



Users Guide to Natural Remedies

Aches & Pain: Acute Musculoskeletal Injuries, Tendonopathies, Osteoarthritis, Rheumatoid Arthritis

Review

Purpose of natural remedies is for us to cooperate with God in experiencing the Gospel in a deeper way by availing ourselves of the blessings in the natural world that work with our physiology for our complete physical, mental, spiritual healing. *Anything that opposes this is not a natural remedy.* 5T 443, 2SM 346-7

1. **Faith Test for Natural Remedies:** Does it inspire faith in God, as presented in the Three Angels' messages? Does it help keep the physical and moral laws of God? Does it work towards true healing? Does it employ both hands and brain? Does it empower the will?
2. **Process Test for Natural Remedies:** Does it address the cause of disease? Is it in harmony with physiology? Does it aid in nature's work of restoration? Does it tax and debilitate the system? Does it have a harmful effect after the treatment is done?

Therefore, Health Evangelism: lovingly and practically help someone experience with their felt needs:

- Raking leaves, getting them groceries when sick, Cooking in their homes, Walking together, Hydrotherapy when sick, Personal invitations to church events relevant to their needs (not yours)

Metabolic Diseases (hypertension, hyperlipidemia, heart disease, diabetes) may often be reversed with a Whole Foods, Plant-Based (WFPB) diet, regular physical activity and a healthy dose of self-control. This increases dependence upon God to experience the Gospel more deeply.

Acute Respiratory Infections: may be prevented and symptoms improved with WFPB, sunlight, sleep, hydration along with hydrotherapy and simple herbs/supplements.

The Origin of Natural Remedies

Laying up in store for themselves a good foundation against the time to come, that they may lay hold on eternal life. O Timothy, keep that which is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called: 1 Timothy 6:19-20

The “Origin” Test for Natural Remedies

See Users Guide for Scripture and more Spirit of Prophecy quotations

1. Does it rely on spiritualism, eastern religions, Greek dualism or anything other type of false theology?

I would not touch their nostrums, to which they give latin names. **I am determined to know, in straight English, the name of everything that I introduce into my system.** —*Manuscript 86, 1897 (General Manuscript, “Health Reform Principles,” written from Cooranbong, Australia). 2SM 290.2*

The apostles of nearly all forms of spiritism claim to have power to heal. **They attribute this power to electricity, magnetism, the so-called “sympathetic remedies,” or to latent forces within the mind of man.** And there are not a few, *even in this Christian age, who go to these healers, instead of trusting in the power of the living God and the skill of well-qualified physicians.* The mother, watching by the sickbed of her child, exclaims, “I can do no more. Is there no physician who has power to restore my child?” **She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hand of Satan as if he were standing by her side.** In many instances the future life of the child is controlled by a satanic power which it seems impossible to break. *Prophets and Kings 211.1*

There are doctors and ministers who have been influenced by the hypnotism exercised by the father of lies. Notwithstanding the warnings given, Satan's sophistries are being accepted now just as they were accepted in the heavenly courts. The science by which our first parents were deceived is deceiving men today. Ministers and physicians are being drawn into the snare.—*Manuscript 100, 1905. 2MCP 719.1*

Origins of Medical Systems

- Ancient (and modern) civilizations' healthcare systems are built on a worldview
- Major civilizations healthcare originally had the religious figures (priest, rabbi etc) also as their physicians.

Israel: priests were the depositories and enforcers of public laws, provided health education and provided basic clinic diagnosis and treatments.

Babylon: *asû* ('physician') treated the physical symptoms with the help of healing plants and liquids. The *āšipu* ('exorcist' or 'incantation priest'), used magical spells and rituals to end the supernatural influence behind the

physical manifestation of the ailment.

Egypt: Doctors were considered priests of the *Per-Ankh*, the House of Life, a kind of library/school attached to a temple, but the concept of the 'house of life' was also considered the healing knowledge of the individual doctors.

India: The ailments of the human body were attributed to divine factors, and magico-religious means were utilized in the cure. The role of the priests was to establish contact between the gods and the humans. They were believed to have the power to summon, pacify, and appease the gods. Priests almost held a magical power over gods through their *mantras*, and used this power for healing purposes as well. The priest, therefore, was also the healer.

China: Daoists, mediums, adepts of transcendence, Buddhist priests, monks and monastic institutions – were much much more active in the provision of medicine and healthcare to the general populace than the thin narrow band of elite doctors. the Daoist and Buddhist canons, for example, it turns out there is a vast treasure trove of information about health practices – from meditation, physical exercise and diet, to rituals, talismans and incantations. To say nothing of the transcendentals, priests and monks who used herbal medicine, acupuncture and moxibustion.

Greece: “Two of the most famous healing sanctuaries sacred to the god were at Epidaurus and on the island of Kos. The success of the cult of Asklepios in antiquity was due to his accessibility—although the son of Apollo, he was still human enough to attempt to cancel death. Those who sought a cure in the temples erected to him were subjected to ritual purifications, fasts, prayers, and sacrifices. A central feature of the cult and the process of healing was known as incubation, during which the god appeared to the afflicted one in a dream and prescribed a treatment. [Source: Colette Hemingway, Independent Scholar, Metropolitan Museum of Art, October 2004, metmuseum.org]

Rome: By the 3rd century B.C.E., the Romans had adopted a religious healing system called the cult of Aesculapius, which took its name from a Greek god of healing. Initially, they built shrines, but these expanded in time to include spas and thermal baths with doctors in attendance.

Western Healthcare: In response to the mythical systems, Grecian philosophers and physicians responded with “Substance Dualism,” which states that the mind and the body are two different substances (Rene Descartes) hence medications and surgeries are given without thought to lifestyle, mental or spiritual health.

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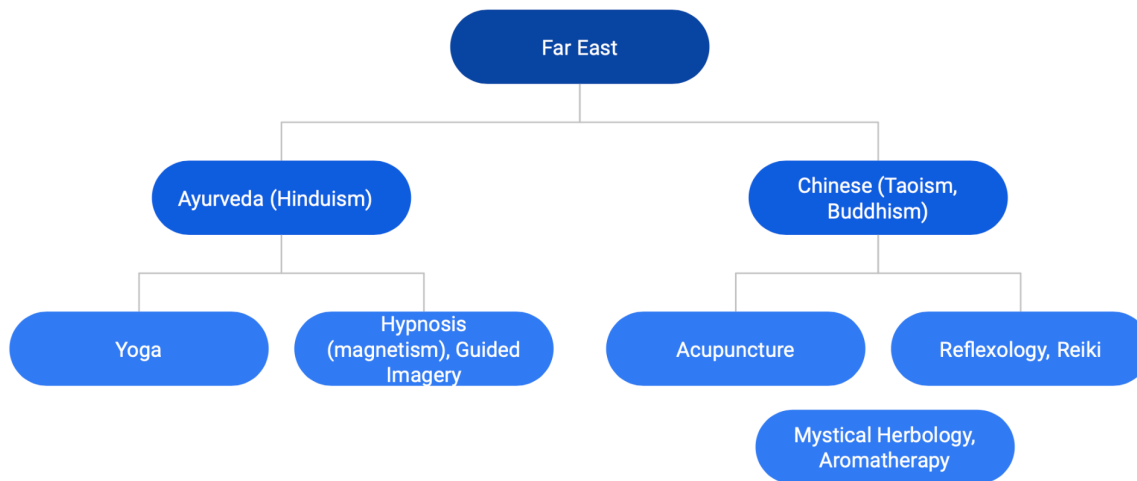
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Physiology of Acute Musculoskeletal Injuries

Speed of Healing is primarily based on blood supply/flow: bone, then muscle, lastly tendons/ligaments

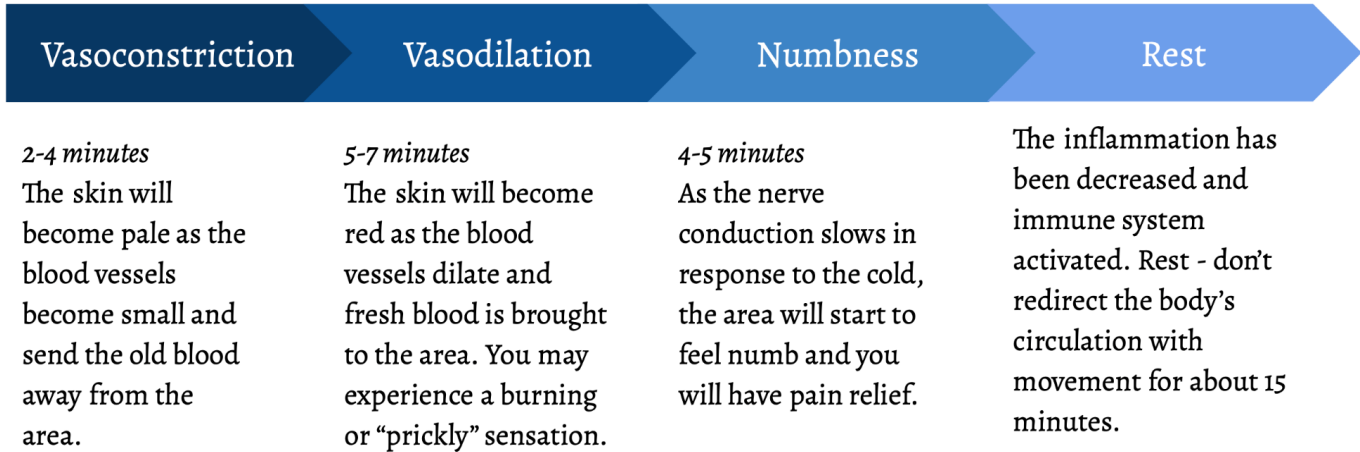
Your blood flow dependent on multiple factors: hydration, not smoking, physical activity level before injury, healthy weight, no atherosclerosis in blood vessels, good blood sugar control (i.e. anti-inflammatory diet)

Natural Remedies Musculoskeletal Injuries

1. First 24-48 hours, or until swelling has decreased: P.R.I.C.E.

P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate
				
<p>Protect your injury from further damage, for example, by using a support or splint.</p>	<p>Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.</p>	<p>Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.</p>	<p>Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.</p>	<p>Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.</p>

Ice Massage - 2-3 times daily depending on severity



*Cautionary use of NSAIDs Steven D. Stovitz & Robert J. Johnson (2003) NSAIDs and Musculoskeletal Treatment, *The Physician and Sportsmedicine*, 31:1, 35-52, DOI: [10.3810/psm.2003.01.160](https://doi.org/10.3810/psm.2003.01.160)

- Boswellia 1000 mg every 6 hours as needed for several days
- Turmeric 1000 mg every 6 hours as needed

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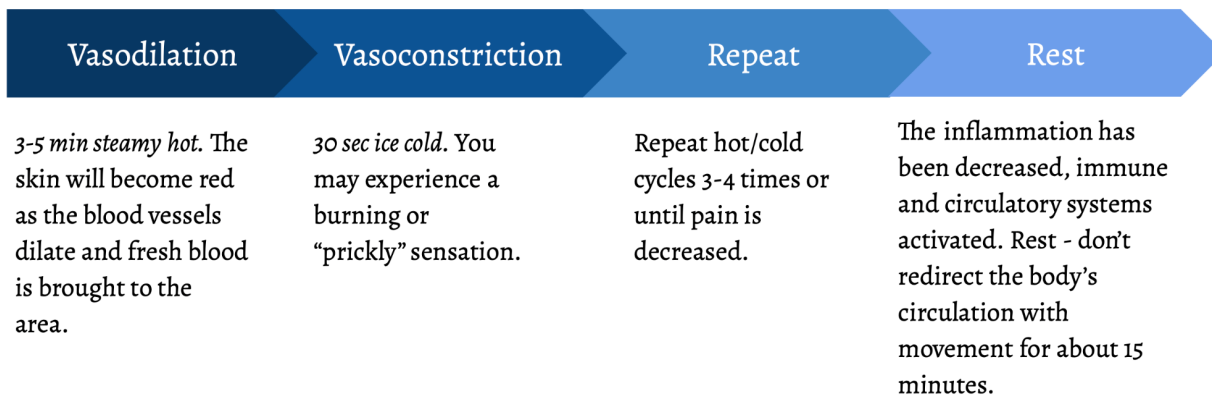
2. After 48 hours, swelling decreased

Contrast Foot (or injured part) Bath:

1. Feet in Warm to Hot Water for 3-5 min with epsom salt
 2. Feet in COLD water for 30 seconds
- Repeat 3 cycles and ending in cold. Dry thoroughly.



Joint Fomentations:



Natural Remedies for Tendonopathies

Most Common: Plantar Fasciitis, Achilles Tendonitis, Golfer's Elbow, Tennis Elbow, de Quervain's Tendonitis

Typical Causes: overuse of a weak joint and/or tendon too intensely; too frequently.

Hydration

Joint Specific Strengthening Exercises

Hydrotherapy: Ice Massage, Contrast

Herbs/Supplements:

Boswellia 400 mg every 6 hours as needed , Turmeric 1000 mg every 6 hours as needed

Natural Remedies: Osteoarthritis, Back Pain, Degenerative Disc Disease



If pain lasts more than 6-8 weeks with supportive measures such as below along with appropriate stretches/exercises or physical therapy, you should seek a diagnosis with your physician. **You should seek care sooner if: weakness not due to pain, numbness/tingling, new urinary retention or incontinence, new fecal incontinence.**

ACUTE FLAIR

*Start Magnesium 500 mg 6 tabs (3 gm) per day for two weeks. Followed by 4 weeks of 500 mg daily. (Yousef, Anaesthesia 2012, "A double-blinded randomised controlled study of the value of sequential intravenous and oral magnesium therapy in patients with chronic low back pain with a neuropathic component.")

*Started 2 weeks of Diclofenac 100 mg ER with 300 mg pyridoxine, 300 mg thiamine, 1.5 mg Vitamin B12 (Ospina et. al. "Effect of Combined Diclofenac and B Vitamins (Thiamine, Pyridoxine, and Cyanocobalamin) for Low Back Pain Management: Systematic Review and Meta-analysis" 2020)

*Strictly WFPB and focus on foods under general nutrition

Mental Health & Stress:

See Friday's Handout

General Nutrition:

*High Magnesium (NMDA receptors for low back pain): pumpkin seeds, sesame seeds, cowpeas, mung beans, soybeans, amaranth

*1-2 TB Turmeric Root or Turmeric Powder with healthy fat to boost bioavailability

*Citrus Daily

*Avocado or Soybeans or their uncooked oils daily

*1 Serving of berries daily especially resveratrol and polydatin rich: red grapes, blueberries, raspberries, and mulberries

*Fatty Acids, particularly omega's as above and PEA: Soy lecithin, Soybean (Glycine max), Raw peanuts, Peanuts (Arachis hypogaea), Alfalfa (Medicago sativa), Whole wheat flour, Raw pearl barley, Walnuts, Toasted pearl barley, Corn, Black-eyed peas (Vigna unguiculata), Broccoli, Carrots, Tomato, Garden pea (Pisum sativum)

Other: Ginger, rosehips, green olives, olive oil (uncooked)

Flavonoids (Luteolin, Kaempferol, Naringin):

thyme, basil, parsley, broccoli, cabbage, citrus, tomatoes, peppermint, celery, kudzu, Chinese skullcap

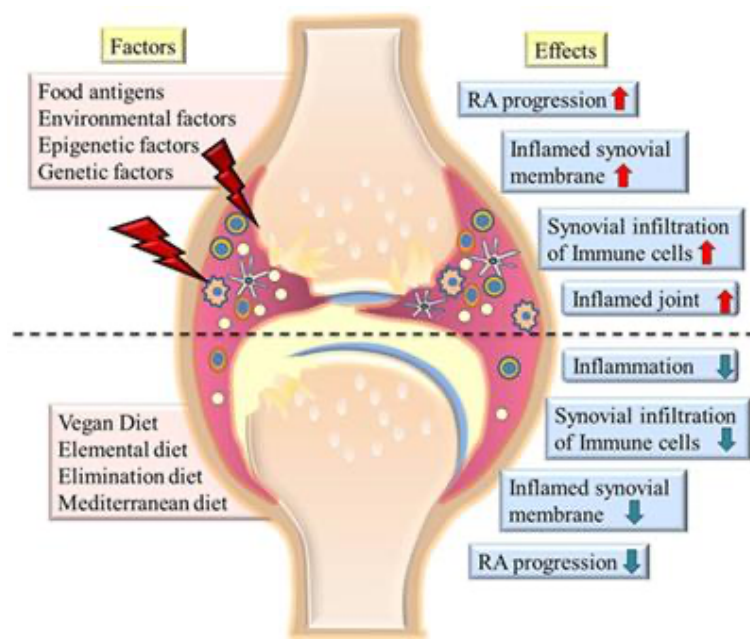
Hydrotherapy for degenerative disc disease:

-Infrared Unit for 30 minutes daily for 10 days.

-Contrast Fomentations/heating pad as needed

-Contrast Shower daily

Natural Remedies for Rheumatoid Arthritis



Cause: still being researched; inflammatory autoimmune disease attacking joints

Often overlaps with: polymyalgia rheumatica, fibromyalgia, other pain syndromes, depression, anxiety.

NOTE: often those with rheumatoid arthritis have nutritional deficiencies. Consider getting tested.

NUTRITION

WFPB and GF high in: antioxidants, flavonoids, polyphenols, omegas/fatty acids, magnesium, zinc, B vitamins

Specific foods:

- 1/2 inch ginger daily (smoothies, roasts, stir-frys, rice)
 - 1 TB flaxseed ground
 - 500 mL (2 cups) of cranberry juice and/or pomegranate juice
 - 1 tsp of cinnamon (ceylon)
 - 500 mg curcumin (2-3 tsp turmeric)
 - 10 mcg vitamin K1 (in osteoporosis supplement)
 - 1 TB sesame seeds
 - Garlic (1000 mg daily)
 - Beets (betalain component)
 - Grapes (resveratrol)
 - Pineapple (bromelain)
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- Anthocyanins: cranberry, grapeseed
 - Zinc Rich Foods: lentils, garbanzo beans, oats, peanuts, sesame seeds, tahini, pumpkin seeds, thyme, wild rice, soy
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 - Omega 3 to Omega 6 Ratio: hemp seed, safflower oil, flax, chia, walnuts, soy (especially edamame, oil), spinach, almonds
 - FOLATE RICH FOODS: greens, beans, legumes (some of the highest: spinach, navy beans, black eyed cowpeas, lentils, mustard greens, pineapple)
 - IRON RICH FOODS: almonds, kidney beans, whole wheat items, lima beans, green peas, avocado
 - Vitamin E: sunflower, safflower, soy, almonds, peanuts, beet greens, collards, spinach, pumpkin, asparagus, mango, avocado, sesame
 - Pantothenic Acid: nuts, seeds, broccoli, oats, brown rice
 - Vitamin C & Antioxidants: rosehips, citrus fruits, cruciferous vegetables, strawberries, chokeberry, hawthorne
 - High Magnesium: pumpkin seeds, sesame seeds, cowpeas, mung beans, soybeans, amaranth
 - Avoiding meat and cheese products (bacon, deer, lamb, cheese, chicken, turkey), partially hydrogenated oils, plenty of unprocessed whole plant foods.
 - Avoid Nightshades: eggplants, tomatoes, bell peppers, chili peppers, tomatillos, red spices, potatoes, pimentos
 - Avoid Gluten: wheat, rye, barley, triticale, malt, brewer's yeast, buckwheat, couscous

Supplements:

- Based on nutritional deficiencies and specific symptoms. Would highly recommend getting tested before starting supplements to avoid worsening or changing deficiencies.
- Consider bromelain, B6, Zinc, Copper, Probiotic, Quercetin

Hydrotherapy for Rheumatoid Arthritis:

- Painful Joints: paraffin bath, joint fomentations, contrast bath
- Inflammation: steam bath, hot foot bath, infrared, sauna

Physical Activity

- Physical Therapy
- Pool Therapy
- Daily Stretching
- Daily aerobic physical activity

Your Turn

1. How do you sort through various treatments coming from different worldviews than your own?
2. Practice using the 12 questions (particularly origins) for one of the following common interventions for pain:

Resources: <https://nutritionfacts.org/>, <https://www.webmd.com/>, <https://www.mayoclinic.org/> and <https://egwritings.org/>

- a. Tai Chi
- b. Glucosamine, Chrontin Sulfate Supplements
- c. Turmeric Supplements