

The TRUE “not false” Medical Missionary Work

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

“WE ARE NOW TO UNIFY, AND BY TRUE MEDICAL MISSIONARY WORK PREPARE THE WAY FOR OUR COMING KING. LET US INCREASE IN A KNOWLEDGE OF THE TRUTH...” {MM 22.3}

“In a special sense **SEVENTH-DAY ADVENTISTS** have been set in the world as watchmen and light bearers. To them has been entrusted the last warning for a perishing world...**They HAVE BEEN GIVEN A WORK OF THE MOST SOLEMN IMPORT--THE PROCLAMATION OF THE FIRST, SECOND, AND THIRD ANGELS' MESSAGES.** There is no other work of so great importance. **THEY ARE TO ALLOW NOTHING ELSE TO ABSORB THEIR ATTENTION.**” {9T 19.1}

NOTE: The 3rd Angel’s Message includes the Health Message, which is the Right Arm to the 3rd Angel

“...**THE TRUTH FOR THIS TIME, THE THIRD ANGEL'S MESSAGE** (we can’t preach the third without the first and second), is to be proclaimed with a loud voice, meaning with increasing power, as we approach the great final test. **THIS TEST MUST COME TO THE CHURCHES IN CONNECTION WITH THE TRUE MEDICAL MISSIONARY WORK...**” {10MR 314.1}

“THAT WHICH IS OF THE MOST IMPORTANCE IS THAT THE STUDENTS BE TAUGHT HOW TO REPRESENT ARIGHT THE PRINCIPLES OF HEALTH REFORM...” {9T 177.3}

TRUE MEDICAL MISSIONARY WORK:

“...IT IS THE DUTY OF EVERY PERSON TO BECOME INTELLIGENT IN REGARD TO DISEASE AND ITS CAUSES...” (HL 19.5)

“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)

“...THOSE WHO GO FORTH TO ENGAGE IN THE WORK OF THE MINISTRY MUST BE INTELLIGENT UPON THE SUBJECT OF HEALTH REFORM...” (MM 238.3)

WHY?

“...STRANGE THINGS HAVE BEEN DONE IN THE MEDICAL MISSIONARY WORK of late...” (CH 370.3)

“MANY HAVE MISINTERPRETED HEALTH REFORM, AND HAVE RECEIVED PERVERTED IDEAS OF WHAT CONSTITUTES RIGHT LIVING...” {CD 200.3}

THE LORD HAS MARKED OUT A WAY FOR US TO DO THIS WORK:

“...THE LORD HAS MARKED OUT A WAY IN WHICH HIS PEOPLE ARE TO CARRY FORWARD A WORK OF PHYSICAL HEALING...” (MM 14.3)

WE NEED NOT GO TO THE WORLD TO GET OUR HEALTH INFORMATION

“The different parties of professed Advent believers have each a little truth, but God has given all these truths to His children who are being prepared for the day of God. He has also given them truths that none of these parties know, neither will they understand...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}

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“...THE METHODS OF TREATING THE SICK WERE PLAINLY REVEALED TO ME...” {20MR 373.2}

“Men may get up scheme after scheme, and the enemy will seek to seduce souls from the truth, but ALL WHO BELIEVE THAT THE LORD HAS SPOKEN THROUGH SISTER WHITE, AND HAS GIVEN HER A MESSAGE, WILL BE SAFE FROM THE MANY DELUSIONS THAT WILL COME IN THESE LAST DAYS.” 1906. {3SM 83.5}

NOTE: We will be going over the delusions that have come in regarding how to heal people

“WE MUST FOLLOW THE DIRECTIONS GIVEN THROUGH THE SPIRIT OF PROPHECY...THIS WILL SAVE US FROM ACCEPTING STRONG DELUSIONS. GOD...HAS SPOKEN TO US THROUGH THE TESTIMONIES TO THE CHURCH AND THROUGH THE BOOKS THAT HAVE HELPED TO MAKE PLAIN OUR PRESENT DUTY...” (8T 298.1)

“To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.” Isaiah 8:11-13, 20. THE WORLD IS NOT TO BE OUR CRITERION...LET THE LORD’S VOICE BE HEARD.” {LS 322.1}

“MANY ARE GOING DIRECTLY CONTRARY TO THE LIGHT WHICH GOD HAS GIVEN TO HIS PEOPLE, BECAUSE THEY DO NOT READ THE BOOKS WHICH CONTAIN THE LIGHT AND KNOWLEDGE IN CAUTIONS, REPROOFS, AND WARNINGS...” {4T 391.1}

“GOD HAS PLACED IT IN OUR POWER TO OBTAIN A KNOWLEDGE OF THE LAWS OF HEALTH...THOSE WHO REFUSE TO IMPROVE THE LIGHT AND KNOWLEDGE THAT HAVE BEEN MERCIFULLY PLACED WITHIN THEIR REACH...ARE PLACING THEMSELVES WHERE THEY WILL BE EXPOSED TO THE DELUSIONS OF SATAN...” {CTBH 111.2}

NO TIME TO LEARN ALL THESE THINGS?

THIS CAN AND WILL BE LEARNED QUICKLY!!!

“...YE MUST STEP FAST...now time is almost finished, and WHAT WE HAVE BEEN YEARS LEARNING, THEY WILL HAVE TO LEARN IN A FEW MONTHS. THEY WILL ALSO HAVE MUCH TO UNLEARN AND MUCH TO LEARN AGAIN...” {EW 67.2}

“...There are those who WITH A FEW MONTHS’ INSTRUCTION WOULD BE PREPARED TO GO OUT AND DO ACCEPTABLE MEDICAL MISSIONARY WORK...” {PC 38.7}

HOW ARE THEY TO LEARN?

“...few can take a course of training in our medical institutions. But ALL CAN STUDY OUR HEALTH LITERATURE AND BECOME INTELLIGENT ON THIS IMPORTANT SUBJECT...” {MM 320.3}

WHICH BOOKS? (All are SOP books)

- How to Live
- Ministry of Healing
- Christian Temperance & Bible Hygiene
- Counsels on Diet and Foods
- Counsels on Health
- Healthful Living
- Temperance
- Medical Ministry
- A Call To Medical Evangelism
- Selected Messages, Volume 2
- Loma Linda Messages
- Mind, Character, and Personality (Pt. 1)
- Mind, Character, and Personality (Pt. 2)
- Health Reformer Articles
- Paulson Collection

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“FIFTY TIMES AS MUCH MIGHT BE ACCOMPLISHED IN SELF-EDUCATION...EDUCATION OF SELF MEANS MORE THAN THE COLLEGES CAN GIVE YOU...” {3MR 363.2}

EXAMPLES OF SOME OF THE DELUSIONS BROUGHT INTO THE MEDICAL MISSIONARY WORK:

- **#1: TREATMENT OF THE RECTUM**

“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.**” {LLM 178.2}

NOTE: This DOESN'T MEAN you can't give an occasional ENEMA for EMERGENCY PURPOSES. BUT the regular enemas and colonics are a no-no according to the Spirit of Prophecy

NOTE: Just because it has benefitted people doesn't mean it's good for them. In many of these false methods of healing, where people see benefits, the drawbacks outweigh the benefits.

- **#2: EATING COARSE VEGETABLES**

“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}

“During the last seven months we have been at home but about four weeks. **In our travels we have sat at many different tables, from Iowa to Maine. Some whom we have visited live up to the best light they have. Others, who have the same opportunities of learning to live healthfully and well, have hardly taken the first steps in reform. THEY WILL TELL YOU THAT THEY DO NOT KNOW HOW TO COOK IN THIS NEW WAY. BUT THEY ARE WITHOUT EXCUSE IN THIS MATTER OF COOKING; FOR IN THE WORK, HOW TO LIVE, ARE MANY EXCELLENT RECIPES, AND THIS WORK IS WITHIN THE REACH OF ALL.** I do not say that the system of cookery taught in that book is perfect. I may soon furnish a small work more to my mind in some respects. But **HOW TO LIVE TEACHES COOKERY ALMOST INFINITELY IN ADVANCE OF WHAT THE TRAVELER WILL OFTEN MEET, even among some Seventh-day Adventists.**” (1T 680.1)

- **'HOW TO LIVE':**

<http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>

NOTE: In the book 'How to Live', all the vegetables are cooked until tender and each vegetable is given the amount of time to cook. (see pages 31-33)

ELLA KELLOGG'S BOOK 'Science in the Kitchen' which was used in our SDA College in Sister White's Day (go on the CD Rom and type in the name of that book in the Pioneer Section) SAYS THE FOLLOWING ABOUT RAW VEGETABLES: (go to page 231.3)

<http://babel.hathitrust.org/cgi/pt?id=coo1.ark:/13960/t9183vv3g;view=1up;seq=261>

“VEGETABLES SHOULD BE COOKED UNTIL THEY ARE PERFECTLY TENDER BUT NOT OVERDONE. MANY COOKS SPOIL THEIR VEGETABLES BY COOKING THEM TOO LONG. WHILE QUITE AS MANY MORE SERVE THEM IN AN UNDERDONE STATE TO PRESERVE THEIR FORM. EITHER PLAN MAKES THEM LESS PALATABLE, AND LIKELY TO BE INDIGESTIBLE.”

NOTE: HERE'S MORE INFO FROM DR MERRITT KELLOGG AND HIS YOUNGER BROTHER John Harvey Kellogg. BOTH WERE VERY PROMINENT FIGURES WITHIN THE SDA CHURCH

“...ALBUMEN OF VEGETABLE ORIGIN IS BETTER WHEN COOKED...” {May 7, 1903 EJW, PTUK 301.8}

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- **HERE'S AN ARTICLE ON HOW VEGETABLES SHOULD BE COOKED:**

<https://chestofbooks.com/food/recipes/A-Book-Of-Recipes-For-The-Cooking-School/Cooking-of-Vegetables.html>

- **HERE'S FROM DR. MERRITT KELLOGG**(Read --> 2SM 295.2; Needs, July 4, 1903 par. 21; and 20MR 158.4 to see that

Sis White endorses this Dr./Older brother of John Harvey Kellogg):

DIET FOR THE SICK.

"FOOD FOR THE SICK SHOULD BE NUTRITIOUS, EASY OF DIGESTION, AND FREE FROM OILY OR FATTY SUBSTANCES. THE FOLLOWING ARTICLES SHOULD BE RELIGIOUSLY ABSTAINED FROM : pork, fats, butter, salted or smoked meats, and in many cases, all kinds of meats, salt fish, and most kinds of fresh fish, lobsters, clams, and oysters, rich gravies, and greasy soups, mustard, pepper, spices of all kinds, vinegar, pickles, **RAW VEGETABLES OF ALL KINDS**, cheese, rich pastry and puddings, oily nuts, tea, coffee, condiments of every kind, rich preserves, hard boiled eggs, fried eggs, and fried food of all kinds, distilled and fermented liquors of every kind, and **WHATEVER ELSE IMPAIRS OR INJURES DIGESTION.**

- **HERE'S WHAT HIS BROTHER DR. JOHN HARVEY KELLOGG SAYS ON THIS SUBJECT**

[https://books.google.com/books?id=blwqAAAAYAAJ&pg=PA202&source=gbs_toc_r&cad=4#v=onepage&q=r
aw%20vegetables%20&f=false](https://books.google.com/books?id=blwqAAAAYAAJ&pg=PA202&source=gbs_toc_r&cad=4#v=onepage&q=raw%20vegetables%20&f=false)

NOTE: This book at the above link is called 'The Home Hand Book' and was written by Dr. John Harvey Kellogg

This book was endorsed by the prophet and she was urging him to publish more for all the people to read(see --> KC 89.4-90.1)

On page 283, he says the following:

"RAW FOOD, and food which is insufficiently cooked is A FREQUENT CAUSE OF INDIGESTION. THIS IS ESPECIALLY TRUE OF UNCOOKED VEGETABLES"(page 283.3)

NOTE: Medical Science is now saying the same thing

<https://www.thehealthyhomeeconomist.com/think-raw-veggies-are-best-think-again/>

I'M A DOCTOR. HERE'S WHY I WANT YOU TO STOP EATING RAW VEGETABLES & DRINKING COLD WATER

Now I don't agree with everything the above research says, but they both say eating raw vegetables is bad on the digestion, and this is exactly what our pioneers and both Dr.s Merritt Kellogg and his younger brother John Harvey Kellogg said

- **AND LOOK AT THIS QUOTE HE MAKES IN HIS BOOK RE: DIARRHEA.**

Medical writers give us seven varieties of this disease ; but as such a division will only tend to confuse the mind of the nurse, the disease will be described as a unit.

CAUSE.—Overeating, and **THE USE OF IMPROPER FOOD, SUCH AS** unripe fruit, **RAW VEGETABLES**, sausage, pork, veal, or excessive quantities of fresh meat of any kind.

- **SOMETHING THAT IS IMPORTANT TO KNOW IS THAT 70-80% OF OUR IMMUNE SYSTEM IS IN OUR G.I.(Digestive) TRACT. IF WE EAT UNHEALTHFUL FOODS, AS RAW VEGETABLES ARE, WE ARE WEAKENING OUR IMMUNE SYSTEM.**

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AND LOOK AT THIS ARTICLE STATING THAT COOKED CARROTS ARE 25%+ MORE NUTRITIOUS THAN WHEN EATEN RAW:

<https://articles.mercola.com/sites/articles/archive/2017/06/19/carrots-nutrition.aspx>

NOTE: The above article came out in June of 2017

HERE'S ANOTHER ARTICLE:

<http://healthyeating.sfgate.com/vegetables-shouldnt-eat-raw-11414.html>

- **#3: JUICING OF RAW VEGETABLES/SO MUCH JUICING** (See the document 'Why Not Juicing')
“...You have educated the stomach to this kind of diet. This, your judgment has taught you, was the best, because you realized the least disturbance from it. But this was not a correct experience. Your stomach was not receiving that vigor that it should from your food. TAKEN IN A LIQUID STATE, YOUR FOOD WOULD NOT GIVE HEALTHFUL VIGOR OR TONE TO THE SYSTEM. BUT WHEN YOU CHANGE THIS HABIT, AND EAT MORE SOLIDS AND LESS LIQUIDS, YOUR STOMACH WILL FEEL DISTURBED. NOTWITHSTANDING THIS, YOU SHOULD NOT YIELD THE POINT; YOU SHOULD EDUCATE YOUR STOMACH TO BEAR A MORE SOLID DIET.”
{CD 105.1}

“...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}

Dr. John Clark(SDA Dr. who uplifts the Laws of Health) article on Juicing:

http://rev14.com/media_download/Juicing%20With%20Apendix.pdf

- And besides this, GUESS WHAT LIQUID CLEANSSES THE TISSUES/BODY BETTER THAN ANYTHING ELSE?
“WATER IS THE BEST LIQUID POSSIBLE TO CLEANSE THE TISSUES.” {CD 420.1}

Q: WHERE DID THE JUICING OF RAW VEGETABLES COME FROM?

Was it given to Sister White or to a person of the World?

“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}

NOTE: IT IS TRUE THAT MANY PEOPLE SEE BENEFIT WHEN DOING RAW VEGETABLE JUICING. THIS IS BECAUSE IT IS A TYPE OF FAST. THEY AREN'T EATING REFINED FOODS, FRIED FOODS, MEAT, DAIRY, ETC. THEREFORE, THEIR BODY WILL SEE BENEFITS.

HOWEVER, SCIENCE IS SHOWING THAT THE DRAWBACKS OUTWEIGH THE BENEFITS. AND LATER, WE WILL BE LEARNING THAT RAW VEGETABLES/VEGETABLE JUICING/ADDITIONAL LIQUID INJURES THE DIGESTIVE SYSTEM, AND WHATEVER INJURES THE DIGESTIVE SYSTEM, SUPPRESSES THE IMMUNE SYSTEM, FOR 70% OF OUR IMMUNE SYSTEM IS IN OUR DIGESTIVE TRACT. AND IF YOU WANT TO PREVENT CANCER OR FIGHT CANCER, YOU NEED THE BEST IMMUNE SYSTEM POSSIBLE, SO ANYTHING THAT CAUSES IT PROBLEMS IN ANY WAY NEEDS TO BE REMOVED. AND WE WILL BE LEARNING THERE ARE OTHER THINGS THE PROPHET SAYS BENEFIT PEOPLE, BUT ARE A NO NO AND THAT THE DRAWBACKS OUTWEIGH THE BENEFITS.

ONE LAST THING ON THIS FOR NOW!!!

IN THE QUOTE BELOW, WE ARE TOLD THAT 90% of Disease can be recovered if we follow what has been shown to Sister White. WE WANT THAT 90% RECOVERY RATE(we will be learning in the next couple of days why the recovery rate is 90% and not 100%. The Lord will lay some to sleep in sickness because if they were healed, they would go back to their old ways and lose out on heaven). **WE WANT TO DO WHAT JESUS SHOWED THE PROPHET, NOT WHAT THE WORLD IS TEACHING.**

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I KNOW THIS IS NEW FOR MANY, BUT PLEASE HAVE FAITH. I'VE BEEN WORKING WITH PEOPLE FOR YEARS AND THEY ARE SEEING GREAT RESULTS WITHOUT THE USE OF RAW VEGETABLE JUICE. WE WILL BE LEARNING MORE ABOUT THIS IN THE NEAR FUTURE.

REMEMBER!!!

"...THEY WILL ALSO HAVE MUCH TO UNLEARN AND MUCH TO LEARN AGAIN."(EW 67.2)

Q: DO WE NEED TO GO TO THOSE NOT OF OUR FAITH TO GET ANY ADDITIONAL LIGHT ON HEALTH?

"The different parties of professed Advent believers have each a little truth, but God has given all these truths to His children who are being prepared for the day of God...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}

NOTE: If juicing of vegetables was necessary for healing, God would have told us so through the prophet. He would have given that information directly to his church. He did not. It was a Scotchman from Paris not even claiming to be a Christian that came up with this information. If we aren't to go to those Sunday keepers who profess the 2nd coming of Jesus, then we surely aren't to go to those who don't even profess Christ.

What about expensive juicers? What about people who don't have those type of appliances in their 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}

"...YOU CANNOT TEACH HEALTH REFORM UNLESS YOU PRESENT THE MOST INEXPENSIVE METHODS OF LIVING. THE ENEMY MUST HAVE NO ADVANTAGE IN ANY LINE..." {MM 266.3} 1898

- **#4: FASTING FOR 40 DAYS**(or 21 days, etc.):*

"...YOU ARE NOT CALLED UPON TO FAST FORTY DAYS. THE LORD BORE THAT FAST FOR YOU IN THE WILDERNESS OF TEMPTATION. THERE WOULD BE NO VIRTUE IN SUCH A FAST; but there is virtue in the blood of Christ." {CD 189.1}

See → {MH 235.2}

We will be covering this subject in detail in PHASE 2 or our training

Q: WHAT IS REQUIRED FOR PROPER 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(all that was listed above plus a few other things), THEN THEY WILL IN NINE CASES OUT OF TEN(90%) RECOVER FROM THEIR AILMENTS." {MM 223.4}

NOTE: I have asked people who use Raw Vegetable Juicing, what is their recovering rate, and most say about 30-50%.

We want the 90% that Jesus has promised us through the prophet

"...THERE ARE SIMPLE HERBS THAT CAN BE USED FOR THE RECOVERY OF THE SICK...." 1908 {2SM 288.1}

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MORE FALSE TREATMENT OF THE SICK:

- probiotics
- fermented foods

BOOK ABBREVIATIONS:

- **10MR** = Manuscript Releases, Volume 10
- **2SM** = Selected Messages, Volume 2
- **3MR** = Manuscript Releases
- **3SM** = Selected Messages, Volume 3
- **4T** = Testimonies for the Church, Volume 4
- **8T** = Testimonies for the Church, Volume 8
- **9T** = Testimonies for the Church, Volume 9
- **CD** = Counsels on Diet & Foods
- **CH** = Counsels on Health
- **CTBH** = Christian Temperance & Bible Hygiene
- **Ed** = Education
- **EW** = Early Writings
- **LS** = Life Sketches
- **MM** = Medical Ministry
- **PC** = Paulson Collection
- **PH095** = Pamphlet 95