

## What To Do For Pain

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work...” (7T 62.1)

### **LEARN HOW TO COMBAT DISEASE:**

“Gather up all the knowledge possible that will help to combat disease...” {MM 320.2-.3}

“It is the duty of every person to become intelligent in regard to disease and its causes...” {HL 19.5}

“...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones...” {ChS 134.2}

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training ...” (MH 127.2)

“As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure...” (CH 506.1)

### **WHAT IS THE DEFINITION OF DISEASE?**

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.” (MH 127.1)

### **BIBLE:**

**3 John 2** – “Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.”

**Jeremiah 30:17** – “For I WILL RESTORE HEALTH UNTO THEE, and I will heal thee of thy wounds, saith the LORD...”

**Psalms 103:3** – “Who forgiveth all thine iniquities; who healeth all thy diseases;”

**Genesis 18:14** – “Is anything too hard for the lord...?”

- God wants to heal us of ALL OUR DISEASES, including PAIN. And today, some doctors will tell you that this disease can in fact now be reversed/cured.

### **WE WILL BE TEACHING FROM 3 SOURCES:**

- The Bible
  - The SOP
  - Good Scientific Material
- Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

“God's people...should know how to give the simple treatments that do so much to relieve pain and remove disease.” {WM 127.1} 1904

“...Generally the persons who suffer pain become impatient. They are not willing to use self-denial, and suffer a little from hunger...they are determined to obtain relief at once, and take powerful drugs...” {2SM 450.4}

“...Aches and pains have left you without the use of medicine.” {1MR 247.2}

\*\*\*See also: MM 230.3

### WHAT IS PAIN?

- **Pain relates to a sensation that hurts.** If you feel pain it hurts, you feel discomfort, distress and perhaps agony, depending on the severity of it. **Pain can be steady and constant**, in which case it may be an ache. It might be a throbbing pain - a pulsating pain. The pain could have a pinching sensation, or a stabbing one. It could also be a burning pain.
- Pain is normally measured on a pain scale from 1-10, 10 being the worse. For those who can't speak, a facial grimacing chart is used to determine the level of pain.
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<http://www.ttuhschool.edu/provost/clinic/forms/ACForm3.02.A.pdf>

### TYPES OF PAIN:

- Arthritic Pain
- Calf Pain
- Colon
- Eyes
- Foot Pain
- Head
- Joint Pain
- Knee Pain
- Lower Back
- Muscle Pain
- Neck
- Nerve Pain
- Shin Pain
- Shoulders
- Spine
- Stomach
- Tooth/Teeth/Gums
- AND OTHER TYPES AS WELL

### WHAT CAUSES PAIN?

- **PAIN CAN BE DUE TO A LACK OF CIRCULATION** (the hemoglobin of the red blood cell that carries oxygen is not getting to a particular cell/tissue/organ in the body)  
**Improper dressing/not covering the extremities causes poor circulation in the body:**
- **VIOLATING THE LAWS OF HEALTH:**  
“Many are living in violation of the laws of health, and are ignorant of the relation their habits of eating, drinking, and working, sustain to their health...nature protests against the abuses she is

suffering, by aches and pains in the system..." (CD 304.4)

## WHAT ARE SOME OF THESE VIOLATIONS?

### 1. INACTION OF THE BODY:

"Inaction weakens the organs that are not exercised. And when these organs are used, PAIN and weariness are experienced, because the muscles have become feeble. It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The PAIN is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life." {3T 78.1}

"...The machinery of the system, so seldom put in motion, lost its elasticity and strength, so that when they did exercise, their joints were stiff and their muscles feeble, and every move required great effort and of course CAUSED PAIN. Yet this very weariness would have proved a blessing to them had they, irrespective of feeling or unpleasant symptoms, perseveringly resisted their inclinations to inactivity." {1T 557.2}

### 2. TAKING DRUG MEDICATION (this is also a violation of the laws of health):

"...Physicians who profess to understand the human organism, prescribe for their patients, and even for their own dear children, and their companions, slow poisons to break up disease...The effects of the poison may not be immediately perceived, but it is doing its work surely in the system, undermining the constitution, and crippling nature in her efforts. They are seeking to correct an evil, but produce a far greater one, which is often incurable. Those who are thus dealt with are constantly sick, and constantly dosing...the continual complaints of ailments ...would be sufficient proofs of the health-destroying influence of drugs..." {4aSG 137.1}

"When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's efforts to expel the drug from the system, INTENSE SUFFERING is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to re-appear in a new form, such as skin diseases, ulcers PAINFUL, DISEASED JOINTS...and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence." (2SM 451.3)

"If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines." {MH 235.1}

"Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer. Talk to Him as the only one who can help. Quote simple scripture with tenderness and faith..." (PC 43.1) **\*\*\*Pain is caused by taking medication.**

## WHAT ELSE CAUSES PAIN?

- 3. Not enough water** (get the water calculation card to make sure you are drinking enough and correctly)
- 4. Harmful ingredients** like condiments, vinegar, MSG, aspartame, preservatives, additives, tobacco products, caffeine, the consumption meat, etc.
- 5. Lack of Sunshine** – those who suffer pain show very low levels of Vitamin D we are counseled to get several hours each day if possible
- 6. Low levels of Magnesium may cause pain**  
Be sure to eat 2 cooked green veggies every day.

All coarse vegetables are to be cooked until tender. (Ed 204.3)

Lettuce of all types and spinach are okay to be eaten raw.

Make Magnesium Drink

### TO MAKE A MAGNESIUM DRINK:

Take a handful of each: Spinach, parsley, cilantro and put into a blender with one cup (8 oz.) water. Blend on high for about a minute, strain and drink throughout the day.

### YOU MAY ALSO MAKE A CILANTRO TEA:

Get one bunch of cilantro and put into 36 oz. of water and boil x 10 minutes then turn off flame and steep for 20 minutes. Strain and drink. Save the leaves for later to eat in a salad.

### GOD DOES NOT CAUSE US OUR PAIN:

“Press home upon the conscience the terrible results of the transgression of God's law. Show that IT IS NOT GOD WHO CAUSES PAIN and suffering, but that man through his own ignorance and sin has brought this condition upon himself.” {6T 279.4}

“God does not desire his creatures to suffer...pain...” {DA 207.1}

“..When sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions...God is not responsible for the suffering that follows disregard of natural law.” {MH 234.2}

### WHAT TO DO WHEN EXPERIENCING PAIN:

#### 1. PRAY:

“Who can understand the pain I suffer but the One who is afflicted in all our afflictions? To whom can I speak but to Him who is touched with the feeling of our infirmities. When I pray earnestly for restoration, and it seems that the Lord does not answer, my spirit almost faints within me. Then it is that the dear Saviour makes me mindful of His presence...” {2SM 239.3 - 240.1}

### HOW TO HELP A PERSON RECOVER FROM PAIN:

#### 2. USE SIMPLE MEANS/REMEDIES:

“...Use the simple remedies provided by God to alleviate PAIN and to aid nature in her work...” {CH 381.2}

“If...sufferers...would resort to the simple means they have neglected--the use of water and proper diet, nature would have just the help she requires, and...the patient will generally recover without being debilitated.” {2SM 451.1-.2}

**WHICH ONES?** (You may order some essential oils)

#### 1: USE PULVERIZED CHARCOAL (powdered):

Charcoal is one of the best remedies I have personally seen for pain; stomach pain, hands slammed in doors or hit by hammers, etc.

“One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering GREAT PAIN...and recovery was the result. To students when injured with bruised hands and suffering inflammation, I have prescribed this simple remedy, with perfect success.

The poison of inflammation was overcome, the pain removed, and healing went on rapidly...the simplest remedies may assist nature, and leave no baleful effects after their use." --Letter 82, 1897

## 2: USE WATER TREATMENTS FOR PAIN:

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health... THERE ARE MANY WAYS IN WHICH WATER CAN BE APPLIED TO RELIEVE PAIN and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness." {MH 237.2}

\*\*\*See the Natural Remedies Encyclopedia to find out which are best water treatments for pain.

\*\*\*Soaking in warm water x 20-30 minutes helps quite a bit.

## 3: USE HERBS & ROOTS FOR PAIN:

"If we neglect to do that which is within the reach of nearly every family, and ask the Lord to **RELIEVE PAIN** when we are too indolent to make use of these remedies within our power, it is simply presumption..." (2SM 297.8)

God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today. I believe in calling upon the Great Physician when we have used the remedies I have mentioned." --Letter 35, 1890 (To a worker in an overseas field)." {2SM 297.9} 1890

## OTHER HERBS GREAT FOR PAIN:

### 1. Chaparral great for BACK PAIN

Cleanses the blood - 2 T. in 4 cups of boiling water, steep x 20 minutes, strain and drink 3-4 eight oz. cups per day.

### 2. Kava Kava

Use 1 tsp. in 8 oz. water, may take another dose 4 hours later as needed.

### 3. Cayenne Pepper

90,000 heat units minimum drink ½ -1 t. in 1 cup warm water 3-4 x day. This has a similar effect as morphine. Cayenne salve is great for joint, muscle, and nerve pain.

\*\*\*Our Father's Healing Herbs has an excellent Cayenne Salve

### 4. Wild Lettuce

Kills pain – 2-4 T. of the herb in 4 cups of water. Simmer for 30 minutes, strain. Drink 1 cup every 2-4 hours as needed for pain.

### 5. White Willow Bark Tea

2 T. in 32 oz. water. Boil x 30 minutes. Strain and let cool. Drink 3-4 cups a day.

### 6. Turmeric

It is excellent for pain. It is one of the best herbs noted for pain. Take 1,000 mg 2-3 x day (1 tsp. 2-3 x day)

### 7. Natural Aspirin:

2 T. white willow bark powder

½ t. hawthorn berry powder

½ t. cayenne pepper (90,000 heat units)

Mix and fill in capsules. Take 2-3 at a time when having pain. Take every 4 hours as needed for pain.

#### 8. Natural Pain Salve:

4 oz. Coconut Oil (melt) or you can use Alba Botanica Un-Petroleum

2 T. Cayenne Pepper (90,000 heat units)

2 T. Peppermint Oil (essential oil)

2 T. Camphor Oil (essential oil)

May add wintergreen as well. Mix all together and rub on painful area.

#### 9. Natural Pain Salve 2:

8 oz. petroleum or unpetroleum (your choice)

7 T. cayenne pepper powder

2 T. ginger powder

1 T. wintergreen oil

1 t. peppermint oil

1 T. Turmeric Powder

Mix together well and rub onto painful areas.

#### REMEDIES FOR PAIN FROM SOP:

- **“Hop poultices over the stomach will relieve pain.”** {2SM 297.5}
- “If the eyes are weak, if there is pain in the eyes, or inflammation, **soft flannel cloths wet in hot water and salt, will bring relief quickly.**” {2SM 297.6}

#### SOME DRUG MEDICATION IS USED FOR PAIN:

**Vicodin** (AKA Hydrocodone) (very dangerous drug...can become addicting)

**Dilaudid** (very dangerous drug)

**Morphine** (extremely dangerous drug...very addicting)

**OxyContin** or **Oxycodone** (very dangerous drugs...very addicting)

**Neurontin** (very dangerous drug) **\*\*\*Any narcotic is extremely dangerous**

**Aspirin or Tylenol** and similar drugs (cause 1 tsp. of bleeding internally every hour...these also produce ulcers and heart attacks).

#### WHAT TO DO IF NATURAL REMEDIES ARE NOT WORKING:

**“Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer. Talk to Him as the only one who can help. Quote simple scripture with tenderness and faith...”** {PC 43.1}

**“There are thousands who can recover health if they will. The Lord does not want them to be sick. He desires them to be well and happy, and they should make up their minds to be well. Often invalids can resist disease simply by refusing to yield to ailments and settle down in a state of inactivity. RISING ABOVE THEIR ACHES AND PAINS, let them engage in useful employment suited to their strength. By such employment and the free use of air and sunlight, many an emaciated invalid might recover health and strength.”** {CH 94.1}

#### THE DANGERS OF MORPHINE AND OPIUM:

**“Abstain from fleshly lusts, which war against the soul,”** is the language of the apostle Peter...It is a most

forcible warning against the use of such stimulants and narcotics as tea, coffee, tobacco, alcohol, and **morphine**. These indulgences may well be classed among the lusts that exert a pernicious influence upon moral character. The earlier these hurtful habits are formed, the more firmly will they hold their victim in slavery to lust, and the more certainly will they lower the standard of spirituality." {CD 62.5}

"...the poor sick are so thoroughly drugged with quinine, **MORPHINE, or some strong health- and life-destroying medicine,** that nature may never make sufficient protest, but give up the struggle..."{15MR 276.2}

"**OPIUM is a slow poison,** when taken in small quantities. **In large doses it produces lethargy and death. Its effects upon the nervous system are ruinous.** When patients use this drug until it becomes habit, **it is almost impossible to discontinue it,** because **they feel so prostrated and nervous without it.** They are in a worse condition when deprived of it than the rum-drinker without his rum, or the tobacco-user deprived of his tobacco.

**The OPIUM SLAVE is in a pitiful condition.** Unless his nervous system is continually intoxicated with the poisonous drug, he is miserable. **It benumbs the sensibilities, stupefies the brain, and unfits the mind for the service of God.** **True Christians cannot persist in the use of this slow poison,** when they know its influence upon them. **Those who use opium cannot render to God any more acceptable service than can the drunkard, or the tobacco-user.** Those who break off **the use of this nerve and brain-destroying practice** will have to possess fortitude, and suffer, as will the drunkard, and the tobacco slave, when deprived of their body and mind-destroying indulgences. **God is displeased that his followers should become slaves to habits which ruin body and mind. Nux vomica, or strychnine, and opium have killed their millions, and have left thousands upon the earth to linger out a wretched, suffering existence, a burden to themselves, and those around them.**" {4aSG 138.3 - 139.1}

#### **NOTE: COMMON DRUGS OF TODAY DERIVED FROM OPIUM:**

OxyContin/Oxycodone

<https://www.opiates.com/oxycontin/>

<https://www.drugs.com/oxycontin.html>

<https://en.wikipedia.org/wiki/Opioid>

#### **SOMETHING VERY IMPORTANT TO KNOW REGARDING PAIN:**

"**Thousands are sick and dying around us who might get well and live if they would; but their imagination holds them, fearing they shall be made worse if they labor or exercise, when this is just the change they need to make them well. Without this, they never can improve.** They should exercise the power of the will, and **rise above their aches and debility,** engage in useful employment, and **forget they have aching backs, sides, lungs, and head.** **Want of exercise of the entire system, or neglecting to exercise a portion of the body, will bring on morbid conditions.** Inaction of any of the organs will be followed by decrease of size and strength of the muscles, and cause the blood to flow sluggishly through the blood-vessels." (3T 76.2)

#### **ENCOURAGING QUOTE:**

##### **SIMPLY REST IN JESUS' ARMS WHEN YOU ARE IN PAIN:**

"**Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you.** He understands your weakness. **You may do his will by simply resting in his arms.**" {MH 251.3}

**Note:** Go here <https://www.walkfit.com/> (for shoe inserts to relieve pressure on back, knees, and feet)

**One sized "zero" capsule = approx. equivalent to 500 mg. of dried herbs.**

- It varies on the size of the granule or powder... =
- 1 capsule = ¼ tsp.



- 1 full tsp. = 2000 mg.

### **FLAXSEEDS ARE ANTI-INFLAMMATORY**

#### **2 T. freshly ground daily will reduce inflammation in the body.**

If on a medication blood thinner, be careful using flaxseeds

### **TURMERIC REDUCES INFLAMMATION**

**Warning:** This will cause the urine to be colored. If using capsules, be sure the capsules are 100% plant based. 1 tsp. 3 x day or 4 capsules 3 x day. Be sure the capsules are pure turmeric and not an extract of turmeric.

### **PUMPKIN SEEDS**

These are very high in magnesium. A lack of magnesium can cause arthritis  
¼ cup freshly ground daily. Be sure these are RAW

### **CHARCOAL WATER, OR CHARCOAL CAPSULES BOTH BY MOUTH**

**To help reduce the amount of inflammation in the body it has adsorption capability, it will pull it out of the body.**

**Warning:** This will cause your stool to be black. Also, if you are using medication, the charcoal will pull it out so use it 2 hours before or after. A good practice is to consult your physician.

### **BLACKSTRAP MOLASSES**

2 T. per day is great if the person is not a diabetic

### **CAYENNE PEPPER**

**Externally applied is great for inflammation. It can be taken internally by mouth and may also be applied as a salve externally.** ½ to 1 tsp. in 1 cup warm water 3-4 x day; this works on the pain receptor sites.

### **SALVE RECIPE:**

8 oz. Vaseline

7 T. cayenne pepper (90,000 heat units) (maybe less for elderly like 3 T. if sensitive)

2 T. powdered ginger

1 T. wintergreen oil (you can get this from [www.youngliving.com](http://www.youngliving.com), my member # is 759967)

1 t. peppermint oil

### **HONEY**

Is said to be great for inflammation. Eat it in your baked goods, on your cereal, on toast, etc. Use this in place of all sugar. Be sure it's from a Honey Farm, Farmer's Market, or Trader Joes.

### **CHERRIES and CHERRY JUICE**

½ lb. of fresh, frozen or home canned each day OR ½ cup of the juice 2 x's a day ♦ ⅓ c. cranberries without sugar each day x 3 weeks for both

### **LEMON JUICE IN WATER**

Lemon Juice is the #1 remedy for Rheumatism. "I use lemon juice freely. IT IS THE BEST THING YOU COULD USE FOR RHEUMATISM..." (2MR 48.1)

### **WHAT TO DO EXTERNALLY**

#### **A CHARCOAL POULTICE OVER THE PAINFUL AREA**

This is the #1 remedy for inflammation

**How to make a Charcoal Poultice:**



<https://www.youtube.com/watch?v=mwfaaHTsuYo>

**How to make a Charcoal Patch:**

[http://www.charcoalremedies.com/how\\_to\\_make\\_a\\_charcoal...](http://www.charcoalremedies.com/how_to_make_a_charcoal...)

**How to make a Charcoal Slurry drink:**

<https://www.youtube.com/watch?v=epOubgdzUXQ>

**A CABBAGE POULTICE**

Is great for inflammation. Take big leaves and hit with rolling pin and apply over area and put saran wrap on then an ace bandage over it.

**A HOT CASTOR OIL PACK**

Is great for inflammation and pain.

**REMOVE STRESS**

This can cause arthritis in connection with a low level of Vitamin C, Pantothenic Acid, and Vitamin B6

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**SOP ABBREVIATIONS:**

**3T** = Testimonies for the Church, volume 3

**1T** = Testimonies for the Church, volume 1

**CD** = Counsels on Diets and Foods

**4aSG** = Spiritual Gifts, volume 4, section A

**2SM** = Selected Messages, volume 2

**6T** = Testimonies for the Church, volume 6

**DA** = Desire of Ages

**MH** = Ministry of Healing

**CH** = Counsels on Health

**PC** = Paulson Collection

**\*\*\*Questions on next page\*\*\***

**Link to our blog:** <https://livingbytheblueprint.com/>

# What To Do For Pain

(Questions)

1. List 17 different places one gets pain:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_

2. List the 5 main things that cause pain:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. Does God cause our pain? YES or NO

4. Does He desire to see His creatures suffer pain? YES or NO

5. List 3 things to do to help alleviate pain:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

6. List 6 herbs that are great for pain:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

7. What type of poultices over the stomach will relieve pain? \_\_\_\_\_ poultices
8. If there is pain in the eyes, what is a good natural remedy to use? \_\_\_\_\_
9. Low levels of what may cause pain? Low levels of m\_\_\_\_\_
10. How can you make a magnesium drink? \_\_\_\_\_
11. Should God's people rise above the aches and pains that they feel? YES or NO
12. List 8 common drug medications used for pain:
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
13. Is Morphine a life-destroying medicine? YES or NO
14. What is morphine a derivative of? \_\_\_\_\_
15. Can people become addicted to morphine and opium? YES or NO
16. List 3 things Opium does to the body?
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
17. Can those who use Opium render to God a more acceptable service than the drunkard? YES or NO
18. How many have opium and morphine killed? Their m\_\_\_\_\_