to hold true to your convictions of Taking control of your own health and to live a more productive and fruitful life.



DESSERTS

PROS

APPEALING
TASTY
SATISFYING
FULFILLING

CONS

SWEET
UN-HEALTHY
CHOLESTEROL
WEIGHT GAIN



Healthy Desserts = They do exist and are tasty!
Fresh fruit to include: Mangos, Papayas, Pineapple, Berries,
Apples, Bananas, Dates, Figs, Citrus, Grapes, Raisins.

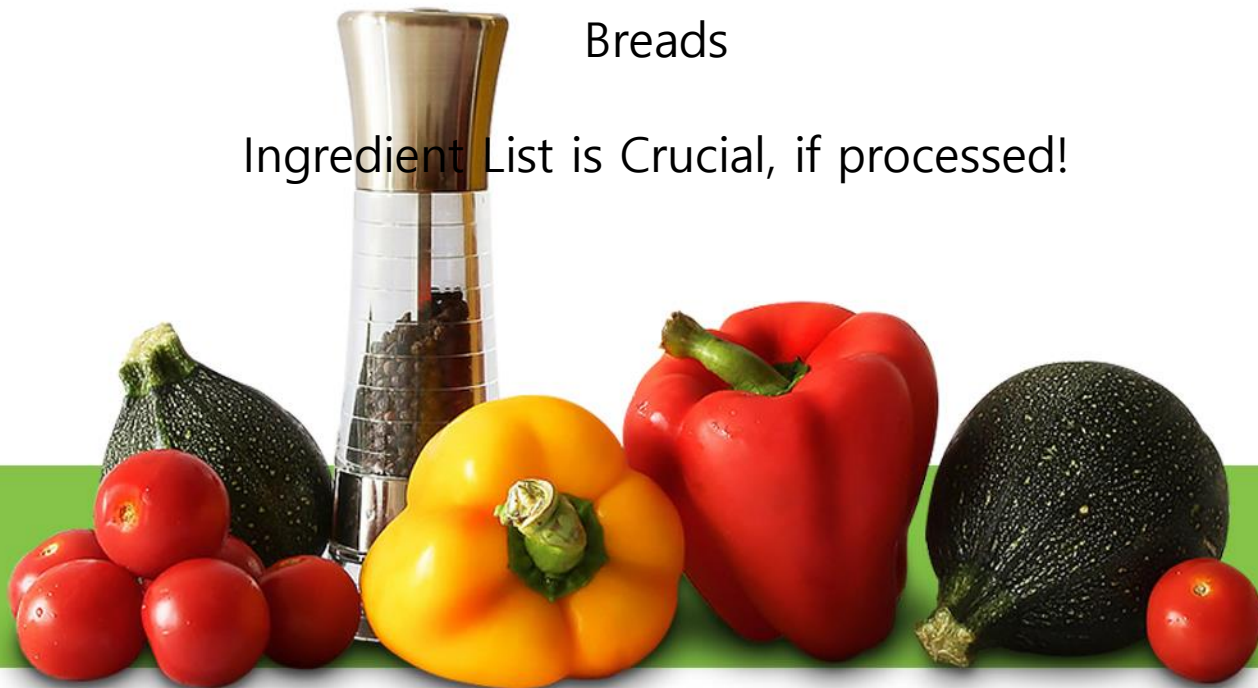
Bars = Cereal, Granola, etc.

Rollups = Whole Wheat Flour tortilla with
Almond Butter and Grape Jelly

Muffins

Breads

Ingredient List is Crucial, if processed!



Why is the Seventh-day Adventist Church presenting these free community plant based cooking seminars?

Since 1865 health has been one of our major focuses. We have 46 hospital campuses, employing more than 80,000 employees, with more than 8,200 licensed beds in 9 states, serving more than 5 million patients annually.

We have universities with medical schools in the following locations:
Argentina, Brazil (developing), Colombia (developing), India (developing), Mexico, Nigeria, Peru, Philippines, Rwanda and two in the United States (Loma Linda University in California and Adventist University of Health Sciences in Florida).





LOMA LINDA UNIVERSITY
HEALTH

VISION 2020

The Campaign for a Whole Tomorrow

Donner and Garofalo
Medical Campus

LOMA
LINDA
UNIVERSITY
MEDICAL
CENTER
A Southern
Baptist Institution

For more than 100 years Loma Linda has provided excellent health care. Their 8 health schools train health professionals who are deeply compassionate and focused on treating the whole person. They have a Behavioral Health Institute, Cancer Center, Global Health Institute, International Heart Institute, Perinatal Institute, Rehabilitation Institute, Institute for Community Partnership and Institute for Health Policy and Leadership.



Florida Hospital has 29 locations throughout the state of Florida.

Florida Hospital Altamonte



601 East Altamonte Drive
Altamonte Springs, Florida 32701
Phone: (407) 303-2200

[visit website](#)

[CONTACT US](#)



[Driving Directions](#)

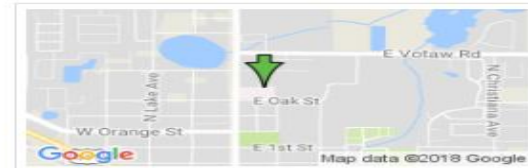
Florida Hospital Apopka



2100 Ocoee-Apopka Rd
Apopka, Florida 32703
Phone: (407) 609-7000

[visit website](#)

[CONTACT US](#)



[Driving Directions](#)

Florida Hospital Carrollwood

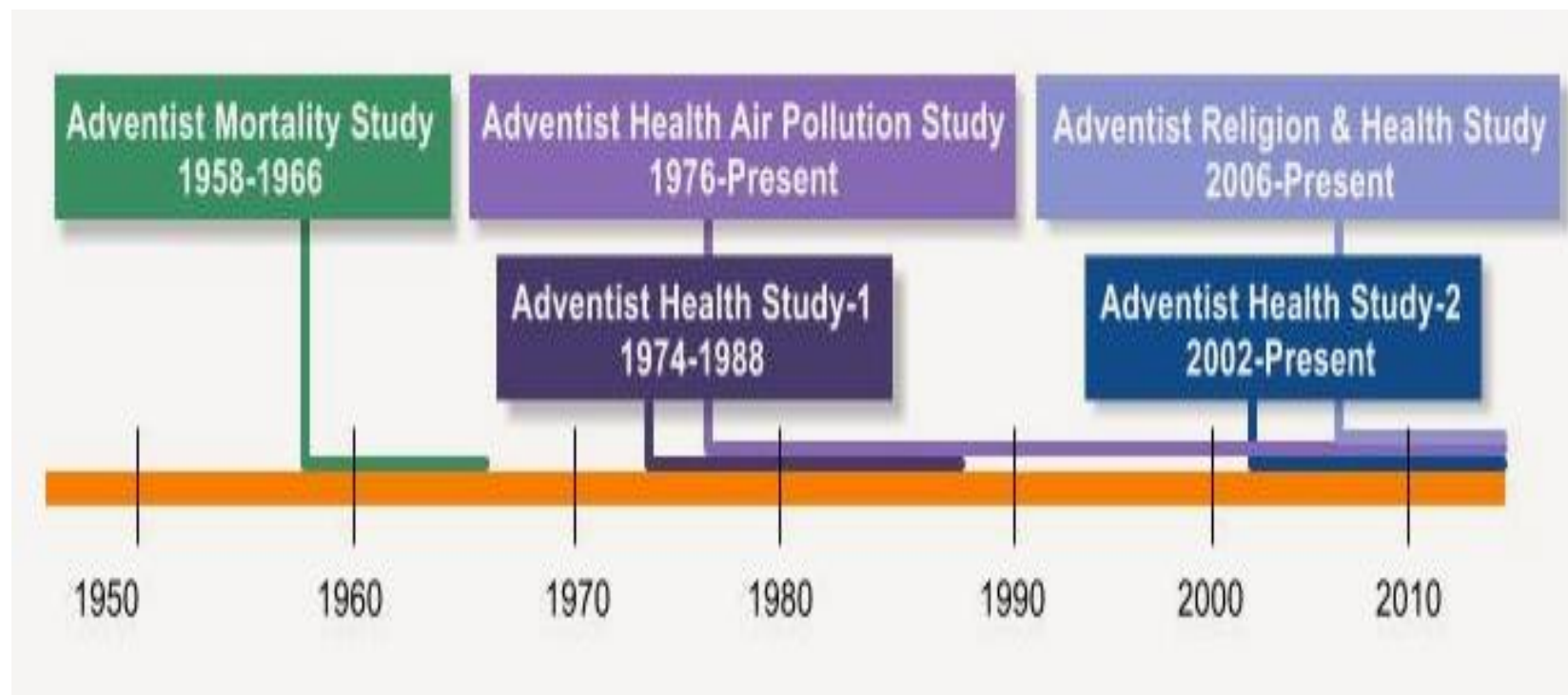


7171 North Dale Mabry Highway
Tampa, Florida 33614
Phone: (813) 932-2222

[visit website](#)

[CONTACT US](#)





Studying Seventh-day Adventists

Seventh-day Adventists (Adventists) have increasingly become the objects of epidemiologic studies, both because they tend to be far more homogeneous in many lifestyle choices and because they are more heterogeneous in nutritional habits than the general population. Certain lifestyle characteristics, such as heavy cigarette smoking, consumption of alcohol, and diets heavy in fats may confound or modify the effects of other factors, making it difficult to study members of the general population.

In the Adventist population, these potentially distorting characteristics are largely absent, making other factors more easily observed. Perhaps even more importantly, the wide range of dietary habits, from strict vegetarianism to a normal American diet, greatly enhances the ability of investigators. Below are links to summaries of each of the five major Adventist Health Studies conducted by researchers at Loma Linda University.

[Adventist Mortality Study: 1958-1966](#)

The first major study of Adventists, begun in 1958, has become known as the Adventist Mortality Study, a prospective study of 22,940 California Adventists. The study was conducted at the same time as the large American Cancer Society study of non-Adventists, and comparisons were made for many causes of death between the two populations



[Adventist Health Study-1 \(AHS-1\): 1974-1988](#)

The second major study was designed to determine which components of the Adventist lifestyle give protection against disease. Over the course of the study, several questionnaires were mailed to 34,198 California Adventists. In the beginning, AHS-1 was primarily a cancer investigation. ([See a PDF of cancer findings.](#)) In 1981, a cardiovascular component was added.

[Adventist Health Air Pollution Study \(AHSMOG\): 1976-Present](#)

The AHSMOG Study is a sub-study consisting of 6,338 California Adventists who were members of the Parent AHS-1. It is believed this population provides a unique opportunity for also investigating the health effects of long-term exposure to ambient air pollutants with very little confounding (distortion) by active tobacco exposure. Since 1977, the cohort has been followed and monitored for newly diagnosed malignant neoplasms, coronary heart disease, and all-cause mortality.

[Adventist Health Study-2 \(AHS-2\): 2002-Present](#)

With 96,000 Adventist participants in the U.S. and Canada, AHS-2 is one of the largest and most Comprehensive studies of diet and cancer in the world. It is also one of the largest dietary studies of [Black/African Americans](#) and will help answer why this group has a disproportionate amount of cancers and heart disease.

[Adventist Religion & Health Study \(ARHS\): 2006-Present](#)

ARHS is a substudy of AHS-2 consisting of 11,000 Adventist Americans who are members of the parent AHS-2. It aims to understand what specific aspects of religion, life stressors and other health behaviors account for better or worse health and trace some of the biopsychosocial pathways to health.



Seventh-day Adventist Lifestyle Centers in the United States!

Alabama – Uchee Pines Lifestyle Center

30 Uchee Pines Road #75

Seale, AL 36875-5702

lifestylecenter@ucheepestines.org

Colorado – Eden Valley Lifestyle Center

6263 North County Road 29

Loveland, CO 80538

www.eden-valley.org

Georgia – Wildwood Lifestyle Center

435 Lifestyle Lane

P.O. Box 129

Wildwood, GA 30757

www.tagnet.org/wildwood

Maine - Poland Spring Health Institute

226 Schellinger Road

Poland, ME 04274

www.PSHI.org



Wildwood Lifestyle Center's Philosophy- Georgia

From the very beginning, our philosophy at Wildwood Lifestyle Center has been to minister to individuals on all levels, reaching people where they are and helping them physically, mentally, and spiritually. Our Natural Health Care Center believes in healing by changing lives, not just treating symptoms. For this reason, we focus on more than just giving natural remedies. We present the steps to living a healthy lifestyle, the way God intended for us to live.

Wildwood Lifestyle Center is a place where **modern medicine meets nature's remedies**. Here one can benefit from scientific alternative treatment in a peaceful, caring, accepting environment. At our natural healthcare and lifestyle center our philosophy is to treat the whole person — physically, mentally, spiritually. People from all walks of life are greatly helped while receiving Our multifaceted approach to healing. We believe in healing by changing lives, not just treating symptoms.

Our [Medical Staff](#) have a thorough knowledge of disease and conventional treatment, as well as having the knowledge to Substitute those treatments with **natural remedies**. For seventy years Wildwood has been using nature to heal the body with great success in the areas of Hydrotherapy, Massage, Exercise, Diet, and Botanical Medicine.

Wildwood Lifestyle Program offers [practical classes](#) to help you make better lifestyle choices. We have found that as we share The physiological principles of a healthy lifestyle, many people are better equipped and more able to make firm decisions for change. These classes cover a wide range of relevant health subjects.

As well as each participant receiving personalized care from our experienced medical staff, the Lifestyle participants are enriched by group support from other guests in the program. The group spirit and the lasting friendships that develop make your stay at Lifestyle Center & Hospital a never-to-be-forgotten experience.

Sick of being Sick? Come Join our Lifestyle Program!



Oklahoma - Lifestyle Center of America
Route One, Box 4001
Sulphur, OK 73086
www.lifestylecenter.org

Virginia - Hartland Institute of Health and Education
444 Hartland Oak Dr.
Rapidan, VA 22733
www.hartlandlifestyle.com

South Dakota – Black Hills Health and Education Center
Post Office Box 19
Hermosa, SD 57744
www.BHEC.org

Tennessee - MEET Ministry and Our Home Health Center
480 Neely Lane
Huntington, TN 38344



Seventh-day Adventist Lifestyle Centers around the World!

A.G. Hospital & Lifestyle Center – India
Aidar Lifestyle Center – Eastern Ukraine
Cedarvale Health & Lifestyle Retreat – Sydney, Australia
Center for Health & Prevention – Southern Bulgaria
Center of Health & Preventive Medicine – Moldova Republic
Centro Misionero de Salud – Mexico
Country Life Institute – Austria
EPIcentrum zdravi EDEN – Czech Republic
For Your Heart – Northwest Latvia
Fundacion La Alborado – Bogota, Columbia
Herghelia Institute – Transylvania, Romania
La Gracia Hogar y Salud – Chile
Landhaus Die Arche – Northeast Germany
Sonnmatt Bergpension & Gesundheitszentrum – Switzerland
The Heartgood Foundation – Kongsberg, Norway
Voskresyonovka Lifestyle Center and Medical Missionary School - Russia



As we see in the four gospels of the Bible, Jesus Christ ministered on Behalf of others so that they could enjoy a more fruitful and productive lifestyle.

The Seventh-day Adventist Church strongly adheres to the same philosophy. If we focus on the physical aspects of our fellow man then God is able to work on his spiritual needs, through the power of the Holy Spirit.



Sample Menu			
	Breakfast	Lunch – (Dinner)	Dinner – (Supper)
Sunday	Pancakes, or Waffles, or Crepes; Fresh Fruit, Nuts & Seeds	Sandwiches, Salad, Raw Vegetables	Italian Theme, Salad
Monday	Cereal, Fresh Fruit, Nuts & Seeds	Sandwiches, Salad, Raw Vegetables	Mexican Theme, Salad
Tuesday	Cereal, Fresh Fruit, Nuts & Seeds	Sandwiches, Salad, Raw Vegetables	Asian Theme, Salad
Wednesday	Cereal, Fresh Fruit, Nuts & Seeds	Sandwiches, Salad, Raw Vegetables	Mediterranean Theme, Salad
Thursday	Cereal, Fresh Fruit, Nuts & Seeds	Sandwiches, Salad, Raw Vegetables	American Fare, Salad
Friday	Cereal, Fresh Fruit, Nuts & Seeds	Sandwiches, Salad, Raw Vegetables	International Theme, Salad
Saturday	Cereal, Fresh Fruit, Nuts & Seeds	Sandwiches, Salad, Raw Vegetables	FAST

1 Corinthians 10:31 – “So whether you eat or drink or whatever you do, do it all for the glory of God.”

