

Massage

(Part 1)

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

"I was lying upon the lounge, my head aching badly. Ella May said, "Shall I rub your head, Grandma? I used to rub Mama's head, and she said it made her feel better and I will rub your head." **She wet her hands in cold water and put them on my hot aching head**, and it was a relief, but it amused me to have her ask like an old practitioner, "Will you like **the bare stroking or the vibrating motion or trembling motion?**" I said, "My, where did you learn these movements?" She said that is the way she was treated once when she was sick. {9MR 44.2}

Then Mabel saw what Ella May was about and she wanted a hand in it. So, she must run to the pump and **wet her little hands, and not being so well-versed as Ella, just where the application was essential, she stroked her little hands over my nose and eyes and cheeks, and then with due solemnity would look up in my face--"Is your headache better, Grandma?"** I could truly answer, "Yes, it is, my darling," for the influence of the water cooled my head and **the stroking of the little hands had a soothing influence.** {9MR 44.3}

"Some matters have been deeply impressed upon my mind, and one IS THE NECESSITY FOR MUCH BETTER FACILITIES IN THE BATHROOMS. THIS IS WHERE IMPRESSIONS WILL BE MADE UPON MINDS. WE MUST HAVE CONVENIENCES IN THESE ROOMS--MASSAGE TABLES, and a cot on which to give packs. All these things make their impression..."{PC 15.5}

"James White presiding at least in the beginning over the committee. For **HE RECOVERED, WITH STRENUOUS LABOR ON THE PART OF HIS WIFE, WHO GAVE HIM DAILY WATER TREATMENTS AND MASSAGE,** took him with her on ministering trips to churches, schoolhouses, and barn meetings, and finally on a purchased farm at Greenville, forty miles away, returned him to the active life of farmer as well as preacher." {1947 AWS, FOPI 196.1}

"In august, 1896, a small Health Home was opened in Ashfield, a suburb of Sydney. **This home consisted of a cottage of seven rooms. THE EQUIPMENT WAS MODEST,--a bath-tub, shower, fomentation cloths, gas ring, and MASSAGE TABLE. WITH THESE WE DID MUCH EFFECTIVE WORK.** At this time I became acquainted with a physician who was much interested in rational methods of treatment, and who did much to further our work. {June 2, 1909 WASE, GCB 284.10}

"The sanitariums themselves were conducted as medical missionary institutions, whose purpose it was to **MAKE USE OF HYDROTHERAPY AND MASSAGE AND DIET AS THE CHIEF METHODS OF THERAPEUTICS, and in addition carry forward a strong educational work through parlor lectures, literature, and personal bedside and office ministry. o treatments were prescribed by outside worldly physicians..."**{1947 LHC, FSG 306.1}

"Recognizing the need and the value of having a treatment equipment where the simple methods ministered in our sanitariums could be given, there was opened in the city of Kingston in August, 1912, what is now known as the **"MASSAGE AND HYDROPATHIC TREATMENT-ROOMS."** {June 8, 1913 WASE, GCB 314.15}

MASSAGE IS AKA "MOVEMENT CURE"

"THE MOVEMENT CURE [MASSAGE] IS A GREAT ADVANTAGE TO A CLASS OF PATIENTS WHO ARE TOO FEEBLE TO EXERCISE. But for all who are sick to rely upon it, making it their dependence, while they neglect to exercise their muscles themselves, is a great mistake.--3T 76 {1MCP 120.1}

-I was instructed that there is great danger of overdoing the lift cure...and **the MASSAGE...**" {3MR 366.1}

"For many, such labor is a more effective and profitable "movement cure" than the best inventions of the physicians." {CTBH 97.2}

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"WALKING, IN ALL CASES WHERE IT IS POSSIBLE, IS THE BEST REMEDY FOR DISEASED BODIES...MANY WHO DEPEND

UPON THE MOVEMENT CURE COULD ACCOMPLISH MORE FOR THEMSELVES BY MUSCULAR EXERCISE THAN THE MOVEMENTS CAN DO FOR THEM...">{CH 200.2}

“The work of Christ in cleansing the leper from his terrible disease is an illustration of His work in cleansing the soul from sin. The man who came to Jesus was "full of leprosy." Its deadly poison permeated his whole body. **The disciples sought to prevent their Master from touching him; for he who touched a leper became himself unclean. But in laying His hand upon the leper, Jesus received no defilement. HIS TOUCH IMPARTED LIFE-GIVING POWER.** The leprosy was cleansed...” (DA 266.1)

***In many instances, a simple touch on someone can be very healing. Today, we are going to talk about massage, and how it is very beneficial in the healing process. If you can't find it in the Bible, it's not God's method of healing. Just by touching Sis. White with simple strokes by Nabal Ellen White felt better. They show that babies that are first born are touched and massaged thrive very much versus those whose mothers don't touch them feel neglected and don't thrive as well.

SOME RULES TO FOLLOW WHEN DOING MASSAGE:

- NEVER massage anyone when you yourself are under stress because massage is a relaxation therapy and the stress you are feeling can be passed onto the person you are going to massage. Massage is very important and we very rarely hear about it. We might hear about chair massage and there is so much more. We need tables to give people treatments. It's a very important form of natural therapeutic healing. Hydrotherapy, diet, and massage were the three the sanitariums were using.

BEFORE GETTING STARTED:

- STRETCH YOUR HANDS by fanning them outward and inward. Pull on fingers and bend them backwards just a little bit. Do this 3 times. Soaking hands in warm water makes them limber.
- ROTATE YOUR THUMB. This is because sometimes we do strenuous activities and we get what's called knots. We need the thumbs to help get those knots out.
- PRACTICE COORDINATION WITH THE PALM slapping the first on the right hand into the palm of the left hand and vice versa. X: Even before you exercise you are supposed to do a few stretches the same with your hands you don't just go in and massage.
- MASSAGE your fingers starting with the thumb on the right hand going to the pinky finger, then switch to the left hand doing the same thing. Apply pressure and pull as you're going up. Do all fingers and the other side.
- THEN SHAKE YOUR HANDS this helps to loosen up your wrist.

NOTE: NEVER MASSAGE ANYONE WHILE YOUR HANDS ARE COLD

What to do for cold hands? You soak them in cold water and dry very well, but if you're touching someone soak in warm.

SOME QUOTES TO PONDER:

"We should neglect nothing that would serve to benefit a human being." (MH 48.1)

"EVERY PERSON SHOULD HAVE A KNOWLEDGE OF NATURE'S REMEDIAL AGENCIES AND HOW TO APPLY THEM." (MH 127.2) Massage is one of nature's remedial agencies even though its not listed in the law of health. We need to be experts at this. It's very dangerous if you don't know what you're doing. Ex: rubbing the bottom of a pregnant woman's feet can cause her to go into premature labor.

"The use of natural remedies require an amount of care and effort that many are not willing to give." (MH 127.3)

THE MESSAGE THEORY by: UCHEE PINES: http://www.uchepines.org/index.php?p=counseling.message_theory

<https://www.uchepines.org/?s=message>

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Preventive Medicine

DEFINITION

Massage is a healing art. It is designed to bring physical and mental health to those who are in need. Massage is simple. The student should not feel that there is some special technique or touch that some people innately have to make a good masseuse that is not possessed by all. Yet, each student should strive to perfect the techniques. This manual is designed to instruct the beginner in these techniques. The student should practice about half a dozen strokes at one sitting, being both the recipient and the therapist for each stroke.

SOMETHING TO THINK ABOUT:

- **Magnesium = Nature's #1 Muscle Relaxant**

***If a person is having muscle problems, twitching, Charlie horses, etc., chances are they are low in Magnesium. Massage will help but people will need mg.

Have them include lots of foods that are high in Magnesium.

THESE INCLUDE:

- Bran
- Pumpkin seeds
- Squash seeds
- Sesame seeds
- Almonds
- Hazelnuts
- Cashews
- Blackstrap Molasses
- Wheat Germ (can apply wheat germ oil into the muscles)
- Buckwheat
- White beans
- Whole wheat flour
- Tofu
- Spinach
- Cilantro
- Kale
- Artichokes
- Dates
- Kiwi
- Potatoes

NOTE: You can make someone **THE MAGNESIUM DRINK** who is having muscle issues

TO MAKE A MAGNESIUM DRINK:

Take a handful of each: spinach, parsley, cilantro and put into a blender with a little bit of water.
Blend on high for about a minute
strain and drink throughout the day.

YOU MAY ALSO MAKE CILANTRO TEA:

Get one bunch of cilantro and put into 36 oz of boiling water and boil x 10 minutes
Then turn off flame and
steep x 20 minutes.
Strain and drink.
Save the leaves for later to eat in a salad.

- **ALSO, a WARM BATH is an excellent Tonic for sore muscles:**

SOME VERY GOOD SALVES FOR PULLED/SPRAINED OR STRAINED MUSCLES:

- **Deep Tissue Heating Salve** - <http://www.lifetreewellness.com/poultices-salves-and-oils.html>
- **Deep Tissue Oil** - <https://www.herbdoc.com/deep-tissue>
(This salve is great for pulled muscles, torn ligaments, broken areas, etc.)
- **Bone Flesh and Cartilage Salve** - https://healingherbs.biz/products/healing_salves.html

YOU MAY USE THE FOLLOWING OILS FOR MASSAGE:

ESSENTIAL OILS:

- **Peppermint oil**
Excellent to rub into a Charlie horse or sore muscles
May apply directly to the skin-make sure person isn't allergic to it
- **Rosemary oil**
- **Wintergreen oil**

CARRIER OILS: (these are what you would put the essential oils in)

- #1 Coconut Oil
- Avocado Oil

NOTE: Olive Oil tends to dry out too fast and can cause a dry rub.

NOTE: BE SURE TO FOLLOW ALL THE LAWS OF HEALTH TO HAVE GOOD MUSCLES...BE SURE TO SQUAT, SIT, AND STAND PROPERLY.

“AMONG THE FIRST THINGS TO BE AIMED AT SHOULD BE A CORRECT POSITION, BOTH IN SITTING AND IN STANDING. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote. Let the teacher give instruction on this point by example and by precept. **Show what a correct position is, and insist that it shall be maintained.**” {CG 364.3}

NOTE: Many times people go to a massage therapist or a chiropractor, when all they really need to do is increase their magnesium, drink plenty of water, get plenty of walking, and make sure the Vitamin D levels are what they should be.

NOTE: Chiropractic practice was not given to us and should not be used by us.

It manipulates the spine and bones and is more harmful than good.

ALSO, MANY MASSEUR'S AND MASSEUS' USE A LOT OF "spiritual" techniques

https://www.google.com/search?q=the+history+of+chiropractic&rlz=1C1CHBD_enUS774US774&oq=the+history+of+chiropractic+&aqs=chrome..69i57j017.6230j1j4&sourceid=chrome&ie=UTF-8

QUOTES REGARDING MUSCLES:

- People should know how to treat and use (2SM 289)
- Bathing makes for flexible (MH 276)
- Make best use of the muscles (SD 171)
- Muscles need exercise for good health (6T 180)
- Do not give up use of certain muscles because pain is felt when they are exercised (3T 78)
- Eat enough food to give strength to the muscles (MM 284)
- Lack of Exercise causes lack of elasticity of muscles (Fundamental Ed 426)
- Exercise your Muscles as well as your mind (Te 167)

- God designed the muscles to be used (4T 411)
- Healthful foods needed for the muscles (CD 409)
- Soft and Liquid foods are not best for the muscles (FE 226)
- Inaction Causes muscles to decrease in size and strength (3T 76)
- Moderate Exercise EVERY DAY strengthens the muscles (2T 533)
- Lack of Exercise causes soft muscles (FE 426)
- Students should be trained in use of (2SM 323-324)
- Tilling the soil develops the muscles (FE 323)
- Walking exercises the muscles (MH 240)
- It's an Erroneous idea to think that flesh food is needed for muscles (MH 316)
- Weights ARE not the best way to strengthen the muscles because they can do more harm than good

“We take movements a portion of each day, that we may regain and enjoy health. In order to strengthen the arms and chest, we have taken excellent movements in scrubbing woodwork, sweeping floors, washing dishes, and washing clothing upon the old-fashioned rubbing board, which we would recommend as a far better instrument to strengthen the arms and chest than the backbreaking washing machines. {HR, August 1, 1873 par. 13}

We take movements to strengthen the ankles and muscles of the limbs in climbing the mountains, prospecting, and gathering flowers. And frequently we descend with our arms loaded with broken wood, which is scattered plentifully upon the mountains. We are becoming strong by healthful exercise. We enjoy physical exercise after close application to writing several hours each day. We sometimes become weary, but we rest and sleep well through the night, and in the morning feel fresh and ready for our day's duty. I have learned by experience that if we would have health, we must take a proper amount of active exercise. If we get into a perspiration, this will not injure us, if we are careful not to expose ourselves to a current of air. {HR, August 1, 1873 par. 14}

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PROPER EXERCISE, DAILY, STRENGTHENS THE MUSCLES, aids digestion, and induces sleep. This, with taking full inspirations of good air, combined with plain, nourishing diet, free from grease and spices, avoiding pastry and unhealthy condiments, will do much to restore health to the invalid. Those who would enjoy the blessings of health and strength must have a proper amount of exercise daily. We should never be ashamed of labor. God has shown us that employment is ennobling, in that he gave the sinless representatives of the race something to do. They were to labor, to dress and keep the garden. “ {HR, August 1, 1873 par. 15}