



OPEN LETTER

17th February 2025

Pastor Eglan Brooks; President of the British Union Conference of SDA
Dr Steve Palmer; President of the North England Conference of SDA
Dr Kirk Thomas; President of the South England Conference of SDA
Pastor Graham Allcock; President of the Welsh Mission of SDA
Pastor Adam Keough; President of the Irish Mission of SDA
Pastor Michael Botha; President of the Scottish Mission of SDA

Dear Brethren

Re: The Adventist Health Message – An Appeal to our Seventh-day Adventist churches in the UK

Christian greetings to you.

We, the directors of the Association of Health Reformers Community Interest Company (AHR), write to you with a heartfelt appeal.

The Adventist Health Message was a divine gift to the church from our Creator in 1863, entrusted to us for a specific purpose, to aid in the proclamation of the Three Angels' Messages of Revelation 14. In particular, the Third Angel's Message is closely linked to the health message, which serves as the "right hand of the gospel" and the "entering wedge" to reach hearts and lives. (White, E. G. (1902) Testimonies for the Church, vol. 7.)

As Gospel Medical Missionary Evangelists actively engaged in ministry across the UK and internationally, we continue to share the gospel alongside lifestyle-based health principles. We also provide training for medical missionaries and community health coaches, equipping them to serve more effectively.

Through our ministry among SDA churches, we have observed a concerning trend: many harmful and injurious food items are being prepared at home and widely shared within our congregations, particularly at potluck gatherings. Consequently, Seventh-day Adventists are quickly losing the health advantages they used to have over the rest of Society as we embrace the same diets and lifestyles forbidden by God in these last days. The inevitable result is an apparent increase in lifestyle-related diseases, which could be prevented through faithful adherence to the health message. Ironically, the world is awakening to the necessity of a plant-based diet while our church lags behind. Are we waiting for the world to instruct us on the principles of true health reform? God forbid!

How can we effectively share the gospel of healing, mental, physical and spiritual, if our own health practices do not reflect the distinctive message we have been given? Psalm 67:2 (KJV) reminds us: *"That thy way may be known upon earth, thy saving health among all nations."*

"The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church. Teach the people that they can act as God's helping hand, by co-operating with the Master Worker in restoring physical and spiritual health. This work bears the signature of Heaven, and will open doors for the entrance of other precious truths. There is room for all to labor who will take hold of this work intelligently." (White, E. G. (1915) Gospel Workers)

We are called to be the head and not the tail, (Deuteronomy 28:13-14) and we must lead by example. The Spirit of Prophecy offers clear counsel on diet and health reform:

"Tea, coffee, tobacco, and alcohol we must present as sinful indulgences." (White, E G 1881) Selected Messages 3:287)

The effect of cheese is deleterious (White, E. G. (1897) Healthful Living)
Cheese should never be introduced into the stomach. (Ibid)

"If we could be benefited by indulging the desire for flesh foods, I would not make this appeal to you; but I know we cannot. Flesh foods are injurious to the physical well-being, and we should learn to do without them. Those who are in a position where it is possible to secure a vegetarian diet, but who choose to follow their own preferences in this matter, eating and drinking as they please, will gradually grow careless of the instruction the Lord has given regarding other phases of the present truth and will lose their perception of what is truth; they will surely reap as they have sown." (White, E G (1909) Testimonies for the Church Vol 9)

"True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful." (White, E. G. (1890) Patriarchs and Prophets, 562)

Our ministry, the AHR, stands on the foundation of the Bible, the Spirit of Prophecy, and the gospel commission of preaching, teaching, and healing. Yet, the Health Message is often treated as optional—merely for informational purposes rather than as a direct instruction from God. In many churches, it is relegated to an occasional mention on Sabbaths or a single "Health Emphasis Day" once a year. Worse still, it is sometimes squeezed into a brief 10-minute slot, as though it were an afterthought. This approach has significantly diminished the importance of this vital gospel work.

And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Exodus 15:26

The members of our church must be re-educated about their duty to embrace the principles of the Adventist Health Message as documented by Ellen G White; not just for their own well-being, but for the benefit of their communities.

"We have come to a time when every member of the church should take hold of medical missionary work." (White, E. G. (1902) Testimonies for the Church, vol. 7)

"I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work." (White, E. G. The General Conference Bulletin (1901))

Therefore, we appeal to you, the Presidents of the British Union of Seventh-day Adventists to encourage congregations to uphold and practice the principles of the Adventist Health Message. It is a sobering truth that church members will seldom rise above the example set by their leaders. The ministers of our churches bear a great and grave responsibility to lead God's flock in truth and righteousness.

*"Why do some of our ministering brethren manifest so little interest in health reform? It is because instruction on temperance in all things is opposed to their practice of self-indulgence. **In some places this has been the great stumbling block in the way of our bringing the people to investigate and practice and teach health reform.** No man should be set apart as a teacher of the people while his own teaching or example contradicts the testimony God has given His servants to bear in regard to diet, for this will bring confusion. **His disregard of health reform unfits him to stand as the Lord's messenger.**" (White, E. G. (1900) Testimonies for the Church, vol. 6)*

"Whatever injures the health not only lessens physical vigor but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong and hence more difficult to resist evil." (White, E. G. (1905) The Ministry of Healing, 128.)

We implore you to give this appeal serious consideration for the mental, spiritual and physical well-being of our church. The Seventh-day Adventist Church has always been called to a higher standard, for we hold the present truth for this time.

"As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith but largely among those who know not the truth." Counsels on Health, 506 (1892)

We pray that God grants wisdom and conviction as you consider this urgent matter.

Yours in service and faith,

Doctor Sam Davis, ND

Doctor Lucille Fifield, ND

Joan Cornwall

Laverne Picart