

Getting To The Root Of 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)

“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)

“**Everywhere workers are needed to know how to combat disease and give skillful care to the sick and suffering...**” {MM 56.6}

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

Q: WHAT ARE THE TOP 10 DISEASES IN AMERICA?

- Cancer
- Heart Disease (COPD, etc.)
- High Blood Pressure
- Diabetes
- Stroke
- COPD
- Alzheimer’s
- Parkinson’s
- Pneumonia
- Kidney Disease

Q: WHAT ARE THE TOP 12 CAUSES OF DEATH IN AMERICA?

- Drug Medication (2SM 450.2)
- Cancer
- Heart Attacks/Heart Disease
- Medical Error
<http://www.newsmax.com/Health/Headline/medical-errors-malpractice-doctors/2014/08/26/id/590884/>
- Respiratory Disease
- Stroke
- Accidents
 1. Car
 2. Machinery
 3. Gunshots
- Alzheimer’s
- Diabetes
- Kidney Disease
- Influenza & Pneumonia
- Suicide (this is said will be the #1 cause of death by 2020)

Q: WHAT IS DISEASE: A FRIEND OR ENEMY?

"...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)

Q: DOES DISEASE EVER COME WITHOUT A CAUSE?

"Disease NEVER comes without a cause..." (MH 234.1)

Q: HOW MANY OF THE DISEASES ARE RELATED TO TRANSGRESSING THE LAWS OF HEALTH?

"...ALL sickness is the result of transgression..." {CH 37.2}

Q: HOW MANY DISEASES CAN GOD HEAL?

Bless the Lord, O my soul: and all that is within me, bless his holy name

Bless the Lord, O my soul, and forget not all his benefits:

Who forgiveth all thine iniquities; who healeth ALL thy diseases; (Psalms 103:1-3)

Q: WHAT PERCENTAGE OF PEOPLE WILL BE HEALED IF THEY FOLLOW ALL THE LAWS OF HEALTH?

"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...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}

*****It is NOT GOD'S PROVIDENCE to snatch a mother or father from their children.** {2SM 441.3}

Q: ON AVERAGE, HOW QUICKLY CAN A PERSON SEE HEALING?

"...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)

***Some people heal faster; others take a little longer like 3 or 4 months. But the average person can see healing in as little as 1 to 2 months.

Q: WHAT ARE THE 2 MAIN REASONS WHY MANY DO NOT SEE HEALING?

- "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.” {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...you have made some changes, but have merely taken the first steps in reform diet God requires of us temperance in all things...” {CD 124.1}

Q: WHAT IS THE FIRST THING YOU SHOULD DO WHEN A PERSON COMES TO YOU AND SAYS THEY HAVE A DISEASE?

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause...” {MH 235.1}

Q: SHOULD WE HAVE THEM DO/GIVE UP EVERYTHING AT ONCE?

“...A few simple directions, and restrictions in diet, and place her upon the right track...” {2SM 441.2} See: John 16:12

Q: WHAT SHOULD WE HAVE THEM GIVE UP/DO FIRST?

“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}**
- *****It’s best to start off with 1 major habit and then 3-4 minor ones**

Making sure to follow up every week till all the violations are fixed

Have them **do one major thing:**

Quit smoking

Quit drinking

Eat less meat, etc.

HAVE THEM DO THREE TO FOUR BASIC/MINOR THINGS:

Deep breathing

Walking

Sunshine (fair skin people 30-45 min – dark skin 45-60)

Water

Proper bedtime

Clothe limbs and chest

Change from table salt to Himalayan or Real salt

Q: WHAT ELSE SHOULD WE DO FOR THEM?

- 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 water treatments** (see SpM 137.2; MH 237.2) (see Water Treatment Handout **and poultices for the condition.**
Hot water fomentations and 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, etc.
LIVER: One Herb - Dandelion Root, Milk Thistle, Barberry, etc.
MEDICAL CONDITION: Two herbs that help whatever the medical condition is (see 2SM 279.1)
- **Assess for any possible wounds**

NOTE TO ALL MEDICAL MISSIONARY WORKERS:

WE HAVE MANY THINGS TO UNLEARN AND LEARN AGAIN:

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

WHY?

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

"Many have misinterpreted health reform, and have received perverted ideas of what constitutes right living..." {CD200.3}

***Many things have been brought in from the world into our Medical Missionary work which God never intended to be a part of our healing program (only the above is necessary...nothing else needs to be done.

***If any new light on health comes from the world and not from God, that information is not for us.

"...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}

IMPORTANT THINGS TO REMEMBER:

- Eating fish leads to congestive heart failure
- Having Dental Amalgams can also lead to congestive heart failure
- Drinking coffee and tea, energy drinks, etc. causes arrhythmias
- Drinking any caffeinated product depletes B-vitamins and others vitamins as well, AND CAUSE ANEMIA
- Eating any items containing MSG (see handout on MSG and Aspartame) or Aspartame lead to MS, Lupus, Fibromyalgia
- Lack of Sunshine/Low Vitamin D levels leads to MS as well as Cancer and almost every disease under the sun
- Lack of Sunshine/Vitamin D can cause Gait Problems
- High Blood Pressure, Heartburn, Low Back Pain, Knee Pain, Muscle spasms, Headaches are mostly due to lack of water in the body (dehydration)
- Lack of Sunshine/Low Vitamin D causes hormonal and thyroid issues
- Eating meat, eggs, cheese, fried foods can cause too much estrogen in the body, leading to female problems such as fibroids, painful cycles, PMS, and other female problems
- Eating one egg can cause inflammation in the body for up to one month
- 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 a couple of 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.” {1T 643.1}

SOP ABBREVIATIONS:

2SM = Selected Messages, Volume 2

7T = Testimonies for the Church, volume 7

CD = Counsels on Diet & Foods

CH = Counsels on Health

CTBH = Christian Temperance & Bible Hygiene

EW = Early Writings

MH = Ministry of Healing

MM = Medical Ministry