



Users Guide to Natural Remedies

Headaches & Insomnia

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?
3. **Origins Test for Natural Remedies:** Does it rely on spiritualism, eastern religions, Greek dualism or any other type of false theology?

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. Once sick PROVIDE for your immune function with above and BOOST immune system with hydrotherapy and simple herbs/supplements.

Aches & Pains: prevented or improved with WFPB, particularly the antioxidants, high magnesium foods, unsaturated and omega-3 fatty acids. Hydrotherapies such as ice massage for acute pain, fomentations and ways for whole body deep heat for chronic pain.

The Context of Natural Remedies

Which is more important: faith or the right resources? How does that relate to health resources/natural remedies & faith? Matthew 13:58

- Joash Only Striking the Ground Three Times: 2 Kings 13:18
- Rich Young Ruler: Mark 10:17-22
- Feeding the 5,000 with lad's lunch: John 6: 9-11
- Healing Blind Man with Clay: John 9:6
- Gideon's Band with pitchers/trumpets: Judges 7:16

The Context Test for Natural Remedies

See Users Guide for Scripture and more Spirit of Prophecy quotations

1. Is it feasible or within our reach?

We believe in the prayer of faith; but some have carried this matter too far, especially those who have been affected with fanaticism. Some have taken the strong ground that it was wrong to use simple remedies. We have never taken this position, but have opposed it. **We believe it to be perfectly right to use the remedies God has placed in our reach, and if these fail, apply to the great Physician, and in some cases the counsel of an earthly physician is very necessary.** This position we have always held. {2SG 135.1}

God's miracles do not always bear the outward semblance of miracles. Often they are brought about in a way which looks like the natural course of events. **When we pray for the sick, we also work for them. We answer our own prayers by using the remedies within our reach.** Water, wisely applied, is a most powerful remedy. As it is used intelligently, favorable results are seen. *God has given us intelligence, and He desires us to make the most of His health-giving blessings.* We ask that God will give bread to the hungry; we are then to act as His helping hand in

relieving hunger. **We are to use every blessing God has placed within our reach for the deliverance of those in danger.** *2nd Selected Messages 346.3*

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. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; **we are then to cooperate with God, observing the laws of health and life.** **Having done all that we possibly can,** we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. *God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part.* God says to us, "Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of His good pleasure" (Philippians 2:12, 13). *2nd Selected Messages 346.4*

We cannot disregard the laws of nature without disregarding the laws of God. 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. Therefore, pray, believe, and work.—Letter 66, 1901. *2SM 347.1*

2. Is there something better to use?

Your question is, ... "In urgent cases, should we call in a worldly physician, because the sanitarium doctors are all so busy that they have no time to devote to outside practice?" If the physicians are so busy that they cannot treat the sick outside of the institution, **would it not be wiser for all to educate themselves in the use of simple remedies,** than to venture to use drugs that are given a long name to hide their real qualities. **Why need anyone be ignorant of God's remedies—hot-water fomentations and cold and hot compresses. It is important to become familiar with the benefit of dieting in case of sickness. All should understand what to do [for] themselves.** They may call upon someone who understands nursing, but everyone should have an intelligent knowledge of the house he lives in. All should understand what to do in case of sickness. {*2SM 289.4*}

"One time while we were in Australia, a brother who had been acting as a missionary in the Islands, told mother of the sickness and death of his first-born son. He was seriously afflicted with malaria, and his father was advised to give him quinine, but in view of the counsel in the testimonies to avoid the use of quinine he refused to administer it, and his son died. When he met Sister White, he asked her this question: 'Would I have sinned to give the boy quinine when I knew of no other way to check malaria and when the prospect was that he would die without it?' **In reply she said, 'No, we are expected to do the best we can.'**"—*W. C. White letter, September 10, 1935.—Counsels on Health, 261 (1890)*

Natural Remedies for Headaches



A Good Sitting Posture

Spine and head are erect and the three natural back curves are maintained.



Red Flags May Require Immediate Medical Attention:

- Systemic Symptoms such as fever
- History of Cancer
- On current immunosuppressive therapy
- Occuring after trauma (fall, car accident etc.)
- Neurologic Deficit: confusion, weakness, numbness/tingling, severe unilateral eye pain etc.
- Abrupt/Sudden Onset
- Onset above 50 years old
- Change in Pattern of Headaches, such as progressively worse
- Positional Headache
- Precipitated by sneezing, coughing or exercise
- During Pregnancy
- Painkiller overuse (ibuprofen, tylenol, ergot, triptans)

Headaches Not Discussed: cluster, chronic daily, headaches from secondary causes, emergencies

Tension Headaches:

Trace to the Cause: posture (in sleep or work), sleep disorders, disturbance of sleep-wake cycle, muscle spasm/tense muscles, structural abnormality, stress, low magnesium/poor nutrition, dehydration

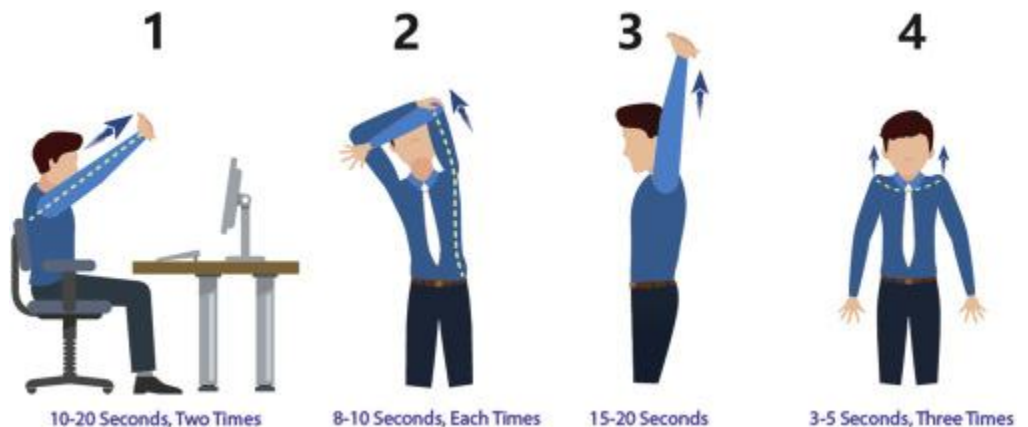
Curatolo, P.; Moavero, R. Use of Nutraceutical Ingredient Combinations in the Management of Tension-Type Headaches with or without Sleep Disorders. *Nutrients* 2021, 13, 1631. <https://doi.org/10.3390/nu13051631>

Magnesium (pidolate may have higher bioavailability): 200-400 mg daily for prevention or 1000-2000 mg for acute headache.

Maier, J.A.; Pickering, G.; Giacomoni, E.; Cazzaniga, A.; Pellegrino, P. Headaches and Magnesium: Mechanisms, Bioavailability, Therapeutic Efficacy and Potential Advantage of Magnesium Pidolate. *Nutrients* 2020, 12, 2660. <https://doi.org/10.3390/nu12092660>

Mental Health & Stress: See Friday's Handout

Specific Exercises/Stretches: see pictures



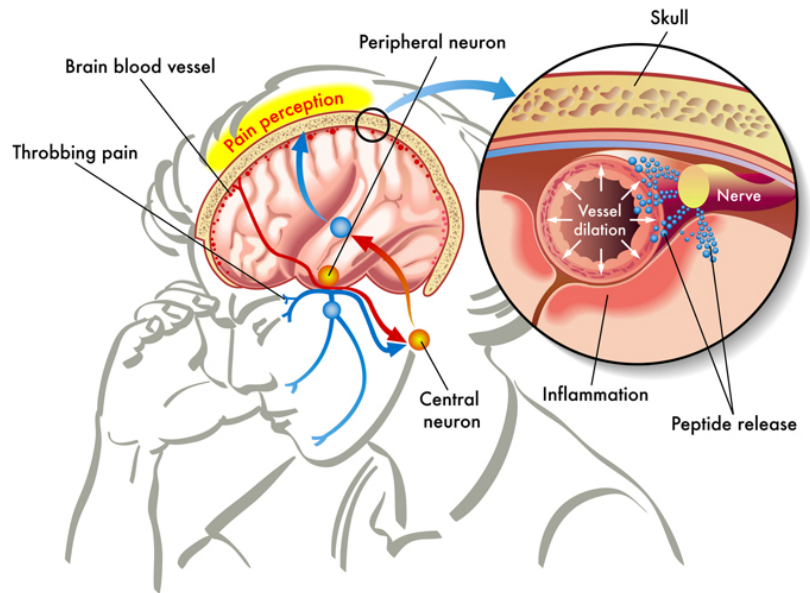
Migraines:

Secondary Causes: There are many. You should have a visit and physical exam with your primary care physician. Tests are not always needed.

Lifestyle Medicine Related Causes: stress, food allergy, muscle tension, possibly poor blood sugar regulation (including metabolic syndrome, pre-diabetes)

How do you figure out the cause? keep migraine diary (phone app or paper):

1. When migraine occurs
2. What recent foods that have vasoactive compounds (particularly cheeses, chocolate, citrus fruits, alcohol (particularly red wine), dairy), sleep, beverages, hydration, stressors, with low blood sugar, caffeine, sudden high sodium meal
3. What recent food additives or gum: aspartame, sucralose, tyramine, phenylethylamine. Possibly histamine or phenolic compounds.



Prevention & Treatment of Headaches:

- Hydration, 7-8 hours sleep, Mental Health & Stress (See Friday's Handout), treating underlying cause
- Cut simple carbohydrates to regulate the primary energy source for the brain. (i.e. low fiber foods – processed desserts, sodas, salty snacks) and replace with beans, legumes, fruits, vegetables and whole grains.
 - If diabetic, follow Monday's handout for improving diabetes.
- Avoid high salt meals; on a label the sodium should not be higher than calories.
- **MAGNESIUM RICH FOODS:** pumpkin seeds, sesame seeds, cowpeas, mung beans, soybeans, amaranth
- **THIAMINE RICH FOODS:** Beans, lentils, Green peas, whole grain cereals, breads, noodles, whole grain rice (brown, black, red, wild), Sunflower seeds
- **CALCIUM RICH FOODS:** all soy (milk, tofu, edamame), beans, peas, lentils, chickpeas, almonds, amaranth, dark green leafies (bok choy, collards, kale, turnip, mustard greens), cruciferous vegetables (broccoli, cauliflower), figs, oranges, blackberries, raspberries, molasses

Gaby, Alan. Nutritional Medicine, 2nd Edition. Fritz Perlberg Publishing. Concord, NH. 2017.

Meng, S.-H., Wang, M.-X., Kang, L.-X., Fu, J.-M., Zhou, H.-B., Li, X., Li, X., Li, X.-T., & Zhao, Y.-S. (2021). Dietary intake of calcium and magnesium in relation to severe headache or migraine. *Frontiers in Nutrition*, 8. <https://doi.org/10.3389/fnut.2021.653765>

Li, D, Guo, Y, Xia, M, Zhang, J, Zang, W. Dietary intake of thiamine and riboflavin in relation to severe headache or migraine: A cross-sectional survey. *Headache*. 2022; 62: 1133- 1142. doi: 10.1111/head.14384

Supplements for Acute Headache: Magnesium 1500 mg (magnesium pidolate may have higher bioavailability) AND riboflavin 400 mg

Chiu HY, Yeh TH, Huang YC, Chen PY. Effects of intravenous and oral magnesium on reducing migraine: a meta-analysis of randomized controlled trials. *Pain Physician* 19, E97--112 (2016).

Yamanaka, G.; Suzuki, S.; Morishita, N.; Takeshita, M.; Kanou, K.; Takamatsu, T.; Morichi, S.; Ishida, Y.; Watanabe, Y.; Go, S.; et al. Experimental and Clinical Evidence of the Effectiveness of Riboflavin on Migraines. *Nutrients* 2021, 13, 2612. <https://doi.org/10.3390/nu13082612>

Supplements for Preventing Headache: Coenzyme Q10 100-150 mg daily, others in certain circumstances.

Mohammad Parohan, Payam Sarraf, Mohammad Hassan Javanbakht, Sakineh Ranji-Burachaloo & Mahmoud Djalali (2020) Effect of coenzyme Q10 supplementation on clinical features of migraine: a systematic review and dose-response meta-analysis of randomized controlled trials, *Nutritional Neuroscience*, 23:11, 868-875, DOI:

[10.1080/1028415X.2019.1572940](https://doi.org/10.1080/1028415X.2019.1572940)



Hot Foot Bath

Vasodilation

3-5 min moderately hot, 102-104 F. The skin will become red as the blood vessels dilate and fresh blood is brought to the area.

Sweating

20 minutes. If medical conditions and patient tolerance allow, may increase temperature no more than 110 F. Raising the body temperature stimulates the immune system.

Physiologic Cold

30 sec - 1 min cold. Use cold friction mitts or cold shower to vasoconstrict the superficial skin blood vessels. This stimulates white blood cells into circulation and prevents a chill.

Rest

Immune and circulatory systems activated. Rest - don't redirect the body's circulation with movement for about 30 minutes.

Natural Remedies for Insomnia

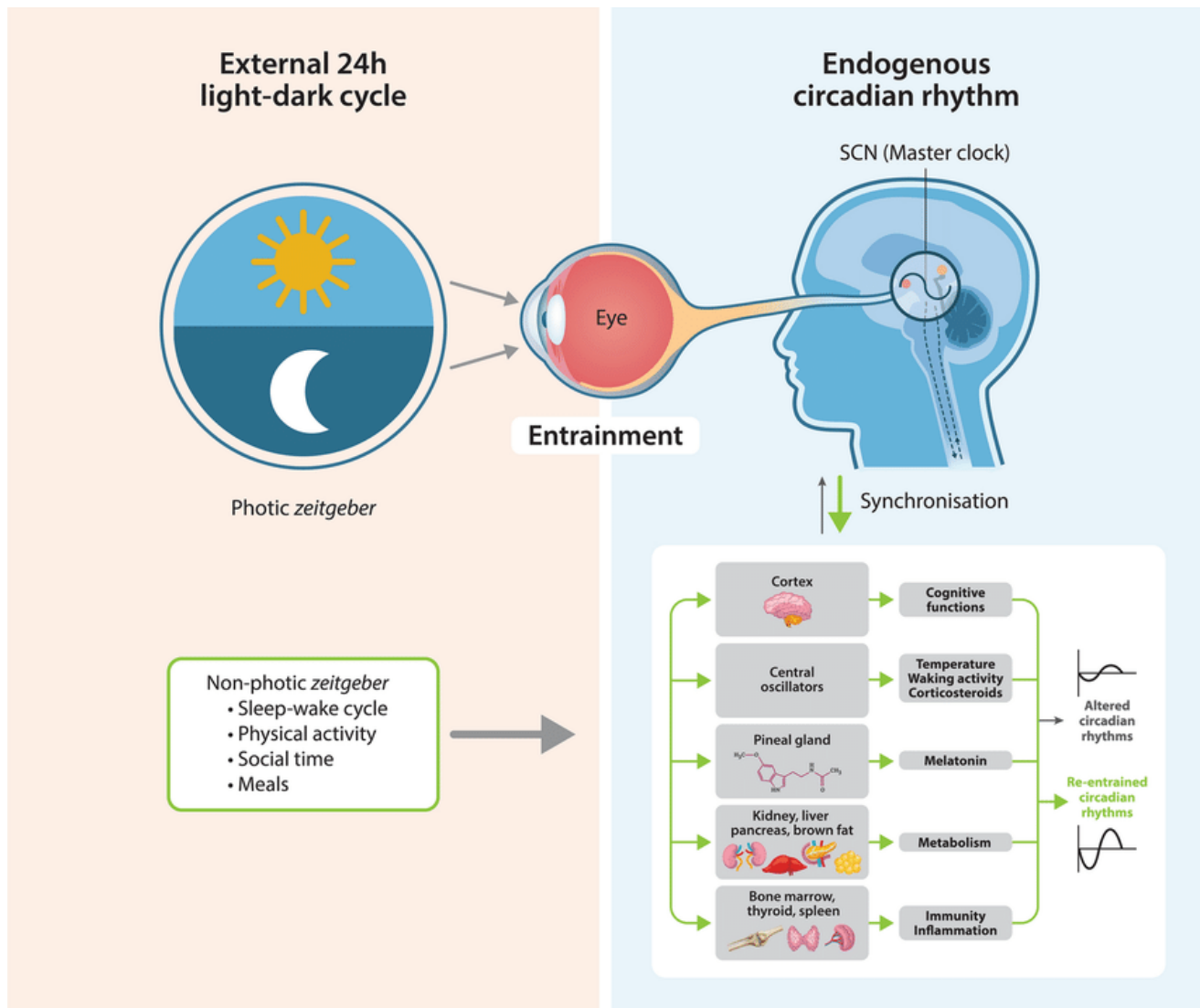
Primary Causes Examples: sleep onset, behavioral induced

Secondary Causes: depression/anxiety, sleep apnea and many others. Make sure that you have had an initial evaluation with your primary care physician. Consider getting tested for Vitamin B12, Vitamin D.

Sleep Hygiene

- morning exercise critical --ideally 30 minutes aerobic, outdoors if possible
- NO media within 3 hrs of bedtime. turn blue light filter on 3 hrs before bed
- Complex carbs and large meal for breakfast. no/little supper
- Last meal of the day should be 4+ hrs away from bedtime
- Have bedtime routine: leave your day behind, journal, read Bible promises

- NO caffeine or alcohol
- Bedroom: cool, no drafts, fresh air, DARK
- 20 min rule: if awake for 20 min, get out of bed and do something boring



Nutrition

- MELATONIN RICH FOODS: walnuts, strawberry, tomato, whole grain cereals, extra virgin olive oil, apple, banana, pineapple, orange, chamomile
- TRYPTOPHAN RICH FOODS: almonds, walnuts, pumpkin seeds, sesame seeds, brown rice
- MAGNESIUM RICH FOODS: pumpkin seeds, sesame seeds, cowpeas, mung beans, soybeans, amaranth
- THIAMINE RICH FOODS: Beans, lentils, Green peas, whole grain cereals, breads, noodles, whole grain rice (brown, black, red, wild), Sunflower seeds
- CALCIUM RICH FOODS: all soy (milk, tofu, edamame), beans, peas, lentils, chickpeas, almonds, amaranth, dark green leafies (bok choy, collards, kale, turnip, mustard greens), cruciferous vegetables (broccoli, cauliflower), figs, oranges, blackberries, raspberries, molasses

Meng, X.; Li, Y.; Li, S.; Zhou, Y.; Gan, R.-Y.; Xu, D.-P.; Li, H.-B. Dietary Sources and Bioactivities of Melatonin. *Nutrients* 2017, 9, 367.

<https://doi.org/10.3390/nu9040367>

Bonomini, F., Borsani, E., Favero, G., Rodella, L., & Rezzani, R. (2018). Dietary melatonin supplementation could be a promising preventing/therapeutic approach for a variety of liver diseases. *Nutrients*, 10(9), 1135. <https://doi.org/10.3390/nu10091135>

Supplements: melatonin 3-5 mg sublingual, magnesium. L-theanine may help with caffeine-induced insomnia

Abbasi B, Kimiagar M, Sadeghniaat K, et al. The effect of magnesium supplementation on primary insomnia in elderly: A double-blind placebo-controlled clinical trial. *J Res Med Sci* 2012; 17:1161-1169.

IF you are not taking other medications: Valerian Root 300 mg 30-60 min before bed for subjective improvement

Lindahl O, Lindwall L. Double blind study of a valerian preparation. *Pharmacol Biochem Behav* 1989; 32:1065-1066

M Isabel Fernández-San-Martín, Roser Masa-Font, Laura Palacios-Soler, Pilar Sancho-Gómez, Cristina Calbó-Caldentey, Gemma Flores-Mateo, Effectiveness of Valerian on insomnia: A meta-analysis of randomized placebo-controlled trials, *Sleep Medicine*, Volume 11, Issue 6, 2010, Pages 505-511, ISSN 1389-9457, <https://doi.org/10.1016/j.sleep.2009.12.009>.

Herbal Teas: hops, chamomile, lemon balm, hibiscus

Borrás, S., Martínez-Solís, I., & Ríos, J. L. (2021). Medicinal plants for insomnia related to anxiety: An updated review. *Planta Medica*, 87(10/11), 738–753. <https://doi.org/10.1055/a-1510-9826>

Resources to look up other herbs, supplements: <https://nutritionfacts.org/>, <https://www.webmd.com/>, <https://www.mayoclinic.org/> and <https://egwwritings.org/>