

GOD'S

HEALING

Way

Mary Ann McNeilus, M.D.

**Mercy Valley Farm
RR 1 Box 73
Whalan, MN 55949**

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Preface: Night Call

One cold January evening in Minnesota, my husband and I were settled in by our cozy wood stove when the phone rang. The call was from one of our Amish neighbors. His six-year-old daughter had developed a skin infection, which had rapidly spread from the ankles up to the knees within the past twenty-four hours. The parents had tried a few home remedies. But as the short winter day turned into dusk, their hopes faded into despair. Would I please come to see what else could be done? Their only alternative was to take the child to the hospital emergency room. Quickly, I packed my medical bag with poultice materials and herbal teas. Cautiously driving over the narrow snow-covered gravel road, I headed for their old weathered farmhouse a few miles away.

I found the little girl sleeping on a small cot in the middle of the dimly lit room. A worn blanket covered her shoulders leaving both lower legs exposed, as even the weight of a thin sheet on the sore limbs would have been unbearable. The little legs were swollen to twice their normal size. Clear fluid was seeping through the pores of the taut, reddened skin. I stood there for a moment, assessing the situation-the exhausted pain-weary child, the anxious faces of the parents, the solemn siblings hovering around the small, quiet form. I silently sent up an urgent request for heavenly wisdom to meet this challenging situation. Then we went to work!

The parents were instructed to fill two large buckets, one with hot water and the other with cold water. The infected legs and feet were to be immersed alternately in hot then cold water for a total of seven changes. This contrast bath was to be given four times during the day. After each water treatment, a charcoal or herbal poultice was to be applied to the infected area. I reminded them to always begin each treatment with a prayer for God's special healing blessing.

We prepared garlic and other infection-fighting herbal teas to drink throughout the day, along with plenty of pure water. I outlined a healthful dietary plan consisting of fresh fruits and vegetables, unrefined grains, raw nuts and seeds-eliminating sugar, grease, and lard. When I left the home later that night, the house seemed warmer and brighter. The family was filled with new hope and courage. When I returned the next morning, the father and mother happily reported that the pain in their daughter's infected legs had definitely diminished.

The family members faithfully gave water treatments, applied poultices, prepared teas, and strictly adhered to the dietary plan. On one of my daily visits, I found the little patient eagerly nibbling on a bunch of fresh green lettuce leaves, just like a hungry bunny rabbit! In one week's time, the infection cleared. The pain, redness, and swelling disappeared without a single doctor visit or antibiotic drug. This Amish household was truly grateful for God's wonderfully simple healing ways!

May this little story increase your faith and confidence in the glorious working of the Great Physician. He is the source of every true remedy for the restoration of body, mind, and soul. He never loses His case. His patients may achieve optimal health in this life, and enjoy perfect health eternally in the earth made new.

God's

HEALING

WAY

Part 1

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Romans 12:1

God's HEALTH LAWS

Ideal Diet

Exercise

Water

Sunshine

Temperance

Fresh Air

Rest

Trust in Divine Power

Chapter 1

IDEAL DIET

DIETARY PRINCIPLES FROM THE BIBLE

The Diet in Eden

After God created our first parents, He said, "Behold, I have given you every herb bearing seed ... and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat (food)" (Genesis 1:29).

After the Fall of Man

Vegetables were added to man's diet. God cursed the ground and said, "Thorns also and thistles shall it bring forth unto thee; and thou shalt eat the herb of the field" (Genesis 3:18).

Before the Flood

Great wickedness prevailed. "The inhabitants of the Old World were intemperate in eating and drinking. They would have flesh meats, although God had given them no permission to eat animal food." E.G. White, *Counsels on Diet and Foods*, page 373.

After the Flood

Man was given permission to eat clean meat for the first time. Provision was made for meat eating as two of every unclean animal and seven of every clean animal entered the ark (Genesis 7:2). However, God forbade eating the blood of the clean animals. "But flesh with the life thereof, which is the blood thereof, shall ye not eat" (Genesis 9:4). Even the eating of clean, bloodless meat had serious consequences. The Bible records a marked decrease in the life span of the postflood patriarchs. After the flood God saw that the ways of man were still wicked. "He (God) permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years." E.G. White, *Counsels on Diet and Foods*, page 373.

The Ideal Diet for Israel

The Israelites were permitted to eat the meat of clean animals (see Leviticus 11). However, they were instructed to eat neither the fat nor the blood. "It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood" (Leviticus 3:17). In the New Testament, the Gentiles were told to "abstain from ... things strangled, and from blood" (Acts 15:20).

God's Healing Way

God's ideal diet for Israel is given in Exodus, chapter 16. **"Then said the Lord unto Moses, Behold, I will rain bread from heaven for you....And the children of Israel did eat manna forty years" (Exodus 16:4, 35).** "When God led the children of Israel out of Egypt, it was His purpose to establish them in the land of Canaan a pure, happy, healthy people He removed flesh food from them in a great measure... .Had they been willing to deny appetite in obedience to His restrictions, feebleness and disease would have been unknown among them. Their descendants would have possessed physical and mental strength. They would have had clear understanding of truth and duty, keen discrimination, and sound judgment." E. G. White, *Counsels on Diet and Foods*, pages 377, 378.

Daniel and his three friends stand out as Biblical examples of the benefits of a temperate, healthful flesh-free diet. **"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank."** Daniel requested that they be given pulse (beans) and water for ten days. **"At the end of ten days their countenances appeared fairer and fatter (better looking) in flesh than all the children which did eat the portion of the king's meat."** This simple diet provided not only physical benefits, but also mental advantages. **"In all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm" (Daniel 1:8-20).**

GOD'S DIET TODAY

What is God's diet today? As in the human race, disease in animals is increasing. Contaminated meat, dairy products, and eggs are common sources of food-related illness. "Disease in cattle is making meat eating a dangerous matter. The Lord's curse is upon the earth, upon man, upon beasts, upon the fish in the sea; and as transgression becomes almost universal, the curse will be permitted to become as broad and as deep as the transgression. Disease is contracted by the use of meat **In a short time it will not be safe to use anything that comes from the animal creation.**" E. G. White, *Counsels on Diet and Foods*, page 411.

FOODS THAT FIGHT DISEASE

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing.

E.G. White, *Counsels on Diet and Foods*, page 313

"Again and again I have been shown that God is trying to lead us back, step by step, to His original design, --that man should subsist upon the natural products of the earth.... Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it." E. G. White, *Counsels on Diet and Foods*, pages 380, 381.

INSTRUCTION ON EATING

The disease and suffering that prevail everywhere are mainly due to popular errors in diet. Many ailments are cured if the following instruction is put into daily practice.

1. A major portion of the diet should consist of fruits and vegetables prepared in a natural, tasty way.
2. Vary the diet from meal to meal, but do not eat too many varieties at any one meal. Keep the recipes and the meals simple.
3. Use the whole (unrefined) grains such as whole wheat bread and brown rice. Discard the use of refined grains such as white flour and white rice.
4. Eliminate rich, concentrated foods containing too much sugar, fats and oils (especially lard), salt, and protein (meat and other animal products).
5. Eat at the same time each day. The stomach functions best on a regular schedule. Allow at least 5 hours from the end of one meal to the beginning of the next meal.
6. Do not eat between meals. Eating between meals delays stomach emptying, which causes the partially digested food remaining in the stomach to spoil or ferment.
7. Breakfast should be the largest meal of the day. Supper, if eaten, should be the smallest meal. Supper should be eaten at least 2 to 3 hours before bedtime.
8. Eat all you need to maintain health and enjoy your food, but do not overeat. Too much food dulls the mind, causes fatigue, increases disease, and shortens life.
9. Eat slowly and chew your food thoroughly. This will increase the enjoyment and the nutritional benefits of the food. Mealtime should be pleasant and unhurried.
10. Drink enough water daily to keep the urine pale. Drink liquids in between mealtimes. Avoid drinking during meals, just before a meal, or soon after a meal.
11. Skip 1 to 4 meals periodically. Fasting is an aid in educating the appetite and a rehearsal for self-control. Fasting is an excellent remedy for many illnesses.

EATING TWO MEALS 6 HOURS APART

- Improves the memory and intellect
- Strengthens the bones and preserves kidney function
- Increases energy and decreases stress
- Helps maintain an ideal weight
- Decreases cancer growth, heart disease, and diabetes

STOMACH IRRITANTS

AND

PROMOTERS OF DIGESTIVE DISORDERS

1. All hot chili peppers and spices such as ginger, cinnamon, cloves, and nutmeg
2. Alcoholic beverages and foods having a fermenting, putrefying, or rotting phase in processing such as: sauerkraut, cheese, soy sauce, and vinegar; commonly found in pickles, mayonnaise, catsup, mustard, and salad dressings
3. Caffeine (coffee, tea, colas), theobromine (chocolate), and the use of tobacco
4. The concentrated foods listed on previous page, including the overuse of vitamin and mineral supplements
5. Milk, egg, and sugar combinations-used in cakes and custards
6. Baking soda and baking powder products in commercial crackers, cookies, doughnuts, and other bakery products
7. Unripe or over-ripe fruit
8. Fruits and vegetables eaten at the same meal
9. Foods that are too hot or too cold
10. Meals less than five hours apart
11. • Eating too much • Eating too fast • Eating late at night
12. Drinking water or any other liquids during the mealtime
Liquids delay digestion and stomach emptying. Stagnation of food in the stomach is one of the commonest causes of ulcers and gastritis.

Many commercially processed foods contain chemicals or additives that injure the body in other ways. Aspartame (a commonly used artificial sweetener) and monosodium glutamate or MSG (a widely used flavor enhancer) may cause headaches, palpitations, as well as more serious problems such as seizures.

EATING MEALS TOO FREQUENTLY

- Focuses attention on food
- Decreases the appetite
- Delays digestion, increases toxic waste products in the blood
- Increases tooth decay
- Interferes with deep, health-restoring sleep

Chapter 2

EXERCISE

Exercise is an absolute requirement for body strength and development. More people die from lack of exercise than from too much exercise. More people "rust out" than "wear out". Daily exercise is beneficial for people of all ages. Exercise not only promotes a sense of well-being and *prevents* disease, but it also aids in the *recovery* from disease.

"If those who are sick would exercise their muscles daily, women as well as men, in outdoor work, using brain, bone, and muscle proportionately, weakness and languor would disappear. Health would take the place of disease, and strength the place of feebleness." E.G. White, *Medical Ministry*, page 297.

God is the source of spiritual strength. **"He giveth power to the faint; and to them that have no might He increaseth strength. Even the youths shall faint and be weary ... But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint" (Isaiah 40:29-31).**

THE BEST EXERCISE

"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." E. G. White, *Healthful Living*, pages 130, 131.

Walking in the Fresh Air

"Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation... .Men and women, young and old, who desire health, and who would enjoy active life Whatever their business and inclinations, they should make up their minds to exercise in the open air as much as they can." E. G. White, *Testimonies*, Volume 2, page 526.

Gardening and Outdoor Work

The exercise of our first parents was gardening. **"And the Lord God took the man, and put him into the Garden of Eden to dress (cultivate) it and to keep it" (Genesis 2:15).** "Let men and women work in field and orchard and garden. This will bring health and strength to nerve and muscle." E. G. White, *Medical Ministry*, page 296.

PRINCIPLES OF HEALTHFUL EXERCISE

Exercise must be *regular* at least 30 minutes per day.

Exercise must be *brisk* but not violent (too much).

Exercise should be *varied* (such as walking or gardening) for best use of all the body muscles.

Exercise should be *enjoyed for* it to have the most beneficial effect.

BENEFITS OF EXERCISE

"Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed... **.Inactivity is a fruitful cause of disease.**" E.G. White, *My Life Today*, page 130.

1. Exercise strengthens the bones and muscles.
2. Exercise improves *circulation* of the blood in the following ways:

Exercise increases the efficiency of the lungs. This enables more oxygen to enter the red blood cells and be transported to body tissues.

Exercise increases the efficiency of the heart.

- The heart muscle becomes stronger.
- The heart pumps more blood with each heartbeat.
- The number of heartbeats can be decreased. A more efficient and stronger heart has a slower heart rate than that of a person who does not exercise. For example, slowing the heart rate from 70 to 60 beats per minute (10 beats per minute) will save the heart over 14,000 beats per day!
- The blood vessels to the heart increase both in numbers and in size with exercise.

Exercise increases the efficiency of the blood vessels.

When exercising, the muscles in the arms and legs help the heart in circulating the blood by squeezing the blood vessels during muscle contraction and releasing pressure on the blood vessels during muscle relaxation.

3. Exercise regulates the blood pressure. It helps to lower high blood pressure.
4. Exercise slows down the aging process. It improves performance in the activities of daily living.
5. Exercise aids digestion when one walks briskly after a meal with the head up and the shoulders back.
6. Exercise helps keep the body at an ideal weight-not too fat, not too thin.
7. Exercise strengthens the immune system, thereby helping the body to resist infections and colds.

God's Healing Way

8. Exercise reduces stress. It helps one to relax.
9. Exercise lifts gloom from the mind by increasing the production of norepinephrine, an anti-depressive neurotransmitter in the brain.
10. Exercise improves mental efficiency and promotes clear thinking.

"Mental effort without corresponding physical exercise calls an undue proportion of blood to the brain, and thus the circulation is unbalanced. The brain has too much blood, while the extremities have too little." *E.G. White, My Life Today, page 144.*

EXERCISE

What it can do for you

Prevents:

coronary heart disease, hypertension, obesity, osteoporosis, diabetes

Improves:

quality of sleep, digestion of food, mental outlook on life

BENEFITS OF HEALTHFUL CLOTHING

In addition to exercise, clothing affects the blood flow or circulation. Two important principles of healthful dress are as follows:

- Clothing must be *evenly distributed* over the body in such a way that the extremities are as warm as the central part of the body.
- Clothing should be *loose*. There should be no bands tight enough to leave a mark on the skin.

"Perfect health depends upon perfect circulation. Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and the region over the heart, where is the greatest amount of heat." E. G. White, *Testimonies*, Volume 2, page 531.

Chapter 3

WATER

A continuous supply of water is needed for all living things. Man can live up to 6 weeks without food but only a few days without water. Every cell of the body needs water. Water makes up about 70% of our total body weight (50 liters in the body of an average man and 40 liters for a woman).

The body prefers slightly warm to cool water. Very cold water shuts down the digestion (if taken at mealtime) and diminishes the body's thirst signals. The best time to drink water is between meals. Avoid drinking water within 30 minutes *before* a meal and until 1 to 2 hours *after* a meal. Drinking with meals dilutes the digestive enzymes and delays the process of digestion.

The Bible tells how to satisfy the spiritual thirst. Jesus said, **"If any man thirst, let him come unto Me, and drink" (John 7:37). "Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life" (John 4:14).**

INTERNAL USES OF WATER

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease." E.G. White, *Ministry of Healing*, page 237.

The body's organs and tissues require large quantities of water in order to work effectively. **Some of water's vital functions are as follows:**

- Water is essential for efficient circulation of the blood-which is nearly 90% water. The bloodstream carries oxygen and nutrients to every body cell and transports the cell's waste products to the kidneys, lungs, and skin for removal. The bloodstream also transports white blood cells that fight disease-causing germs in the body.
- Water keeps the body temperature within a normal range. The evaporation of perspiration on the skin surface helps bring down fever.
- Water produces the fluid that constantly moistens the eyes. Without tears the eyes would become dry and inflamed, resulting in loss of sight.
- Water is needed to lubricate and cushion the bones and joints.
- Water is necessary for the production of saliva and the digestive juices.
- Water relieves both physical and mental fatigue. The brain is approximately 85% water. It is not surprising that drinking one glass of water every 10 minutes for one hour relieves many headaches.

God's Healing Way

If all the water that the body needs during a day had to be taken by mouth one would have to drink 40,000 glasses every single day! Fortunately the body has wonderful ways to conserve its water. Approximately 10 glasses of water are eliminated daily by the following ways:

- The kidneys-excrete 5 and 1/2 glasses through the urine.
- The lungs-lose 2 glasses through the breath.
- The skin-loses 2 glasses through perspiration.
- The gastrointestinal tract-loses 1/2 glass in the stool.

The body receives a daily supply of water from the intake of food (3 glasses) and from the metabolic process (1 and 1/2 glasses). One must drink 5 and 1/2 glasses of water to replace the body's average daily water losses. **Remember that any of the following conditions will increase the body's water losses:**

- High fever, hard physical work, or any other activity that increases body sweating
- Illnesses such as the common cold that result in increased upper respiratory tract secretions
- Dry air (either as very hot desert air or very cold winter air)
- Vomiting or diarrhea
- Nursing mothers (breast milk production)
- High protein foods, high salt or sugar intake, and vitamin/mineral supplements (increase the work of the kidneys to remove wastes)

The human organism requires 1/3 more water than the body's thirst signals indicate. The following routine will help meet the body's daily water needs. Drink 2 glasses of water upon arising, 2 glasses midmorning, 2 glasses mid-afternoon, and another 2 glasses before bedtime. Drink enough water to keep the urine pale.

ALL ORGANS AND BODY FUNCTIONS REQUIRE WATER

- Breathing
- Digestion
- Elimination
- Hormone Secretion
- Temperature Regulation
- Lubrication of muscles, bones, tendons
- Protection from injury by cushioning tissues

EXTERNAL USES OF WATER

"The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood." E.G. White, *Ministry of Healing*, page 237.

Personal Hygiene

Cleansing the skin helps rid the body of impurities that come out through the skin pores.

"Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other elimination organs **It is important also that the clothing be kept clean.** The garments worn absorb the waste matter that passes off through the pores; if they are not frequently changed and washed, the impurities will be reabsorbed." E.G. White, *Ministry of Healing*, page 276.

The daily bath in lukewarm or cool water has the following health benefits:

- Fortifies against the common cold and other illnesses
- Improves the circulation
- Invigorates the body
- Refreshes the mind-brightens the intellect and soothes the nerves
- Increases muscle flexibility
- Helps the digestive organs-stomach, liver, and bowels

Water Treatments

Water treatments can be used to restore health. This book includes some simple water treatments that help heal the body. **"There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments."** E.G. White, *Ministry of Healing*, page 237.

CLEAN PREMISES

Good health requires scrupulous cleanliness, not only of the body and the clothing, but also of the living quarters-house and yard. The unkempt house and yard needs to be recognized as a common source of disease. **"Every form of uncleanness tends to disease.** Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder." E.G. White, *Ministry of Healing*, page 276.

Chapter 4

SUNLIGHT

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun" (Ecclesiastes 11:7). Sunshine helps produce vitamin D. All would become ill without it. It is one of nature's most powerful healing agents.

The Bible reveals the source of healing, spiritual sunlight. **"But unto you that fear My name shall the Sun of righteousness arise with healing in His wings" (Malachi 4:2).**

BENEFITS OF SUNLIGHT

1. Sunlight improves the circulation of the blood.
2. It increases the cardiac output--the amount of blood that is pumped by the heart with each contraction.
3. Sunlight increases the oxygen-carrying capacity of the blood.
4. Sunlight helps regulate the blood pressure toward a normal, healthy level.
5. Sunlight increases the number of white blood cells and stimulates their ability to destroy both germs and cancer cells.
6. It increases gamma globulin-a protein that helps the body fight infection.
7. Sunlight is effective treatment for jaundice in the newborn infant.
8. Sunlight improves liver function, and helps the body to eliminate toxic chemicals and environmental pollutants.
9. Sunlight stabilizes blood sugar (glucose) levels.
 - Sunlight helps to *elevate* the blood sugar that is too low (in hypoglycemic persons).
 - Sunlight helps to *lower* the blood sugar that is too high (in diabetic persons). Generally, sunlight does not reduce the blood sugar below a normal level. However, insulin-dependent diabetics may need to decrease their insulin dosage before sunbathing in order to avoid lowering the blood sugar to dangerous levels.
10. It lowers cholesterol and triglycerides in the blood. Sunlight may decrease cholesterol by more than 30%.
11. Sunlight converts cholesterol and ergosterol in the skin to vitamin D, but only to safe levels. Vitamin D plays a part in the metabolism of calcium and phosphorus, which are essential for bone and teeth, development. Adequate vitamin D can be obtained by exposing the face to the sun for a few minutes each midday.
12. It improves muscle tone and endurance. Exercising outdoors in the sunlight develops the body muscles more than indoor exercise does.

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13. Sunlight increases the body metabolism by stimulating thyroid gland function.
14. Sunlight comes through the eyes to the pineal gland and affects the pituitary gland, which controls the hormone production of the other endocrine glands in a beneficial way.
15. Sunlight enhances the mental outlook and a sense of well-being. It helps prevent or overcome mental depression.
16. It lessens stress by working through the sensory receptors in the skin as well as through psychological factors.
17. It promotes healing. Expose infected parts of the body to sunlight. A short sun bath several times a day will destroy germs and promote wound healing.
18. Sunlight helps keep the home free from disease-causing germs. "Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home." *E.G. White, Ministry of Healing, page 276.*

HOW TO AVOID SUN INJURY

Overexposure to sunlight can cause skin aging, skin cancer, and eye damage (cataracts). While skin cancer is increasing, there is no need to get it. Examine the skin periodically for any mole that changes shape, color, or size. Look for any sore that doesn't heal. The following recommendations will prevent sun injury:

- Get the sun in daily, small, graduated doses. **Avoid sunburn like poison!**
- Minimize summer sun exposure at midday (between 10 a.m. and 3 p.m.).
- When outdoors, wear protective clothing and a wide brimmed hat. Light cotton cloth allows the skin to absorb some of the sun's rays.
- Eat a low fat diet—fruits, vegetables, whole grains, raw nuts and seeds. These foods are rich in cancer-preventing compounds. A high fat diet containing cholesterol, saturated fats, and polyunsaturated fats (*in refined vegetable oils*) promotes the development of skin cancer.

Editor's Note: THIS point is the key!—cancer is not caused by sunlight—but by sunlight reacting on trans-fatty acids in the skin! People avoiding these fats rarely burn.

Chapter 5

TEMPERANCE

Temperance or abstemiousness means to deny self, to use moderately (not in excess) that which is good, and to use nothing that is harmful to the body. Moderation should be exercised in all the habits of daily life-diet, work, sleep, study, and dress. Abstain entirely from unclean meat and harmful substances such as alcohol; tobacco products; and caffeine-containing beverages such as tea, coffee, and colas. Breaking this health law has very serious consequences.

"Intemperance lies at the foundation of all the evil in our world." E.G. White, *Temperance*, page 165.

The governing principle of God's people should be, **"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Corinthians 10:31)**. "By practicing temperance in eating, in drinking, in dressing, in labor, and in all things, we can do for ourselves what no physician can do for us." E. G. White, *My Life Today*, page 142.

DIET

Appetite

"Blessed art thou, O Land, when ...thy princes eat in due season, for strength, and not for drunkenness!" (Ecclesiastes 10:17). The sin of gluttony is placed in the same category as the sin of drunkenness. Both overeating and alcohol dull the mind, resulting in impaired discrimination and faulty judgment.

A TEMPERATE APPETITE CLEARS THE MIND

- To discern the Holy Spirit's guidance
- To detect Satan's traps or temptations
- To perfect Christian character for God's glory and service

While here on earth, Christ fasted in the wilderness forty days in order to break the power of appetite. "It is possible to eat immoderately, even of wholesome food... **Overeating**, no matter what the quality of the food, **clogs the living machine**, and thus hinders it in its work." E.G. White, *Counsels on Diet and Foods*, page 131.

"The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. ... And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more *difficult* to overcome." E.G. White, *Counsels on Diet and Foods*, page 59.

God's Healing Way

Unclean Meat

The Bible prohibits the use of all unclean meat (Leviticus 11). While the Bible clearly teaches complete abstinence from unclean meat as food, even *clean* meat has problems with its use.

"Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing." E.G. White, *Ministry of Healing*, page 313.

"The liability to take disease is increased tenfold by meat eating." E. G. White, *Counsels on Diet and Foods*, page 386.

TEA, COFFEE, AND COLAS

Caffeine is a stimulating drug that is found in coffee, tea, and colas. Caffeine poisons the body by contributing to the following conditions:

- Nervousness, anxiety, tremors, dizziness, sleep and memory disturbances, headaches, and depression
- Heart palpitations and an increase in blood fats
- Cancer of the ovary and bladder
- Birth defects and other developmental problems
- Diseases of the breast and prostate
- Peptic ulcers
- Osteoporosis

Stopping caffeine can cause temporary withdrawal symptoms such as headaches, mental depression, and tiredness. Besides caffeine, cola drinks (soft drinks, pop) contain sugar and phosphates which are also harmful to the body. Tea contains tannin, which is a stomach irritant and interferes with digestion. Chocolate and cocoa contain theobromine—a substance closely related to caffeine.

"Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul. These darling idols create an excitement, a morbid action of the nervous system; and after the immediate influence of the stimulants is gone, it lets down below par just to that degree that its stimulating properties elevated above par." E.G. White, *Counsels on Diet and Foods*, page 425.

ALCOHOL

Alcoholism is a leading cause of disease and death. Alcohol poisons every tissue of the body—the brain and nervous system, the heart, the liver, the gastrointestinal tract, and the immune system. Alcohol causes the red blood cells to clump together slowing the circulation of the red blood cells throughout the body. The frontal lobes of the brain are the most sensitive to alcohol's effects. The Holy Spirit communicates to man through the frontal lobes—the conscience. Consequently, alcohol weakens the body's center for communication with the Holy Spirit.

Alcohol plays a major role in suicides, homicides, and vehicle accidents. "Every year millions upon millions of gallons of intoxicating liquors are consumed. Millions upon millions of dollars

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are spent in buying wretchedness, poverty, disease, degradation, lust, crime, and death." E.G. White, *Ministry of Healing*, page 338.

The Bible nowhere sanctions the use of intoxicating wine. "**Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise**" (Proverbs 20:1). "The wine that Christ made from water at the marriage feast of Cana was the pure juice of the grape." E.G. White, *Ministry of Healing*, page 333. "**Thus saith the Lord, As the new wine is found in the cluster ... Destroy it not; for a blessing is in it**" (Isaiah 65:8).

OVERCOMING ALCOHOL ADDICTION

To remove cravings abstain from:

- Caffeine (coffee, tea, colas, and other soft drinks)
- Spicy and fermented foods
- Refined sugar, junk foods, and animal products
- Drugs and tobacco

TOBACCO

Tobacco is a legal product, which if used, causes death. Smoking injures every tissue of the body. The primary poisons in cigarettes are nicotine, carbon monoxide, cyanide, and tar (containing cancer-forming compounds). **The dangers of smoking include:**

- Shortened life expectancy
- Cancer of the lung, larynx, mouth, esophagus, bladder, pancreas, and other cancers
- Heart and blood vessel disease-heart attacks, high blood pressure, stroke, gangrene of the extremities, and impotence
- Lung disease-chronic bronchitis and emphysema
- Osteoporosis and earlier menopause in women
- Allergies and other disorders of the immune system
- Stillbirths, premature births, and low birth weights in babies born to smoking mothers
- Developmental and behavioral problems in children born to smoking mothers (difficulty in learning and hyperactive behavior)
- Peptic ulcers
- Cataracts and other eye diseases
- Impaired judgment in the performance of complex tasks, which results in mistakes and accidents

Years before medical science was aware of tobacco's danger, its true effects were exposed. "**Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first**

hardly perceptible Often it affects the nerves in a more powerful manner than does intoxicating drink." E.G. White, *Ministry of Healing*, pages 327, 328.

Tobacco smoke is a significant source of air pollution in buildings. Passive smokers-non-smokers who are exposed to tobacco smoke-are also at increased risk for developing heart disease and cancer. Children of smoking parents have an increased frequency of sore throats—tonsillitis and pharyngitis, middle ear infections, asthma, bronchitis, and pneumonia.

The compulsive use of tobacco is seen in every country and culture where it is introduced. *Nicotine* is the source of tobacco addiction. The majority of smokers suffer from withdrawal symptoms when they try to stop smoking.

NICOTINE WITHDRAWAL SYMPTOMS **Tyrants that hold the smoker hostage**

- Irritability, anxiety
- Difficulty sleeping
- Difficulty concentrating
- Constipation, diarrhea
- Tiredness
- Headaches
- Depression
- Craving for a cigarette!

Smokers have difficulty quitting smoking for the following reasons:

- The addictive properties of nicotine, which are similar to alcohol, heroin, and other addictive substances
- The discomfort associated with nicotine withdrawal symptoms
- The persistence of long-term psychological effects of the smoking habit, such as the desire to smoke during stress

The good news is that God empowers people to overcome the smoking habit. The following principles will be an invaluable help:

- Drink a minimum of 8 to 10 glasses of water each day.
- Bathe several times a day to remove body wastes from the skin.
- Exercise (walking or gardening) out in the fresh air and sunshine.
- Practice deep breathing and proper posture.
- Eat a simple, healthful diet consisting of fruits, vegetables, whole grains, nuts and seeds.
- Abstain from all beverages containing alcohol or caffeine.
- Get plenty of rest as fatigue aggravates stress.
- Remember to request God's help. He has promised it!

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DRESS

The Bible teaches modesty in dress. **"In like manner also, that women adorn themselves in modest apparel"** not with **"gold, or pearls, or costly array"** (1 Timothy 2:9). Temperate, Christian dress has the following characteristics:

- Modest and simple
- Good quality and subdued, becoming colors
- Practical and durable
- Warm and protective of the extremities
- Clean and healthful

"The most beautiful dress He (Christ) bids us wear upon the soul. No outward adorning can compare in value or loveliness with that **'meek and quiet spirit'** which in His sight is **'of great price.'** 1 Peter 3:4." E.G. White, *Ministry of Healing*, page 289.

WORK AND STUDY

"It is an easy matter to lose the health, but it is difficult to regain it.... We cannot afford to dwarf or cripple a single function of the mind or body by overwork or abuse of any part of the living machinery." E.G. White, *My Life Today*, page 142.

"We should practice temperance in our labor. It is not our duty to place ourselves where we shall be overworked. Some may at times be placed where this is necessary, but it should be the exception, not the rule. We are to practice temperance in all things." E.G. White, *Temperance*, page 139.

"And further, by these, my son, be admonished: of making many books there is no end; and much study is a weariness of the flesh" (Ecclesiastes 12:12). "Intemperance in study is a species of intoxication, and those who indulge in it, like the drunkard, wander from safe paths and stumble and fall in the darkness. The Lord would have every student bear in mind that the eye must be kept single to the glory of God. He is not to exhaust and waste his physical and mental powers in seeking to acquire all possible knowledge of the sciences, but is to preserve the freshness and vigor of all his powers to engage in the work which the Lord has appointed him in helping souls to find the path of righteousness." E. G. White, *Medical Ministry*, pages 81, 82.

BIOLOGICAL RHYTHMS

Cooperation with the body rhythms promotes well-being and longevity.

Be regular in:

- Rising and retiring
- Mealtimes
- Devotional and study time
- Outdoor exercise

Chapter 6

FRESH AIR

Man might live 5 to 6 weeks without food, a few days without water, but only a few minutes without air. Fresh air has an invigorating influence on both body and mind. The body benefits more from **outdoors** than from indoor exercise. Pure, fresh air benefits the body and mind in the following ways:

- Fresh air promotes a healthful circulation of the blood.
- It refreshes and strengthens the body.
- Pure air soothes the nerves-gives the mind composure and serenity.
- It excites the appetite and helps the food to digest more perfectly.
- Fresh air in the bedroom gives a good night's sleep.

God is the breath of life for the body and the soul. "**The breath of the Almighty hath given me life**" (Job 33:4).

HOW THE AIRWAYS FUNCTION

The lungs inflate with breathing more than 600 million times during an average lifetime. No matter where we are—the cold Arctic; the desert; city smog and pollution; or a hot, steamy jungle—the air sacs or alveoli deep in the lungs need air that is warm, moist, and free of dust, smoke, and germs.

The nasal passages condition the air inhaled through the nose. In cold weather, the nasal blood vessels widen or dilate-heating the incoming air. In hot weather, the nasal blood vessels shrink-helping to cool the incoming air. In order to function well, the nasal lining or mucosa must be kept moist by fluid-secreting glands in the nasal tissues and by tears that flow into the nose from the tear ducts.

Air passes into the bronchial airways that are lined with tiny hair-like cilia. The cilia beat slowly and gently in the direction of the air sacs but rapidly and forcefully toward the nose and throat. A layer of sticky mucus lies on top of the cilia-trapping dust, germs, and other air contaminants. The cilia move the mucus up toward the throat and mouth where it is coughed up or swallowed. The purified air enters the air sacs. Here the oxygen is transferred to the red blood cells and carried to all the body's cells and tissues. Carbon dioxide is then taken into the red blood cells and transported back to the air sacs and exhaled.

PROPER BREATHING

Good posture and deep breathing exercises facilitate the flow of pure air deep into the lungs. Reading aloud, singing, and climbing stairs or hills can also increase the efficiency of the lungs.

Practice good posture. Stand and sit straight and tall. Keep the shoulders pulled back and downward. The shoulder blades will be brought close together, which helps the diaphragm to move more freely.

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Breathing Exercises

The following breathing exercises will help expel the impure air from the lungs and let in pure, fresh air. For better breathing, concentrate *less* on **inhalation** and *more* on **exhalation**. The more air one breathes out or exhales, the more air one is able to breathe in or inhale.

- Breathe **in** through the nose to the count of 4.
- After a brief pause, breathe **out** slowly to the count of 12.
- Increase the time by breathing **in** to the count of 5, then breathing **out** to the count of 15.
- Gradually increase the depth of each **exhalation** until you can exhale to the count of 30 or more.
- Practice deep breathing exercises (10 to 20 deep breaths) several times a day. Do this if you are feeling ill, fatigued, anxious, stressed, or have a headache.

FRESH AIR	DEVITALIZED AIR
1/3 of body waste eliminated	Body toxins retained
Healthful blood and body organs	Unhealthful blood and body organs
Calm nerves	Anxiety and irritability
Clear thinking and mental efficiency	Judgment and memory impaired
Increased production of endorphins (happy hormones, natural pain killers)	Increased production of stress hormones

COUNTRY LIVING IS BEST

For best health, live in the country rather than the city. "**From the stand point of health the smoke and dust of the cities are very objectionable.** And the patients who for a large part of their time are shut up within four walls often feel that they are prisoners in their rooms. When they look out a window they see nothing but houses, houses, houses. Those who are thus confined to their rooms are liable to brood over their suffering and sorrow. Sometimes an invalid is poisoned by his own breath." E.G. White, *Testimonies*, Volume 7, page 82.

"'Out of the cities' is my message. Our physicians ought to have been wide awake on this point long ago.... The time is near when the large cities will be visited by the judgments of God.... Light has been given me that the cities will be filled with confusion, violence, and crime, and that these things will increase till the end of this earth's history." E.G. White, *Testimonies*, Volume 7, pages 83, 84.

Chapter 7

REST

Rest is absolutely essential to both physical and mental health. Instead of rest from *all* work, a change in the *type* of work may benefit one's health. For example, a change from mental to physical labor will benefit students.

The Bible gives the source of spiritual rest. **"Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me ... and ye shall find rest unto your souls" (Matthew 11:28, 29).**

PHYSICAL REST

Nearly 1/3 of life is spent in sleep. During sleep both the body functions and the mental functions are restored. The best quality of sleep is during the hours *before* midnight. For best sleep, bedtime should be no later than 10 p.m. We sleep best if our stomach can also rest from its work of digestion—at least 3 hours after eating.

Recipe for Restful Sleep

- A quiet, dark, well-ventilated room
- An empty stomach (3 hours after eating)
- Moderate physical activity before retiring
- A clear conscience—a mind at peace with God

Problems resulting from insufficient sleep include: irritability, memory loss, depression, difficulty concentrating; and a diminished ability of the body to repair and restore its tissues and organs, and to prevent disease.

SPIRITUAL REST

"Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you" (John 14:27).

The mind needs rest from sin. "The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death." E. G. White, *Ministry of Healing*, page 241.

The Sabbath was created as a special day of rest—a time for God's people to receive physical, mental, and spiritual restoration as a special blessing from Him. **"And God did rest the seventh day from all His works" (Hebrews 4:4).**

Chapter 8

TRUST IN DIVINE POWER

Faith and trust in God undergirds all the other health laws. It is the most essential law to put into the daily practice. While the atheist may achieve health by following the seven health laws, *perfect* health is possible only by including the eighth health law-the cooperation of human with divine power.

"We should cooperate with God in the care of our bodies. Love for God is essential for life and health. Faith in God is essential for health. **In order to have perfect health, our hearts must be filled with love and hope and joy in the Lord.**" E. G. White, *My Life Today*, page 149.

The very best physical, mental, and spiritual health possible is attained only by connecting with God's power. The better the total health, the greater will be the ability to honor and glorify the Creator and Redeemer of mankind by reflecting His character to the world.

CONNECTION WITH DIVINE POWER

IMPARTS

PHYSICAL, MENTAL, AND SPIRITUAL HEALTH

THROUGH

OBEDIENCE TO HEAVEN'S LAWS

PREPARING

GOD'S PEOPLE TO FULLY SERVE HIM

The human-divine connection takes place in the frontal lobes of the brain. **"The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man and affect his inmost life.** Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind." E.G. White, *My Life Today*, page 148.

HEAVEN'S PERFECT HEALTH

is achieved through:

- Our connection with God
- Our cooperation with Heaven's laws
- Our service to God
- Our service for others

OUR RELATIONSHIP WITH GOD

We are God's rightful possession by creation and redemption. **"Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God"** (1 John 3:1).

God's Possession by Creation

"And God said, Let Us make man in Our image, after Our likeness" (Genesis 1:26). "Created to be 'the image and glory of God,' Adam and Eve had received endowments not unworthy of their high destiny. Graceful and symmetrical in form, regular and beautiful in feature, their countenances glowing with the tint of health and the light of joy and hope, they bore in outward resemblance the likeness of their Maker **Man came from the hand of God perfect in every faculty of mind and body; in perfect soundness, therefore in perfect health.**" E. G. White, *My Life Today*, page 126.

God's Possession by Redemption

"Know ye not that...ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's" (1 Corinthians 6:19, 20).

"Man is God's workmanship, His masterpiece, created for a high and holy purpose; and on every part of the human tabernacle God desires to write His law. Every nerve and muscle, every mental and physical endowment, is to be kept pure If we defile our bodies, we are doing harm not only to ourselves, but to many others." E.G. White, *Reflecting Christ*, page 165.

"A great lesson is learned when we understand our relation to God, and His relation to us. The words **'Know ye not that ...ye are not your own? For ye are bought with a price' should be hung in memory's hall, that we may ever recognize God's right to our talents, our property, our influence, our individual selves.** We are to learn how to treat this gift of God, in mind, in soul, in body, that as Christ's purchased possession, we may do Him healthful, savory (pleasing) service." E.G. White, *Reflecting Christ*, page 138.

OUR RELATIONSHIP TO HEAVEN'S LAWS

"The same great laws that guide alike the star and the atom control human life From Him (God) all life proceeds.... To transgress His law, physical, mental, or moral, is to place oneself out of harmony with the universe, to introduce discord, anarchy, ruin." E.G. White, *Medical Ministry*, page 10.

Upon God's created beings rest the following sacred obligations:

- To recognize God's authorship of all law
- To study to understand God's laws
- To apply God's laws to the practices of daily life

Recognize God's Authorship of All Law

God is the author of all law. These laws include the following:

- The moral law or ten commandments
- The laws that govern the world and universe
- The laws that govern the body functions

The Bible teaches how mankind is to relate to Heaven's laws.

- Jesus lived in perfect obedience to His Heavenly Father's will. **"For I came down from heaven, not to do Mine own will, but the will of Him that sent Me" (John 6:38).**
- Christ's followers are to imitate His example. **"If ye love Me, keep (obey) My commandments" (John 14:15).**
- All are under obligation to God to honor His laws governing the body temple. **"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him will God destroy; for the temple of God is holy, which temple ye are" (1 Corinthians 3:16, 17).**

THE IDEAL RELATIONSHIP

between God and man

I delight to do Thy will, O my God:
yea, Thy law is within my heart.

Psalm 40:8

Study to Understand the Body's Laws

"Thy hands have made me and fashioned me: give me understanding, that I may learn Thy commandments" (Psalm 119:73).

"It is not only the privilege, but the sacred duty, of all to understand the laws God has established in their beings... And as they more fully understand the human body,...they will seek to bring their bodies into subjection to the noble powers of the mind." E. G. White, *My Life Today*, page 148.

THE MIND GOVERNS-THE BODY SERVES

Every organ of the body was made to be servant of the mind. The brain is the capital of the body, the seat of all the nervous forces and of mental action By the brain nerves, mental impressions are conveyed to all the nerves of the body ... and they control the vital action of every part of the system. *E.G. White, My Life Today, page 148*

"Lead them (the people) to study that marvelous organism, the human system, and the laws by which it is governed." As they gain a true understanding of God through study of His natural laws, they "will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it ... as an inestimable blessing." *E.G. White, Reflecting Christ, page 238.*

Apply God's Laws to the Practices of Daily Life

The Bible teaches that health does not depend on chance; health is the result of obedience to God's laws. **"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee" (Exodus 15:26).**

Jesus is the Great Healer. Through obedience to all His laws, we cooperate with Him not only to preserve health but also to recover from disease.

"Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. 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." *E.G. White, Ministry of Healing, page 127.*

"In teaching health principles, keep before the mind the great object of reform that its purpose is to secure the highest development of body and mind and soul. **Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come.**" *E.G. White, Reflecting Christ, page 238.*

OUR SERVICE TO GOD

"Of every Christian the Lord requires growth in efficiency and capability in every **line. Christ has paid us our wages, even His own blood and suffering, to secure our willing service. He** came to our world to give us an example of how we should work and what spirit we should bring into our labor." E.G. White, *Christ's Object Lessons*, pages 330, 331.

"Not more surely is the place prepared for us in the heavenly mansions than is the special place designated on earth where we are to work for God." E. G. White, *Christ's Object Lessons*, page 327.

Ill Health Weakens Our Service

"Without health, no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator." E.G. White, *Reflecting Christ*, page 137.

"The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting physical exercise, by overworking mind or body, we unbalance the nervous system." E.G. White, *Reflecting Christ*, page 140.

"Is God pleased to see any of the organs or faculties He has given man neglected, misused, or deprived of the health and efficiency it is possible for them to have? **Then cultivate the gift of faith. Be brave, and overcome every practice which mars the soul temple.**" E.G. White, *Reflecting Christ*, page 165.

The Faith that Overcomes *every unhealthful habit*

For whatsoever is born of God overcometh the world:
and this is the victory that overcometh the world,
even our faith.

1 John 5:4

Optimal Health Strengthens Our Service

"Since the mind and the soul find expression through the body, both the mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health promotes the development of a strong mind and a well-balanced character." E.G. White, *Reflecting Christ*, page 137.

Strive for Best Physical Health

"Those who would be workers together with God must strive for perfection of every organ of the body and quality of the mind." E.G. White, *Christ's Object Lessons*, page 330.

"All our habits, tastes, and inclinations must be educated in harmony with the laws of life and health. By this means we may secure the very best physical condition, and have mental clearness to discern the evil and the good." E.G. White, *Christian Temperance and Bible Hygiene*, page 25.

"The influence of the mind on the body, as well as of the body on the mind, should be emphasized." There is wonderful health-promoting power in the Christ-like attributes of cheerfulness, unselfishness, and gratitude. "The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease.... There is a physiological truth ... in the scripture, **'A merry rejoicing heart doeth good like a medicine' (Proverbs 17:22).**" E.G. White, *Reflecting Christ*, page 137.

Strive for Best Spiritual Health

"Be ye therefore perfect, even as your Father which is in heaven is perfect" (Matthew 5:48).

"Moral perfection is required of all. Never should we lower the standard of righteousness in order to accommodate inherited and cultivated tendencies to wrongdoing. We need to understand that imperfection of character is sin. **All righteous attributes of character dwell in God as a perfect, harmonious whole, and every one who receives Christ as a personal Saviour is privileged to possess these attributes.**" E. G. White, *My Life Today*, page 271.

OUR SERVICE FOR OTHERS

Christ's rule of life is, **"Whatsoever ye would that men should do to you, do ye even so to them"** (Matthew 7:12). This "golden rule" is the essence of our service for others.

Teaching and healing with God's approved methods is a vital part of service for others. **"And He sent them to preach the kingdom of God, and to heal the sick" (Luke 9:2).** "The Saviour's commission to the disciples includes all believers to the end of time... **Never has the world's need for teaching and healing been greater than it is today.** The world is full of those who need to

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be ministered unto-the weak, the helpless, the ignorant, the degraded." E.G. White, *My Life Today*, page 226.

"Christ commits to His followers an *individual* work.... Ministry to the sick and the poor, the giving of the gospel to the lost, is not to be left to committees or organized charities. Individual responsibility, individual effort, personal sacrifice, is the requirement of the gospel." E.G. White, *Reflecting Christ*, page 238.

Serving Others-Our High Calling

"Christ's followers have been redeemed for service. Our Lord teaches that the true object of life is **ministry**. Christ Himself was a worker, and to all His followers He gives the law of service-service to God and to their fellow men.... By living to minister for others man is brought into connection with Christ. **The law of service becomes the connecting link which binds us to God and to our fellow men.**" E.G. White, *My Life Today*, page 218.

THE LAW OF SERVICE

A Service of Love

Who gave Himself for us,
that He might redeem us from all iniquity,
and purify unto Himself a peculiar people,
zealous of good works.

Titus 2:14

"God's people are to be genuine medical missionaries. They are to learn to minister to the needs of soul and body.

- They should know how to give the simple treatments that do so much to relieve pain and remove disease.
- They should be familiar with the principles of health reform, that they may show others how, by right habits of eating, drinking, and dressing, disease may be prevented and health regained....

The Great Physician ... will bless every one who will go forward humbly and trustfully, seeking to impart the truth for this time." E.G. White, *My Life Today*, page 226.

Serving Others-Our Saving Health

The Bible teaches that doing good for others is an excellent remedy for disease. Our own health is blessed as we labor to bless those in need. **"Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him ... Then shall thy light break forth as the morning, and thine health shall spring forth speedily" (Isaiah 58:7, 8).** "The work of beneficence enjoined in this chapter (Isaiah 58) is the work that God requires His people to do at this time." E. G. White, *Testimonies*, Volume 6, page 265.

"The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health." E. G. White, *My Life Today*, page 246.

Life's Supreme Objective

Life is a holy trust, which God alone can enable us to keep, and to use to His glory. But He who formed the wonderful structure of the body will take special care to keep it in order if men do not work at cross-purposes with Him.... Days, months, and years are added to our existence that we may improve our opportunities and advantages for working out our individual salvation, and by our unselfish life promote the well-being of others. Thus may we build up the kingdom of Christ, and make manifest the glory of God.

E.G. White, *Reflecting Christ*, page 152

SIMPLE HOME REMEDIES

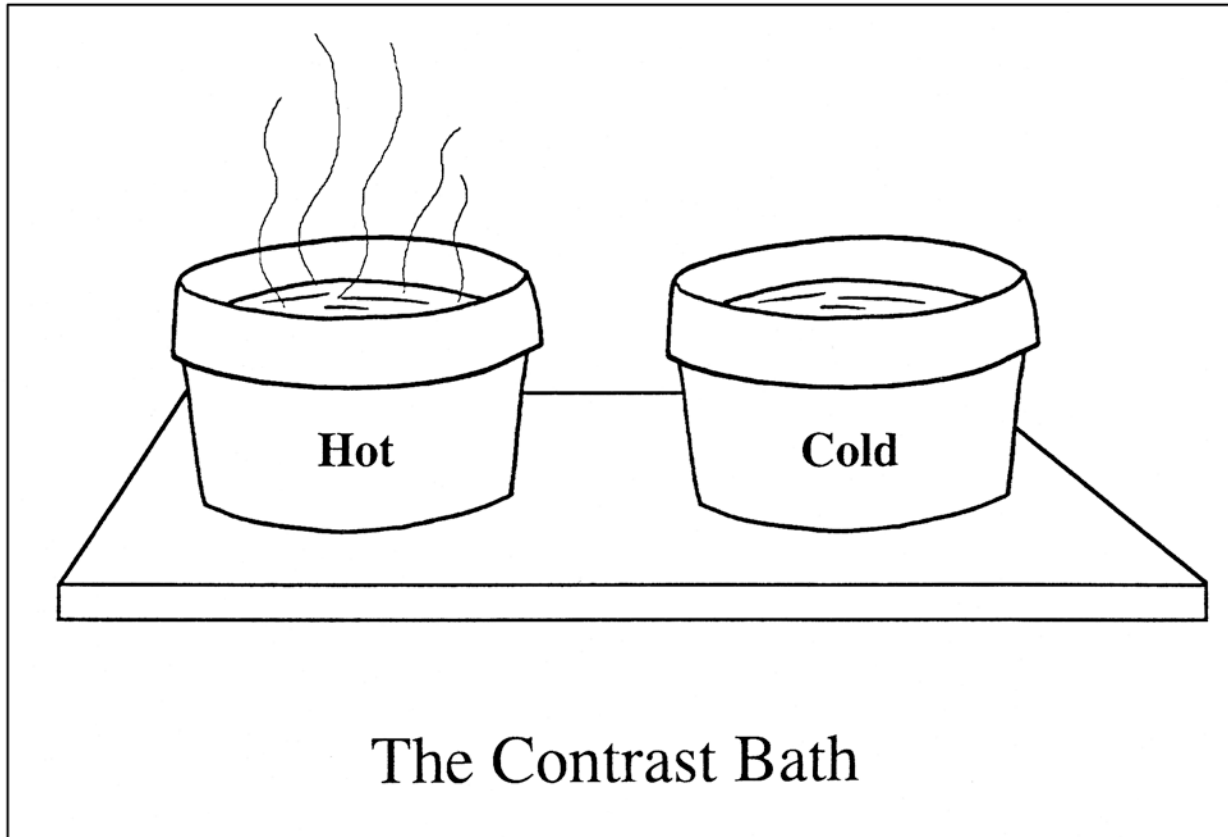
The Contrast Bath

The Hot Foot Bath

Fomentations

The Heating Compress

Charcoal



Chapter 9

THE CONTRAST BATH

The contrast bath consists of immersing a body part alternately in hot and cold water. (The hot and cold water may be applied with wash cloths to body areas that cannot be easily immersed in water.) This treatment may be combined with the application of a poultice or a heating compress.

The blood vessels expand or dilate with heat and contract with cold-increasing the circulation or blood flow to the treated body part. The increased blood flow [1] enhances the supply of oxygen and nutrients to the body cells and [2] hastens removal of the cell's waste products. The result is increased cell metabolism and more rapid healing of the treated body part.

Treatment Indications

- Localized infections
- Muscle or joint injuries
- Arthritis
- Headaches (contrast bath to the extremities)
- Edema (swelling of a body part due to fluid retention)

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- Blood vessel disease of the veins or arteries to the legs and feet

Treatment Precautions

- Do *not* use very hot or very cold water in cases of loss of feeling (numbness) or blood vessel disease of the legs and feet.
- Be careful not to spread infection; disinfect equipment after treating an open sore or wound.
- Avoid treating any area where there is a tendency to bleed or hemorrhage.
- If the treatment is to be followed by massage to the body part, end the treatment with the *hot* water bath.

Equipment Needed

- Two large basins for the hot and cold water
- Tea kettle or pitcher of hot water
- Towel
- Sheet or light blanket
- Another basin of cold water and 2 washcloths for a cold compress to the head

Treatment Procedure

1. Preparation for treatment

- Have the room warm and all equipment assembled.
- Explain the procedure; assist the patient in preparation for treatment.

2. Treatment

- Encourage confidence in the divine remedies by beginning each treatment with prayer.
- Begin with the hot water bath. Start with milder heat; increase the heat as tolerated. After 3 to 4 minutes-or the specified time-transfer to the cold water bath for 1/2 to 1 minute.
- During the treatment, keep the hot and cold baths at the desired temperature by adding hot or cold water as needed.
- Place a cold compress to the head if sweating occurs.
- Make 5 to 7 changes per treatment. Treat 1 to 4 times per day.

3. Completion of Treatment

- After the last change, thoroughly dry the treated body part.
- If sweating occurs, dry the entire body; remove damp clothing, and dress in clean dry garments.
- Rest for 30 to 60 minutes after each treatment.

Specific Treatment Recommendations

Localized Infections, Muscle and Joint Injuries

Treat acute muscle and joint injuries with ice or cold packs, rest, and elevation of the affected body part for the first 12 to 24 hours.

- Begin the contrast bath treatment with water as hot as can be tolerated.
- Alternate from hot to cold water 5 to 7 times. End with the *cold* water bath.
- Repeat the above treatment 2 to 4 times per day.

Arthritis

Begin the treatment with warm water (3 to 5 minutes); then change to cool water for 1 minute. Gradually *increase* the hot water temperature and *reduce* the cold water temperature as tolerated.

Alternate from hot to cold water 5 to 7 times. End with the *hot* water bath.

- Repeat the above treatment 1 to 2 times per day.

Decreased Circulation (Blood Flow) to the Extremities

- Treat with *mild* heat for 3 minutes and *cool* water (no ice) for one minute. Test the hot water with your elbow to be certain that it is not too hot.
- Alternate from hot to cold water 5 to 7 times. End with the *hot* water bath.
- Repeat the above treatment 1 to 2 times per day.

PHYSIOLOGICAL EFFECTS OF HOT AND COLD

HEAT	COLD
Increases blood flow	Decreases blood flow
Increases inflammatory response	Decreases inflammatory response
Increases edema production	Decreases edema production
Increases hemorrhage	Decreases hemorrhage
Decreases muscle spasm and pain	Decreases muscle spasm and pain
Decreases stiffness in arthritis	Increases stiffness in arthritis

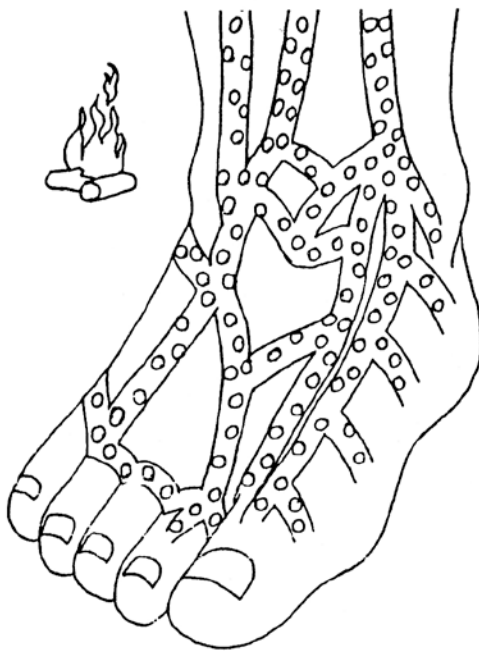
PHYSIOLOGICAL EFFECTS OF HOT AND COLD

HEAT

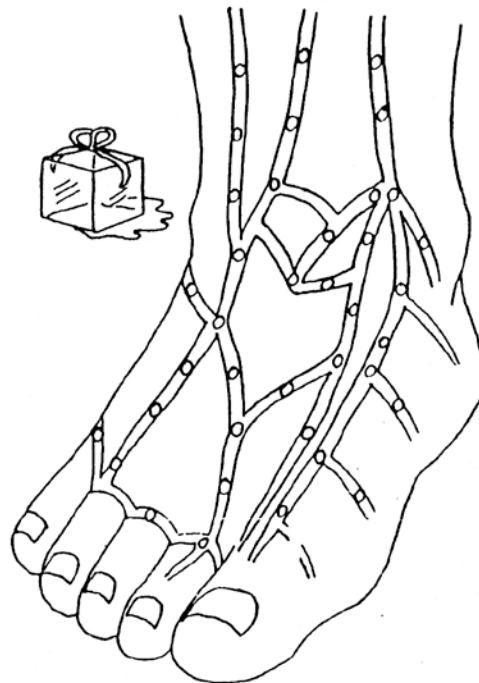
- Increases blood flow
- Increases inflammatory response
- Increases edema production
- Increases hemorrhage
- Decreases muscle spasm and pain
- Decreases stiffness in arthritis

COLD

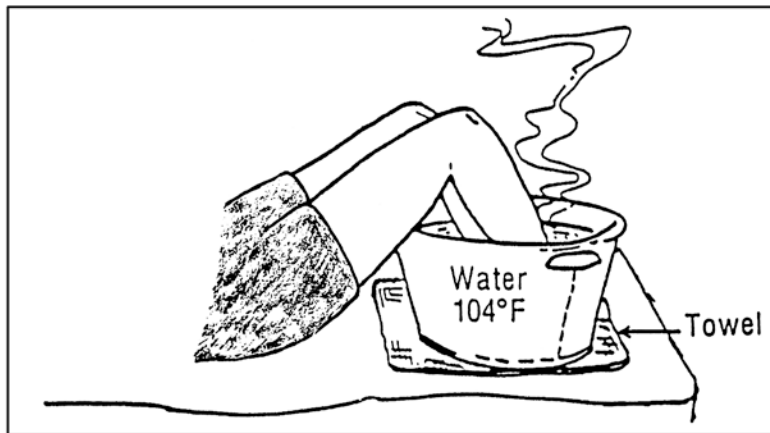
- Decreases blood flow
- Decreases inflammatory response
- Decreases edema production
- Decreases hemorrhage
- Decreases muscle spasm and pain
- Increases stiffness in arthritis



HEAT
Increases Blood Flow



COLD
Decreases Blood Flow



Chapter 10

THE HOT FOOT BATH

The hot foot bath consists of placing the feet in hot water deep enough to completely cover the ankles. It may be used alone or combined with another treatment such as fomentations or the heating compress. This treatment can be used for a variety of ailments, from headaches to stomachaches.

The hot foot bath affects the circulation of the entire body. Heat expands or dilates the blood vessels of the feet, which moves the blood from other body parts to the feet. The increased blood flow to the feet relieves congestion of the blood in the brain, lungs, and abdominal organs.

Treatment Indications

- Prevent or shorten colds, chest congestion, flu or coughs
- Headaches
- Pelvic cramps or prostate disorders
- Stop nosebleeds
- Diminish pain anywhere in the body from toothache to backache
- Relieve fatigue and nervous tension
- Warm the body in preparation for massage or some other treatment

Treatment Precautions

- Use only mild heat in diabetics and others with loss of feeling (numbness) or decreased blood flow to the legs and feet.
- When adding hot water, keep your hand between the hot water and the patient's feet to avoid burning them.

Equipment Needed

- Foot tub-a large bucket or deep dishpan
- Basin of cold water--use ice if available--for the cold compress to the head

God's Healing Way

- Tea kettle or pitcher of hot water
- Pitcher of cold water
- Washcloths (for the cold compress to the head)-2
- Large towels--1 or 2
- Blanket and a sheet
- Large piece of plastic to put under the foot tub (to keep bed or floor dry)
- Glass of water and a drinking straw

Treatment Procedure

1. Preparation for treatment

- This treatment may be given with the patient sitting on a chair or lying on a flat surface.
- Have the room warm, free of cold drafts, and all equipment assembled.
- Explain the procedure to the patient, and assist the patient in preparation for treatment.
- This treatment will be described with the patient sitting on a chair.
- Place a blanket over the chair, and cover the blanket with a sheet. Put a piece of plastic under the feet, and cover the plastic with a dry towel.
- Prepare the foot bath with enough warm water to cover the ankles.

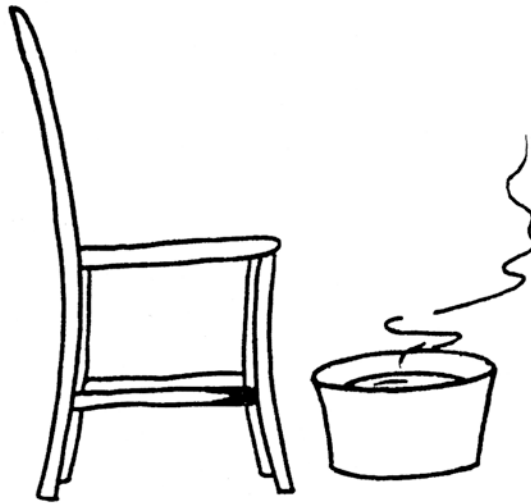
2. Treatment

- Begin each treatment with the most important element-prayer.
- Test the water with your elbow to determine the comfort level. Put your hands under the patient's feet and carefully immerse them in the warm water bath.
- Completely wrap the patient and the foot tub in the sheet and blanket. Leave the head and neck exposed.
- When sweating occurs, put cold compresses on the head and neck.
- Drink water freely throughout the treatment to replace the water lost in sweating.
- Periodically add hot water to the foot bath to maintain heat. Place your hand between the hot water being poured and the patient's feet (to avoid burning the feet).

3. Completion of treatment

- Lift the feet out of the hot water and point the toes upward. Quickly pour *cold* water over the feet.
- Remove the tub and place the feet on the dry towel. Thoroughly dry the feet and toes. Put on warm socks or slippers to avoid chilling.
- If sweating occurs, briskly rub the skin with a cold washcloth, and then dry the skin with a towel.
- Remove damp garments and replace them with clean, dry clothing.
- The patient must rest for approximately one hour after each treatment.
- If further sweating occurs during rest, take a lukewarm bath or shower to finish the treatment.

PREPARATION FOR HOT FOOT BATH



Chapter 11

FOMENTATIONS

A fomentation is the application of a hot, wet cloth or towel to a body part. Fomentations are highly effective; they can be used to treat a variety of diseases. Each hot application is usually followed by a brief, cold application to the treated body part. (The cold may be omitted when treating pleurisy, kidney stones, and painful menstruation.) Fomentations benefit the body in the following ways:

- Increase the circulation of the germ-fighting white blood cells
- Help remove body wastes through the skin by increased sweating
- Relieve pain in the nerves, muscles, joints, and internal organs
- Reduce congestion of the internal organs by increasing blood flow to the skin surface

Effects of Heat Applications

Brief, hot applications (3 to 5 minutes)

Increase local circulation or blood flow Relieve pain

Prolonged, mild heat applications (6 to 10 minutes)

Sedate and soothe the nerves Relieve muscle spasms

Treatment Indications

- Chest congestion in colds or flu, bronchitis, pneumonia, asthma, and pleurisy
- To heal and to improve the function of the internal organs
- Painful nerves (neuralgia)
- Painful muscles and joints (back injuries, arthritis)
- Difficulty sleeping and nervousness (use prolonged, mild heat to the spine)
- To warm a body part in preparation for massage

Treatment Precautions

- Be careful not to burn a patient who is unconscious, paralyzed, edematous (swollen tissues due to fluid retention), diabetic or otherwise has loss of feeling (numbness) and decreased blood flow to the legs and feet.
- Body areas where the bone lies close to the skin surface may need extra padding to prevent burning.
- Avoid chilling-change fomentations quickly; keep the body covered.
- Be careful not to spread infection; clean the equipment thoroughly.
- Do not apply fomentations if there is bleeding or hemorrhage.

Equipment Needed

- Large pot of boiling water or a canning kettle
- Large bucket (if a foot bath is included in the treatment)
- Basin of cold water-use ice if available-for the cold compress to the head

God's Healing Way

- Tea kettle or pitcher of hot water
- Pitcher for ice water
- Large piece of plastic (to keep bed dry)
- Pillow
- Blankets-1 large or 2 small
- Sheets-1 large or 2 small
- Large, dry towels-4
- Washcloths (for the cooling compress to the head)-2
- Fomentations (may use large towels)-2 or 3
- Fomentation covers (a piece of thick blanket or a large, dry towel)-2
- Glass of water and a drinking straw

Fomentation Preparation

Boiling Water Method

1. Fill a large, covered pot or canning kettle with water. Heat the water until it boils.
2. Fold a towel lengthwise twice. Hold the towel at both ends and twist it tightly. 3. Immerse the twisted towel in boiling hot water. Hold the ends of the towel out of the water.
4. Lift the hot towel out of the water and stretch the ends of the towel apart to squeeze out all excess water.
5. Quickly drop one end of the towel to untwist it, and fold the towel widthwise twice.
6. Place the folded towel on top of a fomentation cover. Wrap the fomentation cover around the hot towel.
7. Roll up the fomentation (to conserve heat), and carry it to the patient.

Steaming Method

1. Place a metal rack in a large covered pot or canning kettle.
2. Pour hot water into the container. Keep the water level just *below* the metal rack.
3. Take 3 large towels and fold each one widthwise twice.
4. Wet each folded towel, roll it up, and squeeze out all excess water.
5. Place the rolled, wet towels on top of the rack above the boiling water. Heat the towels for approximately 30 minutes with the lid on the pot.
6. Remove the first towel from the canning kettle with tongs or protective gloves.
7. Quickly unroll the heated towel on the center of a fomentation cover. Wrap the fomentation cover around the hot towel.
8. Roll up the fomentation (to conserve heat), and carry it to the patient.

Treatment Procedure

1. Preparation for treatment

- Have the room warm and free of cold drafts.
- Have all equipment assembled. Cover the bed with a large piece of plastic. Place a sheet over the plastic covering.
- Explain the treatment procedure in a quiet, pleasant manner. Assist the patient to disrobe and prepare for treatment.
- To place a fomentation under the spine, put the hot fomentation lengthwise on the bed. Cover the fomentation with a dry towel and have the patient lie on it.
- Prepare a foot bath with enough warm water to completely cover the ankles, and place a dry towel under the foot bath. Make sure the water is not too hot by testing it with the elbow. Then carefully place the patient's feet in the water.
- Completely cover the patient and the foot bath with a sheet and blanket. Leave the head and neck exposed.

2. Treatment

- Always remember that prayer invites the Great Physician's participation.
- Place a dry towel on top of the body part being treated before putting the heated fomentation on the patient. Then cover the fomentation with another dry towel.
- If the fomentation becomes too hot, lift it off the skin, and put another dry towel under the fomentation.
- Leave the fomentation in place for the specified length of time or until the fomentation cools.
- Remove the cooled fomentation and briskly rub the heated area with a cold washcloth for approximately one minute. Thoroughly dry the treated area before applying the next fomentation. Remember to keep the patient completely covered at all times during the treatment.
- Place a second fomentation on the treated area and repeat the proceeding steps until the treatment is completed. A treatment consists of 3 to 5 fomentation applications.
- As soon as the patient begins to sweat, put cool washcloths to the head and neck.
- During the treatment, have the patient drink water frequently to replace fluid lost from sweating.
- Keep the feet warm by periodically adding hot water to the foot bath. Place your hand between the hot water being poured and the patient's feet (to avoid burning the feet).

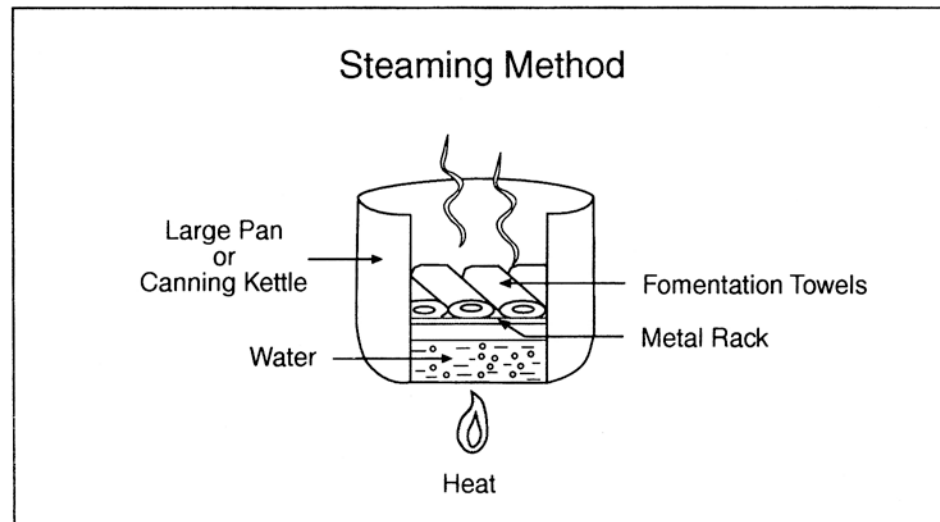
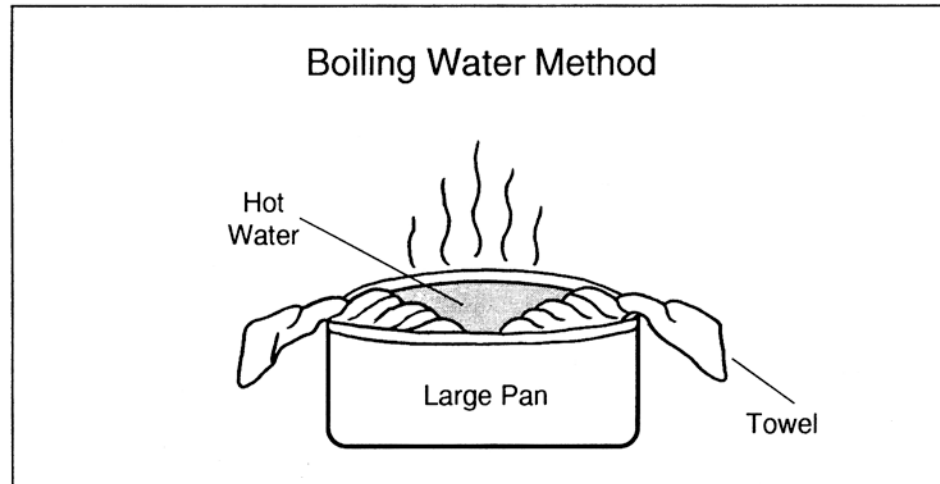
3. Completion of treatment

- After removing the last fomentation, briskly rub the treated area with a cold washcloth and then dry it.
- Lift the feet out of the hot water, and point the toes upward. Quickly pour cold water over the feet.
- Remove the foot bath and place the feet on the dry towel. Thoroughly dry the feet and toes. Put warm socks or slippers on the feet to avoid chilling.

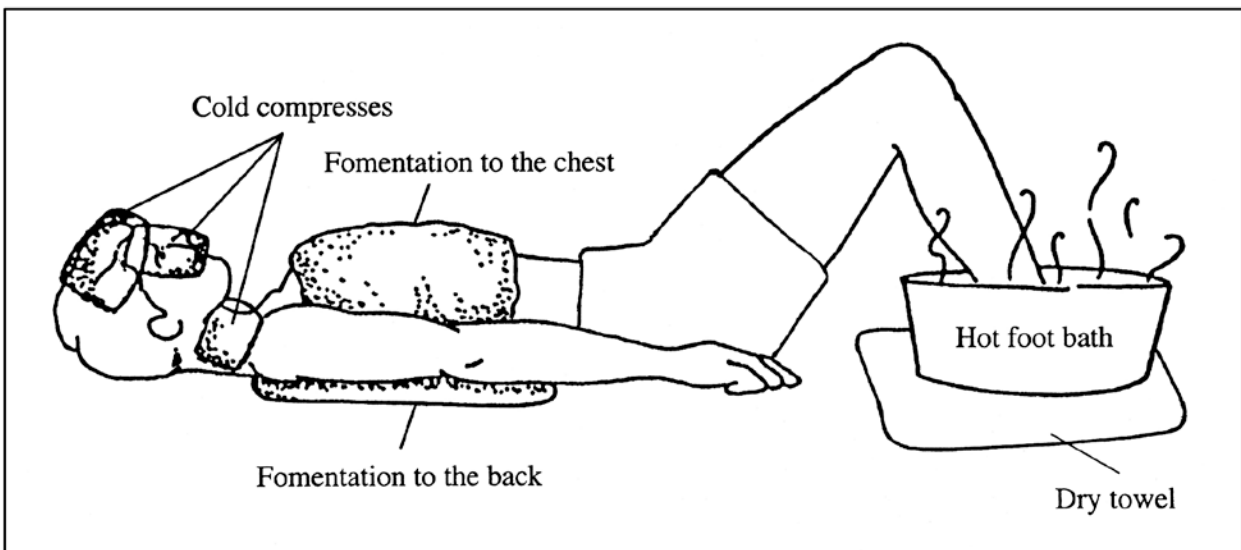
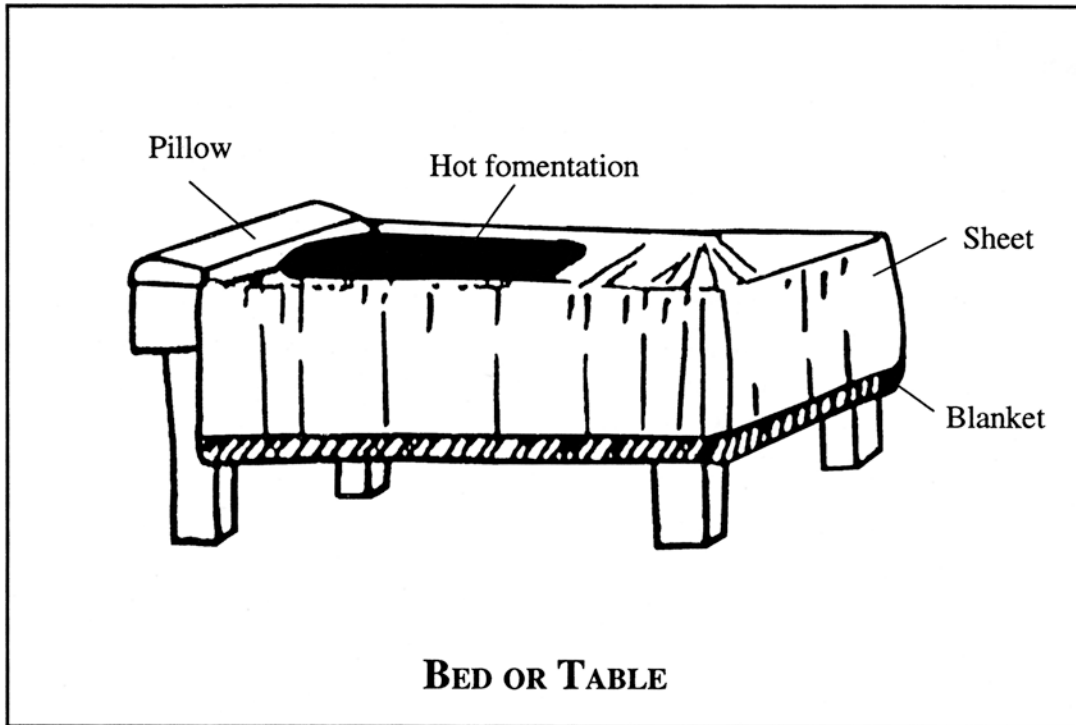
God's Healing Way

- Remove sweat from the remainder of the body by briskly rubbing the skin with a cold washcloth and drying it thoroughly. Replace damp clothing with clean, dry garments.
- Have the patient rest in bed for approximately one hour.
- A lukewarm bath or shower may be necessary if further sweating occurs during rest.

HEATING OF FOMENTATIONS



PROCEDURE FOR FOMENTATIONS



Chapter 12

THE HEATING COMPRESS

The use of a heating compress involves the application of a cold, wet cloth--covered by a dry cloth--to a body part, which heats up the treated area. The compress consists of two parts: [1] a wet *inner* cotton flannel cloth or other loosely woven material of one or two thicknesses and [2] a dry *outer wool* cloth or other tightly woven material. The cold, wet inner cloth is applied directly to the skin surface. The dry outer cloth is then applied directly on top of the inner cloth.

The outer cloth must be snugly applied, and it must completely cover the inner cloth in order to exclude the air and heat up the compress. As the compress warms up, the heat causes the blood vessels in the skin to expand or dilate. The increased blood flow to the skin surface relieves congestion-the accumulation of blood-in the tissues below the surface of the treated part.

Treatment Indications

The heating compress may be used to the throat, joints, chest, abdomen, and feet for the following conditions:

Throat	Tonsillitis, pharyngitis, laryngitis, earache
Joints	Pain and inflammation of arthritis, rheumatic fever
Chest	Congestion or coughs from colds or flu, bronchitis, pneumonia, croup, whooping cough, asthma
Abdomen	Constipation, slow digestion, chronic appendicitis, nausea of pregnancy, colic, difficulty sleeping, nervous conditions
Feet	The same indications as the hot foot bath.

Treatment Precautions

- *Do not* use the cold, wet compress if the patient is not vigorous enough to warm it up; use a *dry* compress instead.
- Do not make the compress so tight that it is uncomfortable or that it interferes with the circulation or blood flow to the treated body part.

Equipment Needed

- An *inner* cloth wide enough to completely cover the treated area and long enough to wrap completely around the body part
- An *outer* cloth wider than the inner cloth by 1/2 inch (1 to 2 centimeters) on each side
- Safety pins to hold the outer part of the compress in place

God's Healing Way

Treatment Procedure

1. Preparation for treatment

- Have the room warm and free of cold drafts. The patient must be warm before applying the heating compress. (Give a hot foot bath, if needed, to warm the body.)
- Explain to the patient that the compress will be cold at first, but that it will warm up in a short time.

2. Treatment

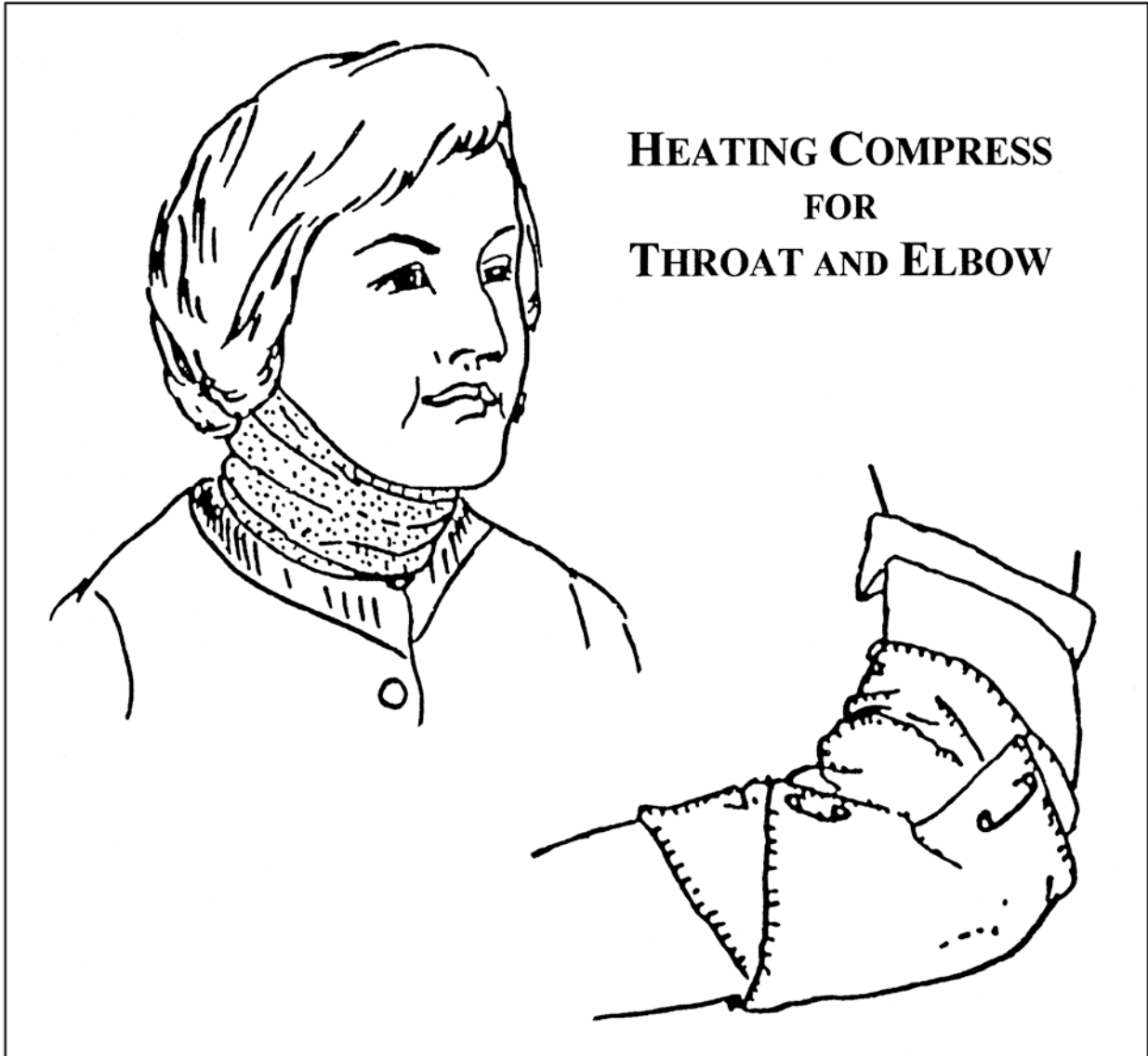
- Immerse the inner cloth in cold water; squeeze out *all* excess water.
- Quickly apply the cold, wet inner cloth to the body part being treated.
- Immediately cover the inner cloth with the dry outer cloth. Pin the outer cloth securely in place. Check the wet, inner cloth after 30 minutes to be sure that it is warming up.
- Leave the compress in place for several hours or overnight. If the compress is left on overnight, it will be dry by morning.

3. Completion of treatment

- In the morning, remove the compress and briskly rub the treated area with a cold washcloth.
- Dry the area thoroughly. Keep the patient warm and comfortable.

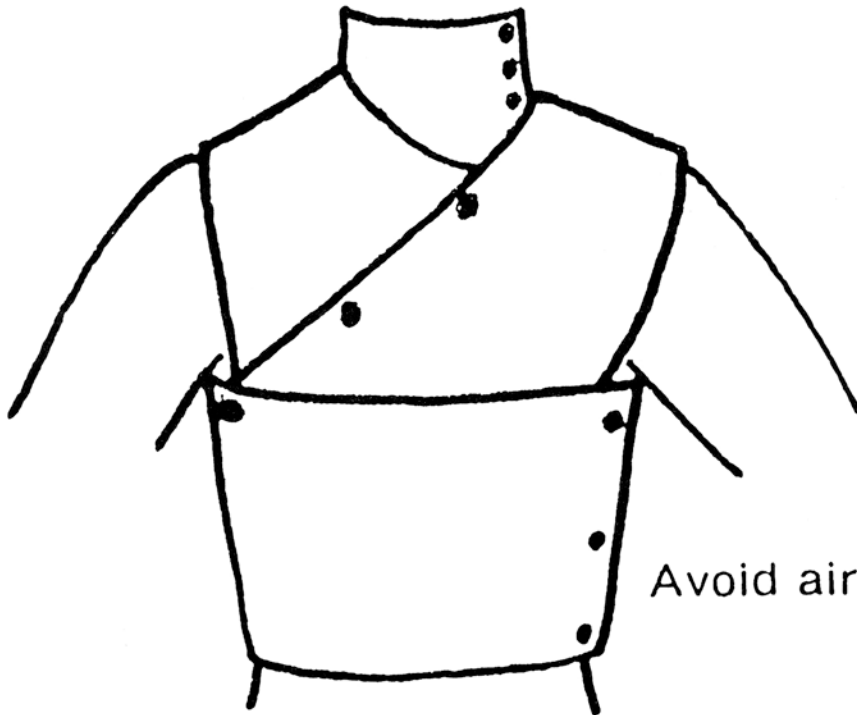
Specific Treatment Procedures

Ears, Throat	For earache, apply the heating compress close to the ears and around the neck. If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth.
Joints	If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth. Make a <i>medicated</i> compress by placing the dry inner cloth over the skin area that has been treated with a liniment.
Chest	See the illustration for the method of applying the heating compress to the chest. If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth.
Abdomen	Place the dry outer cloth on the bed. Lay the cold, wet inner cloth on top of the dry outer cloth. Have the patient lie on top of the compress with its lower edge below the patient's hipbones. Wrap the compress snugly over the abdomen. If the patient is unable to warm up the compress, replace the cold, wet inner cloth with <i>a dry or medicated</i> cloth.
Feet	Before going to bed, put on a pair of thin, wet cotton socks. Cover them completely with a pair of dry wool socks. The feet must be warm before applying this treatment!



**HEATING COMPRESS
FOR
THROAT AND ELBOW**

HEATING COMPRESS FOR CHEST



Avoid air spaces

1. Wrap the chest with a cool, damp flannel cloth or a damp cotton undershirt.
2. Completely cover the wet compress with dry wool or a tightly woven cloth. Pin securely in place.
3. Apply a heating compress to the throat.
4. Cover the entire chest and arms with a snug, long-sleeved garment.

Chapter 13

CHARCOAL

Charcoal or charred wood is formed when wood is heated in the absence of air. Charcoal has the unique ability to *adsorb* or remove poisonous gases, drugs, toxic chemicals, infectious bacteria, and viruses. A good quality of charcoal can be made from coconut shells and any wood such as eucalyptus, willow, pine, and oak. Charcoal can be easily made at home. Cut the wood to a uniform size and remove the bark. Stack the wood tightly together in a hole in the ground and start a fire. After the wood begins to burn, cover it with earth or a piece of tin. (If tin is used, pile earth on top of the tin.) Leave a small vent or opening for admitting limited amounts of air in order to maintain a slow burning process over several days. After the burning process is completed, leave the charcoal inside the covered hole until it cools, as heated charcoal will burst into flames when exposed to the air.

For medicinal use, break the charcoal into coarse pieces. Sterilize the charcoal by heating it in a clay pot or in an oven for 20 to 30 minutes. Grind the sterilized pieces into fine powder; store in a dry, tight container.

The Charcoal Advantage

- It is simple to make and to use.
- It is inexpensive and easily available.
- It is harmless but highly effective.

METHODS OF USE

Oral

Charcoal has no toxic effects. Use charcoal as much as needed and as often as it is needed. Carefully stir 1 to 2 large spoonfuls (tablespoons) of charcoal powder into a small amount of water; fill the glass with additional water. Charcoal is best taken between meals. If food is the cause of the ailment, take charcoal whenever it is needed.

Poultice

Charcoal powder can be mixed with water and used as a poultice. Directions for preparing a charcoal poultice are as follows:

1. Mix the charcoal powder into a little water until the mixture has the consistency of a paste.
2. Ground flaxseed or cornstarch may be added to the charcoal mixture to keep the poultice from becoming too dry. Mix 1 to 3 large spoonfuls of charcoal powder with 3 large spoonfuls of ground flaxseed or 2 large spoonfuls of cornstarch to a cup of boiling water.

3. Spread the charcoal paste on one half of a cloth or paper towel. Fold the other half of the cloth or paper towel over the charcoal paste.

4. Place the poultice on top of the affected skin area. Cover the entire poultice with a piece of plastic to keep it from drying out. (See Table 1, page 48 for preparing a charcoal poultice.)

Caution: It is best *not* to put the charcoal powder directly on the skin if the skin is cut or broken. Sometimes charcoal can give a tattooing effect if the skin is broken.

COMMON USES OF CHARCOAL

1. Poisoning or Drug Overdose

Charcoal is the best treatment for poisoning or drug overdose.

- Induce vomiting *unless* petroleum products (gasoline, kerosene), alkali (lye), or strong acids have been swallowed. In these cases do not induce vomiting.
- Neutralize acids with baking soda in water. Neutralize caustics with vinegar in water.
- Stir in 1 to 2 large spoonfuls of charcoal in a small amount of water and swallow quickly. (See Table 3, page 50 for charcoal dosage schedule.)

2. Diarrhea

Charcoal is one of the most effective treatments for diarrhea.

Treat severe diarrhea in an adult by adding 2 large spoonfuls of powdered charcoal to a glass of water. Drink one glass of charcoal water *plus* one glass of clear water 4 times per day. Drink one more glass of charcoal water followed by one glass of clear water for *each* additional, watery stool. (Use one half of the adult dose of charcoal for a child.)

Watch for signs of dehydration: thirst; dry mouth; scant, dark yellow urine; loss of skin elasticity; and a sunken, soft spot in infants.

If dehydration occurs, a simple rehydration drink can be made by adding ½ to 1 small spoonful (teaspoon) of salt to 1 quart of vegetable broth or rice water. Give fluids in small sips every 5 minutes--even if vomiting occurs--until there is a normal output of urine.

3. Nausea and vomiting

Charcoal is very effective for nausea and vomiting. Give the full adult dose 1 to 2 large spoonfuls in ½ glass of water each time vomiting occurs. (For a child use ½ the adult dose.) If the charcoal is vomited, give another dose immediately. Always follow the dose of charcoal with a full glass of water.

4. Intestinal gas or bloating

Charcoal relieves intestinal gas or bloating. Take 1 to 2 large spoonfuls of charcoal in 1/2 glass of water as needed to control symptoms.

5. Eye and ear infections

Infections of the eyes and ears can be treated with a charcoal poultice. Put the poultice over the infected eye or ear, and leave it in place for at least 4 hours or overnight. Applying heat to the poultice increases its effectiveness.

6. Skin and joint infections

Infections of the skin and the joints can be treated with a charcoal poultice. Leave the poultice on for several hours or overnight.

7. Bee stings and spider bites

For *single* bee stings and inflamed mosquito, ant, or chigger bites, apply a charcoal poultice directly over the affected area. For severe allergic reactions to a bee sting, change the poultice every 10 minutes for one hour. Then leave a charcoal poultice in place for 8 hours or until pain and swelling are gone.

Directions for treating *multiple* bee stings and venomous spider, scorpion, or insect bites are as follows:

- Immediately wash the area of the bite or sting thoroughly with soap and water.
- Submerge the bitten area in cool charcoal water for 30 minutes to one hour. Prepare the cool charcoal bath with 1/2 cup of charcoal in 8 liters (2 gallons) of water.
- After soaking in cool charcoal water, apply a charcoal poultice. (See Table 2, page 49 for bee sting and spider bite treatment.)

8. Snake bites

If pain and swelling occur within 10 minutes of a poisonous snakebite, venom has entered the body.

- Immediately wash the bite area thoroughly with soap and water.
- Submerge the bitten area in cool charcoal water for 30 minutes to one hour (1/2 cup of charcoal to 8 liters or 2 gallons of water).
- Apply a very large charcoal poultice covering almost the entire extremity that has been bitten. Center the poultice directly over the bite. Keep the poultice moist by covering it with plastic. Remove the old poultice and place a new poultice over the snakebite every 10 to 15 minutes until swelling and pain are gone.
- Take charcoal powder by *mouth* as well. Take about 2 large spoonfuls in 1/2 glass of water every 2 hours for 3 doses, then 1 small spoonful every 4 hours for the next 24 hours. Each charcoal dose should be followed by 2 glasses of water. (See Table 2, for snakebite treatment.)

9. Jaundice in the newborn

If the newborn baby is very yellow, give a small spoonful of charcoal stirred in enough water to pass through a nipple every 2 to 3 hours. Place the undressed baby in the sunlight before 10 a.m. or after 3 p.m. (avoid hot, midday sun to prevent burning the skin). Cover the baby's eyes to

God's Healing Way

protect them from the sun's rays. Continue treating the infant until the jaundice decreases or disappears.

10. Liver and kidney disease

Charcoal can benefit people with diseases of the liver and kidneys including liver or kidney failure. Give charcoal by mouth to help prevent toxins from accumulating in the body. Apply a large charcoal poultice to the mid-back for kidney disorders and to the abdomen for liver disorders.

11. Toothaches and gum infections

For gum infections, mix charcoal powder with enough water to make a paste. Brush the charcoal paste between the infected gums and the teeth. Leave the charcoal on the gums all night. Rinse the teeth and gums in the morning. For toothaches, spread the charcoal paste on a piece of gauze; roll up the gauze and place it between the cheek or tongue and the infected tooth.

Uses of Charcoal

Internally

Charcoal powder, tablets, capsules

- Poisoning
- Nausea and vomiting
- Diarrhea
- Intestinal gas
- Sore throat
- Bad breath

Externally

Poultice, bath

- Bee, wasp, and insect stings
- Spider and snake bites
- Skin lesions from poisonous plants
- Skin infections
- Eye and ear infections
- Deodorizing agent

Table 1. Preparing a Charcoal Poultice

1.



Activated charcoal



Add enough water to make a paste

2.

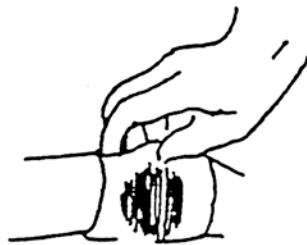


Spread paste on half of paper towel



Fold other half over charcoal paste

3.



Position poultice over afflicted area



Cover poultice with plastic

- The plastic cover keeps the poultice from becoming too dry.
- The edges of the poultice may be folded over or taped to keep the charcoal in place.

Table 2. Charcoal Treatment Schedule

For Multiple Bee Stings, Spider, and Snake Bites

	Multiple Bee Stings	Spider Bites	Snake Bites
Initial Treatment	Wash bite area thoroughly 1/2 to 1 hour charcoal bath Followed by a charcoal poultice	Wash bite area thoroughly 1/2 to 1 hour charcoal bath Followed by a charcoal poultice	Wash bite area thoroughly 1/2 to 1 hour charcoal bath Followed by a charcoal poultice
			Drink 2 large spoons of charcoal in a glass of water every 2 hours for 6 hours
Continued Treatment	Change poultice every 10 minutes for 1 hour Then leave on for 8 hours	Change poultice every 30 minutes for 8 hours Then change every 2 hours for 8 hours Then change every 2 to 4 hours until healed	Change poultice every 10 to 15 minutes until swelling and pain are gone (Add ice packs if pain and swelling persist) Drink 1 small spoon of charcoal in a glass of water every 4 hours for 24 hours

**Table 3. Charcoal Dosage Schedule
For Poisoning**

Estimated total amount of poison (or medicine) taken	Charcoal powder to be used if person has <i>not</i> eaten in last 2 hours	Charcoal powder to be used if person has eaten in last 2 hours
1 small spoon 1 to 2 tablets 1 to 2 capsules	1 to 2 large spoons charcoal stirred in a little water Rinse glass and drink the contents Follow by 2 glasses of water	4 to 10 large spoons charcoal stirred in a little water Rinse glass and drink the contents Follow by 2 glasses of water
1 large spoon 3 to 5 tablets 2 to 5 capsules	3 to 4 large spoons charcoal given as above	6 to 15 large spoons charcoal given as above
Unknown	1 to 5 large spoons charcoal given as above	5 to 15 large spoons charcoal given as above

Repeat all dosages within 10 minutes. Repeat all dosages anytime thereafter if the patient worsens.

God's HEALING WAY

Part 2

**But I fear, lest by any means, as the
serpent beguiled Eve through his subtilty,
so your minds should be corrupted from
the simplicity that is in Christ.**

2 Corinthians 11:3

GOD'S HEALING WAY

Demonstrates His Power

Develops Character

Uses Natural Remedies

Requires Prayer

Utilizes Fasting

Exposes Satan's Deceptive Healing

Amplifies End-Time Truth

Chapter 14

GOD'S HEALING WAY DEMONSTRATES HIS POWER

"The grass withereth, the flower fadeth: but the word of our God shall stand forever" (Isaiah 40:8). God's power is manifested in His word. This is the same power that Christ used when He was here on earth. "It was by His word that Jesus healed disease and cast out demons; by His word He stilled the sea and raised the dead, and the people bore witness that His word was with power." E.G. White, *Ministry of Healing*, page 122.

GOD'S WORD

His commands contain power

CREATING POWER

SUSTAINING POWER

RESTORING POWER

GOD'S CREATING POWER

"By the word of the Lord were the heavens made; and all the host of them" (Psalm 33:6). "Christ, who created the world and all things that are therein, is the life and light of every living thing The material world is under God's control. The laws that govern all nature are obeyed by nature.... The clouds, the rain, the dew, the sunshine, the showers, the wind, the storm, all are under the supervision of God, and yield implicit obedience to Him who employs them." E.G. White, *Medical Ministry*, page 7.

"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made.... We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful." E. G. White, *Medical Ministry*, page 221.

Christ is the creator of the soul. The Psalmist recognized this when he wrote, **"Create in me a clean heart, O God; and renew a right spirit within me" (Psalm 51:10).** **"A new heart also will I give you, and a new spirit will I put within you." (Ezekiel 36:26).**

GOD'S SUSTAINING POWER

"My times are in thy hand" (Psalm 31:15).

Closely connected with the Lord's creating power is His sustaining power. Every seed grows, every plant develops, every flower blooms, by the power of God. His word alone can increase or decrease the earth's harvests.

"Without the life of God, nature would die. His creative works are dependent on Him. He bestows life-giving properties on all that nature produces. We are to regard the trees laden with fruit as the gift of God, just as much as though He placed the fruit in our hands." E.G. White, *Medical Ministry*, page 8.

The same power that sustains nature is also working in mankind. In God we live and move and have our being (Acts 17:28). "The beating heart, the throbbing pulse, every nerve and muscle in the living organism, are kept in order and activity by the power of an infinite God." E.G. White, *Medical Ministry*, page 8.

"And, God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God." E. G. White, *Medical Ministry*, page 221.

"Cast thy burden upon the Lord, and he shall sustain thee" (Psalm 55:22). God is the sustainer of the spiritual life. **"We cannot keep ourselves from sin for one moment.** Every moment we are dependent upon God... Christ lived a life of perfect obedience to God's law, and in this He set an example for every human being. The life that He lived in this world we are to live through His power and under His instruction." E. G. White, *Ministry of Healing*, page 180.

GOD'S RESTORING POWER

Physical Restoration

"He sent His word, and healed them, and delivered them from their destructions" (Psalm 107:20).

"Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the Restorer." E. G. White, *Medical Ministry*, page 11.

"Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God.... **When one recovers from disease, it is God who restores him.**" E. G. White, *My Life Today*, page 135.

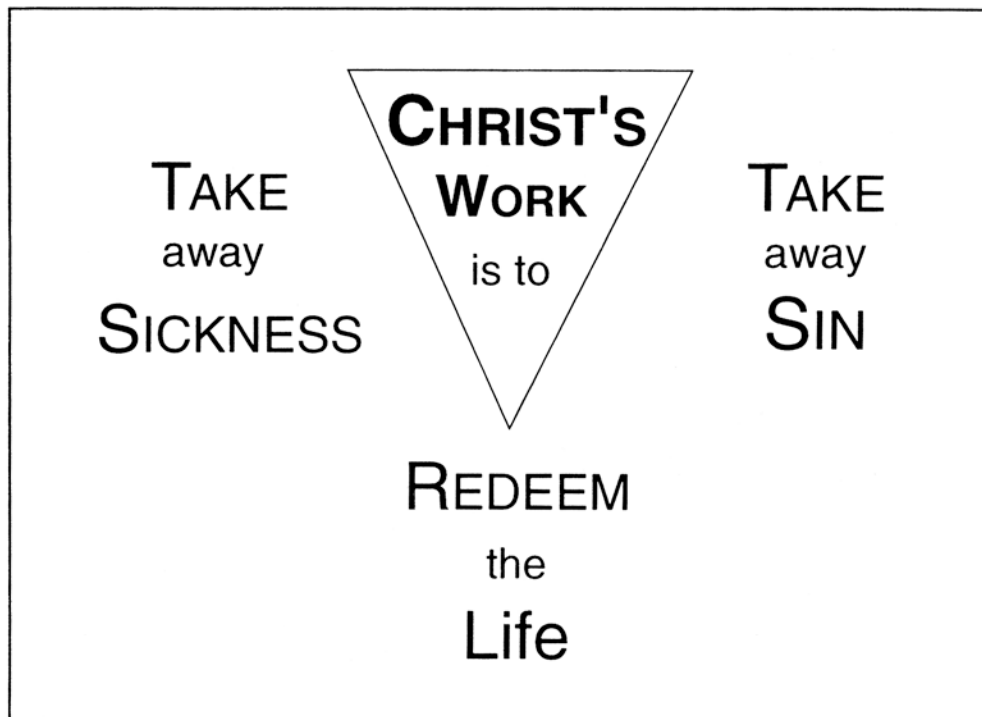
Spiritual Restoration

God is the restorer and healer of maladies of the soul.

- "He restoreth my soul" (Psalm 23:3).
- "For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord" (Jeremiah 30:17).
- "Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for Thou art my praise" (Jeremiah 17:14).

God's Word teaches that physical healing and spiritual restoration are joined together in His service. **"Bless the Lord, O my soul, and forget not all His benefits: Who forgiveth all thine iniquities; Who healeth all thy diseases; Who redeemeth thy life from destruction; Who crowneth thee with lovingkindness and tender mercies"** (Psalm 103:2-4).

Christ, the great Medical Missionary, is our example. **"And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people"** (Matthew 4:23).



Chapter 15

GOD'S HEALING WAY DEVELOPS CHARACTER

DEFINITION OF CHARACTER

"If the thoughts are wrong the feelings will be wrong, and the thoughts and feelings combined make up the moral character." E.G. White, *Testimonies*, Volume 5, page 310.

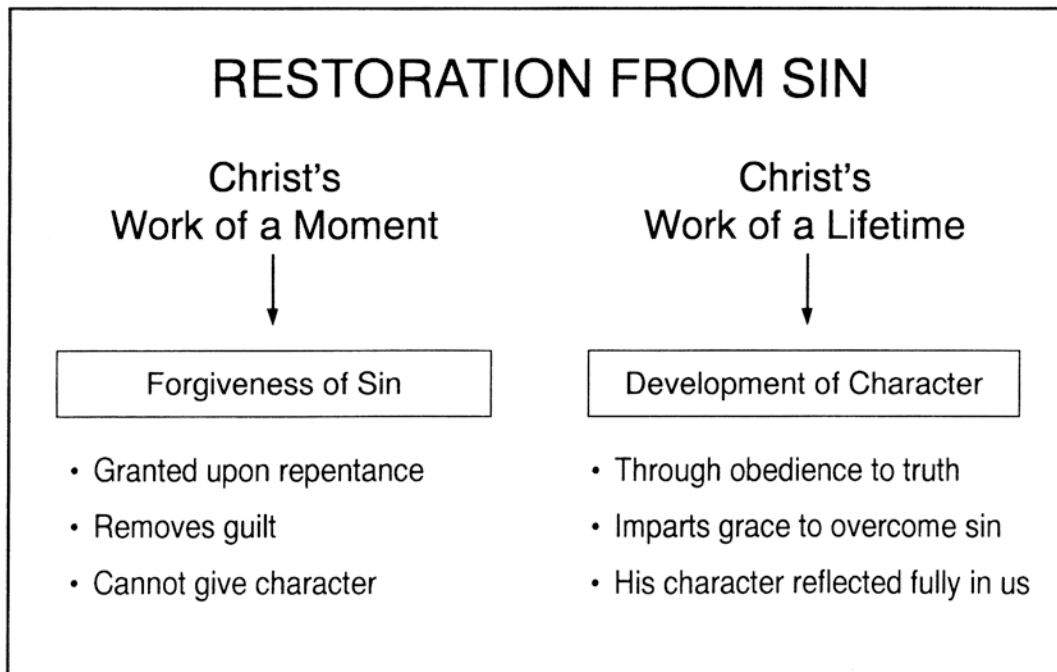
"True character is a quality of the soul, revealing itself in the conduct." E.G. White, *Maranatha*, page 223.

The Psalmist recognized the intimate connection of the thoughts and feelings with the words and actions when he declared: "**Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting**" (Psalm 139:23, 24).

IMPORTANCE OF CHARACTER

Character restoration is the object of God's plan for man's redemption. "**Christ in you, the hope of glory**" (Colossians 1:27).

"**Let this mind be in you, which was also in Christ Jesus**" (Philippians 2:5). "There is but one power that can bring us into conformity to the likeness of Christ, that can make us steadfast and keep us constant. It is the *grace* of God that comes to us through *obedience* to the law of God." E.G. White, *My Life Today*, page 100.



RESTORATION OF CHARACTER

THE STUDY OF THE HUMAN BODY

INVOLVES

A SEARCH FOR GOD'S WILL

THE PURPOSE

OBEDIENCE TO GOD'S LAWS

THE GOAL

RESTORATION OF CHARACTER

Study God's Natural Laws

"I will praise Thee; for I am fearfully and wonderfully made: marvellous are Thy works; and that my soul knoweth right well" (Psalm 139:14).

"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made This living machinery is to be understood. Every part of its wonderful mechanism is to be carefully studied... **Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the Word of God.**" E.G. White, *My Life Today*, page 127.

"The youth should be taught that the laws of nature are the laws of God-as truly divine as are the precepts of the Decalogue. The laws that govern our physical organism, God has written upon every nerve, muscle, and fiber of the body. Every careless or willful violation of these laws is a sin against our Creator. How necessary, then, that a thorough knowledge of these laws should be imparted!" E.G. White, *Reflecting Christ*, page 137.

Perilous times are just before us. Diseases of every description are already upon the human family. "While Satan is constantly doing his utmost to take advantage of men's ignorance and to lay the foundation of disease by improper treatment of the body, **it is best for those who claim to be sons and daughters of God to avail themselves while they can of the opportunities now presented to gain a knowledge of the human system and how it may be preserved in health.**" E.G. White, *Counsels on Health*, page 504.

God's Healing Way

Through the study of physiology, God's children are inspired with reverence for His most wonderful handiwork—the human body. "Instead of marring God's handiwork, they will have an ambition to make all that is possible of themselves, in order to fulfill the Creator's glorious plan. **Thus they will come to regard obedience to the laws of health, not as a matter of sacrifice or self-denial, but as it really is an inestimable privilege and blessing.**" E.G. White, *My Life Today*, page 127.

Seek God's Will

While here on earth, Jesus taught His disciples to pray: "**Thy will be done in earth, as it is in heaven**" (**Matthew 6:10**). "Originally man's affections were in perfect obedience to God's will; but they have been perverted, misused, and degenerated by disobedience." E.G. White, *Review and Herald*, Volume 2, page 115.

God's Desire for His Children

Wherefore be ye not unwise, but understanding what the will of the Lord is.

Ephesians 5:17

The motive for seeking God's will is doing God's will. "**I delight to do Thy will, O my God: yea, Thy law is within my heart**" (**Psalm 40:8**).

"**Oh, there is health and peace in doing the will of our Heavenly Father...** Pure and undefiled religion is not a sentiment, but the doing of works of mercy and love. This religion is necessary to health and happiness. It enters the polluted soul temple, and with a scourge drives out the sinful intruders. Taking the throne, it consecrates all by its presence, illuminating the heart It opens the windows of the soul heavenward, letting in the sunshine of God's love. With it comes serenity and composure. Physical, mental, and moral strength increase, because the atmosphere of heaven, as a living, active agency, fills the soul." E.G. White, *My Life Today*, page 246.

"**Youth is the time to establish good habits, to correct wrong ones already contracted, to gain and to hold the power of self-control, and to lay the plan, and accustom one's self to the practice of ordering all the acts of life with reference to the will of God.**" E.G. White, *My Life Today*, page 134.

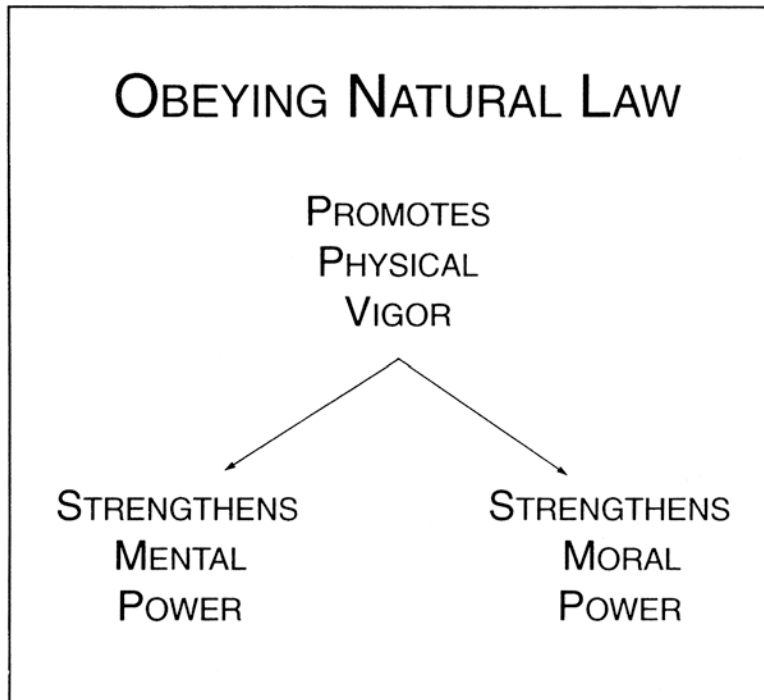
Obey God's Natural Laws

"**What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: Therefore glorify God in your body, and in your spirit, which are God's**" (**1 Corinthians 6:19, 20**).

"Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please... .When men and women are truly converted they will conscientiously regard the laws of life that God has established in their being, thus seeking to avoid physical, mental, and moral feebleness." E.G. White, *In Heavenly Places*, page 191.

God's Healing Way

"Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health." E.G. White, *Testimonies*, Volume 3, page 164.



God's promise to ancient Israel was: **"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee"** (Exodus 15:26).

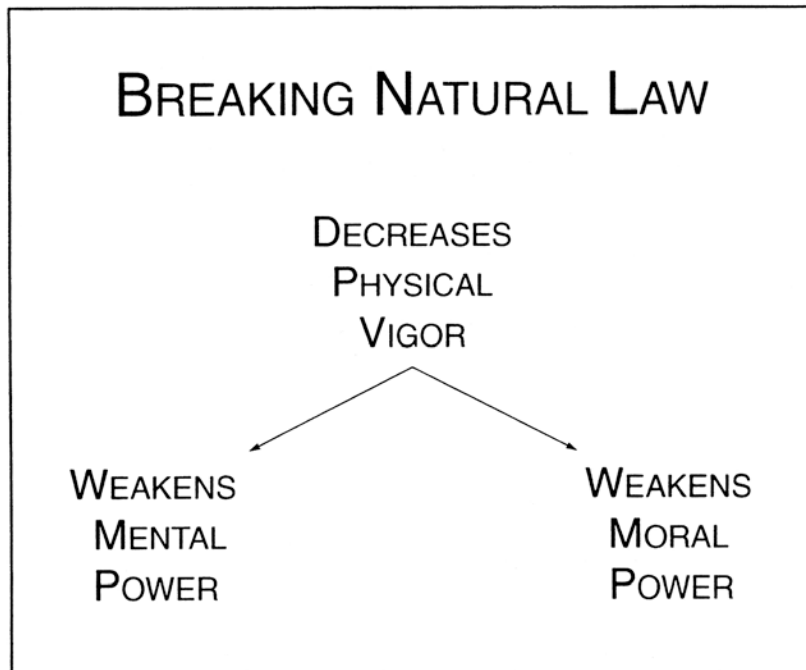
"The promise of God to us is on condition of obedience, compliance with all His requirements." E.G. White, *Testimonies*, Volume 2, page 146.

"Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world's object lesson of health and prosperity. The Israelites failed of fulfilling God's purpose, and thus failed of receiving the blessings that might have been theirs. But in Joseph and Daniel, in Moses and Elijah, and many others, we have noble examples of the results of the true plan of living. **Like faithfulness today will produce like results.**" E.G. White, *Testimonies*, Volume 9, page 165.

"But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ" (2 Peter 3:18). The capacity for spiritual growth increases as God's laws of health are practiced in the daily life.

God's Healing Way

"The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things." E. G. White, *My Life Today*, page 141.



For nearly 6,000 years this world has been on exhibit before the universe. The prevalence of degeneracy and disease in the human race today demonstrate the sure result of disobedience to God's laws—a decline in the physical, mental, and spiritual powers. **"Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers."** E.G. White, *Ministry of Healing*, page 128.

"Anything that lessens physical strength enfeebles the mind and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good and have less strength of will to do that which we know to be right." E.G. White, *Reflecting Christ*, page 140.

A solemn warning to Israel declared: **"If thou wilt not observe to do all the words of this law that are written in this book. .. He (God) will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee"** (Deuteronomy 28:58-60). "We ourselves must suffer the ills of violated law. We must answer to God for our habits and practices." E.G. White, *In Heavenly Places*, page 191.

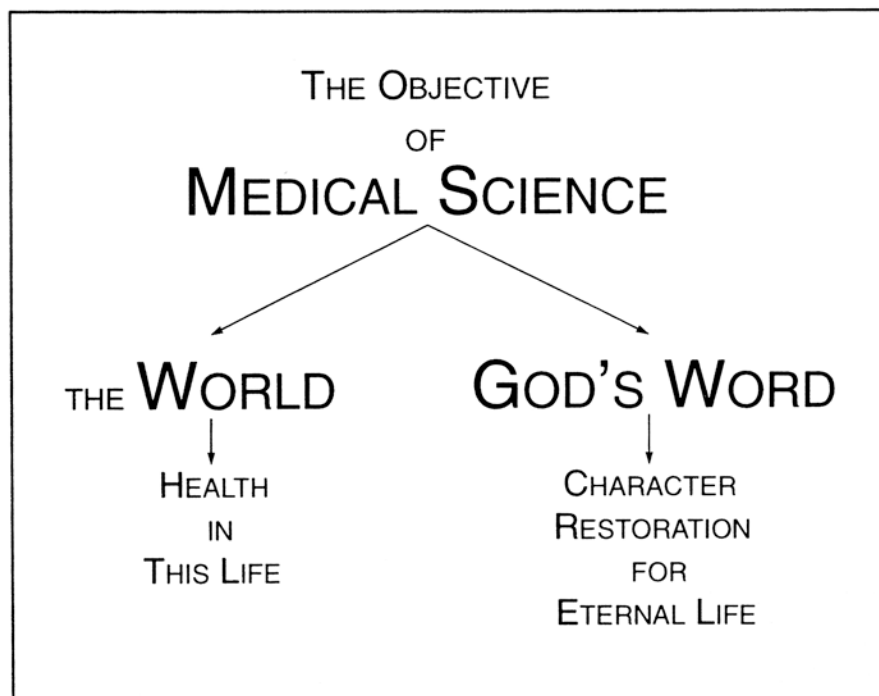
"Transgression of physical law is transgression of the moral law; for God is as truly the author of physical laws as He is the author of the moral law." E.G. White, *Reflecting Christ*, page 140.

God's Healing Way

"If we are sick we impose a weary tax upon our friends and unfit ourselves for discharging our duties to our families and to our neighbors. And when premature death is the result of our violation of nature's law, we bring sorrow and suffering to others ... and rob God of the service He claims of us to advance His glory. **Then, are we not, in the worst sense, transgressors of God's law?**" E.G. White, *Testimonies*, Volume 3, pages 164, 165.

"Those who ... shorten their lives and unfit themselves for service by disregarding nature's laws are guilty of robbery toward God. And they are robbing their fellow men also The Lord holds us guilty when by our injurious habits we thus deprive the world of good." E.G. White, *Reflecting Christ*, page 140.

Keep Character Restoration the Goal

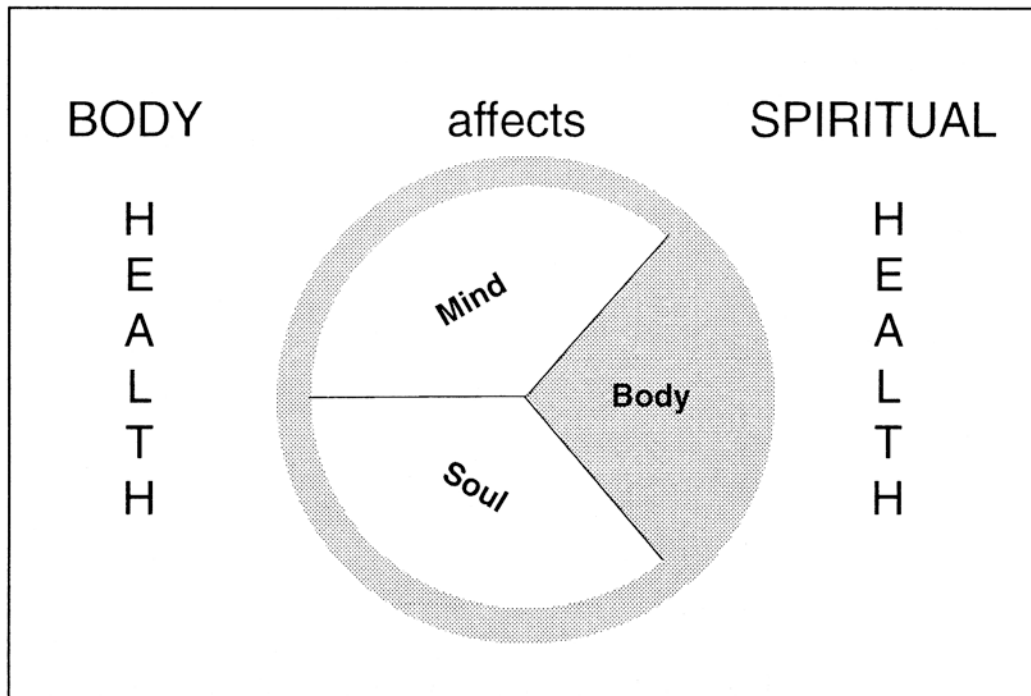


"Ye are the light of the world Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:14, 16).

"True character is not shaped from without, and put on; it radiates from within. If we wish to direct others in the path of righteousness, the principles of righteousness must be enshrined in our own hearts. Our profession of faith may proclaim the theory of religion, but it is our practical piety that holds forth the word of truth. **The consistent life, the holy conversation, the unswerving integrity, the active, benevolent spirit, the godly example-these are the mediums through which light is conveyed to the world.**" E.G. White, *Desire of Ages*, page 307.

God's Healing Way

The following statement clarifies the connection between bodily health and character building:
"The body is the only medium through which the mind and soul are developed for the upbuilding of character." E.G. White, *Ministry of Healing*, page 130.



"Since the *mind* and the *soul* find expression through the *body*, both mental and spiritual vigor are in great degree dependent on physical strength and activity; **whatever promotes physical health promotes the development of a strong mind and a well-balanced character.** Without health, no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character." E.G. White, *Reflecting Christ*, page 137.

"Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ" (Ephesians 4:13).

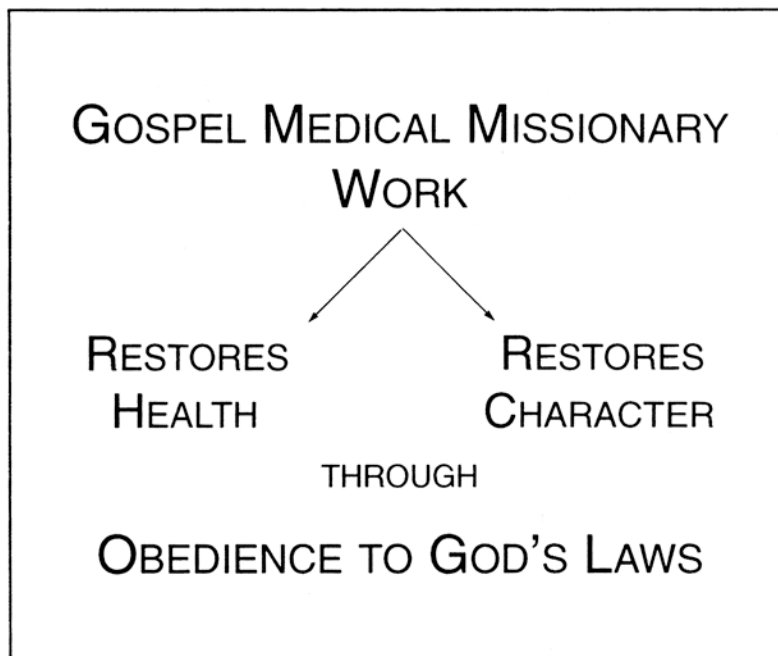
"Wrong habits must be overcome. Right habits must be formed. Under the discipline of the greatest Teacher the world has ever known, Christians must move onward and upward toward perfection. This is God's command, and no one should say, I cannot do it. He should say instead, God requires me to be perfect, and He will give me strength to overcome all that stands in the way of perfection. He is the source of all wisdom, all power." E.G. White, *Reflecting Christ*, page 164.

God's Healing Way

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" (1 Corinthians 3:16).

"The perfection of character which God requires is the fitting up of the whole being as a temple for the indwelling of the Holy Spirit. The Lord requires the service of the entire being. He desires men and women to become all that he has made it possible for them to be.... The physical life is to be carefully educated, cultivated, and developed, that through men and women the divine nature may be revealed in its fullness." E.G. White, *Reflecting Christ*, page 165.

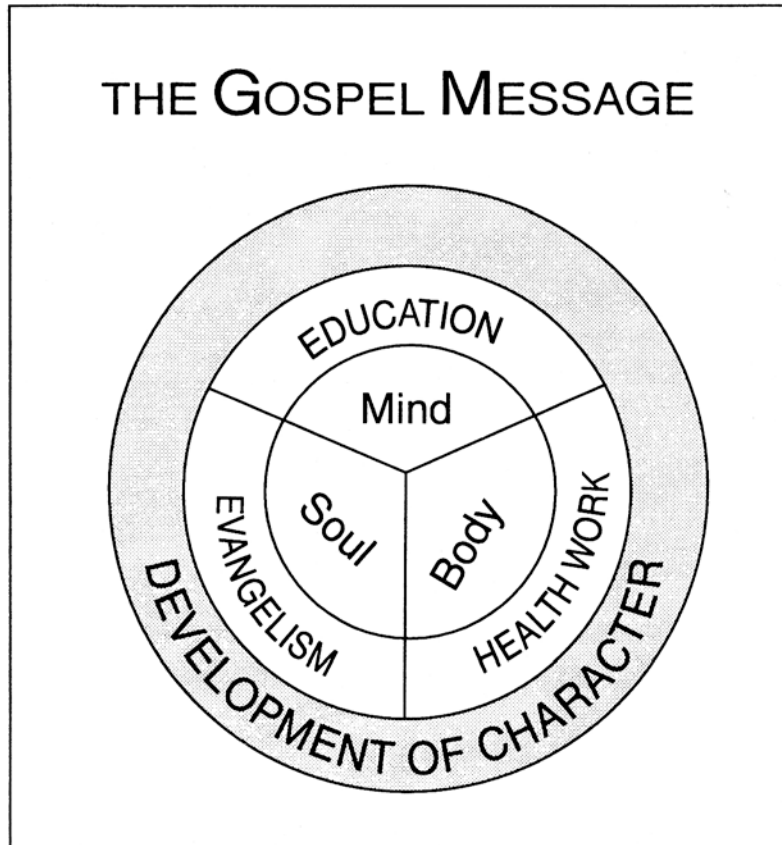
GOSPEL MEDICAL MISSIONARY WORK BUILDS CHARACTER



The gospel medical missionary work promotes both physical healing and character development through obedience to God's laws.

"Our work is to be practical. We are to remember that man has a body as well as a soul to save. Our work includes far more than standing before the people to preach to them. In our work we are to minister to the physical infirmities of those with whom we are brought in contact. We are to present the principles of health reform, impressing our hearers with the thought that they have a part to act in keeping themselves in health. The body must be kept in a healthy condition in order that the soul may be in health." E. G. White, *This Day With God*, page 185.

"If we would elevate the moral standard in any country where we may be called to go, we must begin by correcting their physical habits. Virtue of character depends upon the right action of the powers of the mind and body." E.G. White, *Counsels on Health*, page 505.



Body, mind, and soul—all three need attention for the restoration of God's image in man to take place. It is the harmonious development of the physical, the mental, and the spiritual powers that prepares our character for the world to come.

"A pure, healthy life is most favorable for the perfection of Christian character and for the development of the powers of mind and body." E. G. White, *My Life Today*, page 125.

Chapter 16

GOD'S HEALING WAY USES NATURAL REMEDIES

The Bible clearly teaches that God's salvation is impartial. **"For the grace of God that bringeth salvation hath appeared to all men" (Titus 2:11).**

Furthermore, God cares not only about our spiritual health and salvation, but also about our physical health and well-being. **"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2).** Jesus Himself said, **"I am come that they might have life, and that they might have it more abundantly" (John 10:10).**

In order for God to be fair and just, both His saving way and His healing way must be available to every member of humanity.

GODS SAVING AND HEALING WAY

The way to salvation and to health is:

Available to all

Inexpensive, but invaluable

Easy to understand, yet profound

Simple to practice in the daily life

Highly effective for sin and sickness!

"True religion and the laws of health go hand in hand The things of nature are God's blessings, provided to give health to body, mind, and soul. **They are given to the well to keep them well and the sick to make them well.**" E. G. White, *My Life Today*, page 135.

NATURAL REMEDIES IN THE OLD TESTAMENT

Throughout the Old Testament God directed His people to depend entirely on Him for healing. When King Ahaziah was seriously injured after falling from an upper window, he sought healing from a heathen god. The prophet Elijah reproved the king with the following words: **"Is it not because there is not a God in Israel, that ye go to inquire of Baalzebub the god of Ekron?" (2 Kings 1:3).**

King Asa trusted in divine providence throughout his reign. The Bible records one notable exception: **"And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the Lord, but to the physicians" (2 Chronicles 16:12).**

When King Hezekiah became gravely ill, he pleaded with God to spare his life. God responded to the king's request through the prophet Isaiah. **"Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover" (Isaiah 38:21).** "When the Lord told Hezekiah that He would spare his life for fifteen years...why did He not put His direct, restoring power upon the king? He told him to apply a bunch of figs to his sore, and that natural remedy, blessed by God, healed him." E.G. White, *Selected Messages*, Book 2, pages 286, 287.

NATURAL REMEDIES IN THE NEW TESTAMENT

"While He (Christ) did not give countenance to drug medication, He sanctioned the use of simple and natural remedies." E.G. White, *Ministry of Healing*, page 233.

After putting clay on the eyes of a blind man, Christ told him, **"Go, wash in the pool of Siloam....He went his way therefore, and washed, and came seeing" (John 9:7).**

God's Healing Way

"There were physicians in Christ's day and in the days of the apostles. Luke is called the beloved physician. He trusted in the Lord to make him skillful in the application of remedies." E. G. White, *Selected Messages*, Book 2, page 286.

NATURAL REMEDIES TODAY

There are many methods of healing available today. From time-honored, ancient practices to the latest medical advances, which way is the *true* method of healing that meets God's approval?

Heaven's Approved Way

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. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. E.G. White, *Testimonies*, Volume 5, page 443

Prevention Is Better Than Cure

"The distinction between prevention and cure has not been made sufficiently important.

Teach the people that it is better to know how to keep well than how to cure disease." E. G. White, *Medical Ministry*, page 221.

"They (physicians) dwell much on the working of disease, but do not, as a general rule, arouse the attention to the laws which must be sacredly and intelligently obeyed to prevent disease." E.G. White, *Medical Ministry*, page 223.

Practice Habits of Healthful Living

The Bible teaches that every healthful habit must be brought into the daily experience. **"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God"** (1 Corinthians 10:31). "There are some professed believers who accept certain portions of the Testimonies as the message of God, while they reject those portions that condemn their favorite indulgences... **Those who claim to believe in health reform, and yet work counter to its principles in the daily life practice, are hurting their own souls and are leaving wrong impressions upon the minds of believers and unbelievers.**" E.G. White, *Testimonies*, Volume 9, page 154.

Some good habits to practice for optimal health are as follows:

- Study and learn to intelligently care for the body.
- Eat regularly of all the most healthful food.
- Get proper exercise, fresh air, and sunlight.

God's Healing Way

- Clothe the body to promote healthful circulation of the blood.
- Do not enter a cool room after perspiring.
- Avoid sitting in a draft of cold air.
- Do not sit with cold feet, arms, or legs.
- Protect the feet in wet weather.
- Avoid overworking whenever possible.
- Repent when God's laws are violated, and reform! Practice all the laws for good health—the doctors that God has provided. (See E.G. White, *Medical Ministry*, page 230.)

PERSEVERANCE PAYS

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. E.G. White, *Medical Ministry*, page 224

Use Simple Treatments

"Nature will want some assistance to bring things to their proper condition, which may be found in **the simplest 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.**" E.G. White, *Medical Ministry*, pages 223, 224.

"When in faith the human agent does all he can to combat disease, using the simple methods of treatment that God has provided, his efforts will be blessed of God." E.G. White, *Testimonies*, Volume 9, page 164.

Educate in Simplicity

Many should seek to obtain the education that will enable them to combat disease in its varied forms by the most simple methods. E.G. White, *Medical Ministry*, page 227

"Those who desire to become missionaries are to hear instruction from competent physicians, who teach them how to care for the sick without the use of drugs. Such lessons will be of the highest value to those who go out to labor in foreign countries. And the simple remedies used will save many lives." E. G. White, *Medical Ministry*, page 231.

In order for the simple remedies to be effective, God's health laws must be put into daily practice. **"But if the physician encourages a meat-eating diet to his invalid patients, then he will make a necessity for the use of drugs."** E. G. White, *Medical Ministry*, page 222.

God's Healing Way

"Years ago the Lord revealed to me that institutions should be established for treating the sick without drugs." E.G. White, *Medical Ministry*, page 229. "The treatment we gave when the sanitarium was first established required earnest labor to combat disease. We did not use drug concoctions; we followed hygienic methods. This work was blessed by God. It was a work in which the human instrumentality could cooperate with God in saving life." E.G. White, *Selected Messages*, Book 2, page 293.

Water Treatments

"The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully." E.G. White, *Selected Messages*, Book 2, page 288.

Water treatments, as with the other simple remedies, must be given **"wisely and persistently ...perseveringly, with unwearied, unrelaxed diligence."** E.G. White, *Medical Ministry*, page 228.

Medicinal Herbs

"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 the people would be in much better health than they are today." E.G. White, *Selected Messages*, Book 2, page 297, 298.

"There are herbs that are harmless, the use of which will tide over many apparently serious difficulties." E.G. White, *Selected Messages*, Book 2, page 291.

"The Lord has provided antidotes for disease in simple plants and these can be used by faith ... for by using the blessings provided by God for our benefit we are cooperating with Him." E.G. White, *Selected Messages*, Book 2, page 289.

Charcoal

"One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy.... The most 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." E.G. White, *Selected Messages*, Book 2, page 294.

"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

God's Healing Way

been stirred tends to cleanse and heal. I find it is excellent." E.G. White, *Selected Messages*, Book 2, page 298.

"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." E.G. White, *Selected Messages*, Book 2, page 295.

Timely Advice on the Use of Drugs

Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physicians-pure air, pure water, proper exercise, a clear conscience. *E.G. White, Selected Messages, Book 2, page 281*

Chapter 17

GOD'S HEALING WAY REQUIRES PRAYER

PRAYER-CONDITIONS FOR HEALING

God's Healing Available Today

"Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick" (James 5:14, 15).

"Christ is the same compassionate physician now that He was during his earthly ministry. **In Him there is healing balm for every disease, restoring power for every infirmity.** His disciples in this time are to pray for the sick as verily as the disciples of old prayed. And recoveries will follow; for **'the prayer of faith shall save the sick' (James 5:15).**" E.G. White, *Ministry of Healing*, page 226.

Faith Essential

While here on earth, Jesus taught that faith was an essential part of His healing. When the woman touched the hem of Christ's garment and was healed from her disease, He said: **"Thy faith hath made thee whole" (Matthew 9:22).**

All have access to the faith of Jesus and to the power of the Holy Spirit. "We have the Holy Spirit's power, the calm assurance of faith, that can claim God's promises**It is our work to present the sick and suffering to God in the arms of our faith.**" E.G. White, *Ministry of Healing*, page 226. **"Let me tell you that the sick will be healed when you have faith to come to God in the right way."** E. G. White, *Medical Ministry*, page 16.

Obedience Necessary

God hears prayer. **"If ye shall ask anything in My name, I will do it" (John 14:14).** "What God promises He is able at any time to perform If they (His people) will live according to every word He has spoken, every good word and promise will be fulfilled unto them. But if they come short of perfect obedience, the great and precious promises are afar off, and they cannot reach the fulfillment." E.G. White, *Testimonies*, Volume 2, page 148.

"The sincerity of our prayers can be proved only by the vigor of our endeavor to obey God's commandments." E.G. White, *Counsels on Health*, page 504.

PRAYER-DUTIES OF THE SERIOUSLY ILL

- Teach the sick to lay aside all unhealthful practices-to live in harmony with God's laws.
- Do not neglect the use of nature's simple remedies for the restoration of health.
- Confess and forsake all known sin.
- Submit all requests to God's will-for His glory and for the benefit of the afflicted one.
- Always request God's presence and grace to comfort and sustain.
- Do not neglect to put affairs in order (should the seriously ill one be removed by death).
- Remember that healing brings the recipient under renewed obligation to the Restorer.

Obey God's Health Laws

"Behold, to obey is better than sacrifice, and to hearken than the fat of rams" (1 Samuel 15:22). "We cannot be too often reminded that health does not depend on chance. It is the result of obedience to law." E.G. White, *Ministry of Healing*, page 128.

"It is labor lost to teach people to look to God as a healer of their infirmities, unless they are taught also to lay aside unhealthful practices." E.G. White, *Ministry of Healing*, page 227.

"God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health." E.G. White, *Medical Ministry*, page 13.

"Those who will gratify their appetite, and then suffer because of their intemperance, and take drugs to relieve them, **may be assured that God will not interpose to save health and life which**

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are so recklessly periled... .God does not see fit to answer prayers offered in behalf of such." E.G. White, *Medical Ministry*, page 14.

Use God's Simple Remedies

"Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. It is no denial of faith to co-operate with God, and to place themselves in the condition most favorable to recovery." E.G. White, *Ministry of Healing*, pages 231, 232.

Use with Confidence

The sick should be educated to have confidence in nature's great blessings which God has provided; and the most effective remedies for disease are pure soft water, the blessed God-given sunshine coming into the rooms of the invalids, living outdoors as much as possible, having healthful exercise, eating and drinking foods that are prepared in the most healthful manner. E.G. White, *Medical Ministry*, page 225

Confess and Forsake Sin

"Wherefore have we fasted, say they, and Thou seest not? wherefore have we afflicted our soul, and Thou takest no knowledge? (Isaiah 58:3). A people are here addressed who make a high profession, who are in the habit of praying, and who delight in religious exercises; yet there is a lack. **They realize that their prayers are not answered** It is not because there is any neglect on the part of God. The difficulty is with the people. While professing godliness, they do not bear fruit to the glory of God; their works are not what they should be. **They are living in neglect of positive duties. Unless these are performed, God cannot answer their prayers according to His glory.**" E.G. White, *Testimonies*, Volume 2, page 147.

"The Lord has given me light that when the Israel of today humble themselves before Him, and cleanse the soul-temple from all defilement, He will hear their prayers in behalf of the sick and will bless in the use of His remedies for disease." E.G. White, *Testimonies*, Volume 9, page 164.

A Prescription from Heaven's Pharmacy for physical, mental, and spiritual healing

Confess your faults one to another, and pray one for another, that ye may be healed.

James 5:16

Submit to God's Will

"And this is the confidence that we have in Him, that, if we ask any thing according to His will, He heareth us" (1 John 5:14).

Jesus was ever submissive to His Father's will, **"nevertheless, not My will, but Thine, be done" (Luke 22:42)**. "We all desire immediate and direct answers to our prayers, and are tempted to become discouraged when the answer is delayed or comes in an unlooked-for form. **But God is too wise and good to answer our prayers always at just the time and in just the manner we desire. He will do more and better for us than to accomplish all our wishes.** And because we can trust His wisdom and love, we should not ask Him to concede to our will, but should seek to enter into and accomplish His purpose." E.G. White, *Ministry of Healing*, pages 230, 231.

"It is better for us that God does not always answer our prayers just when we desire, and in just the manner we wish We have seen some of these, especially youth, raised to health, and they have forgotten God, become dissolute in life, causing sorrow and anguish to parents and friends, and have become a shame to those who feared to pray." E.G. White, *Testimonies*, Volume 2, pages 148, 149.

"Oh, how grateful we should be that Jesus is willing and able to bear all our infirmities and strengthen and heal all our diseases *if it will be for our good and for His glory*. Some died in the days of Christ and in the days of the apostles because the Lord knew just what was best for them." E. G. White, *Medical Ministry*, page 17. **"Blessed are the dead which die in the Lord ... that they may rest from their labors; and their works do follow them" (Revelation 14:13)**.

Request God's Sustaining Presence and Grace

"The influence of the Spirit of God is the very best medicine that can be received by a sick man or woman. Heaven is all health; and the more deeply the heavenly influences are realized, the more sure will be the recovery of the believing invalid." E.G. White, *Medical Ministry*, page 12.

Always request God's presence and grace to comfort and sustain in suffering. Paul prayed for a "thorn in the flesh" to be removed from him. Instead of removing this affliction, Christ promised; **"My grace is sufficient for thee" (2 Corinthians 12:9)**.

As with Paul, **"these experiences that test faith are for our benefit. By them it is made manifest whether our faith is true and sincere, resting on the word of God alone, or whether depending on circumstances, it is uncertain and changeable.** Faith is strengthened by exercise. We must let patience have its perfect work, remembering that there are precious promises in the Scriptures for those who wait upon the Lord." E. G. White, *Ministry of Healing*, page 231.

Put Affairs in Order

"In those days was Hezekiah sick unto death. And Isaiah...came unto him, and said unto him, Thus saith the Lord, Set thine house in order: for thou shalt die, and not live" (Isaiah 38:1).

Those who are weakened by disease "should not neglect to set their affairs in order as they would desire to do if they expected to be removed by death. Nor should they fear to utter words of encouragement or counsel which at the parting hour they wish to speak to their loved ones." E.G. White, *Ministry of Healing*, page 231.

"When we have prayed for the recovery of the sick, whatever the outcome of the case, let us not lose faith in God. If we are called upon to meet bereavement, let us accept the bitter cup, remembering that a Father's hand holds it to our lips." E.G. White, *Ministry of Healing*, page 233.

Recognize Obligation to God

Christ desires that those who are recipients of His healing mercy recognize an obligation to honor God with their loyalty and service. After Jesus healed the man by the pool of Bethesda, He admonished: **"Behold, thou art made whole: sin no more, lest a worse thing come unto thee" (John 5:14).**

"Were there not ten cleansed? but where are the nine? There are not found that returned to give glory to God, save this stranger" (Luke 17:17, 18).

"When the ten lepers were cleansed, only one returned to find Jesus and give Him glory. Let none of us be like the unthinking nine, whose hearts were untouched by the mercy of God.... **Should health be restored, it should not be forgotten that the recipient of healing mercy is placed under renewed obligation to the Creator.**" E.G. White, *Ministry of Healing*, page 233.

Chapter 18

GOD'S HEALING WAY UTILIZES FASTING

FASTING AND PRAYER

Fasting and prayer are spiritual disciplines that go hand in hand. Great physical, mental, and spiritual benefits are received from their combined use. Biblical accounts in the **Old Testament** of those who fasted and communed with God include: Moses (Exodus 34:28), Elijah (1Kings 19:8), Ezra (Ezra 8:21, 23), Nehemiah (Nehemiah 1:4), Esther (Esther 4:16), and Daniel (Daniel 9:3). The **New Testament** accounts include: Jesus (Matthew 4:1, 2), the early Christians (Acts 13:2, 3), and Paul (2 Corinthians 11:27).

The Unacceptable Fast

Isaiah describes God's people complaining that He does not take notice of their fasting. **"Wherefore have we fasted say they, and Thou seest not? wherefore have we afflicted our soul, and Thou takes no knowledge?"** (Isaiah 58:3).

While here on earth, Christ described a fast that God condemns. **"Moreover when ye fast, be not, as the hypocrites, of a sad countenance (expression): for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward"** (Matthew 6:16). "Fasting or prayer that is actuated by a self-justifying spirit is an abomination in the sight of God." E.G. White, *The Desire of Ages*, page 280.

THE FAST THAT FAILS

Fasting and prayer will accomplish nothing
while the heart is estranged from God by
a wrong course of action.

E.G. White, *Testimonies*, Volume 2, page 146

These Biblical principles are applicable today. "It is true that there are persons with ill-balanced minds who imagine themselves to be very religious and who impose upon themselves fasting and prayer to the injury of their health. These souls suffer themselves to be deceived. God has not required this of them They trust to their own works for salvation and are seeking to buy heaven by meritorious works of their own instead of relying, as every sinner should, alone upon the merits of a crucified and risen Saviour." E.G. White, *Testimonies*, Volume 3, pages 172, 173.

The Acceptable Fast

The Lord has specified His chosen fast, which bears fruit to His glory in repentance, in devotion, and in true piety. **"Is not this the *fast* that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"** (Isaiah 58:6, 7).

THE FAST THAT GOD FAVORS

The spirit of true fasting and prayer is the spirit
which yields mind, heart, and will to God.

E.G. White, *Counsels on Diet and Foods*, page 189

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Both physical and spiritual benefits accompany the true fast. **"Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward (protection)"** (Isaiah 58:8).

"Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, Here I am" (Isaiah 58:9). "The outward signs of fasting and prayer, without a broken and contrite spirit, are of no value in God's sight. The inward work of grace is needed. Humiliation of soul is essential... He (God) will graciously receive those who will humble their hearts before Him. He will hear their petitions and heal their backslidings." E.G. White, *S.D.A. Bible Commentary*, Volume 3, page 1132.

PHYSICAL BENEFITS OF FASTING

Defining the Fast

The **total fast** is abstinence from all food. Drink generous amounts of water. A simple herb tea may be included in the total fast. The **partial fast** includes fresh fruit or a vegetable broth and small amounts of plain, whole grain bread to be taken at the regular mealtime. **Ending a fast** is just as important as the fast itself. Break a fast with simply prepared fruit, vegetable, and whole grain (cereal) foods. Eat no more than two or three varieties of foods at a meal. Do not overeat! Use the simple diet for the same number of days that were spent fasting.

Fasting for one or two meals per week (or two to three days per month) can be safely recommended. Exceptions to prolonged fasting include pregnant and breast feeding mothers as well as those who are seriously ill or undernourished.

Health Benefits of Fasting

"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest." E. G. White, *Counsels on Diet and Foods*, page 189.

- Fasting promotes clear thinking and a sense of well-being.
- Fasting cleanses the body.
- The body eliminates waste products through the lungs, bowels, kidneys, and skin. The energy normally used in digesting food is spent in cleansing the bloodstream and body tissues.
- Fasting aids in re-educating the taste buds. It decreases cravings for unhealthful food and increases the appetite for simple, unrefined food.
- Fasting helps in maintaining an ideal weight. Fasting along with physical exercise and a healthful diet are keys to weight control.

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- Fasting helps combat ailments such as the common cold, sinus and allergy symptoms, digestive disorders, and arthritis.
- Fasting improves mental health. It lifts depression, reduces anxiety, and lessens tension or stress.

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them." E.G. White, *Counsels on Diet and Foods*, page 189.

SPIRITUAL BENEFITS OF FASTING

Opens the Mind to God's Wisdom

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him" (James 1:5). "It is in the order of God that those who bear responsibilities should often meet together to counsel with one another and to pray earnestly for that wisdom which He alone can impart.... Talk less; much precious time is lost in talk that brings no light. Let brethren unite in fasting and prayer for the wisdom that God has promised to supply liberally." E. G. White, *Counsels on Diet and Foods*, page 188.

Revives Languishing Spirituality

"There is need of fasting, humiliation, and prayer over our decaying zeal and languishing spirituality." E.G. White, *Testimonies*, Volume 4, pages 535, 536.

When God's law was to be proclaimed at Mount Sinai, His people were given two days to prepare for the event. "Their person and their clothing must be freed from impurity. **And as Moses should point out their sins, they were to devote themselves to humiliation, fasting, and prayer, that their hearts might be cleansed from iniquity.**" E.G. White, *Patriarchs and Prophets*, page 304.

On the Day of Atonement the Israelites were to afflict their souls and do no work (Leviticus 23:27-32). This was the most sacred day of the yearly sanctuary service. **"The whole ceremony was designed to impress the Israelites with the holiness of God and His abhorrence of sin....** Every man was required to afflict his soul while this work of atonement was going forward. All business was to be laid aside, and **the whole congregation of Israel were to spend the day in solemn humiliation before God, with prayer, fasting, and deep searching of heart.**" E.G. White, *The Great Controversy*, pages 419, 420.

Helps Overcome Temptation

"Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when He had fasted forty days and forty nights, He was afterward an hungered" (Matthew 4:1, 2).

"With Christ, as with the holy pair in Eden, appetite was the ground of the first great temptation As by the indulgence of appetite Adam fell, so by the denial of appetite Christ must overcome

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From the time of Adam to that of Christ, self-indulgence had increased the power of the appetites and passions, until they had almost unlimited control. Thus men had become debased and diseased, and of themselves it was impossible for them to overcome. In man's behalf, Christ conquered by enduring the severest test." E.G. White, *Desire of Ages*, page 117.

Anyone Can Overcome

That long fast in the wilderness was to be a lesson to fallen man for all time. Christ was not overcome by the strong temptations of the enemy, and this is encouragement for every soul who is struggling against temptation. Christ has made it possible for every member of the human family to resist temptation.

E.G. White, *Counsels on Diet and Foods*, page 186

Empowers People for God's Service

"When Jesus was led into the wilderness to be tempted, He was led by the Spirit of God. He did not invite temptation. He went to the wilderness to be alone, to contemplate His mission and work. **By fasting and prayer He was to brace Himself for the bloodstained path He was to travel...** During His long fast, the whole plan of His work as man's deliverer was laid out before Him." E.G. White, *Selected Messages*, Book 1, page 227.

In one instance, the disciples were unable to cast a demon out of a possessed child. When they were alone with Jesus, they asked Him the reason for their failure. Jesus replied, "**Because of your unbelief. ..Howbeit this kind goeth not out but by prayer and fasting" (Matthew 17:20, 21).** "In order to succeed in such a conflict they (the disciples) must come to the work in a different spirit. **Their faith must be strengthened by fervent prayer and fasting, and humiliation of heart.** They must be emptied of self, and be filled with the Spirit and power of God." E.G. White, *The Desire of Ages*, page 431.

"**Now there were in the church that was at Antioch certain prophets and teachers ... As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away"** (Acts 13:1-3). "Before being sent forth as missionaries to the heathen world, these apostles were solemnly dedicated to God by fasting and prayer and the laying on of hands." E.G. White, *The Acts of the Apostles*, page 161.

Unlocks God's Treasury of Truth

"There are in the Scriptures some things which are hard to be understood and which, according to the language of Peter, the unlearned and unstable wrest unto their own destruction. We may not ... be able to explain the meaning of every passage of Scripture; but there are *no* vital points of practical truth that will be clouded in mystery. **When the time shall come ... for the world to be tested upon the truth for that time, minds will be exercised by His Spirit to search the Scriptures, even with fasting and with prayer, until link after link is searched out and united in a perfect**

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chain. Every fact which immediately concerns the salvation of souls will be made so clear that none need err or walk in darkness." E.G. White, *Testimonies*, Volume 2, page 692.

KEYS THAT OPEN END-TIME PROPHECY

Those who make light of the third angel's message do so because they know little of Daniel or the Revelation. They have not read these prophecies with a determination to find out the meaning by *prayer*, by *study*, and by *fasting*. E.G. White, *Advent Review and Sabbath Herald* June 8, 1897

Imparts Courage to Meet Tribulation

"Through Esther the queen the Lord accomplished a mighty deliverance for His people. At a time when it seemed that no power could save them, Esther and the women associated with her, by fasting and prayer and prompt action, met the issue, and brought salvation to their people." E.G. White, *Conflict and Courage*, page 245.

"The death of James caused great grief and consternation among the believers. When Peter also was imprisoned, the entire church engaged in fasting and prayer." E.G. White, *The Acts of the Apostles*, page 144. While Peter's execution was delayed until after the Passover, the church prayed without ceasing for Peter (Acts 12:5). Peter's miraculous deliverance was God's answer to their prayers.

Prepares God's People for the End-Time

"We are living in the most solemn period of this world's history. The destiny of earth's teeming multitudes is about to be decided. ...We need to be guided by the Spirit of truth **We need to humble ourselves before the Lord, with fasting and prayer, and to meditate much upon His word, especially upon the scenes of the judgment. We should now seek a deep and living experience in the things of God.**" E.G. White, *The Great Controversy*, page 601.

"Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader (Jesus Christ). They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food." E.G. White, *Last Day Events*, page 82.

The Fast for Everyone

The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less about what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience.

E.G. White, *Counsels on Diet and Foods*, page 188

Chapter 19

GOD'S HEALING WAY EXPOSES SATAN'S DECEPTIVE HEALING

SATAN'S END-TIME DECEPTIONS

"For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect" (Matthew 24:24).

"And no marvel; for Satan himself is transformed into an angel of light" (2 Corinthians 11:14).

"And he doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, And deceiveth them that dwell on the earth by the means of those miracles which he had power to do" (Revelation 13:13, 14).

"In the last days the enemy of present truth will bring in manifestations that are not in harmony with the workings of the Spirit, but are calculated to lead astray those who stand ready to take up with something new and strange... **God's work is ever characterized by calmness and dignity...** In our speaking, our singing, and in all our spiritual exercises, we are to reveal that *calmness* and *dignity* and *godly fear* that actuates every true child of God." E. G. White, *Selected Messages*, Book 2, pages 41-43.

SATAN'S END-TIME HEALING

Satan's Plan

"Satan will come in to deceive if possible the very elect. He claims to be Christ, and he is coming in, **pretending to be the great medical missionary**. He will cause fire to come down from heaven in the sight of men to prove that he is God.... The sick will be healed before us. Miracles will be performed in our sight." E.G. White, *Maranatha*, page 208.

"So far as his power extends, he will perform actual miracles. Says the Scripture: '**He ...deceiveth them that dwell on the earth by the means of those miracles which he had power to do,**' not merely those which he pretends to do.... But there is a limit beyond which Satan cannot go, and here he calls deception to his aid and counterfeits the work which he has not power actually to perform." E. G. White, *Maranatha*, page 207.

"Wonderful scenes, with which Satan will be closely connected, will soon take place He will make people sick, and then will suddenly remove from them his satanic power. They will then be regarded as healed. These works of apparent healing will bring Seventh-day Adventists to the test." E. G. White, *Selected Messages*, Book 2, page 53.

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"We shall be commanded to worship this being (Satan), whom the world will glorify as Christ. What shall we do?-Tell them that Christ has warned us against just such a foe, who is man's worst enemy, yet who claims to be God; and that when Christ shall make His appearance, it will be with power and great glory, accompanied by ten thousand times ten thousand angels and thousands of thousands; and that when He shall come, we shall know His voice." E.G. White, *Maranatha*, page 206.

Satan's Purpose

Turn People from God's Law

"And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws" (Daniel 7:25).

"The time is at hand when Satan will work miracles to confirm minds in the belief that he is God." E.G. White, *Medical Ministry*, page 14.

"Disguised as an angel of light, he (Satan) will walk the earth as a wonderworker... Christ will be personified, but on one point there will be a marked distinction. **Satan will turn the people from the law of God.** He will declare that the Sabbath has been changed from the seventh to the first day of the week; and as lord of the first day of the week he will present this spurious Sabbath as a test of loyalty to him.... God's tried and tested people will find their power in the sign spoken of in Exodus 31:12-18." E.G. White, *Maranatha*, page 205.

"The worshipers of God will be especially distinguished by their regard for the *fourth commandment*-since this is the sign of His creative power and the witness to His claim upon man's reverence and homage. The wicked will be distinguished by their efforts to tear down the Creator's memorial, to exalt the institution of Rome." E.G. White, *Selected Messages*, Book 2, page 55.

"God's people have a special work to do in repairing the breach that has been made in His law; and the nearer we approach the end, the more urgent this work becomes. **All who love God will show that they bear His sign by keeping His commandments. They are the restorers of paths to dwell in.**" E.G. White, *Testimonies*, Volume 6, page 265.

God's Eternal Sign

Verily My sabbaths ye shall keep: for it is a sign between Me and you throughout your generations: that ye may know that I am the Lord that doth sanctify you.

Exodus 31:13

"Thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in" (Isaiah 58:12).

Make War with the Keepers of God's Law

"And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ" (Revelation 12:17).

"The prince of darkness with his evil angels is working upon the Christian world, inducing those who profess the name of Christ to stand under the banner of darkness, to make war with those who keep the commandments of God, and have the faith of Jesus." E.G. White, *Maranatha*, page 204.

Satan's Agents

"For many shall come in My name, saying, I am Christ; and shall deceive many" (Matthew 24:5).

"Persons will arise pretending to be Christ Himself, and claiming the title and worship which belong to the world's Redeemer. **They will perform wonderful miracles of healing and will profess to have revelations from heaven contradicting the testimony of the Scriptures.**" E.G. White, *Maranatha*, page 210.

"Men under the influence of evil spirits will work miracles. They will make people sick by casting their spell upon them, and will then remove the spell, leading others to say that those who were sick have been miraculously healed. This Satan has done again and again." E.G. White, *Selected Messages*, Book 2, page 53.

"He (Satan) is pleased when men and women claim to possess great spiritual power, and yet disregard the law of God, because through their disobedience they mislead others, and he can use them as effective agents in his work." E.G. White, *Selected Messages*, Book 2, page 49.

"Many will say to Me in that day, Lord, Lord, have we not prophesied in Thy name? and in Thy name have cast out devils? and in Thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from Me, ye that work iniquity" (Matthew 7:22, 23).

GOD'S END-TIME HEALING

While here on earth, Christ refused to perform a single miracle to gratify curiosity or for Satan's diversion. Christ's followers today are to imitate their Lord. **"Unbelievers will require them to do some miracle, if they believe God's special power is in the church and that they are the chosen people of God....** They (God's people) should refer the unbelieving to the **written, inspired testimony** for evidence of their being the loyal people of God." E.G. White, *Medical Ministry*, page 15.

God's Miraculous Healing

is distinguished by

Recognition of and obedience to Divine law

Application of natural remedies

Instruction in habits of healthful living

Reformation among God's people

Recognizes Divine Law

"My sheep hear My voice, and I know them, and they follow Me" (John 10:27). Jesus is the True Shepherd. His sheep know His voice.

"`The voice of a stranger' is the voice of one who neither respects nor obeys God's holy, just, and good law. Many make great pretensions to holiness, and boast of the wonders they perform in healing the sick, when they do not regard this great standard of righteousness... though they have power to any and every extent, it does not follow that they have the great power of God. On the contrary, it is the miracle-working power of the great deceiver." E.G. White, *Selected Messages*, Book 2, pages 50, 51.

"Genuine medical missionary work is bound up inseparably with the keeping of God's commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God's creative work. Its observance is bound up with the work of restoring the moral image of God in man. This is the ministry which God's people are to carry forward at this time." E.G. White, *Testimonies*, Volume 6, page 266.

"He that hath My commandments, and keepeth them, he it is that loveth Me" (John 14:21). Not one child of God need be deceived. The law of God is the standard by which character is tested.

"To the law and to the testimony: if they speak not according to this word, it is because there is no light in them" (Isaiah 8:20).

Uses Simple Remedies

Heaven Approved

"Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy." E.G. White, *Selected Messages*, Book 2, page 346.

Healthful, outdoor exercise combined with hygienic (water) treatments, "will work *miracles* in restoring and invigorating the diseased body and refreshing the worn and weary mind." E.G. White, *Testimonies*, Volume 7, page 78.

"We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which, aptly and opportunely applied, will bring about *a miraculous* result." E.G. White, *Selected Messages*, Book 2, page 347.

Heaven Protected

The Bible records instances in which God has set bounds that Satan cannot cross over. Speaking of the Flood, the Psalmist declares, **"Thou hast set a bound that they may not pass over; that they turn not again to cover the earth" (Psalm 104:9)**. Satan accused God of setting a bound around Job. **"Hast not Thou made an hedge about him, and about his house, and about all that he hath on every side?" (Job 1:10)**.

God's guarding influence was dramatically demonstrated during Elijah's confrontation with the priests of Baal on Mount Carmel. Satan would have answered the cries of his deceived devotees. "Gladly would he have sent the lightning to kindle their sacrifice. But **Jehovah has set Satan's bounds, restrained his power**, and not all the enemy's devices can convey one spark to Baal's altar." E.G. White, *Prophets and Kings*, page 150.

God has also set a bound around His healing methods that Satan cannot counterfeit. **"God's people will not find their safety in working miracles, for Satan would counterfeit any miracle that might be worked For this reason the Lord has marked out a way in which His people are to carry forward a work of physical healing, combined with the teaching of the Word.** Sanitariums are to be established, and with these institutions are to be connected workers who will carry forward genuine medical missionary work. Thus a **guarding influence** is thrown around those who come to the sanitariums for treatment." E.G. White, *Selected Messages*, Book 2, pages 54, 55.

God's Healing Way

Involves Instruction

"Some have asked me, 'Why should we have sanitariums? Why should we not, like Christ, pray for the sick, that they may be healed miraculously?' I have answered, 'Suppose we were able to do this in all cases; how many would appreciate the healing? Would those who were healed become health reformers, or continue to be health destroyers?' Jesus Christ is the Great Healer, but He desires that by living in conformity with His laws we may cooperate with Him in the recovery and the maintenance of health. **Combined with the work of healing there must be an imparting of knowledge of how to resist temptations.**" E. G. White, *Medical Ministry*, page 13.

"Every human being is in a school, where he is to learn to give up hurtful practices, and to obtain a knowledge of what he can do for himself. Those who ignore these things ... are careless, reckless, presumptuous, and self-destroying. Knowledge is strewn along their pathway, but they refuse to gather up the rays of light, saying that they depend on God. **But will God do those things that He has left for them to do?...** Will He wink at their willing ignorance, and do great things for them, by restoring soul, body, and spirit, while they ignore the simple agencies, the use of which would bring them their health?. . **This is not the Lord's way of working.**" E.G. White, *Medical Ministry*, page 226.

"And the times of this ignorance God winked at; but now commandeth all men everywhere to repent" (Acts 17:30). "I am instructed to say that in the future great watchfulness will be needed. **There is to be among God's people no spiritual stupidity.**" E.G. White, *Selected Messages*, Book 2, page 53.

Requires Reformation

God's Reforming Grace

"The grace of God is always reformatory." E.G. White, *Medical Ministry*, page 226. **"God's grace and the law of His kingdom are in perfect harmony;** they walk hand in hand By receiving it (grace), and letting it work in our lives, we testify to the validity of the law.... There is but one power that can bring us into conformity to the likeness of Christ, that can make us steadfast and keep us constant. It is the **grace** of God that comes to us through **obedience** to the law of God." E.G. White, *My Life Today*, page 100.

God's Miracle-Working Power

In the last days there will be those **"having a form of godliness, but denying the power thereof: from such turn away"** (2 Timothy 3:5).

"You may say, 'Why not, then, take hold of the work, and heal the sick as Christ did?' I answer, You are not ready. Some have believed; some have been healed; but there are many who make themselves sick by intemperate eating or by indulging in other wrong habits. When they get sick, shall we pray for them to be raised up, that they may carry on the very same work again? **There**

God's Healing Way

must be a reformation throughout our ranks; the people must reach a higher standard before we can expect the power of God to be manifested in a marked manner for the healing of the sick." E.G. White, *Medical Ministry*, pages 15, 16.

"In visions of the night, representations passed before me of a **great reformatory movement** among God's people. Many were praising God. **The sick were healed, and other miracles were wrought.**" E.G. White, *Testimonies*, Volume 9, page 126.

"Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give" (Matthew 10:8). "The sick are to be healed through the combined efforts of the human and the divine. **Every gift, every power, that Christ promised to His disciples, He bestows upon those who will serve Him faithfully.**" E. G. White, *Medical Ministry*, page 12.

END-TIME MIRACLES	
SATAN'S	GOD'S
USE AMAZING MANIFESTATIONS	USE SIMPLE REMEDIES
IGNORANCE AND PRESUMPTION	KNOWLEDGE AND FAITH
HARMFUL HABITS REMAIN	REFORMATION REQUIRED
DISREGARD GOD'S LAW	RECOGNIZE GOD'S LAW
COUNTERFEIT SABBATH A TEST	TRUE SABBATH A TEST

Chapter 20

GOD'S HEALING WAY AMPLIFIES END-TIME TRUTH

TRUTH IS OUR SAFEGUARD

"Jesus saith...I am the way, the truth, and the life" (John 14:6). "The natural heart is full of hatred to the truth, as it is to Jesus." E.G. White, *My Life Today*, page 261.

"And I will pray the Father, and He shall give you another Comforter, that He may abide with you for ever; Even the Spirit of truth" (John 14:16, 17). "If ever there was a time when we needed the working of the Spirit of God upon our hearts and lives, it is now." E.G. White, *Testimonies*, Volume 9, page 166.

"Howbeit when He, the Spirit of truth, is come, He will guide you into all truth ... and He will shew you things to come" (John 16:13). "The world is full of false teaching; and if we do not resolutely search the Scriptures for ourselves, we shall accept the world's errors for truth, adopt its customs, and deceive our own hearts." E. G. White, *In Heavenly Places*, page 140.

"We shall encounter false claims; false prophets will arise; there will be false dreams and false visions.... Through satanic delusions, wonderful miracles, the claims of human agents will be urged. Beware of all this. Christ has given warning, so that none need accept falsehood for truth. **The only**

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channel through which the Spirit operates is that of the truth." E.G. White, *Selected Messages*, Book 2, page 49.

"Rebellion and apostasy are in the very air we breathe... If men are so easily misled, how will they stand when Satan shall personate Christ, and work miracles? ... What will hold God's people from giving their allegiance to false **christs?...False doctrines will sap the foundations of many, because they have not learned to discern truth from error.**" E.G. White, *Selected Messages*, Book 2, page 58.

OUR SAFEGUARD

against Satan's deceptions

Diligently study truth (God's Word)

Intelligently understand reasons for our faith

Faithfully perform every revealed duty

TRUTH SANCTIFIES AND UNITES

Truth Sanctifies

"Sanctify them through Thy truth: Thy word is truth" (John 17:17).

"Faith in a lie will not have a sanctifying influence upon the life or character. No error is truth, or can be made truth by repetition, or by faith in it. Sincerity will never save a soul from the consequences of believing an error. Without sincerity there is no true religion, but sincerity in a false religion will never save a man. **I may be perfectly sincere in following a wrong road, but that will not make it the right road, or bring me to the place I wished to reach The truth is the principle that sanctifies, and therefore it becomes us to know what is truth.**" E.G. White, *Selected Messages*, Book 2, page 56.

Health Reform

A helping hand for holy living

He who cherishes the light ... upon health reform,
has an important aid in the work of becoming sanctified
through the truth, and fitted for immortality.

E.G. White, *Maranatha*, page 119

Truth Unites

"Now I beseech you, brethren ... that ye all speak the same thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind and in the same judgment" (1 Corinthians 1:10). "The most convincing argument we can give to the world of Christ's mission is to be found in perfect unity In proportion to our unity with Christ will be our power to save souls." E. G. White, *Our High Calling*, page 170.

"If we accept the truth as it is in Jesus, national prejudices and jealousies will be broken down, and the Spirit of truth will blend hearts in one.... God knows just how to meet the peculiarities of different nationalities... .The third angel's message ... is to unite the people to do a special work,

God's Healing Way

preparing them with perfection of character to unite in one great family in the mansions Christ has gone to prepare for those who love Him.... The truth is all powerful and far reaching. It will unite nationalities in one great brotherhood." E. G. White, *Our High Calling*, page 171.

TRUTH SOOTHES AND HEALS

"The soothing power of pure truth seen, acted, and maintained in all its bearings is of a value no language can express to people who are suffering with disease." E. G. White, *Medical Ministry*, pages 234, 235.

Truth is the restorer of body, mind, and soul. "Sin brings physical and spiritual disease and weakness. Christ has made it possible for us to free ourselves from this curse. **The Lord promises, by the medium of truth, to renovate the soul It (truth) will renew every organ of the body, that God's servants may work acceptably and successfully.**" E. G. White, *Medical Ministry*, page 12.

TRUTH TO BE PRESENTED IN SIMPLICITY

"But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ" (2 Corinthians 11:3).

Simple Plans Accomplish Much

The laws of Christ's kingdom are so simple, and yet so complete, that man-made additions will create confusion. And the more simple our plans for work in God's service, the more we shall accomplish. To adopt worldly policy in the work of God is to invite disaster and defeat.

E.G. White, *Testimonies*, Volume 7, page 215

"The gospel medical missionary work is to be carried forward in simplicity.... He (Christ) so conducted His missionary work as to leave a perfect example for human beings to follow. **'If any man will come after Me,'** He declared, **'let him deny himself, and take up his cross, and follow Me.'** **Matthew 16:24.**" E.G. White, *Counsels on Health*, page 319.

"The worker who tries to bring in methods that will attract the worldly-minded, supposing that this will remove the objections that they feel to taking up the cross, lessens his influence." E.G. White, *This Day With God*, page 185.

"In the closing scenes of this earth's history, many ... children and youth (who receive a true Christian education) will astonish people by their witness to the truth, which will be borne in simplicity, yet with spirit and power." E.G. White, *My Life Today*, page 62.

"Never rise above the simplicity of the gospel of Christ God's servants in this age have been given most solemn truths to proclaim, and their actions and methods and plans must correspond to the importance of their message. If you are presenting the word in Christ's way, your audience will be deeply impressed with the truths you teach. The conviction will come to them that this is the word of the living God." E.G. White, *Testimonies*, Volume 9, pages 142, 143.

TRUTH FOR THIS TIME - THE THIRD ANGEL'S MESSAGE

Truth for this time is encapsulated in **the third angel's message-a final warning to those who violate God's law**. God's people have a special work to do in the giving of this heavenly message. This work becomes more urgent as the end-time approaches.

THE THIRD ANGELS MESSAGE

And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation.

Revelation 14:9, 10

Health Reform to Accompany the Third Angel's Message

"To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message to prepare a people for the coming of the Lord." E.G. White, *Testimonies*, Volume 3, page 161.

The purpose of health reform is to clear the brain in order to discern truth and to fit the body for greatest efficiency in God's service. **"He (God) designs that the subject (health reform) shall be agitated, and the public mind deeply stirred to investigate it; for it is impossible for men and women, while under the power of sinful, health-destroying, brain-ennervating habits, to appreciate sacred truth."** E. G. White, *Maranatha*, page 119.

"God requires all who believe the truth to make special, persevering efforts to place themselves in the best possible condition of bodily health, for a solemn and important work is before us. Health of body and mind is required for this work; it is as essential to a healthy religious experience ... as is the hand or foot to the human body." E.G. White, *Testimonies*, Volume 1, page 619.

Medical Work to Accompany the Third Angel's Message

"And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give" (Matthew 10:7, 8).

"The first messengers of the gospel were sent forth with the word, **'The kingdom of heaven is at hand' (Matthew 10:7). This is our message today ...** The divine commission needs no reform. Christ's way of presenting truth cannot be improved upon... .Gospel medical missionary work is to be carried forward, not in the precision of one man's lines, but in Christ's lines. All that is done is to bear the impress of the Holy Spirit." E. G. White, *This Day With God*, page 185.

"The medical work done in connection with the giving of the third angel's message, is to accomplish wonderful results. It is to be a sanctifying, unifying work, corresponding to the work which the great Head of the church sent forth the first disciples to do.... It is well for us to read this chapter (Matthew 10) and let its instruction prepare us for our labors. **...How slow men are to understand God's preparation for the day of His power!"** E.G. White, *Maranatha*, page 185.

A solemn responsibility rests upon those who know the truth, that all their works shall correspond with their faith, and that their lives shall be refined and sanctified, and they be prepared for the work that must rapidly be done in these closing days of the message.

E. G. White, *Testimonies*, Volume 9, page 154

A Testimonial

Reading *God's Healing Way* brought joy to my heart and encouragement to my work. This simple yet profound study guide is designed to make medical missionary work more than a mechanical routine to be used for the sick and ailing. While simple remedies are amazingly effective (since they operate along the same channels as the body's own physiologic properties) it is not this aspect of using simple remedies that makes their use so inspiring. It is the cooperation of the human element with divine power that exhibits God's great power to heal. The human part is to apply the natural remedy in faith; then God gives this effort supernatural power and effectiveness to heal.

God's Healing Way inspires us to look to God as the Great Healer and to value simple remedies as priceless. Just as a beam of light from heaven, coming through clouds, imparts not only beauty, but growth and healing; so God's healing power imparted to the sick sheds a golden influence on all around-the family, the community, and especially on those applying the simple remedies. God is the ultimate as well as the immediate source of all healing. Dr. McNeilus' experience in the practice of medicine is what gives strength to this most helpful study guide.

Agatha M. Thrash, M.D.