

Why is G.I. In Trouble?

Dealing with Digestive Problems (Part 1)

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)

LEARN HOW TO COMBAT DISEASE:

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

HOW?

"...Study our health literature and become intelligent on this important subject." {MM 320.3} 1911

"It is the duty of every person to become intelligent in regard to disease and its causes..." {HL 19.5}

"...Have a practical knowledge of the causes of disease, and...understand how to give simple treatments, that...may relieve the suffering ones..." {ChS 134.2}

"It is essential both to understand the principles involved in the treatment of the sick and to have a practical training ..." (MH 127.2)

"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)

BIBLE:

3 John 2 – "Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth."

Jeremiah 30:17 – "For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD..."

Psalms 103:3 – Who forgiveth all thine iniquities; who healeth all thy diseases;"

Genesis 18:14 – Is anything too hard for the Lord...?"

God wants to heal us of ALL OUR DISEASES, including Digestive Problems.

WE WILL BE TEACHING FROM 3 SOURCES:

- The Bible
- The SOP
- Good Scientific Material – Giving you the most advanced teaching, the most aggressive teaching in terms of health, healing and restoration.

SOME FACTS ABOUT THE DIGESTIVE SYSTEM:

- The digestive system = the foundation of the human machinery
"...THE DIGESTIVE ORGANS lose their vital force. THE FOUNDATION OF THE HUMAN MACHINERY is gradually undermined, and life is rendered very unpleasant." {CD 101.3}

- **Zantac & Exlax** = the 2 leading (OTC) over the counter drugs
- **Sugar & Milk** produce alcohol on the liver
- **Rotten Smelling Breath**
Medical term = Halitosis = sign of bad digestion (CD 101.1)
- **Abusing the Stomach** = Dishonoring Christ
“...**Christ IS DISHONORED WHEN THE STOMACH IS ABUSED...**” (CD 111.3)
- **Digestion is Closely Related To Your Mind**
How you digest food will have an impact on your way of thinking.
Normal transit time for waste to be eliminated out of your body = 24 hours
Mouth/Alkaline = 1-5 minutes
Stomach/Acidic = 4 ½ - 5 hours
Small Intestines/Alkaline = 7 ½ hours
Large Intestine = 12 hours
TOTAL ELIMINATION TIME: 24 HOURS

“...**So closely is health related to our happiness, that we cannot have the latter without the former. A practical knowledge of the science of human life, is necessary in order to glorify God in our bodies. It is therefore of the highest importance, that among the studies selected...physiology should occupy the first place...**” (HR August 1, 1886 par. 4) (Counsels on Health, pg. 38)

ANATOMY OF THE DIGESTIVE ORGANS:

- Anus
- Colon (large intestine)
- Liver
- Mouth
- Pancreas
- Rectum
- Small Intestines
- Stomach

SOME DISEASES OF THE GI ARE:

- **CONSTIPATION:**
Signs of A Constipated Bowel Are:

1. Less than 2 times per day
2. Small Stools
3. Dark Color
4. Have to Strain
5. Foul Smell
6. Doesn't Float

- **GERD:**
“**Gastro Esophageal Reflux Disease**”
Read Handout

http://www.ehealthmd.com/library/heartburn/hb_what.html

Note: Many times heartburn may be fixed by drinking a few cups of water.

A CHARCOAL SLURRY IS GOOD FOR THIS

<https://www.youtube.com/watch?v=epOubgdzUXQ>

HYDROCHLORIC ACID DEFICIENCY can be the cause of GERD and heartburn too

CAUSES OF HYDROCHLORIC ACID DEFICIENCY

This is where there is too little Hydrochloric Acid in the stomach

1. Drinking liquid with meals
2. Bad Food combinations
3. Overeating
4. Late night eating
5. Not enough chewing
6. Eating between meals

- **FLATULENCE:**

Gas - Can take activated charcoal several times a day for this; start with at least 2 T.

- **ULCERS:**

Talk about poultices

- **DIVERTICULITIS:**

Read the following handout – <http://www.medicinenet.com/diverticulosis/article.htm#diver>

- **APPENDICITIS:**

Remedy:

1. Stop eating immediately
2. Some do an evacuation of the bowels
3. May take a colon cleanse herbal concoction
4. Apply a hot castor oil pack with charcoal
5. Call 9/11

- **IBS: Irritable Bowel Syndrome**

Irritable bowel syndrome is a disorder characterized by cramping, abdominal pain, bloating, constipation, and diarrhea

IBS causes a great deal of discomfort and distress

The #1 cause is DAIRY PRODUCTS

Most people can control their symptoms with diet and stress management

For some people, however, IBS can be disabling

They may be unable to work, attend social events, or even travel short distances

- **CROHN'S DISEASE:**

Read the following handout:

<http://digestive.niddk.nih.gov/ddiseases/pubs/crohns/>

- **COLON CANCER:**

Colon, or colorectal, cancer is cancer that starts in the large intestine (colon) or the rectum (end of the colon). According to the American Cancer Society, colon cancer is one of the leading causes of cancer-related deaths in the United States. However, early diagnosis often leads to a complete cure.

“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.” {MH 127.1}

Note: IN ORDER TO SOLVE A DIGESTIVE PROBLEM, WE NEED TO CORRECT THE CAUSE

There are approximately 30 Causes of Digestive Problems

Go to CD 101-113

Remember the **Laws of Health as well** (Exercise, Water, Sunshine, Temperance, Air, Rest, Trust in God, Dress, and 6 others.

30 THINGS THAT CAUSE DIGESTIVE PROBLEMS:

1. **OVEREATING** – CD 101.2

2. **EATING THINGS THAT ARE AN ENEMY TO HEALTH** – CD 102.1; CD 85.1

Adulterous substances are to be avoided foods not in their natural state

- a. Aspartame
- b. White Bread
- c. White Rice
- d. Food Coloring
- e. Dairy
- f. Meat
- g. Cheese
- h. Sugar
- i. MSG
- j. Gluten; etc.

3. **STUDY & VIOLENT EXERCISE AFTER EATING** – CD 103.2

Good to take a short walk after – CD 103.3-104

4. **LIQUID DIET** – CD 105.1-.2

“Taken in a liquid state, your food would not give healthful vigor or tone to the system...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 105.1-.2)

5. **HOT FOOD** – CD 106.2

6. **COLD FOOD** – CD 106.3

WHAT TEMPERATURE IS CONSIDERED FREEZING?

32 degrees

We should not eat foods that are in a frozen state; it is a hindrance to the digestive system.

7. **DRINKING WITH MEALS** – CD 106.4-.5

“Food should not be washed down. Taken with meals, water diminishes the flow of saliva...the more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed.”

8. **EATING TOO FAST OR IN A HURRY** – CD 107.1-.3
9. **TOO MANY ITEMS AT ONE MEAL** – CD 107.4/109.5/110.1-.4/110.5/111.1/111.4/113.3-.4
“**Do not have too great a variety at a meal; three or four dishes are plenty.**”
10. **SOUR BREAD** – CD 108.1; CD 316.4
11. **EATING AT IMPROPER TIMES** – CD 109.2
 - a. In between meals (180.4)
 - b. Studying or working violently after eating/eating after violent exercise (103.2-.3)
 - c. After 6:00 pm
 - d. When stressed (anxious or excited) (CD 107.2)
 - e. No regularity (CD 124.1)
 - f. Meals too close together (CD 173.1)
12. **IMPROPER FOOD COMBINATIONS** – CD 109.4/111.3
 - a. Fruit & vegetables eaten together (CD 112.3/.6)
 - b. Rich desserts & vegetables eaten together (CD 112.5)
 - c. A combination of milk & sugar (CD 113.2)
13. **NOT CHEWING FOOD WELL** (masticating) – CD 107.1-.3
14. **EATING RICH FOODS** – CD 124.1/64.3
15. **EATING UNRIPE FRUIT** – CD 167.2
16. **EATING SPOILED FOOD** – CD 309.6
17. **BREAD NOT WELL DONE** – CD 317.1-.2
“**Bread which is two or three days old is more healthful than new bread.**”
18. **EATING VINEGAR** – CD 345.1/ 345.6
19. **EATING CONDIMENTS** – CD 429 #747
Ketchup, Mustard, Store Bought BBQ Sauce, Vegemaise, Worcestershire Sauce, etc.
All these items have vinegar.
20. **FRIED FOODS, ESPECIALLY POTATOES** – CD 323.1
Can you name some fried potatoes?
French Fries; Potato Chips; Greasy Foods CD 83.1/314.3
21. **EATING TOO MUCH SUGAR** – CD 113.1/196-197
She's referring to the unprocessed kind
22. **DRINKING COFFEE, TEA OR ANY CAFFEINE** – CD 149.2
23. **DRINKING SOFT DRINKS**
24. **CHEWING GUM/ EATING MINTS, CANDIES, BREATH MINTS**
Eating anything between meals – CD 180.4
25. **EATING OVERCOOKED FOOD**

26. **EATING SPICY FOODS** – CD 83.1

27. **EATING BAKING SODA & BAKING POWDER**

This includes the aluminum free as well – CD 342.1/343.1/ 344...top part of page

28. **EATING ANY ANIMAL PRODUCT**

Flesh, milk, eggs, butter, cheese, etc. – CD 368.4-369

29. **FRUIT EATEN AFTER A FULL MEAL** – CD 309.6

30. **EATING ANYTHING INDIGESTIBLE LIKE GLUTEN**

I'm **not** referring to **whole grains**.

I'm referring to **items that are made out of gluten flour** that has been extracted.

Things like **gluten steaks and veggie meats**. (Te 138.2)

And **"fine-flour bread"** (CD 46.3-top of page 47)

TO GET TO THE ROOT OF A "Digestive Problem" YOU WOULD HAVE THE PERSON YOU ARE HELPING, FILL OUT A "Digestive" ASSESSMENT FORM - ASK FOR THIS FORM

"If men and women would only remember how greatly they afflict the soul when they afflict the stomach, and how deeply Christ is dishonored when the stomach is abused, they would be brave and self-denying, giving the stomach opportunity to recover its healthy action. While sitting at the table we may do medical missionary work by eating and drinking to the glory of God." {CD 111.3}

"And put a knife to thy throat, if thou be a man given to appetite." (Proverbs 23:2)

"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares." (Luke 21:34)

SOMETHING TO KEEP IN MIND:

"Eating, drinking and dressing are carried to such excess that they become crimes. They are among the marked sins of the last days, and constitute a sign of Christ's soon coming...it is impossible to present our bodies a living sacrifice to God when we continually fill them with corruption and disease by our own sinful indulgence. Knowledge must be gained in regard to how to eat and drink and dress so as to preserve health." (CH 24.2)

SOP ABBREVIATIONS

CD = Counsels on Diets and Foods

CH = Counsels on Health

Te = Temperance