

WHAT TO DO FOR ALL DISEASES:

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

- QUOTE RE: RELIGIOUS AGGRESSION → {CH 506.1}
- QUOTE Re: BECOME INTELLIGENT BY READING OUR HEALTH BOOKS → {MM 320.3}
- **QUOTE RE: 9 OUT OF 10 DISEASES WILL BE REVERSED BY READING THIS BOOK →** {MM 223.4}

Whenever anyone gets any disease, always look it up on the index page(pages 365-374/pages 89-93 in the Green Book) at the following link of 'Hygienic Family Physician'. Mind you, the pdf pages and actual pages are not the same. I am referring to the actual pages listed on the page on the PDF

- <https://collections.nlm.nih.gov/ext/kirtasbse/64220470R/PDF/64220470R.pdf>

FOR ANY SICK PERSON, BE SURE TO READ THE FOLLOWING FIRST, THEN LOOK UP THE DISEASE IN THE INDEX SECTION. IF YOU DON'T SEE IT, I HAVE DOCUMENTS FOR SOME OF THE CONDITIONS NOT LISTED:

1. Diet for the Sick - pg. 191; pg. 50 in the Green Book
2. General Rules for Nursing the sick - pg. 195; pg. 51 in the Green Book
3. Constitutional Treatment - pg. 363; pg. 89 in the Green Book
4. Diseases & Their Treatment - pg 197; pg. 52 in the Green Book
5. Important Internal Organs - pg. 201; pg. 52 in the Green Book
6. Unknown Diseases - pp 360-363; pg. 88 in the Green Book

HERE ARE THE QUOTES ABOUT THIS BOOK AND THIS DOCTOR(Merritt Kellogg):

"THIS IS THE TITLE OF A WORK RECENTLY PUBLISHED AT THIS OFFICE. AS THE TITLE SUGGESTS, IT IS A WORK ESPECIALLY DESIGNED FOR FAMILY USE. THE STYLE IN WHICH IT IS WRITTEN IS SUCH AS TO RENDER IT PERFECTLY INTELLIGIBLE TO ALL CLASSES, AS IT IS QUITE FREE FROM TECHNICAL TERMS AND PHRASES WHICH ARE OF SUCH FREQUENT OCCURRENCE IN NEARLY ALL BOOKS OF THIS KIND WHICH HAVE PREVIOUSLY APPEARED AS TO RENDER THEM MORE OR LESS OBJECTIONABLE. IT IS, NEVERTHELESS, "A COMPLETE GUIDE FOR THE PRESERVATION OF HEALTH AND THE TREATMENT OF DISEASE WITHOUT THE USE OF MEDICINE." {1868 JNL, HBH 1A.1}

THE WORK IS WRITTEN IN FOUR PARTS. THE SUBJECTS TREATED ARE, IN PART I., HEALTH AND HYGIENIC AGENTS; PART II., DISEASE AND DRUGS; PART III., THE BATH; PART IV., DISEASES AND THEIR TREATMENT...THIS WORK IS OF A THOROUGHLY PRACTICAL NATURE, AND SHOULD BE IN THE HANDS OF EVERY FAMILY IN THE LAND, AS IT AFFORDS INSTRUCTION OF THE MOST VITAL IMPORTANCE. DIRECTIONS FOR THE TREATMENT OF DISEASE ARE SO PLAIN AND MINUTE THAT ANY PERSON OF ORDINARY INTELLIGENCE WITH ITS ASSISTANCE MAY SUCCESSFULLY TREAT NINE-TENTHS(90%) OF ALL THE CASES OF DISEASE WHICH OCCUR IN ANY NEIGHBORHOOD. THE PUBLISHERS HAVE PLACED THE PRICE SO LOW THAT THE BOOK MAY BE OBTAINED BY ANY ONE WHO FEELS AT ALL IN NEED OF SUCH A WORK. {1868 JNL, HBH 1a.2}

• **NOTE:** This is the same Dr.(Dr. Merritt Kellogg/older 1/2 brother of John Harvey Kellogg) that witnessed Ellen White having no breath when in vision. See → John Loughborough's book titled 'Great Second Advent Movement' page 205.2(GSAM 205) to read about this

• **NOTE:** There are a few things in this book that I don't agree with like Cancer really can't be cured(we know it can according to the prophet) and he uses some medicinal things in the bath water, which HOW TO LIVE says we are not to do. But this book I believe came out around the same time

Other than that, this book is wonderful!!! And the water treatments are so simple

****continue****

SEE WHAT THE PROPHET SAYS REGARDING LOUGHBOROUGH:

"THE INFLUENCE OF ELDER LOUGHBOROUGH IS VALUABLE IN OUR CHURCHES. JUST SUCH A MAN IS NEEDED, ONE WHO HAS STOOD UNWAVERINGLY FOR THE LIGHT THAT GOD HAS GIVEN TO HIS PEOPLE, WHILE MANY HAVE BEEN CHANGING THEIR ATTITUDE TOWARD THIS WORK OF GOD. I SAY LET ELDER LOUGHBOROUGH DO A WORK THAT IS SUFFERING TO BE DONE IN THE CHURCHES. THE LORD WOULD HAVE HIS VOICE HEARD AS WAS JOHN'S, TELLING THE THINGS HE HAS SEEN, AND THAT WHICH HE HAS HEARD, WHICH HE HIMSELF HAS EXPERIENCED IN THE RISE AND PROGRESS OF THE THIRD ANGEL'S MESSAGE(this would include the health message, for it is the right arm of the 3rd Angel's Message)."**{1888 716.3}**

"Beginning May 5, **Merritt Kellogg and I**(Loughborough) held tent meetings at Bloomfield. The interest and attendance was splendid until June 9, when a smallpox epidemic broke out. **Dr. Kellogg** then used his medical skill in the homes of the afflicted ones. His kindness and successful treatment created a very favorable impression and an interest in our health message. By June 25, the danger was over and we continued our meetings." {1897 JNL, MML 81.6}

1891

"...**Dr. M. G. Kellogg was also much liked**. **He dwelt upon health questions and was a real help in the meetings.** {11MR 15.3}

1894

"Contacts With W.C.T.U. Workers at Melbourne.--**Dr. M. G. Kellogg came to my tent to see if I would have an interview with the president and secretary of the W.C.T.U. We invited them to our tent**, and we had a very pleasant visit..." {Te 262.2}

1895

"...**Doctor M. G. Kellogg has made his home with us for some time**, by special invitation. **There is no place in which to entertain our people but at my home**(Sister White speaking here)..." {16MR 162.3}

1900

"**The plan of the building drawn up by Brother M. G. Kellogg** has been accepted, and the time has come for us to arise and build. All who can should now feel it a privilege not only to do something, but to do all that they can for our **Sanitarium. Let every believer in Australia act a part in the erection of this building so long delayed for want of means.** {AUCR, December 1, 1900 par. 1}

ALSO, READ THE 1 PAGE DOCUMENT ON 'Health Reformer Articles'

<http://documents.adventistarchives.org/Periodicals/Forms/AllItems.aspx?RootFolder=%2FPeriodicals%2FHR&FolderCTID=0x012000DDAC5B94CFBD234AB142FC5C311C732700042C85EA7C1C1A4DB8D75C62A7517A6E>

*****continue on next page to see What To Do For All Diseases*****

WHAT TO DO FOR ALL DISEASES:

1. HAVE EVERY PERSON YOU WORK WITH FILL OUT AN ASSESSMENT FORM

NOTE: We are told that THE FIRST THING TO DO IS ASCERTAIN THE CAUSE

"Disease never comes without a cause. The way is prepared, and **DISEASE INVITED, BY DISREGARD OF THE LAWS OF HEALTH.** Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, **IT IS NEVERTHELESS THEIR DUTY TO ASCERTAIN WHAT ARE AND WHAT ARE NOT VIOLATIONS OF THE LAWS OF HEALTH.** They should avoid the wrong habits of their parents and, by correct living, place themselves in better conditions. { MH 234.1}

2. WHENEVER ANYONE GETS ANY DISEASE, ALWAYS LOOK IT UP ON THE INDEX PAGE(PAGES 365-374 on the link or original book OR pages 89-93) **AT THE FOLLOWING LINK.** Mind you, the pdf pages and actual pages are not the same. I am referring to the actual pages listed on the page on the pdf

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1. Diet for the Sick - pg. 191
2. General Rules for Nursing the sick - pg. 195
3. Constitutional Treatment - pg. 363
4. Diseases & Their Treatment - pg 197
5. Important Internal Organs, Their Location, and Functions- pg. 201
6. Causes of Disease, - 210; pg. 55 in the Green Book
7. The Diagnosis of Disease, - 212; pg. 55 in the Green Book
8. General Rules for determining Disease, - 213; pg. 55 in the Green Book
9. The Language of Health, - 213; pg. 55 in the Green Book
10. The Language of Disease, - 215; pg. 56 in the Green Book
11. How to Locate a Disease, .. – 217; pg 56 in the Green Book
12. The Names of Diseases, . . . – 217; pg. 56 in the Green Book
13. Classification of Diseases, . – 219; pg. 57 in the Green Book
14. All the Diseases Covered in this Book and How to Treat Them - 219-363; pages 57-89 in the Green Book

NOTE: Be sure to have a diagnosis from the person you are working with and not just guess at what's going on

3. FIND OUT WHICH ORGANS ARE BEING AFFECTED

4. FIND OUT WHICH ARE THE BEST FOODS FOR THE ORGAN/ORGANS BEING AFFECTED

5. FIND OUT WHICH MINERALS THEIR BODY IS LOW IN, ACCORDING TO THEIR LAB WORK, AND THEN MAKE SURE THEY EAT THE PLANT FOODS HIGH IN THOSE MINERALS

6. FIND OUT WHICH WATER TREATMENTS ARE THE BEST FOR THE CONDITION YOU ARE WORKING WITH

- Look in Merritt Kellogg's book in the index section for the disease, then see what water treatment(s) he recommends
- Then look in John Harvey Kellogg's Water book
- Then look at the Water Treatments document by Christine Guardo
- Then look in → The Natural Remedies Encyclopedia, Volume 7, (pp 206-275)

7. ALSO, BE SURE TO FIND OUT WHICH ARE THE BEST HERBS FOR THE DISEASE

We do 1 Herb for the Blood

1 Herb for the Liver

1-2 Herbs for the Medical Condition

WARNING: You have to use caution in those who are on any type of medication

HAVE THEM CONSULT THEIR PHYSICIAN FIRST

*****continue on next page*****

NOTE: The Best Books on Herbs are:

1. **Natural Remedies Encyclopedia (pages 129-205)...Poisonous plants = (pages 200-205)**
2. **Encyclopedia of Medicinal Herbs**
3. **Back to Eden**

8. PLUS, FOLLOW ALL THE LAWS OF HEALTH(as we discussed earlier):

-Exercise(briskly walk in the out doors every day, even in winter, but dress warmly)

-Water(drink 16 oz. upon arising and 1/2 your normal weight in ounces throughout the day.
Be sure it's soft water. Bathe in it at least 3-4 x week)

-Sunshine (open your windows/drapes/blinds letting it in every day; get as much direct sunlight as you can, but be sure to cover up, only exposing hands and face. IN THE HOT DAYS, wet a dish rag with cold water and cover your head with this to prevent heat exhaustion or heat stroke ALONG WITH A Thermoflask that carries your water)

-Temperance (abstain from everything bad like tobacco, alcohol, condiments, MSG, aspartame, ALL oils, etc. and be moderate in that which is good)

-Air (get fresh air every day. Open your windows, even in winter, but only a hair-breadth crack. Do deep breathing exercises every day at least 2 x day in the open air, or near a cracked window in the winter)

-Rest(in bed by 9pm if you are not a student; 9:30 if you are; sleep no less than 6 hours and no more than 8; Rest every Sabbath day. Take a power nap when tired any day of the week)

-Trust in God(Read the Bible every day; Pray; Don't worry or fret; hand all your troubles to Jesus;
Read the Spirit of Prophecy(Conflict of the Ages) and/or Testimonies and certain Pioneers every day)

-Dress (Cover all extremities(arms and legs/feet too)(Summer or Winter); Don't have chest area with more clothing than arms and legs; no high heels; no spiky heels; no unnatural fibers(cotton, linen, wool are best); no cosmetics; dresses to be 8-10 inches from the ground for wearing outside.

(9 inches most appropriate for wearing when going out in public)

Anything longer is unhealthful because it gathers dust, dirt, etc from the ground.

Nothing tight around waist or chest;)

9. PUT THE PERSON ON THE 2 MONTH PROGRAM(ask me for this document). **But you need to read the program and learn about it for yourself and be sure to read 'BASIC PRINCIPLES FOR THE HEALING PROGRAM'**

This document is available in PHASE 1 of the FREE Medical Missionary Training

If you follow all of the above , you will see results

ASK FOR ALL 3 PHASES OF THE MEDICAL MISSIONARY TRAINING SO YOU CAN KNOW WHAT TO DO IN DETAIL.