

Simple Remedies from the SOP

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

“God's people are to be genuine medical missionaries...they should know how to give the simple treatments that do so much to relieve pain and remove disease...” (WM 127.1)

“EVERY PERSON should have a knowledge of nature's remedial agencies and how to apply them. 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}

“...In case of sickness. ALL should understand what to do [for] themselves. They may call upon someone who understands nursing, but everyone should have an intelligent knowledge of the house he lives in. All should understand what to do in case of sickness.” {2SM 289.4}

“...The God of nature directs the human agent to use natural remedies now.” {2SM 286.4}

TEACH SIMPLE REMEDIES FROM THE SPIRIT OF PROPHECY

USE SIMPLE REMEDIES/TREATMENTS

“We have come to a time when every member of the church should take hold of medical missionary work...” {7T 62.1}

“...Give those who are sick the simple treatments that will relieve them...” {MM 320.2}

“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...” {PC 38.4}

SIMPLE REMEDIES:

NERVOUSNESS: “A cup of tea made from catnip herb will quiet the nerves.” {2SM 297.4}

SLEEPING PROBLEMS: “Hop tea will induce sleep.” (2SM 297.5)

STOMACH PAIN: Hop poultices over the stomach will relieve pain.” {2SM 297.5}

EYE PROBLEMS: If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt, will bring relief quickly.” {2SM 297.6}

HEAD CONGESTION: When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.” {2SM 297.7}

SIMPLE REMEDIES: (Olive Oil)

1: IRRITATED STOMACH, CONSUMPTION & CONSTIPATION

“The oil, as eaten in the olive...serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.” {CD 359.4}

2: CONSTIPATION & KIDNEY DISEASES:

“The oil in olives is a remedy for constipation and kidney diseases.” {CD 360.1}

3: INDIGESTION:

“I will tell you a little about my experience with **CHARCOAL** as a remedy. For some forms of indigestion, **it is more efficacious than drugs.** A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent...” {2SM 298.5}

SIMPLE REMEDIES (Lemon Juice)

1: RHEUMATISM, the HEAD, and MALARIA:

“I use **lemon juice** freely. It is **the best thing you could use for rheumatism, for your head, and for malaria.**”
--Letter 119, 1896 {2MR 48.1}

2: CONSUMPTION (Tuberculosis):

“I conversed with a young man who is **dying with consumption**...He has led a dissolute life...It made the Christian life look so bright in contrast with...this poor sinner who could not comfort himself with any bright picture...**I gave him lemons** and tried to make him as comfortable as possible.” {11MR 120.4}

3: FOR SOMEONE WHO PASSED OUT:

“The third day when the aromatic **odor of the cigars** came to me **I became stomach-sick.** The most intense pain pierced my eyeballs and back of the eyeballs in my head. It seemed that the top of my head was crashing like broken glass...Large drops of perspiration stood upon my face and my entire body broke out in profuse perspiration. Then came a confused noise in my head and I became blind and fainted entirely away. **In half an hour I revived by lemon juice being pressed in my mouth...**” (11MR 122.1 (no need for smelling salts if you have lemon).

COUGH

“I am very sorry to learn that Sister C is not well. **I cannot advise any remedy for her cough better than eucalyptus and honey. Into a tumbler of honey put a few drops of the eucalyptus, stir it up well, and take whenever the cough comes on...whenever I use this I overcome the difficulty very quickly. I have to use it only a few times, and the cough is removed. If you will use this prescription, you may be your own physician.** If the first trial does not effect a cure, try it again. The best time to take it is before retiring. —

“When the cough comes on, I take a teaspoonful of this mixture, and relief comes almost immediately. I have always used this with the best of results. I ask you to use the same remedy when you are troubled with the cough. This prescription may seem so simple that you feel no confidence in it, but I have tried it for a number of years and can highly recommend it.” {2SM 301.1}

Do not use the honey purchased in regular stores due to the fact they remove the pollen. **USE HONEY FROM TRADER JOE'S, A FARMER'S MARKET or HONEY FARM** and be sure to ask if they use Corn Syrup to feed their bees. If so, **do not purchase that kind.**

THROAT PROBLEMS

“Into a tumbler of honey put a few drops of the eucalyptus, stir it up well, and take...I have had considerable trouble with my throat, but whenever I use this I overcome the difficulty very quickly...I have already told you the remedy I use when suffering from difficulties with my throat. I take a glass of boiled honey, and into this I put a few drops of eucalyptus oil, stirring it in well...” {2SM 300.2-301.1}

HEART FAILURE

“THE DAY FOLLOWING THIS ALMOST SLEEPLESS NIGHT WAS UNEVENTFUL. **The train glided swiftly along through western Utah and Nevada. Shortly before daylight Thursday morning, September 9, when the train**

had passed the highest altitude, and was just finishing its run through forty miles of tunnels and snowsheds, Miss McEnterfer, whose berth was nearly opposite, and some others near by, heard agonized groans from Mrs. White. When asked what was the matter, she said she must have air, she could not breathe. But her window was open, and the berth was filled with smoky air from the snow-shed.” {RH, January 20, 1910 par. 13}

Knowing that we were then seven thousand feet above sea-level, and that we had been several hours in this high altitude, we recognized the difficulty as heart failure, and trembled for the outcome. Miss McEnterfer attempted to count her pulse, but found that impossible, as there was only a little quiver instead of a regular beat. This grew more and more faint. She asked her several questions, but there was no answer. Her hearing and her speech had gone. Her limbs were cold, and she seemed powerless.” {RH, January 20, 1910 par. 14}

The porter brought some hot water. Into this Miss McEnterfer put a little peppermint, and with much difficulty got Mrs. White to swallow a few spoonfuls. Then she vigorously rubbed her hands and arms and feet. After much delay bottles of hot water were secured and placed over her heart and at her feet. In the course of an hour her pulse began to grow stronger, and as we dropped into the lower altitude, her heart action increased. An hour later as we neared Colfax, she had so far recovered as to be able to speak and to hear what we said to her...” {RH, January 20, 1910 par. 15}

BOILS

“Elder Haskell has suffered a great deal from boils...He has been afflicted continuously...Pulverized charcoal poultices have been used with good results...” {LLM 155.3}

“When Hezekiah was sick, the prophet of God brought him the message that he should die. The king cried to the Lord, and the Lord heard him, and sent the promise that fifteen years should be added to his life. One word from God, one touch of the divine finger, would have been enough to cure Hezekiah instantly. But instead, he was given directions to make a poultice of figs, and lay it upon the part affected. This was done, and Hezekiah was restored to health. It would be well to treasure this prescription which the Lord ordered to be used, more than we do.” --1911 {2SM 300.1}

FEVER

“Fever cases have been lost, when, had the physicians left off entirely their drug treatment, had they put their wits to work and wisely and persistently used the Lord's own remedies, plenty of air and water, the patients would have recovered.” (MM 228.1)

“If, in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared.” (CD 419.5)

“In cases of severe fever, abstinence from food for a short time will lessen the fever and make the use of water more effectual...but as soon as the strength of the fever is broken, nourishment should be given in a careful, judicious manner. If food is withheld too long, the stomach's craving for it will create fever, which will be relieved by a proper allowance of food of a right quality.” (2T 384.2)

“He (a father) has been suddenly stricken down by disease. The fire of fever seems consuming him...The blessed, HEAVEN-SENT WATER, SKILLFULLY APPLIED would quench the devouring flame; but it is set aside for poisonous drugs.” {5T 195.1}

"I think, the treatment you were giving Brother Lacey--the ice, etc., used to keep down the fever. I feel that the ice used is a mistake...Do not apply ice to the head (but cool water); apply hot fomentations (to the bowels, stomach, and liver). This will quell the fever much sooner even than cold. The reaction after the cold applications raised the fever, in the place of killing it." {20MR 278.2}

"On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted FEVER...she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, "Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours." I replied, "Send to a blacksmith's shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides." The doctor hastened away to follow out my instructions. Soon he returned, saying, "Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days." {2SM 295.2}

PAIN:

"I have ordered the same treatment for others who were suffering GREAT PAIN, and it has brought relief and been the means of saving life..." (2SM 295.3)

SNAKE BITES/STING OF REPTILES & POISONOUS INSECTS:

"My mother had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of CHARCOAL POULTICES."

BRUISED HANDS & LIMBS/INFLAMMATION:

When working on the land at Avondale, Australia, the workmen would often **bruise their hands and limbs**, and this in many cases resulted in such **severe inflammation** that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstance; for his help was needed in clearing the land I said to him, **"Go to the place where you have been burning the timber, and get me some charcoal from the eucalyptus tree, pulverize it, and I will dress your hand."** **This was done, and the next morning he reported that the pain was gone.** Soon he was ready to return to his work." (2SM 295.3)

"Pulverized charcoal...we have used freely in cases of inflammation..." {2SM 298.5}

INFLAMMATION OF THE BOWELS/BLOODY STOOL:

"A brother was taken sick with **inflammation of the bowels and bloody dysentery**. The man was not a careful health reformer, but indulged his appetite. We were just preparing to leave Texas, where we had been laboring for several months, and we had carriages prepared to take away this brother and his family, and several others who were suffering from malarial fever. **My husband and I thought we would stand this expense** rather than have the heads of several families die and leave their wives and children unprovided for. Two or three were taken in a large spring wagon on spring mattresses. But this man who was suffering from inflammation of the bowels, sent for me to come to him. My husband and I decided that it would not do to move him. Fears were entertained that mortification had set in. Then the thought came to me like a communication from the Lord **to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach...** the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that **in half an hour there was a change for the better...** The blessing of God had worked with the simple means used." —1899 {2SM 299.2}

SWELLING ON KNEE FROM INSECT BITE:

“On Thursday Sister Sara McEnterfer was called to see if she could do anything for Brother B's little son, who is eighteen months old. For several days he has had a **painful swelling on the knee**, supposed to be from the bite of some **poisonous insect**. Pulverized **charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once**. The child had screamed with pain all night, but when this was applied, he slept. Today she has been to see the little one twice. **She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. The child was relieved of its great suffering. We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause.**” --1899 {2SM 299.3}

SWELLING ON THE KNEE:

“This boy...had been **troubled with a knee-swelling** for five years. For eleven months he was confined to his bed under the care of a physician. **Sister McEnterfer had treated him with water compresses and pulverized charcoal, until the inflammation had been relieved**. He was so much better that he laid aside his crutches, and attended to the cooking, as has been mentioned. **But this was too much, and the knee troubled him again. It was necessary to give him a thorough course of treatment, so we took him to my own house and gave him constant care**. There was a **large swelling under the knee**, which he called his 'egg.' **This swelling was opened and discharged freely**, and from it were taken pieces of bone. He improved rapidly...” ({GH, October 1, 1899 par. 6}

INDIGESTION:

“I will tell you a little about my **experience with charcoal as a remedy**. **For some forms of indigestion, it is more efficacious than drugs**. A little olive oil into which some of this powder has been stirred, tends to cleanse and heal. **I find it is excellent...**” {PH144 24.3}

SEVERE INFLAMMATION OF THE EYES:

“The more severe **inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case**. This works, like a charm.” {PH144 24.1}

THERE ARE MANY OTHER USES FOR CHARCOAL THAT ARE NOT IN THE SOP

NAUSEA/VOMITING:

Adults: Take 2-3 Heaping Tablespoons of charcoal in water. Be sure it's at least 16-20 oz. of water. Take every hour if needed.

Children: You can try 1 Tablespoon with them. Wait until after gag-reflux time to give it to them. This will prevent them from vomiting it up.

*****For children, be sure to put charcoal in a sippy cup that is colored on the outside so they can't see the charcoal on the inside...otherwise, they are not going to want to drink it.**

*****Be sure to take 2 hours before or 2 hours after taking medication**

POULTICES OVER THE LIVER & KIDNEYS HELPS IN DETOXIFYING...ALSO HELPS OVER THE APPENDIX

JAUNDICE:

Some [charcoal in a baby's bottle](#), or mixed with some water placed in a baby's mouth along with a poultice over the Liver can help reverse jaundice (be sure to place baby in direct sunlight as well). It will help bring those bilirubin levels down.

METAL TOXICITY:

Activated Charcoal [helps remove metal poisoning](#) from the body.

***If you're going to get the mercury removed from the teeth, it would be recommended to bring charcoal with you and take several tablespoons in water afterwards...or possibly before the procedure.

CHARCOAL IS ALSO GREAT FOR:

- Abscesses
- Air Borne Chemicals
- Allergies (Peanut)
- Anemia Cancer
- Ant Bites
- Antidepressant Poisoning
- Any Type of Poisoning
- Bacterial Infection
- Bad Breath
- Bean Gas
- Bee Stings and Yellow Jackets
- Boils
- Candidiasis
- Cellulitis
- Cholera
- Chronic Abdominal Pain
- Colic In Babies
- Crohn's Disease
- Diabetes
- Diarrhea
- Digestive Problems
- Diphtheria
- Drug Poisoning
- Ear Infections
- Elephantitis
- Excellent Antidote For: Mushrooms, Aspirin, Iron Pills, and Other Poisonous Plants
- Eyes
- Fever
- Food Poisoning
- Foot Infections
- Foot Ulcer
- Gallstones
- Gas
- Gums (Equal portions of activated charcoal with goldenseal root)(equal portions with comfrey or comfrey by itself)

- Heart Burn
- Hemorrhoids
- Hepatitis
- High Ammonia Levels From Drinking Alcohol
- IBS
- Infected Wounds
- Inflammation
- Injuries
- Kidney Failure Or Problems
- Liver Problems
- Lowers Cholesterol Levels
- Mouth Sores
- Odors
- Pancreatitis
- Pesticide Poisoning
- Pleurisy
- Poison Ivy
- Poison Oak
- Prostatitis
- Rashes (place some in a bathtub and have the person sit in it)
- Sore Throat
- Sore Throat
- Tetanus
- Tooth Infections
- Tumors
- Tylenol Poisoning
- Typhoid Fever
- Ulcers
- Upset Stomach (Drink the charcoal and do a charcoal poultice over the stomach)
- Urinary Tract Infections
- Yellow Or Stained Teeth

*****Always drink charcoal for all the above problems, and if there is an external condition, do a poultice.**

*****Scorched/burnt food is not charcoal.**

*****Charcoal made from coconut shells is the most effective for radiation poisoning.**

You may purchase the charcoal from coconut shells, from CharcoalRemedies.com

2 RECOMMENDED BOOKS ON CHARCOAL ARE:

1. CharcoalRemedies.com

They also have a website www.charcoalremedies.com

2. Charcoal by: Dr. Agatha Thrash

Go to www.ucheepines.org, you may learn a lot about charcoal there as well

HOW TO MAKE A CHARCOAL POULTICE:

- <http://www.youtube.com/watch?v=vtQTZEJHUsk>
- http://www.buyactivatedcharcoal.com/charcoal_poultice
- <http://www.google.com/patents/US20020068891>

“There are many ways of practicing the healing art; but there is ONLY ONE WAY THAT HEAVEN APPROVES...” (CD 301.2)

“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}

*****Go to next page for Questions*****

Simple Remedies from the SOP

(Questions)

1. How many people should have a knowledge of nature's remedial agencies? _____
2. Should all know what to do for themselves in case of sickness? YES or NO
3. How many of the members of the church should take hold of the Medical Missionary Work? _____
4. What kind of treatments should God's people give to the sick? _____ remedies
5. How often should we study and teach the use of Simple Remedies? _____
6. A cup of tea made from which herb will help quiet the nerves? _____
7. What tea will induce sleep? _____
8. What kind of poultices over the stomach will help relieve pain? _____
9. If the eyes are weak, or there is pain in the eyes, what should be naturally done? _____

10. What should be placed in a foot bath when the head is congested? _____
11. List 4 medical conditions that pure Olive oil is good for:
 1. _____
 2. _____
 3. _____
 4. _____
12. What could be mixed into pure Olive oil for some forms of indigestion? _____
13. List 4 medical conditions that Lemon Juice is good for:
 1. _____
 2. _____
 3. _____
 4. _____
14. What does Sister White consider to be the best remedy for a cough? _____
15. Is this remedy good for the throat? YES or NO
16. What are 4 signs of heart failure?
 1. _____
 2. _____
 3. _____
 4. _____
17. What 4 things done when it is obvious that someone is experiencing heart failure?
 1. _____
 2. _____
 3. _____
 4. _____
18. What is a good remedy for boils? _____
19. Does God expect us to also use Figs for boils? YES or NO

20. List 5 things to do for a Fever:

1. _____
2. _____
3. _____
4. _____
5. _____

21. Should ice be used for fevers? YES or NO

22. What does the application of cold do to the fever? _____

23. What is a great remedy for pain? _____

24. List 9 medical conditions that the SOP lists charcoal as a remedy:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

25. Should flaxseed be mixed with charcoal for poisonous insect bites? YES or NO

26. List 44 other things charcoal is used for:

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27. Is scorched food and burnt toast the charcoal we are to use for natural remedies? YES or NO

28. What is the best type of charcoal to use for radiation poisoning? _____