



Agriculture and Health: Part of the Right Arm

(Working the Soil to Redeem Mankind and Restore Health)

John Kelly, MD, MPH, LM Specialist
Home Gardner, Student of Creation
Lifestyle Medicine Evangelism & Training

Background and Experience

- Raised on Tree Farm in southwest Virginia, college dropout (1960's)
- Colporteur studies of Daniel & Revelation led to conversion (1975)
- Became vegetarian reading Genesis 1 (1974)
- Colportoured 18+ months, baked at Eden Way Bakery (1970's)
- Farm manager at Eden Valley 1-2 seasons (1980's)
- Licensed massage therapist (1992), took pre-med studies (1990's)
- Completed residency LLU (2003), began DM research in RMI (2000's)
- Established ACLM (2004), first LM Training fellowship (2015)
- Garden with 30x100 high-tunnel & 14x50 caterpillar-tunnel and conduct LM Evangelism & Training Immersion sessions (now-)

The Great Controversy Between Christ and Satan

- The ONE THING, the one issue, at the heart of the struggle between good and evil?

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- The ONE THING, the one issue, at the heart of the struggle between good and evil?
- Can God be trusted to do only what is best for our good?

The Cleansing of the Heavenly Sanctuary (1844 – Death Decree)



Daniel 8:14; 7:26-27; 9:24-27
Revelation 14:6-12; 18:4

Day of Atonement – Lev. 23:27-32

27. Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD.
28. And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the LORD your God.
29. For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people.
30. And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people.
31. Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings.
32. It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.

What IS Agriculture?

- In purest form and deepest meaning it is:
- ‘Working the soil to produce and maintain the products of the soil’
- Certainly includes growing food, but doesn’t stop there
- Ultimately about restoring and maintaining the condition of the soil and its products as they came from God’s perfect Creation when
- “God saw that it was good.” (Gen. 1:10)

What IS Health?

- Restoring what was lost when Adam and Eve ate forbidden fruit
- Suffered consequence of becoming subject to death
- Health NOT simply about physical well-being, although that is surely part of it
- REAL health about restoring the condition in which mankind and the Creation were created, including optimal physical, mental and spiritual well-being when
- “God saw everything that he had made, and, behold, it was very good.” (Gen. 1:31)

Agriculture and Health...

- About dressing and keeping the soil with the purpose of redeeming mankind from the effects of Eden's fall
- To speak of agriculture as food production only is a narrow, secular view
- Need to look at agriculture as God looks at it
- To speak of health as mere physical wellness is a narrow, secular view
- Need to look at health as God looks at it—not as sinful, fallen mankind looks at it

By God's Grace...

- Open our eyes to how God looks at 'working the soil'
- It's relation to the Plan of Salvation
- How that relates to experiencing complete health

Gen. 2:15, 8-9

[15] And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.

[8] And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed.

[9] And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.

“And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.” (Gen. 1:11)

“Study in agricultural lines should be the A, B, and C of the education given in our schools. This is the very first work that should be entered upon.” (6T 179.2)

Gen. 2:7, 19a

[7] And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

[19] And out of the ground the LORD God formed every beast of the field, and every fowl of the air;

Gen. 1:11-12

[11] And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.

[12] And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

Gen. 1:28

“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.”

Patriarchs and Prophets, p. 50.3

“They held converse with leaf and flower and tree, gathering from each the secrets of its life. With every living creature, from the mighty leviathan that playeth among the water to the insect mote that floats in the sunbeam, Adam was familiar.”

Gen. 3:16-19

[16] Unto the woman he said, I will greatly multiply thy sorrow and thy conception; **in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.**

[17] And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: **cursed is the ground for thy sake;** in sorrow shalt thou eat of it all the days of thy life;

[18] Thorns also and thistles shall it bring forth to thee; and **thou shalt eat the herb of the field;**

[19] **In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.**

What IS Health?

What IS Health?

“During His ministry Jesus devoted more time to healing the sick than to preaching. His miracles testified to the truth of His words, that He came not to destroy but to save.” (DA 350.3)

“But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.” (Gen 2:17)

What IS Health?

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“dying ye shall die.”

“All tares are sown by the evil one. Every noxious herb is of his sowing, and by his ingenious methods of amalgamation he has corrupted the earth with tares.”
(Manuscript 65, 1899; 1 BC 1086.2)

Agriculture and Health...

Is not working the soil as God intends indeed key to reversing the effects of sin?

Reversing the effects of sin produces health, the original state of mankind (and all of God's Creation)

Practical applications

- How should this change how we act, think and live?
- The ONE THING, the one issue, at the heart of the struggle between good and evil? Can God be trusted to do only what is best for our good?

Practical applications

“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” (Matt. 4:4)

Like Robert and Michelle Sullivan shared in their testimony last night, decide to do **only and exactly** what God has asked us to do.

Practical applications

- Do we trust that God's plan for a garden home school is best for us and our families?
- Are we willing to surrender the apparent convenience and material benefits of living in the city?
- Do we see that we cannot truly minister properly to others until we ourselves are in obedience to what God has revealed to us?

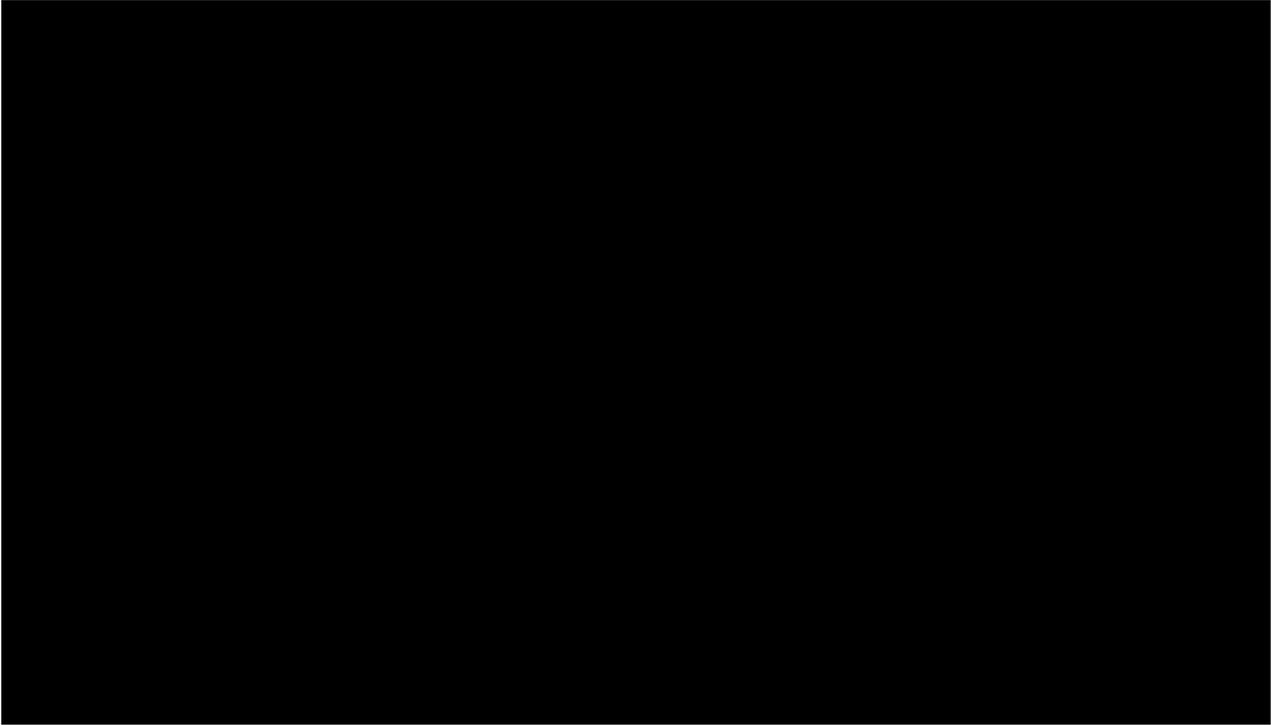
Practical applications

- Do we see that failure to follow any part of what God has said holds us back from developing a character fit for eternity?!
- The watching universe must know that we are safe to save and restore to heaven's fellowship.
- No one wants there to be another rebellion; another episode of distrust and war in heaven!

Practical applications

- Agriculture should be the A, B, and C of the education we give our children.
- We need to establish homes in the country and grow our own food.
- We need to make agriculture part of the right arm, part of our medical missionary work
- We need to adopt God's original diet and way of living in every part of our lives and ministry

Q & A



She had triplets!

If every cell has copy of the same DNA...

- How does it produce such different tissues?
- Some make an ear, others make a toe, & some make a brain...



Practical applications

- Epigenetics – switches that turn our genes ‘on’ and ‘off’
- Gene expression may explain more of the differences in health and function than DNA sequence itself
- Diet has larger effect on gene switching than anything else science has discovered [1]

1. Kaput. Diet-disease gene interactions. *Nutrition*. 2004;**20**:26-31.

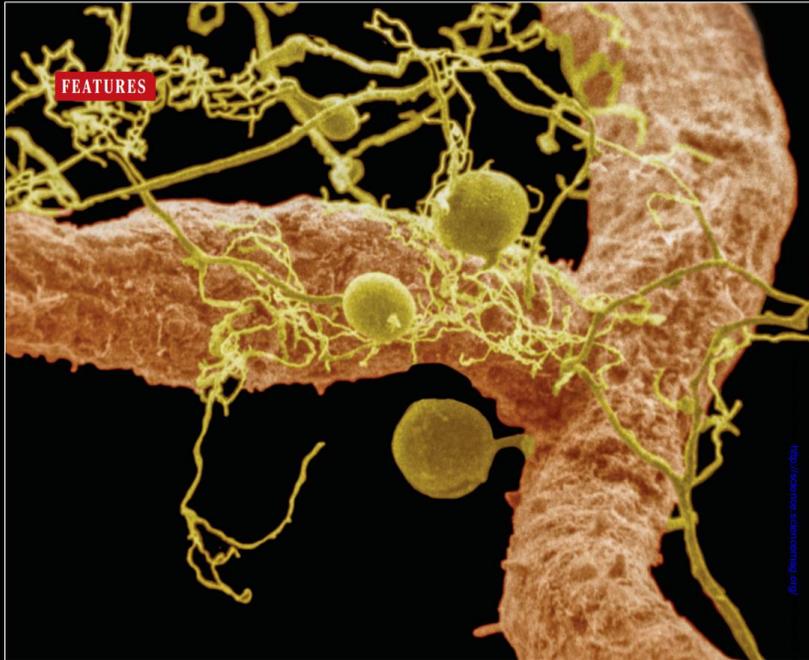
The most valuable gift? Ten talents!

“The one who understands the art of properly preparing food, and who uses this knowledge, is worthy of higher commendation than those engaged in any other line of work. This talent should be regarded as equal in value to ten talents; for its right use has much to do with keeping the human organism in health. Because so inseparably connected with life and health, it is the most valuable of all gifts.” (Manuscript 95, 1901; MM 271.1)

The Amazing Micro-biome...

- More non-human cells in our GI tract than human cells in our entire body (and more DNA...) [1-2]
- Our diet feeds our micro-biome and determines the content of our micro-biome – we can change it by changing our diet [2]

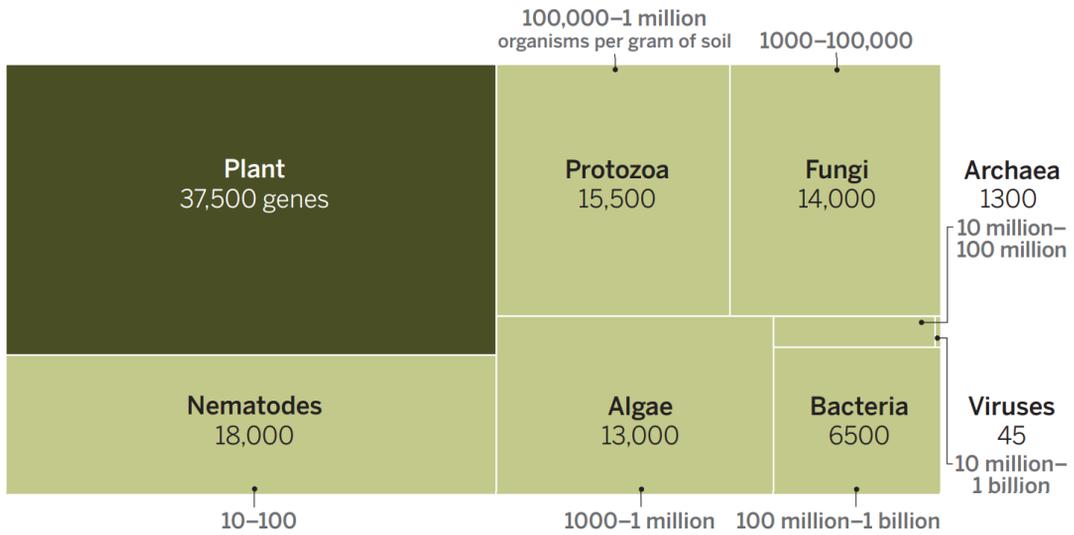
1. Altmäe S, Franasiak JM, Mändar R. The seminal microbiome in health and disease. *Nat Rev Urol.* 2019 Dec;16(12):703-721.
2. <https://www.nationalgeographic.com/news/2016/01/160111-microbiome-estimate-count-ratio-human-health-science/>



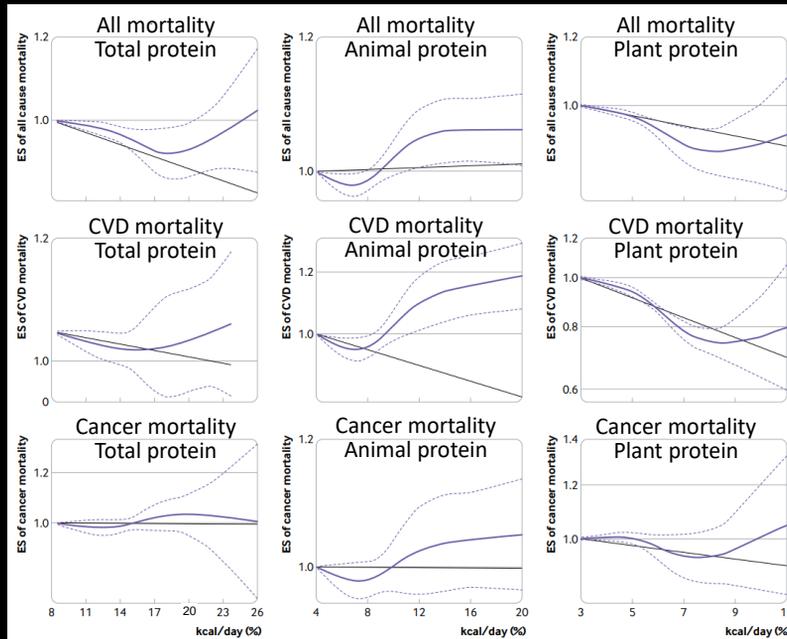
de Vrieze, J. The littlest farmhands. *Science*. 2015 Aug 14;349(6249):680-683.

Underground world

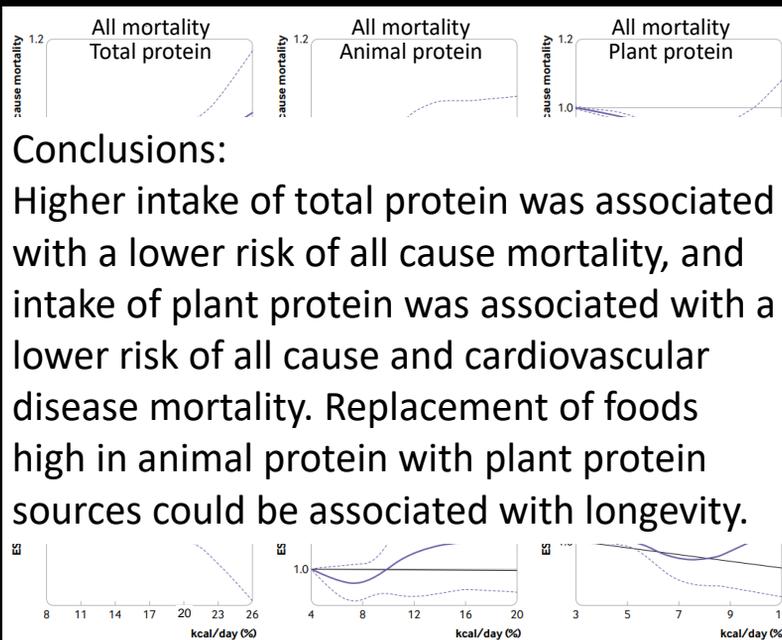
Vast numbers of organisms—presented here along with their average number of genes and their numbers per gram of soil—live in and around a plant's root system.



de Vrieze, J. The littlest farmhands. *Science*. 2015 Aug 14;349(6249):680-683.



Naghshi S, *et al.* Dietary intake of total, animal, and plant proteins and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies. *BMJ* 2020;**370**:m2412.



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Conclusions:

Higher intake of total protein was associated with a lower risk of all cause mortality, and intake of plant protein was associated with a lower risk of all cause and cardiovascular disease mortality. Replacement of foods high in animal protein with plant protein sources could be associated with longevity.

Naghshi S, *et al.* Dietary intake of total, animal, and plant proteins and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies. *BMJ* 2020;**370**:m2412.

Agriculture and Health

- Working the soil part of God's plan for redeeming mankind and restoring what was lost by eating the fruit of the Tree of Knowledge of good and evil
- Health and healing are the results of restoring what Satan and sin destroyed—physical, mental and spiritual
- Health not merely the absence of sickness but result of coming into harmony with laws of our nature and creation