

## Simple Remedies – Not Drugs

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

**Jeremiah 46:11** – “Go up into Gilead, and **take balm**, O virgin, the daughter of Egypt: **in vain shalt thou use many medicines; for THOU SHALT NOT BE CURED.**”

**WE ALL NEED TO SPEAK THE SAME THINGS REGARDING THE USE OF DRUG MEDICATION:**

**“...Jesus designed that the faith of His people should be one. If one goes forth preaching one thing, and another differing with him preaches something else, how can those who believe through their word be one?**

There will be difference of sentiments.” {1T 326.2}

“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 coming in these last days.**” -- Letter 50, 1906. {3SM 83.5}

**“...If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.”** {MH 235.1} 1905

### **WHY NOT DRUGS?**

“A practice that is laying the foundation of a vast amount of disease and of even **more serious evils is the free use of poisonous drugs.** When attacked by disease, many will not take the trouble to search out the cause of their illness. **Their chief anxiety is to rid themselves of pain and inconvenience.** So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, **but with no thought of making a change in their unhealthful habits.** If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.” {MH 126.2}

**“By the use of poisonous drugs, many bring upon themselves lifelong illness, and MANY LIVES ARE LOST** that might be saved by the use of natural methods of healing. **The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body.** Many of the popular nostrums called patent medicines, and even **some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit that are so terrible a curse to society.**” {MH 126.4}

The only hope of better things is in the education of the people in right principles...**teach the people that restorative power is NOT IN DRUGS, but in nature...** (MH 127.1)

“If the harmonious working of **the system has become unbalanced** by overwork, overeating, or other irregularities, **do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.**” {MH 235.1}

“The Lord has given some **SIMPLE HERBS** of the field that **AT TIMES ARE BENEFICIAL;** and **if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called.** These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication.” {2SM 294.1}

“Nature's **SIMPLE REMEDIES will aid in recovery without leaving the deadly after effects so often felt by those who use poisonous drugs.** They destroy the power of the patient to help himself...” {2SM 281.3}

**“Your question is... “In urgent cases, should we call in a worldly physician, because the sanitarium doctors are all so busy that they have no time to devote to outside practice?”...If the physicians are so busy that they cannot treat the sick outside of the institution, would it not be wiser for all to educate themselves in the use of simple remedies, than to venture to use drugs that are given a long name to hide their real qualities...”** (2SM 289.4)

**“It would have been better if, from the first, all drugs had been kept out of our sanitariums, and use had been made of such **SIMPLE REMEDIES** as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science. And they would leave no injurious effects in the system.”** {2SM 291.2}

**“God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today...”** {2SM 297.9}

**“...Giving the simple treatments without drugs.”** (PC 31.5)

**“MEDICINE deranges nature’s fine machinery, and breaks down the constitution. It **KILLS, BUT NEVER CURES.**”** {HL 244.6}

**“In regard to the book on Christian temperance, that portion that was expressed in reference to **DRUG MEDICATION** as though it was recommended by me is not according to the light that I have been given to present to the people. I must, if I made this statement, have done so in expressing the idea of working away from the use of ALL DRUGS concocted at the apothecary. We have no use for them. We should not vindicate the use of drug medication.”** (20MR 36.2)

**“From our study of the testimonies and the little work, how to live, we can see that the Lord is strongly opposed to the use of drugs in our medical work...several of the students are in doubt as to the meaning of the word 'drug' as mentioned in how to live. Does it refer only to the stronger medicines as mercury, strychnine, arsenic, and such poisons, the things we medical students call 'drugs,' or does it also include the simpler remedies, as potassium, iodine, squills, etc.? We know that our success will be proportionate to our adherence to God’s methods. For this reason I have asked the above question.”** {2SM 278.3}

#### **HER RESPONSE:**

Your questions, I will say, are answered largely, if not definitely, in How to Live. Drug poisons mean the articles which you have mentioned. The simpler remedies are less harmful in proportion to their simplicity; but in very many cases these are used when not at all necessary. There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. I do not think that I can give you any definite line of medicines compounded and dealt out by doctors, that are perfectly harmless. And yet it would not be wisdom to engage in controversy over this subject.” {2SM 279.1} 1893

**“Every poisonous preparation in the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs, and deranging the system generally.”** {HL 245.1}

**“NOT A POISONOUS DRUG SHOULD BE USED. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer...”** (PC 43.1) 1910

“Whatsoever ye shall ask the Father in My name, He will give it you.” He promises to come to us as a Comforter to bless us. Why do we not believe these promises? That which we lack in faith we make up by the use of drugs. Let us give up the drugs, believing that Jesus does not desire us to be sick, and that if we live according to the principles of health reform, He will keep us well.” {19MR 51.2}

#### WHAT IF SOMEONE IS ALREADY ON DRUG MEDICATION?

“Drug medication should be worked away from as fast as possible, until entirely discarded.” (CD 406.4)

Never tell a person to get off of their medication (unless working at a Lifestyle Center). Teach them the laws of health and then their levels will drop, causing the Doctor's to have to decrease the dosage and eventually discontinue the medication altogether.

#### WHY NOT DRUGS?

“When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to re-appear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart and brain are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. Oh, how much that poisonous drug cost! If it did not cost the life, it cost quite too much...” (4aSG 135.1)

“A doctor...deals out poisonous medicines...If it was not diseased in reality before, it is after this process. It suffers now from drug-disease, the most stubborn and incurable of all diseases. If it recovers, it must bear about more or less in its system the effects of that poisonous drug, and it is liable to spasms, heart disease, dropsy (swelling) on the brain, or consumption (TB)...” {2SM 468.1}

“A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but THE REAL EVIL IS INCREASED TENFOLD.” (4aSG 133.2)  
(See: Revelation 14:6-7; and Proverbs 8:13)

More deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves.” {2SM 450.2}

“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.” (5T 443.1)

#### EDUCATE AWAY FROM DRUGS!!!

“...LECTURES SHOULD BE GIVEN NOT ON HOW TO USE DRUGS, not to lead minds and educate them in the methods of drug using, but to teach people the better way--to live healthfully and do without drugs. The words were repeated, Educate! Educate! Educate!” {20MR 373.3}

“The question of health reform is not agitated as it must and will be. A simple diet, and the ENTIRE ABSENCE OF DRUGS, leaving nature free to recuperate the wasted energies of the body, would make our sanitariums far more effectual in restoring the sick to health.” {CD 304.1} 1896

“Thousands who are afflicted might recover their health if, instead of depending upon the drugstore for their life, they would discard all drugs and live simply...” {MM 229.4} 1903

“...These mixtures place a double taxation upon nature, and in the effort to throw off the poisons they contain, thousands of persons lose their lives. We must leave drugs entirely alone, for in using them, we introduce an enemy into the system...we do not want this practice, as in Battle Creek, to steal in our midst as a thief.” {16MR 289.2} 1899

“Proper regulation of their diet, abstinence from tea, coffee, and all spices and flesh meats, gaining an intelligent knowledge of temperance, would be medicine above all drugs.” {20MR 373.2} 1888

#### **Q: WHY ARE DRUGS SO HARMFUL TO SOME PEOPLE AND NOT TO OTHERS?**

**A: “THIS DRUG DOES NOT HAVE THE SAME EFFECT UPON ALL.** Some who have powerful constitutions can recover from abuses to which they subject the system. While others, whose hold of life is not as strong, who possess enfeebled constitutions, have never recovered from receiving into the system even one dose, and many die from no other cause than the effects of one portion of the poison. Its effects are always tending to death...” {2SM 449.1} 1899

“DRUG TAKERS ARE NEVER WELL. They are always taking cold, which causes extreme suffering...” {HL 209.5} 1899

“From beginning to end, the crime of tobacco using, of opium and drug medication, has its origin in perverted knowledge...this great knowledge, supposed by men to be so wonderful, God did not mean that man should have. They are using the poisonous productions that Satan himself has planted...men are dealing in...narcotics that are destroying the human family.” {Te 75.1} 1898

#### **WHAT ABOUT NEW MEDICATIONS ON THE MARKET?**

“The endless variety of medicines in the market, the numerous advertisements of new drugs and mixtures all of which claim to do wonderful cures, KILL HUNDREDS where they benefit one..” (HL 245.1) 1899

#### **SHOULD GOD’S PEOPLE ADMINISTER DRUG MEDICATION TO THE SICK?**

“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...” (HL 245.1) 1864

#### **BUT DIDN’T SISTER WHITE SUPPORT THE USE OF DRUG MEDICATION?**

“In regard to the book on Christian temperance, that portion that was expressed in reference to drug medication as though it was recommended by me is not according to the light that I have been given to present to the people. I must, if I made this statement, have done so in expressing the idea of working away from the use of ALL DRUGS concocted at the apothecary. We have no use for them. We should not vindicate the use of drug medication...” {20MR 36.2} 1897

“...Dispense with medicines of every description...” (4aSG 145.3) 1864

#### **DRUG TAKING = A LACK OF FAITH:**

“...Whatsoever ye shall ask the Father in My name, He will give it you.” He promises to come to us as a Comforter to bless us. Why do we not believe these promises? That which we lack in faith we make up by the use of drugs. Let us give up the drugs, believing that Jesus does not desire us to be sick, and that if we live according to the principles of health reform, he will keep us well.” {19MR 51.2} 1902

## **WE CAN WITH SAFETY DISCARD ALL DRUGS:**

“Our Saviour... has supplied in the natural world remedies for the ills of man...we can with safety discard the concoctions which man has used in the past.” {2SM 289.1}

## **WHAT ABOUT THE SCHOOLS OF MEDICINE?**

“Not one of the schools of medicine is highly lauded in the world is approved in the courts above, nor do they bear heavenly superscription and endorsement...” {PH066 40.3} 1890

“I have been pained when many students have been encouraged to go where they would receive an education in the use of drugs...” {MM 228.4}

## **MORE QUOTES:**

1: “Drugs never cure disease; they only change its form and location...when drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. . . . The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form...” {HL 243.3} 1899

Every additional drug given to the patient...will complicate the case, and make the patient’s recovery more hopeless...an evil, simple in the beginning, which nature aroused herself to overcome, and which she would have done if left to herself, aided by the common blessings of heaven, has been made **TENFOLD WORSE** by introducing drug poisons into the system, which cause of themselves a destructive disease...” {HL 243.4} 1899

2: “...There is no need whatever to exalt the method whereby drugs are administered. I know whereof I speak.” {PH144 29.1}

3: “The use of drugs is NOT in accordance with God’s plan. Physicians should understand how to treat the sick through the use of nature's remedies. Pure air, pure water, healthful exercise, should be employed in the treatment of the sick.” {16MR 57.1} 1892

4: “drug medications are to be discarded. On this point the conscience of the physician must ever be kept tender and true and clean. The inclination to use poisonous drugs...needs to be guarded against...” {MM 227.5}

5: “...ALL the medicine they take only make their recovery more hopeless...” (4aSG 139.3)

6: “As to DRUGS being used in our institutions, it is contrary to the light which the Lord has been pleased to give...”

“This is God’s method. The herbs that grow for the benefit of man and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick.” {PH144 12.1-12.2}

7: “The drug...every bottle were done away with...” {PH144 12.4}

8: “...DRUG MEDICATION IS A CURSE...” (MM 259.3)

9: “...ENTIRE ABSENCE OF DRUGS...” (CD 304.1)

10: **“...DISCARD ALL DRUGS...”** (MM 229.4)

11: **“...WORKING AWAY FROM ALL DRUGS CONCOCTED AT THE APOTHECARY** (pharmacy)...” (20MR 36.2)

12: **“...DISPENSE WITH MEDICINES OF EVERY DESCRIPTION...”** (4aSG 146.1)

13: **“...YOU MUST NOT ALWAYS LET THE PATIENTS KNOW THAT YOU DISCARD DRUGS ENTIRELY, UNTIL THEY BECOME INTELLIGENT ON THE SUBJECT.** You often place yourself in positions where you hurt your influence and do no one any good, by expressing all your convictions. Thus you cut yourself away from the people. You should modify your strong prejudices.” {2SM 287.2} 1899

- **TYLENOL** in pregnancy can hurt the fetus
- **ANTI-DEPRESSANTS** linked to bone fractures in menopausal women
- **ANTI-DEPRESSANTS** can cause “suicide” and “homicide”

In the ‘Cleveland Daily Banner’ Dr. James L. Marcum wrote a book called ‘Medications that Kill’. He is a Board Certified Cardiologist. He says:

- **Prescription drugs and OTC (over the counter) drugs are a leading cause of death in America**
- He says, “I want to make the case that **MEDICATIONS ARE THE LEADING CAUSE OF DEATH**, at least in North America.”

**“More deaths have been caused by drug-taking than from all other causes combined...”** (2SM 450.2)

#### **HIS LIST OF THE 10 MOST DANGEROUS MEDICATIONS:**

1. Opioids
2. Chemotherapy
3. Blood Thinners
4. Anti-arrhythmics
5. Steroids
6. Diuretics
7. NSAID’s (Non-Steroidal Anti-Inflammatory Drugs)
8. ADD/ADHD meds
9. Diabetic Meds
10. Anti-depressants

#### **SOMETHING TO KEEP IN MIND:**

Many people believe because Sister White was vaccinated at one time or because she made statements like “some drugs”, etc., that she gave permission for the use of drugs. What we need to keep in mind is that the health message was progressive and **by the time she died in 1915, she said ALL DRUGS were to be left alone, and this included iodine, potassium, and minerals that came from the pharmacy as well....if it comes from a pharmacy, we have been counseled to leave it alone.**

#### **SOP ABBREVIATIONS:**

**MH** = Ministry of Healing

**2SM** = Selected Messages, Volume 2

**PC** = The Paulson Collection

**20MR** = Manuscript Releases, Volume 20

**19MR** = Manuscript Releases, Volume 19

**CD** = Counsels on Diets & Foods

**4aSG** = Spiritual Gifts, Volume 4, section A

**5T** = Testimonies for the Church, Volume 5

**HL** = Healthy Living

**PH066** = Pamphlet 66

**Te** = Temperance

**MM** = Medical Ministr