**BASIC PRINCIPLES**

**for**

**THE HEALING PROGRAM**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**“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}**

“**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 APPY 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 ONY 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**(90%) **RECOVER FROM THEIR AILMENTS.” {MM 223.4}**

***When Treating those with Disease***:

* Start by filling out the Basic Assessment Form OR The Detailed Assessment Form\*
* Originally have them Fast x 1 day no food; + 1 day fruit only (drink 4 oz of pure grape juice if/when feeling weak)
* Thereafter, have them Fast 1-2 days a week(thin/frail people only 1 day a week)(robust 2 days) (read CD 189.4)
* Only work on 1 major change(like quitting smoking, alcohol, caffeine, tea, getting off of meat, etc) at a time

(see CTBH 224(at top of page) AND--🡪CD 284.1-.2; RH, August 15, 1899 par. 2}

* Increase another major change every 1-2 weeks if possible(but not until they overcome the previous major one)

Some SDA’s and others among us are willing to do it all at once, and this is okay **(See 🡪** CD 483.2)

***Please include all of the following when first starting the healing program:***

***Exercise:***

* **Walk every day outdoors** (early morning hours preferred but work with what you can)

1. work your way up to a minimum of 60 minutes each day
2. may use Treadmill on days that are wet and rainy
3. may use Rebounder(mini trampoline) on days that are wet and rainy as well
4. Read complete document on exercise\*(Nothing takes the place of walking 🡪CH 200.2)

* **Do some form of Gardening every day**

1. start slowly by planting strawberry seeds or flowers
2. raking, removing rocks, turning over soil is great to be worked up to

***Water:***

* **Drink plenty of Water**

1. drink ½ your weight in normal ounces; ¼ the excess weight (see Chart #19a listed now is #0a)
2. sip, don’t gulp
3. drink some ounces of your total for the day every hour (see 🡪 2 Month Healing Program Schedule Sample)
4. Read complete document on water\*

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***Sunshine:***

* **Get Sunshine every day even in the winter months and even when it’s overcast or very gloomy**

1. start with 10 minutes every day and add a minute each day until you are getting at least 30 minutes

Minimum

1. work your way up to getting all you can (read 🡪 CD 302.3)
2. let the sunshine in every room of your house, every day
3. watch the following video on sunshine: <https://www.youtube.com/watch?v=2xvbT1UStoM>
4. Read complete document on sunshine\*

***Air:***

* **Get all the fresh air you can every day**

1. do deep breathing exercises every day(5 sets/2 x day)
2. keep windows in house open, especially bedroom window unless it’s directly over your bed, then open

window in adjacent room

In winter months, only crack window a hair length

Do not keep temperature above 65 degrees in winter months (See 🡪 1T 702.3)

1. Read complete document on air\*

**Rest:**

* **Get all the proper rest you can every day**

1. be in bed with all lights out by 9:00 pm

9:30 pm for those who are students(older kids and above)

1. do not sleep with TV or any lights on
2. may drink herbal tea(catnip, peppermint, tilo(aka linden leaves); valerian,) for sleep

**WARNING:** Valerian has the opposite effect on 10% of people; try as last option if other herbs don’t work

1. may take warm bath(20 minutes) to induce sleep
2. Read complete document on rest/sleep\*

**Trust in God:**

* **Read the Bible every day**(include Spirit of Prophecy as well for Christians and SOP for Adventists)

1. start in the book of John
2. Proverbs is great as well

1 proverbs chapter each day of the month

(1st = chapter 1; 2nd = chapter 2; and so on)

1. you can even recommend Bible Studies
2. History of the Christian Church(12 parts) is excellent to start them with\*

So is the 30 Bible Studies on the History from Adam down through time (for SDAs)

1. Amazing Facts study guides are really good (for both Non-SDA’s and SDA’s)

<http://www.amazingfacts.org/media-library/read/c/2/t/bible-study-guides>

but start these after a couple of weeks

1. Read complete document on Trusting in God\*

**Dress:**

* **Proper dress is a must for any successful healing program that will be long lasting**

1. Chest, feet, and extremities are to be covered to fight against heart disease, high blood

pressure, diabetes, thyroid problems, arthritis, kidney problems, female problems, and much more

1. Read 🡪 HL 179.1; HL 64.1-.45; HL 30.1
2. Read complete document on Dress\*

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**Nutrition:**

* **Proper Nutrition is crucial**. **Regulating the diet is a must!!!**

1. **For the 1st meal**
2. 3 fruit (fresh is best)
3. Nuts(no more than ¼ cup) OR seeds(2 Tbsp) OR 1 Tbsp. nut butter
4. ½ - 1 c. Grain(brown rice, quinoa, non-gmo corn, barley, millet, oats, rye, kamut, wheat, barley, buckwheat, amaranth, etc.)

this can include your health bread for the day OR whole grain pancakes, waffles, French toast, etc.

1. **For the 2nd meal**
2. 1 Cooked green vegetable\*
3. 1 other Cooked vegetable(that is either orange, red, purple, white, yellow, and any other color)\*
4. ½-1 c. Grain (1 c. if no legume)
5. ½ - 1 cup. Legume of some type which includes beans or peas ( 1 c. if no grain)
6. **For the 3rd meal**
7. Only 1-2 pieces of fruit and some type of grain such as popcorn, whole grain rice, granola, etc.(CD 178.4)
8. **Read How to Live book to learn how to properly cook vegetables**

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

one reason so many give up on healthful eating is because they do not know how to cook simply

Tasty meals(see CD 255.1) (see How to live pages 23-25,28-30,31-33)

How to live teaches us how to prepare wonderful vegetable dishes that are so easy

AND ALSO READ 🡪 Science in the Kitchen on how to prepare and cook vegetables properly

<http://www.drugfreereading.com/interest_novels/Kitchen_ScienceSELF.pdf>

1. **Read complete document on nutrition\***

**\*** = ask for document from person who handed you this

***QUOTE:***

“**PURE AIR, SUNLIGHT, ABSTEMIOUSNESS, REST, EXERCISE, PROPER DIET, THE USE OF WATER, TRUST IN DIVINE POWER**--**THESE ARE THE TRUE REMEDIES**. **EVERY PERSON SHOULD HAVE A KNOWLEDGE OF NATURE’S REMEDIAL AGENCIES AND HOW TO APPLY THEM…” {MH 127.2}**