



HEALTH NOTES



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Adventist Medical
Evangelism Network

AMEN's mission is to motivate, train, and equip Seventh-day Adventist healthcare professionals to team with pastors and members, uniting the church to restore Christ's ministry of healing to the world, hastening His return.

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Fiber for Ailing Hearts

A high fiber diet lowers the risk of having first heart attacks. A recent study¹ shows that eating a high fiber diet after you have a heart attack significantly reduces your risk of dying as well.

This finding was from a study of 173,229 nurses and doctors. Over time 4720 men and women survived a first heart attack. The dietary patterns were monitored every two years before and after the heart attacks.

After the first heart attack these men and women were followed for an additional 9 years. During this time there were 1133 total deaths among these survivors of a first heart attack. Out of these deaths, 558 were from second heart attacks.

Those who ate the most fiber lowered their risk of dying of a second heart attack by 25 percent compared to those who ate the least fiber. Increasing fiber intake by 10 grams per day after a first heart attack resulted in a 15 percent lower risk of dying from any cause.

Cereal fiber from whole grains was superior to fruit and legume fiber for preventing deaths. The main sources of fiber included; oatmeal, brown rice, whole wheat bread and whole wheat pasta.

God revealed this principle to King David 3000 years ago. David praised God for providing healthful food for animals and humans. David remembered to praise God for the bread that is so helpful for the heart. Note that they had only whole grain breads in Bible times.

"He causes the grass to grow for the cattle, and vegetation for the service of man, that he may bring forth food from the earth, and wine that makes glad the heart of man, oil to make his face shine, and **bread which strengthens man's heart.** *Psalms 104:14-15 (NKJV)*

Mrs. White recognized the life giving and preserving qualities in bread. She said, "**Bread** is the **real staff of life**, and therefore every cook should excel in making it." *Counsels on Diet and Foods 315*

"As temporal **bread** imparts health and strength to the body, so will faith in Christ, and obedience to his teachings, give spiritual vigor to the soul, and life everlasting." *Vol. 2 The Spirit of Prophecy 282*

Whole grain, fiber rich bread promotes and preserves life. Jesus is the bread of life. Partaking of him gives eternal life.



"Our life is to be bound up with the life of Christ; we are to draw constantly from Him, **partaking of Him, the living Bread** that came down from heaven, drawing from a fountain ever fresh, ever giving forth its abundant treasures." *Christ's Objects Lessons 129*

Today it is not necessary for everyone to make whole grain bread at home. Every grocery store has fiber rich, whole grain, bread that is nutritious. Avoid the light, soft, white bread. Choose the dark, chewy, heavier, multi-grain bread. Just a slice will be filling and it will reduce your risk of a first or second heart attack.



¹Shanshan Li, Alan Flint, Jennifer K Pai, John P Forman, Frank B Hu, Walter C Willett, Kathryn M Rexrode, Kenneth J Mukamal, Eric B Rimm, "Dietary fiber intake and mortality among survivors of myocardial infarction: prospective cohort study," *British Medical Journal* 2014;348: g2659 doi: 10.1136/bmj.g2659 (Published 29 April 2014)

