

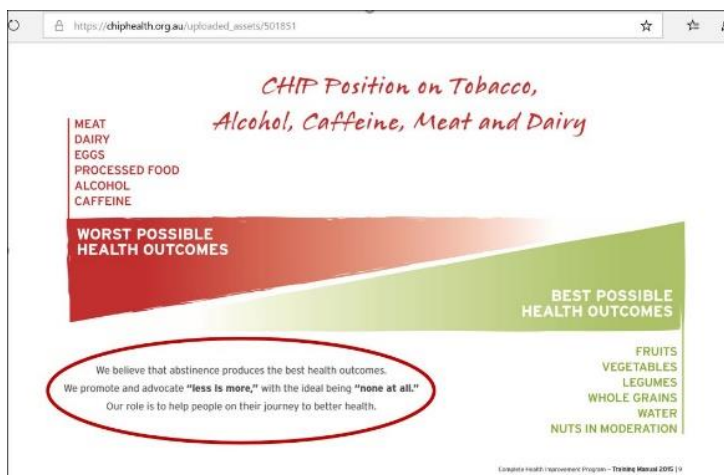
1977 US McGovern Report - Adventist influences & sugar industry?

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.

Gary Taubes writes; **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 for the New England Journal of Medicine **exonerating sugar and blaming fat and cholesterol for heart disease.**

In the 1977 Dietary Goals report, it was advocated that **the American population drastically cut saturated fat from our diets and eat more "complex" carbohydrates, which implies plant products. Therefore, more fruits, grains, and vegetables, less meat, eggs, and dairy products...**



www.isupportgary.com

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

***Gwen Foster** (Adventist Health Czar) met **Nathan Pritikin**, an **Adjunct Professor at Loma Linda University**, who said he began reading **Ellen G White's** writings in the 40's

*Nathan Pritikin followed **Lester Morrison**, a cardiologist & 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®