

YOUR JOURNEY TO WELLNESS

Introduction

The Seventh-day Adventist Church recognizes the autonomy of each individual and his or her God-given power of choice. Rather than mandating standards of behavior, Adventists call upon one another to live as positive examples of God's love and care.

Part of that example includes taking care of our health—we believe God calls us to care for our bodies, treating them with the respect a divine creation deserves. Gluttony and excess, even of something good, can be detrimental to our health.

Adventists believe the key to wellness lies in a life of balance and temperance. Nature creates a wealth of good things that lead to vibrant health. Pure water, fresh air and sunlight—when used appropriately—promote clean, healthy lives.

Exercise and avoidance of harmful substances such as coffee, tobacco, alcohol and mind-altering substances lead to clear minds and wise choices. A well-balanced vegetarian diet that avoids the consumption of meat coupled with intake of legumes, whole grains, nuts, fruits and vegetables, along with a source of vitamin B12, will promote vigorous health.

Such health is a gift from a loving God who wants us to live life in its abundance. When we benefit from such love, we feel a sense of gratitude and appreciation toward our creator.

Because of this, Adventists choose to praise God with joyful living.