

Over Eating

In nine cases out of ten there is more danger of eating too much than too little. Some invalids who go to the Health Institute for treatment seem to think that they have no work to do in controlling their appetites. Frequently they eat double the amount their stomach can dispose of. This draws upon the vitality of the system, in order to get rid of the extra burden. {Ms1-1876.18}

The habit of **overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia.** **Serious injury is thus done to the delicate digestive organs.** In vain the stomach protests, and appeals to the brain to reason from cause to effect. The **excessive amount of food eaten, or the improper combination,** does its injurious work. In vain do disagreeable premonitions give warning. **Suffering is the consequence. Disease takes the place of health.**—Testimonies for the Church 7:257, 1902 {CD 110.7}

Overeating is intemperance just as surely as is liquor drinking.—Unpublished Testimonies, August 30, 1896. {HL 89.1}

If more food is eaten than can be digested and appropriated, a decaying mass accumulates in the stomach, causing an offensive breath, and a bad taste in the mouth. The vital powers are exhausted in an effort to throw off the excess, and the brain is robbed of nerve force.—Special Testimonies On Education, 32. {HL 87.1}

Nearly all the members of the human family eat more than the system requires.... Even so-called health reform needs reforming on this point.... If more food, even of a simple quality, is placed in the stomach than the living machinery requires, this surplus becomes a burden, the system makes a desperate effort to dispose of it, and this extra work causes a weakly feeling. Some who are continually overeating call this all-gone feeling hunger, but it is caused by the overworked condition of the abused digestive organs.—Unpublished Testimonies, August 30, 1896. {HL 87.2}

And what influence does overeating have upon the stomach?—It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result. If persons were diseased before, they thus increase the difficulties upon them, and lessen their vitality every day they live. They call their vital powers into unnecessary action to take care of the food that they place in their stomachs. What a terrible condition is this to be in!—Testimonies for the Church 2:364. {HL 89.2}

Eating merely to please the appetite is a transgression of nature's laws; often this intemperance is felt at once in the form of indigestion, headache, and colic. A load has been placed upon the stomach that it cannot care for, and a feeling of oppression comes. **The head is confused, the stomach is in rebellion.** But these results do not always follow overeating. In some cases the stomach is paralyzed. No sensation of pain is felt, but the digestive organs lose their vital force. The foundation of the human machinery is gradually undermined, and life is rendered very unpleasant.—Unpublished Testimonies, August 30, 1896. {HL 89.3}

If we would work for the restoration of health, it is necessary to **restrain the appetite, to eat slowly, and only a limited variety at one time.** This instruction needs to be repeated frequently. It is not in harmony with the principles of health reform to have so many different dishes at one meal. We must never forget that it is the religious part of the work, the work of providing food for the soul, that is more essential than anything else.—Letter 271, 1905 {CD 275.5}

It is possible to eat immoderately, even of wholesome food. It does not follow that because one has discarded the use of hurtful articles of diet, he can eat just as much as he pleases. **Overeating, no matter what the quality of the food, clogs the living machine, and thus**

hinders it in its work.—[Christian Temperance and Bible Hygiene, 51] Counsels on Health, 119, 1890 {CD 131.4}

Many professed health reformers are nothing less than gluttons. They lay upon the digestive organs so great a burden that the vitality of the system is exhausted in the effort to dispose of it. It also has a depressing influence upon the intellect; for the brain nerve power is called upon to assist the stomach in its work. **Overeating, even of the simplest food, benumbs the sensitive nerves of the brain and weakens its vitality. Overeating has a worse effect upon the system than overworking; the energies of the soul are more effectually prostrated by intemperate eating** than by intemperate working. {2T 412.1} (1870)

God cannot let his Holy Spirit rest upon those who are enfeebling themselves by gluttony.-
- R. and H., 1883, No. 19. {HL 307.1}

The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man, and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind.--T., V. II, p. 347. {HL 307.2}