

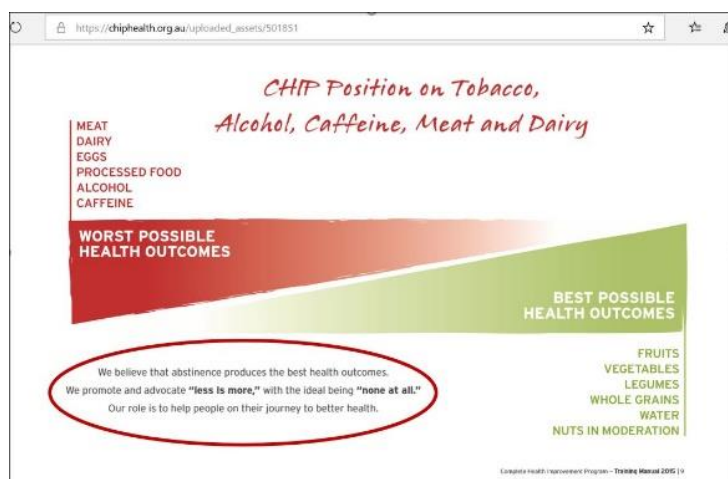
1977 US McGovern Report - Adventist anti-meat influences, too.

When Foster's employing conference realized the valuable connection between Bible work and health, they sent her to Loma Linda University to pursue a master's degree in public health. While there, she met the world-renowned Nathan Pritikin, an adjunct professor who owned wellness centers that served celebrities in Texas and California. He explained that while in military service, he had developed a chronic illness and began reading Ellen White's writings. He used her principles to turn his health around and challenged the students to begin wellness centers to share the knowledge as he had done. In a private meeting, he encouraged Foster to develop affordable programs for inner-city residents as an extension of her church and its beliefs.

The 1977 Dietary Goals for the United States were written primarily by Senator George McGovern's aide, **Nick Mottern**, a Seventh Day Adventist vegetarian, who believed that red meat was unhealthy for humans.

Mottern was a **journalist** without any scientific training who relied on Harvard nutritionist, Mark Hegsted for 'scientific support'. Unfortunately, **Mark** Hegsted had earlier been **commissioned** by the **Sugar Research Foundation** to write a review article **exonerating sugar** and **blaming fat** and **cholesterol for heart disease**.

The **1977 Dietary Goals** report **advocated** that **the American population drastically cut saturated fat** and **eat more "complex" carbohydrates**, which implies **plant products**. Therefore, more fruits, grains, and vegetables, less meat, eggs, and dairy products. **Which looks a lot like the recommendations for CHIP...**



Hans Diehl's **CHIP** program, now owned by **Sanitarium**, a wholly-owned Adventist Church processed food company.

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DEMONISATION OF SATURATED FAT 1977

*1970's Senator **George McGovern** attends **Nathan Pritikin's** very low-fat diet/exercise program

***McGovern invited Pritikin to testify** before the Senate Select Committee. He also gave **Pritikin's eulogy** in 1985

*1970's **Gwen Foster** (Adventist Health Czar) met **Nathan Pritikin**, an **Adjunct Professor at Loma Linda University**, who told her that he **began reading Ellen G White's** writings while in military service

*Nathan Pritikin followed the work of cardiologist **Lester Morrison**, professor at the 'College of Medical Evangelists' (now **Loma Linda University**) who, in 1946, placed heart attack patients on a **low-fat low-cholesterol diet**, mimicking **wartime food rationing**

*Pritikin visited Morrison in 1956 and by 1958 he was a **vegetarian**.

*1975 **Pritikin Longevity Center®** opened.

* 1976 Adventist **Hans Diehl**, founder of **CHIP**, became the **Director of Education & Research Pritikin Longevity Center®**