

Simple Two-Month Program

(See: Jeremiah 30:17 and Psalms 103:3)

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

Due to the counsel given us in the SOP, we are sharing **A SIMPLE TWO MONTH PROGRAM** for helping anyone who is trying to recover from any ailment, no matter what the ailment/disease may be.

This is a **ONE PROGRAM FITS ALL**. However, the herbal formulas will vary depending on the disease, as will the water treatments, the poultices, and some of the foods that you will focus on.

"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}

"...**Gather up all the knowledge possible that will help to combat disease...**" {MM 320.2}

"**It is the duty of every person to become intelligent in regard to disease...**" {HL 19.5}

"A great amount of good can be done by **enlightening all to whom we have access**, as **to the best means...of curing the sick...**" {CTBH 121.1}

"**Strange things have been done in the medical missionary work of late...**" (CH 370.3)

"...**The Lord has marked out a way in which His people are to carry forward a work of physical healing...**" (MM 14.3)

***We will be going **STRICTLY TO THE LAW & TO THE TESTIMONY** and not by any information that comes from the world, no matter how popular it may be.

WHY DON'T PEOPLE RECEIVE BENEFIT FROM THE PROGRAM?

"We find in every such instance a good reason **why they cannot live out the health reform**. **They do not live it out, and have never followed it STRICTLY, therefore they cannot be benefited by it...**" (CD 399.1)

WHAT HAPPENS IF A PERSON STARTS THIS PROGRAM AND THEN GOES BACK TO THEIR OLD LIFESTYLE?

"A man may spend all that he has in this world **at a Health Institute, and find great relief, and may then return to his family and to his old habits of life, and IN A FEW WEEKS OR MONTHS BE IN A WORSE CONDITION OF HEALTH THAN EVER BEFORE**. **He has gained nothing**; he has spent his limited means for nothing. **The object of the health reform and the Health Institute is not, like a dose of "Painkiller" or "Instant Relief," to quiet the pains of today**. **No, indeed! Its great object is to teach the people how to live so as to give nature a chance to remove and resist disease.**" {1T 643.1}

KEY THINGS TO KNOW

A. USE SIMPLE TREATMENTS:

"...**Give those who are sick the simple treatments that will relieve them...**" {MM 320.2}

B. BE PATIENT: NATURE'S PROCESS OF HEALING IS GRADUAL

"**The use of natural remedies requires an amount of care and effort that many are not willing to give.**"

Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow... in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." (MH 127.3)

C. HOW LONG SHOULD IT NORMALLY TAKE TO SEE RESULTS?

"An abstemious diet for A MONTH OR TWO would convince many sufferers that the path of self-denial is the path to health." (MH 235.2)

QUESTION: WHAT IS AN ABSTEMIOUS DIET?

ANSWER: "I advise you to make your diet abstemious. Be sure that as a rational Christian sentinel you

1: Guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life...

2: Eat much more sparingly, and

3: eat simple food, which

4: does not require heavy seasoning..." (CD 102.1)

D. STEPS FOR TREATMENT:

"In case of sickness,

1: the cause should be ascertained (See CD 447.5)

2: Unhealthful conditions should be changed,

3: wrong habits corrected.

4: Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system." {MH 127.1}

***This should be the last step, and not the first unless an emergency arises.

E. IMPLEMENT AND INCLUDE LAWS OF HEALTH BECAUSE THEY ARE SIMPLE REMEDIES:

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies..." (MH 127.1)

DRESS IS TO BE INCLUDED AS A LAW OF HEALTH

"...The greater number...suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, DRESSING, and working." {CD 122.2}

"The fashionable style of woman's dress is one of the greatest causes of all these terrible diseases." (HL 64.2)

"More die as the result of following fashion than from all other causes." (HL 64.3)

Ask for documents on Fashion and Dress

"Women especially are the victims of various maladies which might be lessened, if not entirely prevented, by right habits of life. Half (50%) their sufferings may be attributed to their manner of dress, and the insane desire to conform to the fashions of the world." {HL 64.4}

F. USE SIMPLE HERBS AND ROOTS:

"There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer..." {2SM 279.1}

NOT COMPLICATED MIXTURES

"All mixed and complicated foods are **injurious to the health** of human beings..." (CD 113.3)

***Due to the previous quote, **we don't recommend more than 3-4 herbs in a formula.** It has been said that it can be quite confusing to the body when you put too many mixtures in. We will stick to what SOP says regarding how many items to eat at one meal, which is 3-4.

***Herbal Drinks will be included in the amount of water intake for the day. We do not want to put an excess burden on the kidneys due to the following quote:

"So much liquid taken into the stomach was not healthful..." placed a **great tax upon the kidneys**, and so much watery substance debilitated the stomach." {CD 105.2}

G. IT IS NOT A DENIAL OF FAITH TO USE SIMPLE HERBS:

"Those who seek healing by prayer should **not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration..."** (MH 231.3)

"If they take the position that in praying for healing they must **not use the simple remedies** provided by God to alleviate pain and to aid nature in her work, lest it be a denial of faith, they are **taking an unwise position. This is not a denial of faith; it is in strict harmony with the plans of God...."** (CH 381.2)

H. USE WATER TREATMENTS:

"...we combined prayer and labor. **We used the simple water treatments**, and then tried to fasten the eyes of the patients on the Great Healer...When we do our best for the recovery of the sick, we may then look for Him to be with us, that we may see of His salvation. **We put too little confidence in the power of the Hand that rules the world."** {1SAT 395.2}

"**Water treatments**, wisely and skillfully given, **may be the means of saving many lives.** Let diligent study be united with careful treatments. **Let prayers of faith be offered** by the bedside of the sick. **Let the sick be encouraged to claim the promises of God for themselves."** --MS. 15, 1911. {MM 57.1}

- Go to your **Natural Remedies Encyclopedia**, Volume 7, and read the whole section regarding the use of water.
Pages 206-275...pages 273-275 tell you which treatments to use for each disease
Pages 153-211 in the 5th Edition of the Natural Remedies Encyclopedia
Pages 209-211 tells you the treatments

"Many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. **Water treatments are not appreciated as they should be**, and to apply them skillfully requires work that many are unwilling to perform. But **none should feel excused for ignorance or indifference on this subject.** 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}

- To see Water Treatment Presentations, go to...** www.youtube.com/user/Maschil/videos

When you get to the page, scroll down all the way and click the **LOAD MORE** tab. Do this for a total of 5 times. You will then be on the section of the **water treatments. There are 19 videos in total.**

- To learn more about water treatments, look up “water treatments” and “water” in the indexes of the writings of the **SOP** or on the **EG White CD Rom**.

ALSO:

***To get a **2-DVD Set** (approx. \$15) on over 50 different Hydrotherapy treatments, call **HARVESTIME BOOKS** 931-692-2777

I. WE DON'T NEED TO DO A WHOLE BUNCH OF JUICING because **THEY DIDN'T DO THAT IN SISTER WHITE'S DAY**, and **THEY HAD A 90% RECOVERY RATE IN HER DAY** (and this was for your worse-case scenarios):

“in order to regain health; when, **in nine cases out of ten**, if they would **eat temperately**, and engage in **healthful exercise** with a cheerful spirit, they would **regain health**, and save time and money. **Exercise**, and a **free, abundant use of the air and sunlight**,—blessings which Heaven has bestowed upon all,—would in many cases give life and strength to the emaciated invalid.” {CTBH 160.2}

*Some juicing may be required for poor eyesight, cancer, etc. but not too much each day...maybe 12 to 16 oz.

We don't rely on juicing because food taken in a liquid state places a burden upon the kidneys & debilitates the stomach. See: ‘**Why Not Juicing**’ document.

“...**So much liquid taken into the stomach was not healthful, and that all who subsisted on such a diet placed a great tax upon the kidneys, and so much watery substance debilitated the stomach...**” {CD 105.2}

WHY NOT JUICE COARSE VEGETABLES?

- Medical Science is showing that **COARSE VEGETABLES** taken into the system when raw, whether eaten whole or juiced, **STEAL IODINE FROM THE BODY**
- “In the study of hygiene, **students should be taught the nutrient value of different foods**. The effect of a concentrated and stimulating diet, **also of foods deficient in the elements of nutrition, should be made plain**. Tea and coffee, fine-flour bread, pickles, **COARSE VEGETABLES**, candies, condiments, and pastries **FAIL OF SUPPLYING PROPER NUTRIMENT**. **Many a student has broken down as the result of using such foods...**” (Ed 204.3)

ARE GOD'S PEOPLE TO GO TO THE WORLD/THOSE IN DARKNESS FOR ANY NEW LIGHT ON HEALTH?

“...**If God has any new light to communicate, He will let His chosen and beloved understand it, without their going to have their minds enlightened by hearing those who are in darkness and error.**” {EW 124.2}

WHERE DID JUICING RAW VEGETABLES COME FROM?

“**A Scotchman is launching a new form of vegetarianism in Paris. Its members eat and drink nothing but uncooked vegetable foods and natural liquids.**” {June 21, 1894 EJW, PTUK 398.13}

- In 1887, Ellen White said with the laws of health and following all we know to do to get healing, there would be a 90% recovery rate: **she never once included the juicing of raw vegetables, nor the eating of them.**
- “...**If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in NINE CASES OUT OF TEN recover from their ailments.**” {MM 223.4}

WHY ARE WE NOW JUICING VEGETABLES?

“...**Strange things have been done in the medical missionary work of late...**” (CH 370.3)

GOD HAS ALREADY MARKED OUT THE WAY IN WHICH HIS PEOPLE ARE TO CARRY FORWARD A WORK OF PHYSICAL HEALING:

"...The Lord has marked out a way in which His people are to carry forward a work of physical healing..."
(MM 14.3) If juicing vegetables was meant for us to have, God would have told us so through the Prophet

ONE MORE THING:

- **LET'S NOT USE APPLIANCES THAT MANY PEOPLE DO NOT HAVE AT HOME:**

"There is danger of spending far too much money on machinery and appliances which the patients can never use in their home lessons. They should rather be taught how to regulate the diet, so that the living machinery of the whole being will work in harmony."(CD 445.2)

J. WE WILL NOT BE RECOMMENDING COLONICS DUE TO THE FOLLOWING QUOTE:

(However, if you feel a one time enema may be necessary to cleanse the bowels, this may be necessary, but should not be the general rule.)

"There are men who make a specialty of treating the rectum, and some feel that they have been greatly benefited. But I have been instructed that this treatment, as well as many surgical operations, leaves with many a serious weakness." {PH095 18.5}

WHAT ABOUT AN ENEMA WHEN NECESSARY?

"...She directed that his bowels, which were burning hot, be relieved by an enema, administered by two brethren who were present."

Note: Enemas may be necessary at times to clear the bowels, but this is the exception and not the rule. We should not make this a practice as this can remove the friendly flora. **COLONICS ARE NOT RECOMMENDED!!!**

"Sara took charge at once, told them that they were killing him, that the lungs must have food—good, pure air. All must leave the room but those required to wait on him. She examined the house and told them he must be moved into the sitting room. First, she directed that his bowels, which were burning hot, be relieved by an enema, administered by two brethren who were present. Then a cot was brought in, and Sara made it up. Then, all unconscious of everything, he was moved by four men onto the cot, and plenty of air was given him. He fell asleep for the first time since Monday. After remaining until the afternoon was nearly gone, Sara and May returned." —MS 174, 1897. {4BIO 328.1}

FIRST 30 DAY PROGRAM:

STEP-BY-STEP TWO MONTH HEALING PROGRAM

Remember, for your average person, healing takes place in about one to two months so we recommend a two month program, minimum. For some persons, it may take a little longer, such as 3-4 months total.

DAYS 1-2:

#1: WAKE UP:

Drink 16 oz. hot water with the juice of 2 lemons.

"Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good." {CD 303.1}

"I use lemon juice freely..." (2MR 48.1)

#2: DEEP BREATHING EXERCISES:

Breathe in through your nostrils as much as you can, hold to the count of 10, exhale through your mouth. Do 5 sets of these every morning.... BE SURE that when you inhale through your nose, your stomach expands and not the other way around. Most adults breathe improperly.

#3: MORNING DEVOTION:

"Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee." This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ." {SC 70.1}

"It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones..." {DA 83.4}

#4: **MORNING WALK:** (aim for 3 miles in 60 minutes...it may take a while to get to this goal)

"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." {ML 136.5}

"If invalids would dispense with medicines of every description, and improve their habits of eating, and exercise as much as possible in the open air, their names would soon be dropped from the invalid list..." {4aSG 145.3}

***Jesus tells us through the prophet that we should wear double and triple layers in the cold months and go outside and exercise...only when it rains or snows are we not to go out.

#5: MORNING WORSHIP:

"In every family there should be a fixed time for morning and evening worship." (CG 520.1)

"Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations." {CG 520.2-3}

#6: 30 MINUTES BEFORE BREAKFAST:

DRINK HERBAL FORMULA DRINK (whatever this may be...)

WE RECOMMEND THE FOLLOWING:

LIVER: One herb for this.

Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay.

BLOOD: One herb for this.

Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay.

MEDICAL CONDITION: Two different herbs for whatever medical condition you may be addressing

Most recommended is 2 T of each herb, but check in Medicinal plants to make sure this dose is okay. If you would like to learn more on how to put together a simple herbal formula, please call me.

***By the way, you will not use the same formula for month two that you use for month one. Be sure to use another herb for the blood, another for the liver, and 2 new ones for whatever medical condition you are dealing with.

A VERY GOOD OVERALL HERBAL FORMULA: (this is an example)

BLOOD: Red Clover

LIVER: Dandelion

ADDITIONAL HERBS: Chaparral and Chickweed

(Be sure to change the formula each month with about 3 day's rest in-between)

OVERALL GOOD CLEANSING HERBS: Burdock Rt., Chaparral, Yellow Dock, or Chickweed

Be sure to change the formula each month with about 1 week rest in between.

HOW TO PREPARE THE TEA: (see PC 31.2...PC = Paulson Collection)

***Put 38 oz. of water into a sauce pot and turn a timer on to 40 minutes. Then turn on the flame on high and put in 2 Tablespoons of each hard herb (roots, bark, etc.). Bring to a fast boil, then turn down on very low and cover. When timer goes off, remove from hot burner to another burner that is not hot and then add 2 Tablespoons of each herb that is soft. Put lid on pot, and steep x 20 minutes. Strain and Drink either 10/11 oz. 3 times a day (½ hr. before breakfast, and 2nd meal and 2 hours before bedtime), or 8 oz. 4 x day. (8 oz. 1 hour after rising; 8 oz. before each meal; 8 oz. 2 hrs. before bedtime.)

"This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped for sudden ailments, have served tenfold, yes, one hundred-fold better purpose, than all the drugs hidden under mysterious names and dealt out to the sick..." {PC 31.2}

THERE ARE MANY DIFFERENT HERBAL FORMULAS:

- Colon
- Immune
- Kidney
- Liver
- Lung
- Skin
- AND MORE

#7: BREAKFAST:

SKIP IF YOU'RE FASTING Only drink water and herbal tea formula. This may be adjusted to only 1 day of fasting with 1 day of fruit.

Eat a piece of fruit if you cannot hold out on the fasting.

"It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day." {CD 173.2}

- **3 Fruit** (fresh is best...canned or jarred fruit without sugar is okay)
- **1 Servings of Grain** (1 whole grain Bread + 1 whole grain (whole grain pancakes, waffles, hot or cold cereal)
- **2 Tablespoons of Seeds (RAW/NO SALT)** (Pumpkin, Sesame, Flax, Sunflower, Chia, etc.)
- **Closed Fist full of Nuts** (may mix up...can substitute 1 Tbsp. Nut butter instead)

- EAT ALL RAW FOOD FIRST
- NO SECONDS

If the person is a diabetic have them eat their seeds and nuts at END of the meal.

“Much tact and discretion should be employed in preparing nourishing food...a diet lacking in the proper elements of nutrition, brings reproach upon the cause of health reform. We are mortal, and must supply ourselves with food that will give proper nourishment of the body.” {TSDF 21.6}

“...Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and WHEN PROPERLY PREPARED, they constitute the diet that best promotes both physical and mental strength...” {Ed 204.3}

GRAINS USED IN MAKING PORRIDGE OR MUSH SHOULD BE COOKED FOR SEVERAL HOURS:

“Grains used for porridge or “mush” should have several hours' cooking...” {MH 301.4}

DO NOT EAT PORRIDGE EVERY DAY FOR BREAKFAST (Examples: Oatmeal, Wheateena, Cream of Wheat, etc.)

“...So much porridge eating is a mistake. The dry food that requires mastication is far preferable...”
(CD 108.1)

“...But soft or liquid foods are less wholesome than dry foods, which require thorough mastication...” {MH 301.4}

#8: WALK FOR 10-15 MINUTES AFTER BREAKFAST:

“To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit...”
{CTBH 101.1} ***This will not be done on the day a person is fasting.

#9: DURING MID-DAY, YOU MAY INCLUDE YOUR POULTICES, SHOWERS, BATHS, SALT GLOWS, WHATEVER YOU NEED TO DO – You don't have to do it at this time. **This is just a suggestion.**

“...Baths are always most beneficial in their effects when taken with the body at its highest point of vigor. Hence, as a rule, ten or eleven o'clock in the day is the best hour for bathing. When this is impracticable, the hours of rising or retiring are unobjectionable. No bath should be taken immediately after or before a meal...”
(How to Live, pg. 48 online PDF; pg. 78 in book) **#10: 30 MINUTES BEFORE LUNCH:**

DRINK HERBAL FORMULA DRINK (whatever this may be) (See Step #5)

#11: LUNCH

Skip if you're fasting.

Only drink water and herbal tea formula. This may be adjusted to only 1 day of fasting with 1 day of fruit. Eat a piece of fruit if you cannot hold out on the fasting.

1. A SALAD (romaine, cilantro, parsley, spinach, endive...add sliced radishes, sliced cooked beets...

***You may add olives to this salad.

“Olives may be so prepared as to be eaten with good results at every meal...” (CD 349.4)

***EAT ALL RAW FOOD FIRST

***DO NOT ADD ANY FRUIT TO THE SALAD

***NO COARSE VEGETABLES, THIS INCLUDES NO RAW CABBAGE

2. INCLUDE COOKED UNTIL TENDER 1 OR 2 OF THE FOLLOWING GREEN VEGETABLES:

- Asparagus
- Beet Greens
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cauliflower
- Collard Greens
- Dandelion Greens
- Kale
- Mustard Greens
- Spinach

OTHER COLORED VEGETABLES (cooked, not raw) THAT SHOULD BE INCLUDED WITH THE GREEN VEGETABLES:

- Beets
- Carrots
- Parsnips
- Potatoes (White, Red, Or Purple)
- Rutabagas
- Sweet Potatoes
- Turnips
- Yams

Note: Do not mix your vegetables with any fruit, including tomatoes, etc.

3. ONE TO TWO SERVINGS OF WHOLE GRAIN:

- Barley
- Corn
- Millet
- Oat Patties
- Quinoa
- Rice (green, red, black, wild, brown, basmati, jasmine...NO WHITE RICE)
- Whole Grain Bread
- Whole Grain Pasta
- And more

4. ONE SERVING OF PROTEIN: (½ cup is sufficient)

- Beans
- Peas
- Lentils
- Tofu (don't use more than 2x's per month)...**BE SURE THE LABEL SAYS "NON-GMO"**
- **NO SECONDS**

"Much tact and discretion should be employed in preparing nourishing food...A diet lacking in the proper elements of nutrition, brings reproach upon the cause of health reform. We are mortal, and must supply ourselves with food that will give proper nourishment of the body." {TSDF 21.6}

“...Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength...”
{Ed 204.3}

NO SECONDS

“After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal...” {CD 173.1}

“After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals...” (CD 304.1)

#12: WALK FOR 15 MINUTES AFTER LUNCH

“To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit...”
{CTBH 101.1}

#13: EVENING STROLL (15 minutes minimum)

#14: 2 HOURS BEFORE BEDTIME:

DRINK HERBAL FORMULA DRINK (whatever this may be...) (See Step #5)

#15: EVENING WORSHIP/DEVOTION

“In every family there should be a fixed time for morning and evening worship.” (CG 520.1)

“Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations.” {CG 520.2-3}

ADDITIONAL INFORMATION

- Be sure **all windows** are **open**. (crack hairline breadth in winter time)
- Get **Vitamin D levels checked**. 25 Hydroxy is the correct test. Be sure levels are at least 80-100.

DAYS 3-4:

#1: WAKE UP:

Drink 16 oz. hot water with the juice of 2 lemons.

“Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good.” {CD 303.1}

“I use lemon juice freely...” (2MR 48.1)

#2: DEEP BREATHING EXERCISES

Breathe in through your nostrils as much as you can, hold to the count of 10, exhale through your mouth.

Do 5 sets of these every morning....BE SURE that when you inhale through your nose, your stomach expands and not the other way around. Most adults breathe improperly.

#3: MORNING DEVOTION - (Personal, Read your Bible & a portion of the SOP)

"Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, 'Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee.'" This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ." {SC 70.1}

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#4: MORNING WALK: (aim for 3 miles in 60 minutes...it may take a while to get to this goal)

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"If invalids would dispense with medicines of every description, and improve their habits of eating, and exercise as much as possible in the open air, their names would soon be dropped from the invalid list..." {4aSG 145.3}

#5: MORNING WORSHIP: (as a family)

"In every family there should be a fixed time for morning and evening worship." (CG 520.1)

"Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations." {CG 520.2-3}

#6: 30 MINUTES BEFORE BREAKFAST:

DRINK HERBAL FORMULA DRINK (whatever this may be)

WE RECOMMEND THE FOLLOWING:

LIVER: One herb for this.

Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay.

BLOOD: One herb for this.

Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay.

MEDICAL CONDITION: Two different herbs for whatever medical condition you may be addressing

Most recommended is 2 T of each herb, but check in Medicinal plants to make sure this dose is okay. If you would like to learn more on how to put together a simple herbal formula, please call me.

*****By the way, you will not use the same formula for month two that you use for month one. Be sure to use another herb for the blood, another for the liver, and 2 new ones for whatever medical condition you are dealing with.**

A VERY GOOD OVERALL HERBAL FORMULA (Here is an example):

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LIVER: Dandelion

ADDITIONAL HERBS: Chaparral and Chickweed

***Put 38 oz. of water into a sauce pot and turn a timer on to 40 minutes. Then turn on the flame on high and put in 2 Tablespoons of each hard herb (roots, etc.). Bring to a fast boil, then turn down on very low and cover. When timer goes off, remove from hot burner to another burner that is not hot and then add 2 Tablespoons of each herb that is soft. Put lid on pot, and steep x 20 minutes. Strain and Drink either 10/11 oz. 3 times a day (1/2 hr. before breakfast, and 2nd meal and 2 hours before bedtime), or 8 oz. 4 x day(8 oz. 1 hour after rising; 8 oz. before each meal; 8 oz. 2 hrs. before bedtime)

***There are many different herbal formulas:

- Colon
- Immune
- Kidney
- Liver
- Lung
- Skin
- And More

#7: **BREAKFAST:**

Fruit Only x 2 days (No more than 3 different kinds)

"A fruit diet for a few days has often brought great relief ..." (MH 235.2)

#8: **WALK FOR 15 MINUTES AFTER BREAKFAST**

"To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..."
{CTBH 101.1}

#9: MID-DAY, YOU MAY INCLUDE YOUR POULTICES, SHOWERS, BATHS, SALT GLOWS, OR WHATEVER YOU NEED TO DO - You don't have to do it at this time, this is just a suggestion.

#10: **30 MINUTES BEFORE LUNCH:**

DRINK HERBAL FORMULA DRINK (whatever this may be) (See Step #5)

#11: LUNCH (eat at least 5 hours after having finished breakfast)

Fruit Only x 2 days (No more than 3 different kinds)

"A fruit diet for a few days has often brought great relief ..." (MH 235.2)

***If you get hungry, you may need to eat fruit for a 3rd Meal, but be sure to spread out 5 hours each.

#12: **WALK FOR 15 MINUTES AFTER LUNCH**

"To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..."
{CTBH 101.1}

#13: EVENING STROLL (approx. 15 minutes minimum)

#14: **2 HOURS BEFORE BEDTIME:**

DRINK HERBAL FORMULA DRINK (whatever this may be...) (See Step #5)

#15: EVENING WORSHIP (as a family)

"In every family there should be a fixed time for morning and evening worship." (CG 520.1)

"Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations." {CG 520.2-3}

ADDITIONAL INFO:

Be Sure All Windows Are Open – Crack hairline breadth in winter time.

Get Vitamin D Levels Checked – 25 Hydroxy is the correct test. Be sure levels are at least 80-100.

Fast At Least 1-2 Days Each Week – For skinny persons, only 1 day is necessary.

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them." {CD 189.4}

DAY 5:

#1: WAKE UP:

Drink 16 oz. hot water with the juice of 2 lemons. "Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good." {CD 303.1}

"I use lemon juice freely..." (2MR 48.1)

#2: DEEP BREATHING EXERCISES

Breathe in through your nostrils as much as you can, **hold to the count of 10**, exhale through your mouth. Do 5 sets of these every morning....**BE SURE** that when you inhale through your nose, **your stomach expands** and not the other way around. Most adults breathe improperly.

#3: MORNING DEVOTION: (Personal)

(Read your Bible and at least a portion of one SOP book each day)

"Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee." This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ." {SC 70.1}

#4: MORNING WALK: (aim for 3 miles in 60 minutes...it may take a while to get to this goal)

"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." {ML 136.5}

"If invalids would dispense with medicines of every description, and improve their habits of eating, and

exercise as much as possible in the open air, their names would soon be dropped from the invalid list..." {4aSG 145.3}

#5: MORNING WORSHIP: (as a family)

"In every family there should be a fixed time for morning and evening worship." (CG 520.1)

"Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations." {CG 520.2-3}

#6: 30 MINUTES BEFORE BREAKFAST:

DRINK HERBAL FORMULA DRINK (whatever this may be)

WE RECOMMEND THE FOLLOWING:

LIVER: One herb for this.

Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay.

BLOOD: One herb for this.

Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay.

MEDICAL CONDITION: Two different herbs for whatever medical condition you may be addressing

Most recommended is 2 T of each herb., but check in Medicinal plants to make sure this dose is okay.

VERY GOOD OVERALL HERBAL FORMULA: (this is an example)

BLOOD: Red Clover

LIVER: Dandelion

ADDITIONAL HERBS: Chaparral and Chickweed

***Put 38 oz. of water into a sauce pot and turn a timer on to 40 minutes. Then turn on the flame on high and put in 2 Tablespoons of each hard herb (roots, etc.). Bring to a fast boil, then turn down on very low and cover. When timer goes off, remove from hot burner to another burner that is not hot and then add 2 Tablespoons of each herb that is soft. Put lid on pot, and steep x 20 minutes. Strain and Drink either 10/11 oz. 3 times a day (1/2 hr. before breakfast, and 2nd meal and 2 hours before bedtime), or 8 oz. 4 x day(8 oz. 1 hour after rising; 8 oz. before each meal; 8 oz. 2 hrs. before bedtime)

***There are many different herbal formulas:

- Colon
- Immune
- Kidney
- Liver
- Lung
- Skin
- AND MORE

#7: BREAKFAST:

3 Fruit

2 Servings Grain (1 whole grain Bread + 1 whole grain, hot or cold...**NO SECONDS.**

"It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the

stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day." {CG 390.2}

#8: WALK FOR 15 MINUTES AFTER BREAKFAST

"To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..." {CTBH 101.1}

#9: MID-DAY, YOU MAY INCLUDE YOUR POULTICES, SHOWERS, BATHS, SALT GLOWS, WHATEVER YOU NEED TO DO - You don't have to do it at this time, this is just a suggestion.

#10: 30 MINUTES BEFORE LUNCH:

DRINK HERBAL FORMULA DRINK (whatever this may be) (See Step #5)

#11: LUNCH (eat at least 5 hours after having finished breakfast)

2 Veggies – Steam coarse vegetables). Eat at least 1 green and 1 orange or yellow
You may have a salad with steamed carrots, etc.)

2 Grain – Bread, Wild Rice or Quinoa + Bread...Or Oats with legume in patties) **NO SECONDS**

#12: WALK FOR 15 MINUTES AFTER LUNCH

"To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..." {CTBH 101.1}

#13: EVENING STROLL (approx. 15 minutes minimum)

#14: 2 HOURS BEFORE BEDTIME:

DRINK HERBAL FORMULA DRINK (whatever this may be) (See Step #5)

#15: EVENING WORSHIP/DEVOTION

"In every family there should be a fixed time for morning and evening worship." (CG 520.1)

"Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations." {CG 520.2-3}

ADDITIONAL INFO:

#1: BE SURE ALL WINDOWS ARE OPEN (crack hairline breadth in winter time)

"Sleeping apartments should be large and so arranged as to have a circulation of air through them day and night." HL 142.1} (See HL 142.2)

"Many seem to think that if they exclude the air from their rooms because it is damp and foggy, they have an atmosphere in their houses perfectly safe to breathe. But we have to breathe in damp and foggy days as well as in pleasant, sunny weather. We must accept the air which God gives us, which is subject to atmospheric changes, sometimes dry and invigorating, while again it is damp, chill, and penetrating.

We must meet these changes as they come, and make provision the best we can to guard ourselves from the effects of damp and chilly atmosphere, and not subject ourselves to a greater evil by breathing air over and over again that has lost its vital properties." {HR, February 1, 1874 par. 7}

"The idea that night air is unhealthful and must be excluded from our sleeping apartments, is a mistake. In the night God designed that we should breathe night air, for we have no other. Our Creator would not make night air dangerous to health and yet compel us to breathe it. Night air is as healthy for us to breathe in the night as day air is in the day." {HR, February 1, 1874 par. 10}

#2: GET VITAMIN D LEVELS CHECKED. 25 Hydroxy is the correct test. **Be sure levels are at least 80-100.**

#3: DO NOT EAT COARSE VEGETABLES.

Coarse vegetables are cabbage, broccoli, brussel sprouts, carrots, collard greens, etc. Lightly steam these to release the enzyme to help with proper digestion and to get proper nutrients.

"Tea and coffee, fine-flour bread, pickles, COARSE VEGETABLES, candies, condiments, and pastries fail of supplying proper nutriment." (Ed 204.3)

#4: FAST AT LEAST 1-2 DAYS EACH WEEK (for skinny persons, only 1 day is necessary if done at all.)

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them." {CD 189.4}

#5: SQUASH, CUCUMBERS, BELL PEPPERS, TOMATOES, EGG PLANTS ARE ALL FRUIT.

Please do not eat with any vegetables.

"It is not well to eat fruit and vegetables at the same meal...It is better to have the fruit at one meal, and the vegetables at another." {CD 112.3}

"I have vermicelli-tomato soup one meal and greens the next..." {CD 324.1}

#6: THE JUICE OF LEMONS MAY BE USED ON GREENS

"My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing." {CD 324.1}

#7. OLIVES, ALTHOUGH A FRUIT, THESE WITH PERMISSION FROM THE SOP, MAY BE EATEN AT EVERY MEAL.

"Olives may be so prepared as to be eaten with good results at every meal..." {CD 349.4}

#8: FRESH BREAD TO BE AT LEAST 2-3 DAYS OLD BEFORE HEALTHFUL TO EAT

"...thoroughly cooked bread two or three days old will be more healthful than fresh bread." {CD 108.2}

#9: NO MORE THAN 3-4 DISHES PER MEAL

"Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change." (CD 109.5)

#10: NO CONDIMENTS AND COMPLICATED MIXTURES

"The less that condiments and desserts are placed upon our tables, the better it will be for all who partake of the food. All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach. . . ." {CD 113.3}

“...Complicated mixtures of food are health destroying.” (CD 113.4)

“If any have a perverted taste that craves tea, coffee, condiments, and unhealthful dishes, enlighten them...”
(CTBH 117.3)

#11: NO RICH FOOD

“The richness of food...are health destroying.” (CD 113.4)

#12: GRAINS USED FOR PORRIDGE & MUSH SHOULD HAVE SEVERAL HOURS OF COOKING (like oatmeal)

“Grains used for porridge or “mush” should have several hours' cooking.” (MH 301.3)

(Be sure to take your oats or other grain used for making hot cereal and set it on a stainless steel cookie sheet and cook at about 200 degrees x 3 hours. Then place in containers to be used...This kills the phytic acid that can cause strokes and bleeding on the brain).

*****BY THE WAY, DON'T EAT SOFT/HOT CEREAL ON A REGULAR BASIS*****

“But soft or liquid foods are less wholesome than dry foods, which require thorough mastication...”
(MH 301.3)

#13: NO MSG, ASPARTAME, SOY SAUCE OR VINEGAR PRESERVATIVES, ADDITIVES, FOOD COLORING, ETC.

(Due to MSG and other chemicals), (See CD 485.1-.2; & 2MR 143.3)

“I advise you to make your diet abstemious. Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life. God holds you responsible to obey the light he has given you on health reform...” (CD 102.1)

“They are not educated in regard to the injurious effects of meat eating and of using sugar and vinegar, tea and coffee....These things are injurious and deleterious to the human system...” {20MR 2.4}

#14: DO NOT EAT VEGGIE MEATS BOUGHT IN A STORE AS THEY ARE FULL OF HARMFUL INGREDIENTS

“I advise you to make your diet abstemious. Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.” (CD 102.1)

#15: DO NOT EAT ANY FRIED OR GREASY FOOD

“The grease cooked in the food renders it difficult of digestion...” (CTBH 46.3)

“Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds...” (CTBH 47.1)

#16: DO NOT TAKE YOUR FOOD IN LIQUID FORM (no smoothies)

“Taken in a liquid state, your food would not give healthful vigor or tone to the system...” {CD 105.1}

#17: DRINK ½ YOUR WEIGHT IN OUNCES OF WATER EACH DAY

WATER CALCULATION FORMULA:

Most people believe they drink enough water. Unfortunately they don't. And as a result, approximately 85-90 % of people are dehydrated. They either do not drink enough water or they are not drinking it properly. That's right!!! THERE'S A RIGHT WAY AND A WRONG WAY OF DRINKING WATER. Therefore, to ensure that people are not only getting enough water, but that they are drinking it the right way, the following.

WATER CALCULATION FORMULA HAS BEEN PROVIDED

#1: Upon arising, adults should drink 16 oz. of water. This is to replace the fluid that everyone loses in the morning. To make your morning water even better, try adding the juice of 1-2 lemons.

#2: After-ward, take your weight and divide that by 2. Now take your answer and convert it to ounces. This is the total # of ounces you will be drinking for the entire day on top of the 16 oz. of water you are to drink first thing in the morning.

#3: The next thing you want to do is calculate the # of hours you are awake each day. What time do you get up on average and what time do you go to sleep? Now if you are awake for 16 hours, you would subtract 1 hour before bedtime, giving you a total of 15 hours for the day.

#4: Then, take the # of ounces you are to drink each day (not including your 16 oz. for the morning) and divide that by the # of hours you are awake after having subtracted the one hour before bedtime. Your answer will be the total # of ounces you are to drink each hour of the day, stopping 1 hour before you go to bed.

By drinking water this way, you are not only getting enough of it, you are also drinking it properly. Most people wait a couple of hours before they even take their first drink of water for the day. This causes dehydration. Therefore, when they drink, they gulp their water instead of sipping it, which in turn causes the water to run right through them, still leaving them dehydrated. By drinking the water every hour, you are helping your body to absorb and store the water instead of helping it to be flushed out.

***If you have any questions, please call me.

#18: NO DRUGS IF SIMPLE REMEDIES DON'T WORK

"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}

MOST CASES THAT DON'T WORK IS BECAUSE NOT FOLLOWING LAWS OF HEALTH STRICTLY:

"We find in every such instance a good reason why they cannot live out the health reform. They do not live it out, and have never followed it strictly, therefore they cannot be benefited by it..." (CD 399.1)

WHY NO DRUGS?

"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 sometimes in a more dangerous and deadly form. The liver, heart and brain are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. Oh, how much that poisonous drug cost! If it did not cost the life, it cost quite too much..." (4aSG 135.1)

"A doctor...deals out poisonous medicines..." If it was not diseased in reality before, it is after this process. It suffers now from drug-disease, the most stubborn and incurable of all diseases. If it recovers, it must bear about more or less in its system the effects of that poisonous drug, and it is liable to spasms, heart disease, dropsy on the brain, or consumption..." {2SM 468.1

"A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but the real evil is increased ten fold." (4aSG 133.2)

"More DEATHS have been CAUSED BY DRUG-TAKING than from all other causes combined..." {2SM 450.2}

DAYS 6-30:

#1: WAKE UP:

Drink 16 oz. hot water with the juice of 2 lemons.

"Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before eating (half a quart, more or less), will never do any harm, but will rather be productive of good." {CD 303.1}

"I use lemon juice freely..." (2MR 48.1)

#2: DEEP BREATHING EXERCISES

Breathe in through your nostrils as much as you can, hold to the count of 10, exhale through your mouth. Do 5 sets of these every morning....**BE SURE** that when you inhale through your nose, **your stomach expands** and not the other way around. Most adults breathe improperly.

#3: MORNING DEVOTION: (Personal - Read your Bible & a portion of the SOP)

"Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee." This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ." {SC 70.1}

#4: MORNING WALK: (aim for 3 miles in 60 minutes...it may take a while to get to this goal)

"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." {ML 136.5}

"If invalids would dispense with medicines of every description, and improve their habits of eating, and exercise as much as possible in the open air, their names would soon be dropped from the invalid list..." {4aSG 145.3}

#5: MORNING WORSHIP (as a family)

"In every family there should be a fixed time for morning and evening worship." (CG 520.1)

"Family worship should not be governed by circumstances. You are not to pray occasionally and, when you have a large day's work to do, neglect it. Fathers and mothers, however pressing your business, do not fail to gather your family around God's altar. Ask for the guardianship of holy angels in your home. Remember that your dear ones are exposed to temptations." {CG 520.2-3}

#6: 30 MINUTES BEFORE BREAKFAST:

DRINK HERBAL FORMULA DRINK (whatever this may be)

WE RECOMMEND THE FOLLOWING:

LIVER: One herb for this

(Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay)

BLOOD: One herb for this

(Most recommended is 2 T., but check in Medicinal plants to make sure this dose is okay)

MEDICAL CONDITION: Two different herbs for whatever medical condition you may be addressing

(Most recommended is 2 T of each herb, but check in Medicinal plants to make sure this dose is okay)

VERY GOOD OVERALL HERBAL FORMULA (Here is an example):

BLOOD: Red Clover

LIVER: Dandelion

ADDITIONAL HERBS: Chaparral and Chickweed

***Put 38 oz. of water into a sauce pot and turn a timer on to 40 minutes. Then turn on the flame on high and put in 2 Tablespoons of each hard herb (roots, etc.). Bring to a fast boil, then turn down on very low and cover. When timer goes off, remove from hot burner to another burner that is not hot and then add 2 Tablespoons of each herb that is soft. Put lid on pot, and steep x 20 minutes. Strain and Drink either 10/11 oz. 3 times a day (½ hr. before breakfast, and 2nd meal and 2 hours before bedtime), or 8 oz. 4 x day (8 oz. 1 hour after rising; 8 oz. before each meal; 8 oz. 2 hrs. before bedtime)

THERE ARE MANY DIFFERENT HERBAL FORMULAS:

- Kidney
- Liver
- Lung
- Colon
- Skin
- Immune
- AND MORE

#7: BREAKFAST: (Never Skip Breakfast unless fasting)

“It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day.” {CD 173.2}

- **3 Fruit**
- **2 Servings Grain** – 1 whole grain Bread + 1 whole grain, hot or cold
- **2 Tablespoons of Seeds** – Pumpkin, Sesame, Flax, Sunflower, Chia, etc.
- **Closed Fist Full of Nuts** – You may mix up...can substitute 1 T. any nut butter instead. **NO SECONDS**

“Much tact and discretion should be employed in preparing nourishing food to take the place of that which has formerly constituted the diet of those who are learning to be health reformers. Faith in God, earnestness of purpose, and a willingness to help one another, will be required. A diet lacking in the proper elements of nutrition, brings reproach upon the cause of health reform. We are mortal, and must supply ourselves with food that will give proper nourishment to the body.” {TSDF 21.6}

“Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and **WHEN PROPERLY PREPARED, they constitute the diet that best promotes both physical and mental strength.**” {Ed 204.3}

#8: WALK FOR 15 MINUTES AFTER BREAKFAST

"To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..." {CTBH 101.1}

#9: MID-DAY, YOU MAY INCLUDE YOUR POULTICES, SHOWERS, BATHS, SALT GLOWS, WHATEVER YOU NEED TO DO – You don't have to do it at this time, this is just a suggestion.

#10: 30 MINUTES BEFORE LUNCH:

DRINK HERBAL FORMULA DRINK (whatever this may be...) (See Step #5)

#11: LUNCH (eat at least 5 hours after having finished breakfast)

- **2-3 Veggies** (steam coarse vegetables) ...eat at least 2 green and 1 orange or 1 yellow (May have a salad with steamed carrots, etc.)
- **2 Grain** (Bread, Wild Rice or Quinoa + Bread...Or Oats with legume in patties)
- **Legume** (beans, lentils, peas, etc.) **NO SECONDS**

"Much tact and discretion should be employed in preparing nourishing food to take the place of that which has formerly constituted the diet of those who are learning to be health reformers. Faith in God, earnestness of purpose, and a willingness to help one another, will be required. A diet lacking in the proper elements of nutrition, brings reproach upon the cause of health reform. We are mortal, and must supply ourselves with food that will give proper nourishment to the body." {TSDF 21.6}

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"To engage in...violent exercise immediately after eating, hinders the digestive process...But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit..." {CTBH 101.1}

#13: EVENING STROLL (approx. 15 minutes minimum)

#14: 2 HOURS BEFORE BEDTIME:

Drink Herbal Formula Drink (whatever this may be) (See Step #5)

#15: EVENING WORSHIP/DEVOTION

MONTH TWO:

DAYS 31-60

Do everything the same, except, there's no need to do the fruit fast or water and herbal drink only fast at the beginning. You may eat your regular meals for breakfast and lunch. However, it is good to fast at least one day every week.

ALSO:

The only other change would be the HERBAL FORMULA. Have a completely different herb for the Blood, Liver, and 2 more new herbs for whatever ailment you are combating. If you stick to the same herbs as you did in your first 30 days, your body will become immune and you won't have great benefits the 2nd month.

ADDITIONAL INFO:

#1: Be sure all windows are open. (Crack hairline breadth in winter time)

“Sleeping apartments should be large and so arranged as to have a circulation of air through them day and night.” {HL 142.1} (See HL 142.2)

“Many seem to think that if they exclude the air from their rooms because it is damp and foggy, they have an atmosphere in their houses perfectly safe to breathe. But we have to breathe in damp and foggy days as well as in pleasant, sunny weather. We must accept the air which God gives us, which is subject to atmospheric changes, sometimes dry and invigorating, while again it is damp, chill, and penetrating. We must meet these changes as they come, and make provision the best we can to guard ourselves from the effects of damp and chilly atmosphere, and not subject ourselves to a greater evil by breathing air over and over again that has lost its vital properties.” {HR, February 1, 1874 par. 7}

“The idea that night air is unhealthful and must be excluded from our sleeping apartments, is a mistake. In the night God designed that we should breathe night air, for we have no other. Our Creator would not make night air dangerous to health and yet compel us to breathe it. Night air is as healthy for us to breathe in the night as day air is in the day.” {HR, February 1, 1874 par. 10}

#2: **GET VITAMIN D LEVELS CHECKED – 25 Hydroxy is the correct test. Be sure levels are at least 80-100.**

#3: **DO NOT EAT COARSE VEGETABLES –** things like cabbage, broccoli, brussel sprouts, carrots, collard greens, etc. Cook these till tender to release the enzyme to help with proper digestion and to get proper nutrients.

“Tea and coffee, fine-flour bread, pickles, COARSE VEGETABLES, candies, condiments, and pastries fail of supplying proper nutriment.” (Ed 204.3)

#4: **FAST AT LEAST 1-2 DAYS EACH WEEK** (for skinny persons, only 1 day is necessary if done at all)

“There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.” {CD 189.4}

#5: **SQUASH, CUCUMBERS, BELL PEPPERS, TOMATOES, EGG PLANTS ARE ALL FRUIT.**

Eat these together. Do not eat with any vegetables. Anything that grows on a vine, a bush, or a tree, is a fruit.

“It is not well to eat fruit and vegetables at the same meal...It is better to have the fruit at one meal, and the vegetables at another.” {CD 112.3}

“I have vermicelli-tomato soup one meal and greens the next...” {CD 324.1}

#6: **THE JUICE OF LEMONS MAY BE USED ON GREENS**

“My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing.” (CD 324.1)

#7. **OLIVES, ALTHOUGH A FRUIT, THESE WITH PERMISSION FROM THE SOP, MAY BE EATEN AT EVERY MEAL.**

This is an exception to the rule.

“Olives may be so prepared as to be eaten with good results at every meal...” {CD 349.4}

#8: **FRESH BREAD TO BE AT LEAST 2-3 DAYS OLD BEFORE HEALTHFUL TO EAT:**

“...Thoroughly cooked bread two or three days old will be more healthful than fresh bread.” {CD 108.2}

#9: NO MORE THAN 3-4 DISHES PER MEAL

“Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change.” (CD 109.5)

NO MORE THAN 2-3 KINDS OF FOOD:

You have grains, fruits, nuts, vegetables, seeds, etc. Only 2-3 kinds at one meal.

Example: You can only have 3 kinds of food maximum, but you may have 4 dishes.

Now how can this be you may ask?

Simple: 2 cooked green vegetables are 1 kind of food, but 2 separate dishes

Then you have 1 grain, and 1 legume. That's 4 dishes, but only 3 kinds of food.

Or you could do 2 grain, 1 cooked vegetable and 1 legume

“It would be much better to eat only two or three different kinds of food at a meal than to load the stomach with many varieties.” {CD 110.2}

#10: NO CONDIMENTS AND COMPLICATED MIXTURES

“The less that condiments and desserts are placed upon our tables, the better it will be for all who partake of the food. All mixed and complicated foods are injurious to the health of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach. . . .” {CD 113.3}

“...Complicated mixtures of food are health destroying.” (CD 113.4)

“If any have a perverted taste that craves tea, coffee, condiments, and unhealthful dishes, enlighten them...” (CTBH 117.3)

#11: NO RICH FOOD

“The richness of food...are health destroying.” (CD 113.4)

“...Guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.” (CD 102.1)

#12: GRAINS USED FOR PORRIDGE & MUSH SHOULD HAVE SEVERAL HOURS OF COOKING (like oatmeal)

“Grains used for porridge or “mush” should have several hours' cooking.” (MH 301.3)

(Be sure to take your oats or other grain used for making hot cereal and set it on a stainless steel cookie sheet and cook at about 200 degrees x 3 hours. Then place in containers to be used...This kills the phytic acid that can cause strokes and bleeding on the brain.

*****By the way, don't eat soft/hot cereal on a regular basis.**

“...Soft or liquid foods are less wholesome than dry foods, which require thorough mastication.” (MH 301.3)

#13: NO MSG, ASPARTAME, SOY SAUCE VINEGAR PRESERVATIVES, ADDITIVES, FOOD COLORING, ETC.

Due to MSG and other chemicals. See CD 485.1-.2; & 2MR 143.3

“I advise you to make your diet abstemious. Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life. God holds you responsible to obey the light He has given you on health reform...” (CD 102.1)

"...Vinegar...These things are injurious and deleterious to the human system..." {20MR 2.4}

"They are not educated in regard to the injurious effects of meat eating and of using sugar and **vinegar**, tea and coffee....**These things are injurious and deleterious to the human system..."** {20MR 2.4}

#14: CHECK LABELS OF ALL VEGGIE MEATS BOUGHT IN A STORE-MOST ARE FULL OF HARMFUL INGREDIENTS

"I advise you to **make your diet abstemious**. Be sure that as a rational Christian sentinel you **guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life.**" (CD 102.1)

#15: DO NOT EAT ANY FRIED OR GREASY FOOD

"The grease cooked in the food renders it difficult of digestion..." (CTBH 46.3)

"Fruits, grains, and vegetables, prepared in a simple way, **free from spice and grease of all kinds..."** (CTBH 47.1)

#16: DO NOT TAKE YOUR FOOD IN LIQUID FORM (Smoothies are not suggested on any healing program)

"Taken in a liquid state, your food would not give healthful vigor or tone to the system..." {CD 105.1}

#17: IF YOU EAT A 3rd MEAL, MAKE SURE IT IS ONLY FRUIT & TOAST OR SOME OTHER GRAIN. BE SURE IT IS EATEN AT LEAST 3 HOURS BEFORE BEDTIME, GOING TO BED NO LATER THAN 9:00 PM.

"Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. **The sleep is disturbed, the brain and nerves are wearied,** the appetite for breakfast is impaired, **the whole system is unrefreshed,** and is unready for the day's duties." {CD 176.1}

"If a third meal be eaten at all, it should be light, and several hours before going to bed." {CD 158.1}

"Supper...When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties." (CD 176.1)

#18: DRINK ½ YOUR WEIGHT IN OUNCES OF WATER EACH DAY

WATER CALCULATION FORMULA

Most people believe they drink enough water. Unfortunately, they don't. And as a result, **approximately 85-90% of people are dehydrated.** They either do not drink enough water or they are not drinking it properly. That's right!!! **THERE'S A RIGHT WAY AND A WRONG WAY OF DRINKING WATER.** Therefore, to ensure that people are not only getting enough water, but that they are drinking it the right way.

WATER CALCULATION FORMULA HAS BEEN PROVIDED.

#1: Upon arising, adults should **drink 16 oz. of water.** This is to replace the fluid that everyone loses in the morning. To make your morning water even better, try adding the juice of 1-2 lemons.

#2: After-ward, take your weight and divide that by 2. Now take your answer and convert it to ounces. **This is the total # of ounces you will be drinking for the entire day** on top of the 16 oz. of water you are to drink first thing in the morning.

#3: The next thing you want to do is calculate the # of hours you are awake each day. What time do you get up on average and what time do you go to sleep? Now if you are awake for 16 hours, you would subtract 1 hour before bedtime, giving you a total of 15 hours for the day.

#4: Then, take the # of ounces you are to drink each day (not including your 16 oz. for the morning) and divide that by the # of hours you are awake after having subtracted the hour before bedtime.

Your answer will be the total # of ounces you are to drink each hour of the day, **stopping 1 hour before you go to bed.**

By drinking water this way, you are not only getting enough of it, you are also drinking it properly. Most people wait a couple of hours before they even take their first drink of water for the day. This causes dehydration.

Therefore, when they drink, they gulp their water instead of sipping it, which in turn causes the water to run right through them, still leaving them dehydrated. By drinking the water every hour, you are helping your body to absorb and store the water instead of helping it to be flushed out.

***If you have any questions, please call me.

#19: NO DRUGS IF SIMPLE REMEDIES DON'T WORK

"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}

WHY NOT DRUGS?

"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 sometimes in a more dangerous and deadly form. The liver, heart and brain are frequently affected by drugs, and often all these organs are burdened with disease..." (4aSG 135.1)

"A doctor...deals out poisonous medicines...If it was not diseased in reality before, it is after this process. It suffers now from drug-disease, the most stubborn and incurable of all diseases. If it recovers, it must bear about more or less in its system the effects of that poisonous drug, and it is liable to spasms, heart disease, dropsy on the brain, or consumption..." {2SM 468.1}

"A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but the real evil is increased ten fold." (4aSG 133.2)

"More deaths have been caused by drug-taking than from all other causes combined..." {2SM 450.2}

"More deaths have been caused by drug-taking than from all other causes combined..." {2SM 450.2}

THE ANSWER TO HEALING:

"Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies--pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of sunlight in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use. All these are powerful in their efficiency, and the patient who has obtained a knowledge of how to eat and dress healthfully may live for comfort, for peace, for health, and will not be prevailed upon to put to his lips drugs, which, in the place of helping nature, paralyzes her powers. If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments."

MOST CASES THAT DON'T WORK IS BECAUSE NOT FOLLOWING LAWS OF HEALTH STRICTLY:

"We find in every such instance a good reason why they cannot live out the health reform. They do not live it out, and have never followed it strictly, therefore they cannot be benefited by it..." (CD 399.1)

SOP ABBREVIATIONS:

1SAT = Sermons & Talks, Volume 1

2MR = Manuscript Releases, Volume 2

2SM = Selected Messages, Volume 2

4aSG = Spiritual Gifts, Volume 4, section A

CD = Counsels on Diets & Foods

CG = Child Guidance

CH = Counsels on Health

CTBH = Christian Temperance & Bible Hygiene

DA = Desire of Ages

HL = Healthful Living

MH = Ministry of Healing

ML = My Life Today

MM = Medical Ministry

PH095 = Pamphlet 95

SC = Steps to Christ

Two Month Healing Program

(Questions)

1. A _____ or _____ would convince many sufferers that the path of self _____ is the path to health.
2. Is this a One Program Fits All? YES or NO
3. Will you use the same herbals formulas, water treatments, and poultices on every one? YES or NO
4. Should God's people become intelligent in regard to disease and its cure? YES or NO
5. The Lord has _____ out a way in which his people are to carry forward the work of physical _____.
6. To whom were the methods of healing plainly revealed to?
7. Should God's method of healing be used as a last resort? YES or NO
8. What can happen to a person who gets healed and then goes back to their old ways? _____
9. List the 10 Key things to know when putting someone on the Two-month healing program?
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
10. List the 4 things that make up being a part of an abstemious diet:
 1. _____
 2. _____
 3. _____
 4. _____
11. Why are colonics not recommended? _____
12. There are some who would be benefited by abstinence from food for a _____ or _____ every week.
13. What is often the cause of sickness? _____
14. What kind of diet often brings great relief to brain workers? A _____
15. To fast one day a week would be of what kind of benefit? _____
16. For the average person on the two-month program, what would be their diet for the first 2 days? _____ food
17. What would be the diet for the average person for days 3-4? _____ diet
18. On which day would carbohydrates be introduced? Day _____
19. What would be included in the diet on days 6-30 for the average person? _____
20. For those who cannot do a no-food fast, what would their diet consist of for the first two days?

21. What are the best 2 fruits for the fruit only diet?
 1. a _____
 2. g _____
22. How many ounces of water should be drunk every morning when the person first arises in the morning?

- ____oz.
23. What kind of juice is great to add to this water? _____
24. Is it okay for the morning water to be hot? YES or NO
25. What kind of breathing exercises should be done every morning? _____ breathing
26. Should these be done every morning? YES or NO
27. How many sets should a person do of deep breathing exercises in the morning? _____ sets
28. Should they breathe in through their mouth or nose? _____
29. Til the count of what number should they hold in their breath? Count of _____
30. Why should people breathe well and have full inspirations? In order to have good _____.
31. When should people consecrate themselves to God? In the _____.
32. What type of exercise should be done every morning? _____
33. Where should this exercise be done every morning? _____
34. Should people exercise as much as possible in the open air? YES or NO
35. How much time should be spent each day in walking or working in the open air? _____
36. How many minutes before breakfast and lunch should the Herbal formula be drunk?
37. Give one example of an herbal formula for a kidney problem:
BLOOD: _____
LIVER: _____
KIDNEYS: _____
KIDNEYS: _____
38. What is considered a good breakfast: Please write it out _____
-
39. What kind of grains should be cooked for several hours? _____
40. Should porridge (oatmeal, cream of wheat, etc.) be eaten every day? YES or NO
41. Why or why not? _____
42. Approximately how many minutes should a person walk after each meal? _____ minutes
43. What 2 times of the day can you included the poultices, wound care, showers, baths, salt glows, etc.? _____
44. Should you do it all at one time? YES or NO
45. Should raw coarse vegetables be included in the two-month program? YES or NO
46. Why or why not? _____
47. List 8 raw coarse vegetables:
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
48. What should be included in the 2nd meal? _____
49. How any servings of whole grains? _____
50. How many servings of protein? _____
51. How many cooked/green vegetables should be included? _____
52. How many hours should elapse between one meal to the next? 5 or _____ hours
53. How many hours before bedtime should a person drink their herbal formula evening drink?

54. Should the same herbal formula be drunk during days 31-60? YES or NO
55. Why or why not? _____
56. What should be drunk instead? _____
57. For those not on NG or G-tubes, should food be taken in a liquid state? YES or NO
58. Why or why not? _____
59. If a person has a 3rd meal, what should it not include? _____
60. Should grease of all kinds be omitted from our food when cooking? YES or NO
61. Does grease included Olive Oil or any other oil considered to be healthful for cooking? YES or NO
62. Are we to use condiments bought in a store? YES or NO
63. Should we use any food items that have MSG, Aspartame, food coloring, or additives in it? YES or NO
64. Should rich food be used in the two month program? YES or NO
65. How old should bread be before it should be eaten? At least ___ or ___ days old.
66. May lemon juice be used on greens? YES or NO
67. Should fruit and vegetables be eaten at the same meal? YES or NO
68. May olives be eaten at every meal with good results? YES or NO
69. No more than ___ to ___ dishes should be eaten at one meal
70. How many days a week should we fast for? At least ___ to ___ days per week
71. Should all the windows be opened every day? YES or NO
72. Should veggie meat be used in the two month program? YES or NO
73. What about concentrated Tofu? YES or NO
74. Should drugs be used if the simple remedies do not work? YES or NO?
75. List 4 reasons why juicing raw vegetables is not good (answers may be found under between letters i and j at the top)
1. _____
 2. _____
 3. _____
 4. _____
76. Was eating of and Juicing Raw Veggies founded by a Seventh-day Adventist or a person of the world? _____
77. What year did raw veggie diet come in? _____
78. What does eating coarse vegetables do to the body? _____
79. Should God's people use appliances in the healing program of those who don't have juicers at home?
YES or NO
80. What should people do instead of using appliances they can never use at home? Regulate the _____.
81. Will we have to work with some of these people for weeks? YES or NO
82. If we don't have a treatment center, we should go to their _____ to give treatment.
83. What do we need to read first before doing the Two Month Healing Program? _____