

Combating Disease

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

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

WHAT IS DISEASE?

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

- Disease is actually our friend, not an enemy
- Disease does not come by chance (Proverbs 26:2/Deuteronomy 28)
- Disease is actually due to violating the laws of health (MH 234.1)
- **90% of disease, no matter how bad the situation may be, can be reversed.** Especially those who are sent home to die (MM 223.4; CTBH 160.2)

LEARN HOW TO COMBAT DISEASE:

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

“All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease...” {CME 28.4}

“...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that he may relieve the suffering ones...” {CH 463-464}

“It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge...” (MH 127.2)

WHAT TYPE OF TREATMENTS?

“...Give those who are sick the simple treatments that will relieve them, and then pray with them...” {CME 9.2}

“God’s people...should know how to give the simple treatments that do so much to relieve pain and remove disease. They should be familiar with the principles of health reform, that they may show others how, by right habits of eating, drinking, and dressing, disease may be prevented and HEALTH REGAINED...” {WM 127.1}

“Always study and teach the use of the simplest remedies, and the special blessing of the Lord may be expected to follow the use of these means which are within the reach of the common people.” (2SM 298.6)

HOW LONG WILL IT TAKE FOR HEALING TO TAKE PLACE?

IN MANY CASES, ONLY A MONTH OR TWO. THERE WILL BE SOME THAT TAKE A LITTLE LONGER:

“...An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.” {CD 189.3}

- **The Two Month Program should be implemented in any disease-reversal program.**

WHY MANY DO NOT SEE RESULTS?

“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}

“I saw your condition of health, and the ailments you have suffered under so long. I was shown that you have not lived healthfully. Your appetites have been unhealthy, and you have gratified the taste at the expense of the stomach. You have taken into your stomachs articles which it is impossible to convert into good blood. This has laid a heavy tax on the liver, for the reason that the digestive organs are deranged. You both have diseased livers. The health reform would be a great benefit to you both, if you would strictly carry it out. This you have failed to do. Your appetites are morbid, and because you do not relish a plain, simple diet, composed of unbolted wheat flour, vegetables and fruits prepared without spices or grease, you are continually transgressing the laws which God has established in your system. While you do this, you must suffer the penalty; for to every transgression is affixed a penalty. Yet you wonder at your continued poor health. Be assured that God will not work a miracle to save you from the result of your own course of action...” {CD 123.4}

There is no treatment which can relieve you of your present difficulties while you eat and drink as you do. You can do that for yourselves which the most experienced physician can never do. Regulate your diet. In order to gratify the taste, you frequently place a severe tax upon your digestive organs by receiving into the stomach food which is not the most healthful, and at times in immoderate quantities. This wearies the stomach, and unfits it for the reception of even the most healthful foods. You keep your stomachs constantly debilitated, because of your wrong habits of eating. Your food is made too rich. It is not prepared in a simple, natural manner, but is totally unfitted for the stomach when you have prepared it to suit your taste. Nature is burdened, and endeavors to resist your efforts to cripple her. Chills and fevers are the result of those attempts to rid herself of the burden you lay upon her. You have to suffer the penalty of nature's violated laws. God has established laws in your system which you cannot violate without suffering the punishment. You have consulted taste without reference to health. You have made some changes, but have merely taken the first steps in reform diet. God requires of us temperance in all things. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” {CD 124.1}

TELL THE PEOPLE IF THEY GO BACK TO THEIR OLD LIFESTYLE, THEIR PROBLEMS WILL COME BACK WORSE OFF THAN BEFORE IN JUST A MATTER OF WEEKS OR MONTHS:

“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}

WE WILL NOT USE ANY MEDICINE IN OUR TREATMENT OF DISEASE:

WHY NOT???

“The endless variety of medicines in the market, the numerous advertisements of new drugs and mixtures, all of which, as they say, do wonderful cures, kill hundreds where they benefit one. Those who are sick are not patient. They will take the various medicines, some of which are very powerful, although they know nothing of the nature of the mixtures. All the medicines they take only make their recovery more hopeless. Yet they keep dosing, and continue to grow weaker, until they die. Some will have medicine at all events. Then let them take these hurtful mixtures and the various deadly poisons upon their own responsibility.

God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering.” {4aSG 139.3}

So **MANY RESORT TO DRUGS** first, and then when that doesn't work, then they go to the **NATURAL REMEDIES** -- But listen to what we are counseled in **Medical Ministry 14.1**

“Those who will gratify their appetite, and then suffer because of their intemperance, and take drugs to relieve them, may be assured that **God will not interpose to save health and life which are so recklessly periled.** The cause has produced the effect. Many, as their last resort, follow the directions in the word of God, and request the prayers of the elders of the church for their restoration to health. **God does not see fit to answer prayers offered in behalf of such, for he knows that if they should be restored to health, they would again sacrifice it upon the altar of unhealthy appetite.”** {MM 14.1}

“There are many ways of practicing the healing art; **but there is only one way that heaven approves.** God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties...**drugs are expensive, both in the outlay of means, and the effect produced upon the system.”** {CD 301.2}

STEPS TO TREAT DISEASE:

- No matter what the disease is, the first thing you do is have the person fill out the 'Basic Assessment Form' first (the detailed assessment form may be done later)
- **In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.**
- **See which laws of health on that form they are not following** (MH 127.1)
“Is a man a tobacco user, a tea-and-coffee drinker, a meat eater, taking his three meals?
Let him **begin with tobacco**, and put that away. Then let him **leave off the use of tea and coffee**, eat **less meat**, and make his **third meal very light**... Soon he can dispense with flesh-meats altogether...
Next, he leaves off **the third meal**...” {1890 JW, BHY 223.4}
- Have them do **one major thing** – Quit smoking, drinking, eat less meat, etc.
- Have them do **four basic/minor things** – Deep breathing; walking; sunshine, water; bedtime, etc.
- Depending on the disease, **find out what body organs are affected** and which are the best foods for those organs
- Find out **which are the best poultices for the condition** – Charcoal poultices are great for Kidney and Liver conditions, as well as for Breast Cancer, etc.
- **Get brother Floyd Mayberry's laminated health charts for the different body organs**
http://www.thelivingwayministry.org/THE_LIVING_WAY_MINISTRY/Charts.html
- **Put them on an Herbal formula of:**
BLOOD: One Herb – Red Clover, Chaparral, Dandelion, Pau D' Arco, Yellow Dock, Alfalfa, etc.
LIVER: One Herb – Dandelion Root; Milk Thistle; Barberry, etc.
MEDICAL CONDITION: Two herbs that help whatever the medical condition is
- Find out which **WATER TREATMENTS** work best for the medical condition (see Water Treatment handout)

- Assess if there are any wounds

WE HAVE MANY THINGS TO UNLEARN AND LEARN AGAIN:

“...They will also have much to unlearn and much to learn again.” (EW 67.2)

THINGS TO REMEMBER:

- Eating **fish** leads to **Congestive Heart Failure** (CHF) due to the mercury
- Having **Dental Amalgams** can also lead to **Congestive Heart Failure** also due to the mercury
- Drinking **coffee and tea, energy drinks, etc.** causes **arrhythmias**
- Drinking any **caffeinated product** depletes B-vitamins and others vitamins as well, and **causes Anemia**
- Eating any items containing **MSG or Aspartame** (see handout on MSG and Aspartame) lead to **MS, Lupus, Fibromyalgia** (See: https://www.youtube.com/watch?v=c9DLAkjt_gU)
- **Lack of Sunshine/Low Vitamin D levels leads to MS, Cancer** and almost every disease under the sun
- **Lack of Sunshine/Vitamin D can cause Gait** (walking) **Problems**
- A Blood pressure with a High Systolic and normal Diastolic can be a sign of **Vitamin D deficiency**
- High Blood Pressure, Heartburn, Low Back Pain, Knee Pain, Headaches are mostly **due to a lack of water** in the body (dehydration)
- A blood pressure **difference of 10 points from one arm to the other** is a sign of possible arterial or venous blockage
- **Lack of Sunshine/Low Vitamin D causes hormonal and thyroid issues**
- **High Blood Pressure, Heartburn, Low Back Pain, Knee Pain, Muscle Spasms, Headaches** are mostly due to **lack of water** in the body (dehydration)
- Eating **Meat, eggs, cheese, fried foods** can cause **too much estrogen** in the body, leading to **female problems**
- Eating **one egg** can cause **inflammation** in the body for **up to one month**
- **More than 50% of women’s diseases** are related to **improper dress**
- Remind the people if they **go back to their old lifestyles, they will get worse off in a couple of weeks to months.** -- “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}

SOP ABBREVIATIONS:

1MR = Manuscript Releases, Volume 1

1T = Testimonies for the Church, Volume 1

2SM = Selected Messages, Volume 2

3MR = Manuscript Releases, Volume 3

4aSG = Spiritual Gifts, Volume 4, section a

7T = Testimonies for the Church, Volume 7

CD = Counsels on Diet & Foods

CH = Counsels on Health

CME = A Call to Medical Evangelism

EW = Early Writings

MH = Ministry of Healing

MM = Medical Ministry

PC = Paulson Collection

WM = Welfare Ministry