

11-15-15

LETTER TO EDITOR: *SOUTHSIDE MESSENGER*

FROM: DR. FILLMER HEVENER, PASTOR, GUTHRIE MEMORIAL CHAPEL, 392-6255.

LETTER TO EDITOR OR COLUMN.

THEME: PROMOTING HEALTH

Forbes magazine reports that “our National Healthcare Expenditure (NHE) is projected to hit \$3.207 trillion this year. The U.S. Population is currently hovering at around 320 million, so 2015, looks to be the first year healthcare spending will reach \$10,000 per person. We may be bending the cost *growth* curve, but the per capita amount continues to grow.”

What is a practical and cost effective way to promote health among U.S. citizens? Preventing disease would seem to be a major part of the answer. Yes, “Prevention is worth a pound of cure.”

Dr. Neil Nedley, M.D., writes that our immune system is a God-given blessing that “usually” throws off numerous attacks by multiple diseases, including cancerous cells. (*Proof Positive*,13.)

Dr. Nedley promotes a plant-based diet, which is the original diet given by God to man in Genesis. (Genesis 1:29.) Some of the advantages of the plant-based diet, Nedley writes, are: zero cholesterol, low saturated fats, high fiber, zero animal protein, zero “heme” iron ((gotten from animal sources, rich in antioxidants, promotes weight control, and provides more nutrients per dollar.(p.84.)

Nedley also points out that males, age 35 and over as a percentage of expected coronary heart disease, in comparison with the general population, has many fewer heart attacks: The general population percentage is 56%, lacto-ovo vegetarians (those who eat eggs and dairy) 39%, and total vegetarians, 14%. Clearly his research shows that the more a population moves toward a plant-based diet, the fewer heart attacks one can expect. (P.84.).

I personally can testify that a plant-based diet is a healthy diet. I have been a vegetarian for some 61 years, the last 20 of those being vegan (no animal products.) Although I am in my early 80's, I carry on full daily activities; I Pastor Guthrie Memorial Chapel in Cumberland County. In addition, I direct the Chapel's Christian mission work in Uganda, India, and the Congo. On November 10 of this year, the Chapel opened a new health Clinic near Kampala, Uganda.

So, what is one way to reduce sickness and health costs in the U.S.? Moving from an animal-based to a plant-based diet could assist in doing this.

I am available to give free lectures and seminars on healthful living. For additional information on these, please phone Dr. Hevener at: (434) 392-6255. The Chapel's website also provides more data at: www.guthriememorial.org.

