

# User's Guide to Natural Remedies:

Simple Treatments for  
Common Ailments



# ELEVATOR SPEECH – *StartANew.me* is:

“A medically-supervised, comprehensive lifestyle change education program to help community residents achieve ‘Blue Zone-like’ health, productivity, and longevity.”

John Kelly, MD, MPH

*StartANEW.me*, Medical Evangelism Director

Go to the website, download an interest form & email  
*info@startanew.me*



# Hydro Resources

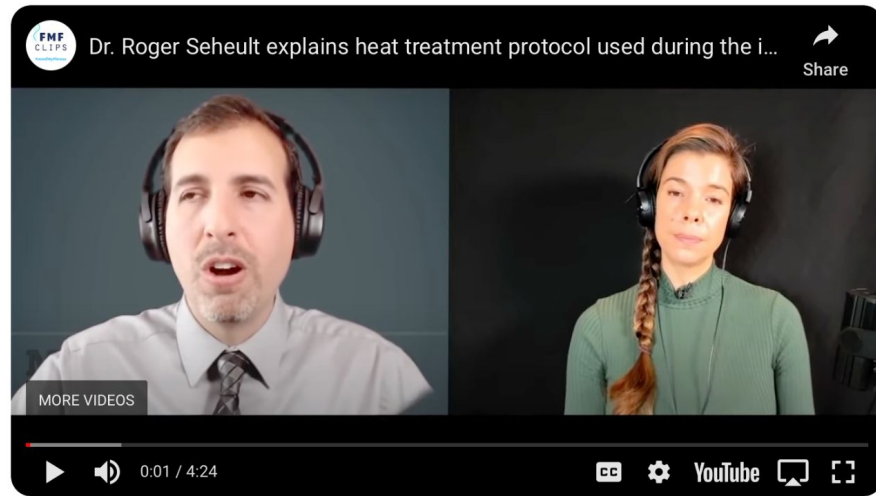
[www.hydrotherapyhub.com](http://www.hydrotherapyhub.com)

<https://hydrotherapyathome.com/>

Dr. Roger Seheult explains heat treatment protocol used ...

YouTube

YouTube · FoundMyFitness Clips · Apr 12, 2021

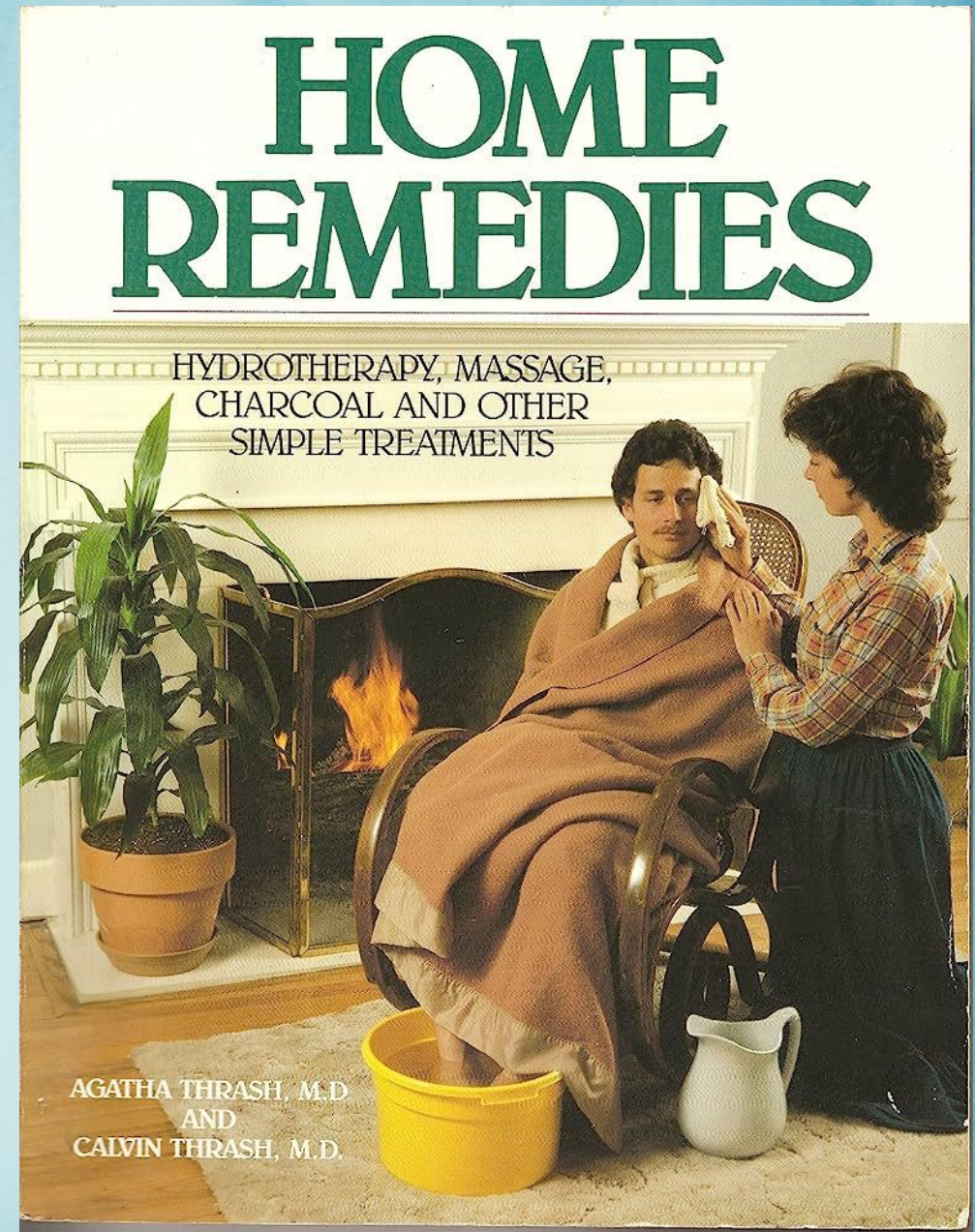


In this video

00:07 Rational Hydrotherapy

02:24 Friction Rub

03:42 What's the Risk of Hydrotherapy



# Using Natural Remedies for Evangelism

## Critically Ill

Quickly Save Life with Best Interventions Known

We are expected to do the best we can. *CH 261*

## Serious Illness

Avoid Danger, Pray & Work Toward Better Health

We are to use every blessing God has placed within our reach for the deliverance of those in danger. *2SM 346.3*

## Controlled Diseases

Minimize Meds; Maximize Lifestyle

Right and correct habits, intelligently and perseveringly practiced, will be removing the cause for disease, and the strong drugs need not be resorted to. *2SM 283*

## Remission or None

Live Fully Healthy Lifestyle

Happy are the people who are in such a state... *Psalm 144:15*

...None feeble among His tribes *Psalm 105:37*

**Hospitals**

**Clinics & Sanitariums**

**Trained Laity**

**Trained Laity**

**dr/nurse supervision**

**Church Programs**

# Lansing Church & Clinic:



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[Contact](#) ▾

[Community Programs](#)



## Advanced Access to Whole Person Care

Affordable. Comprehensive. Personalized. Accessible.

[Current Patient](#)

[Become a Patient](#)

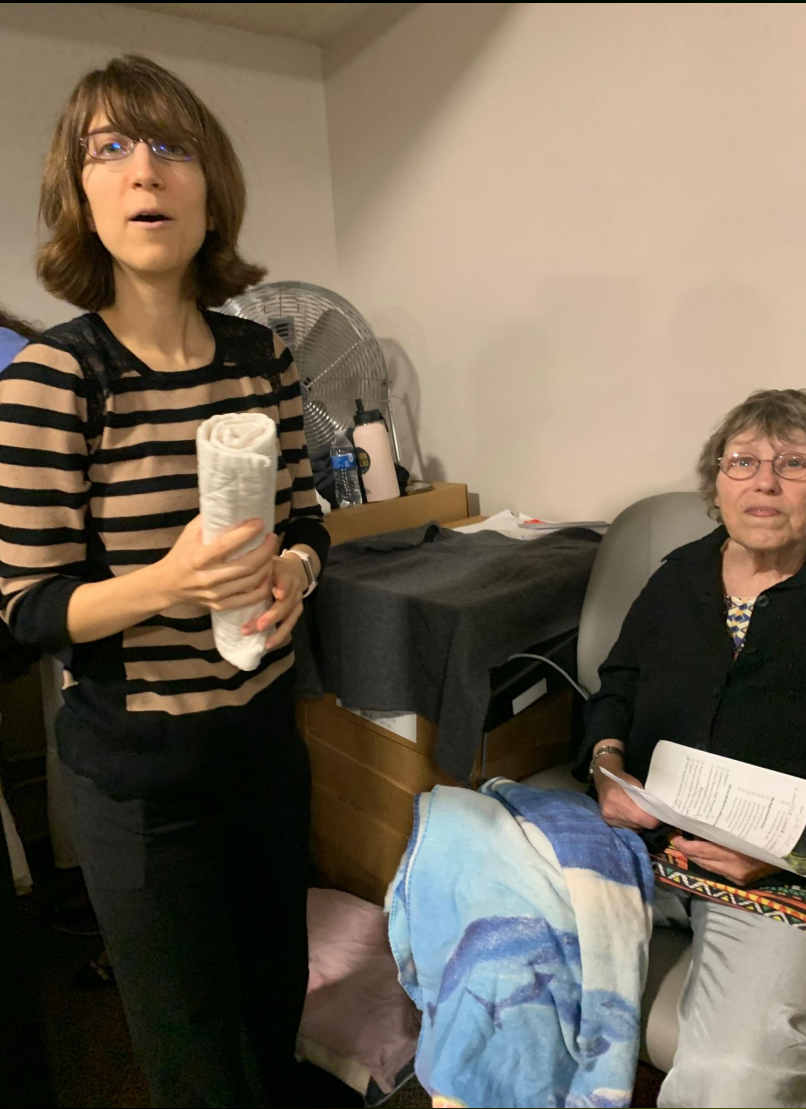
# Lansing Church & Clinic:

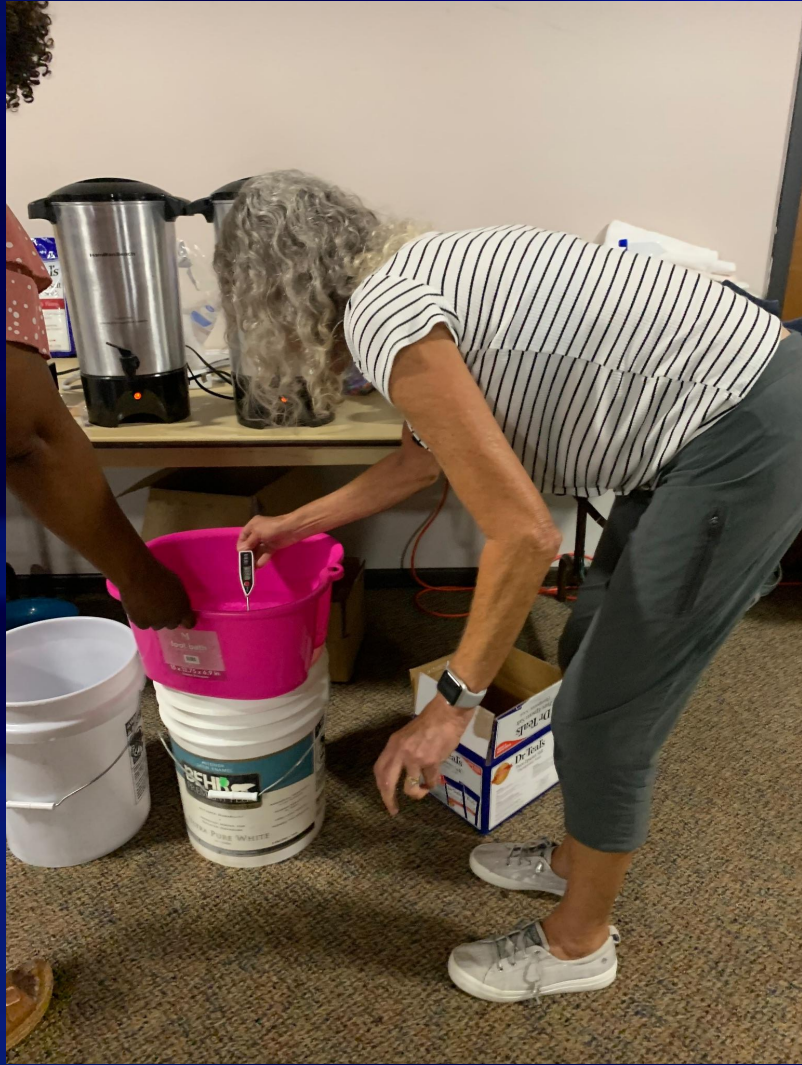


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## 6 Weeks To Health



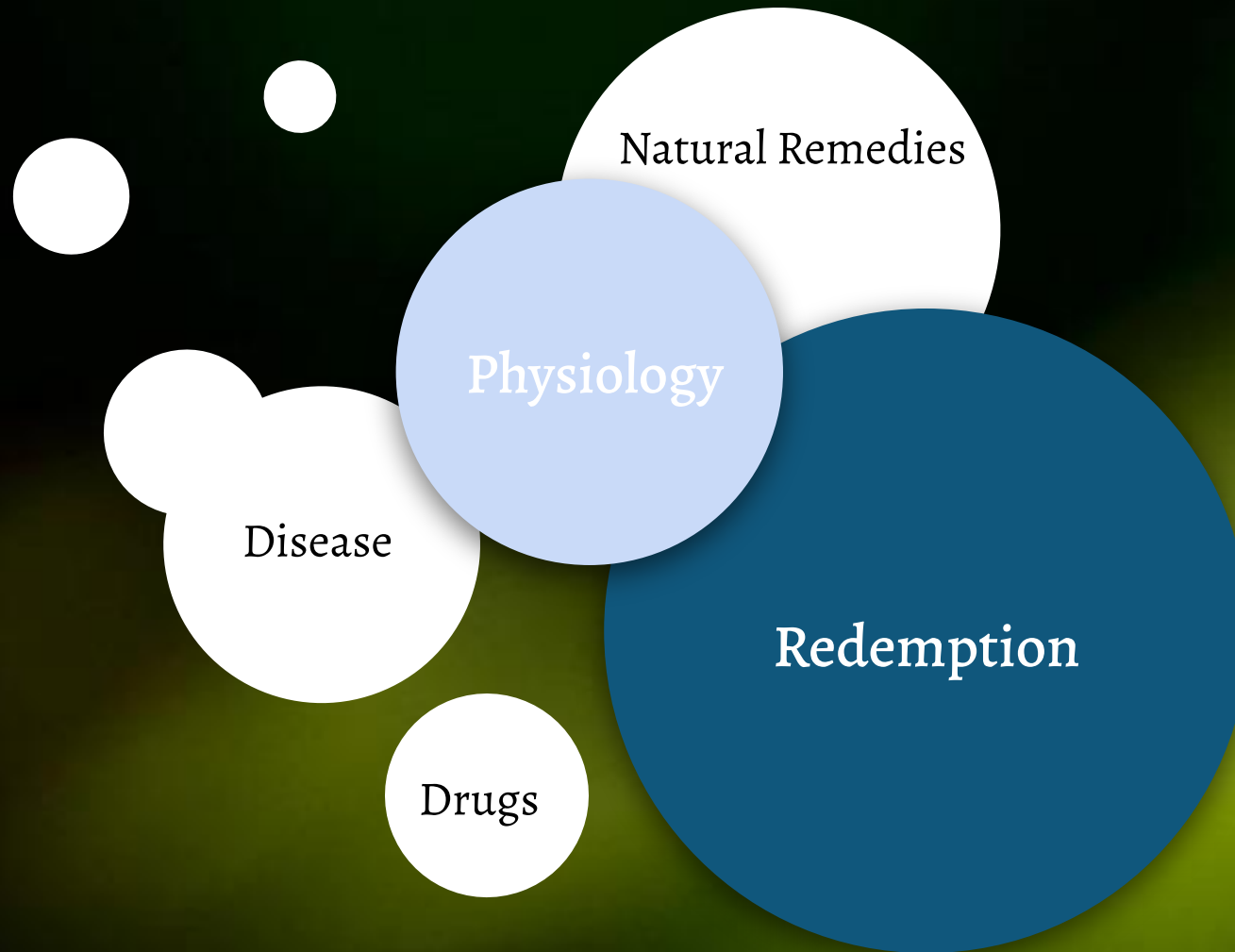








# Objective: Revelation-Based Medicine



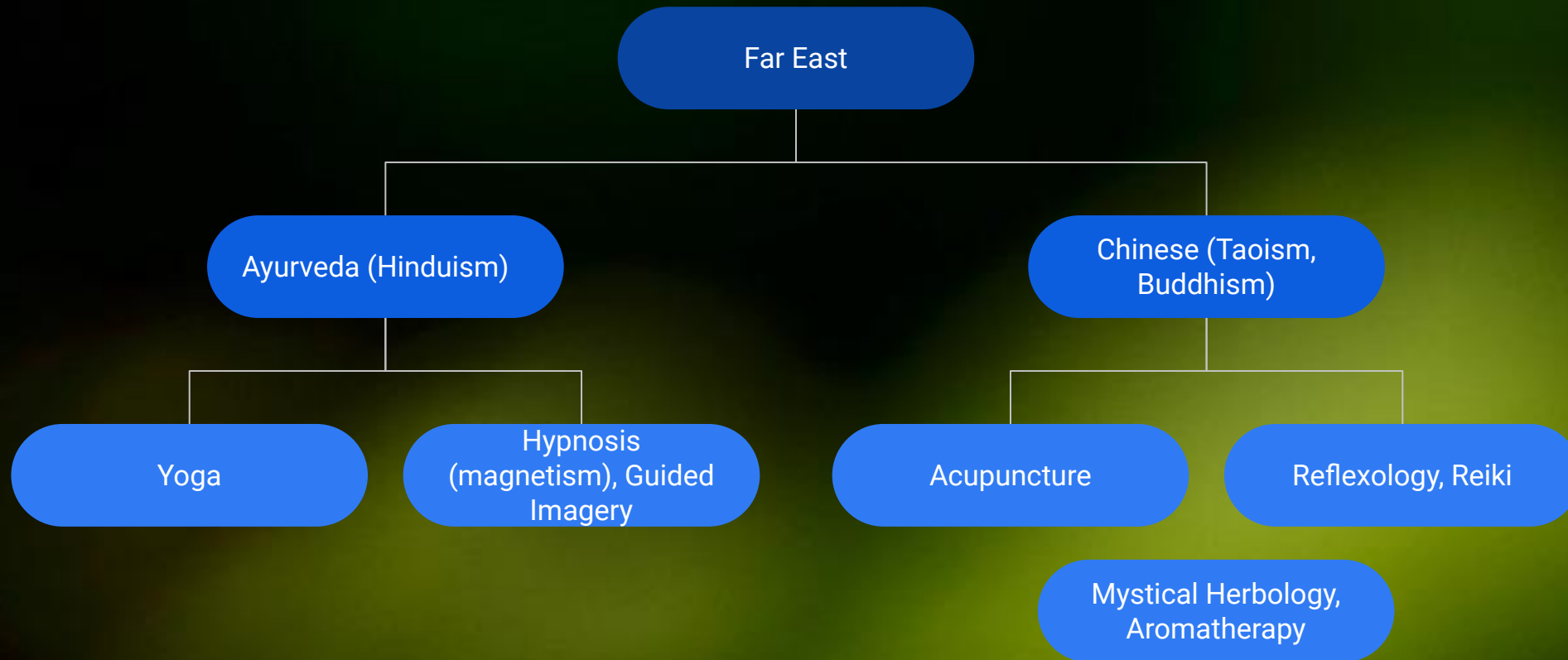
# Review from Monday

- What is the purpose of Natural Remedies? How do Natural Remedies relate to the Gospel? *Help me experience the Gospel and Illustrate the Gospel for others*
- How could many people improve or reverse their metabolic diseases (obesity, high blood pressure, type II diabetes, high cholesterol/heart disease)?  
*WFPB and self control by claiming God's promises*

# Review from Tuesday:

- When looking at a purported Natural Remedies, how do you know if it is following a good “mechanism of action” in your body or not?
  - Is it directly treating the cause
  - working with the body’s healing physiology & long term restoration
  - causing the least harm possible
- How could many people prevent or shorten their respiratory illnesses?
  - WFPB, use hydro to get mucus out, boost immune & circulation.
  - Some herbs/supplements can boost immunity

# Western Healthcare



# Review from Wednesday:

- How do you sort through various “treatments/natural remedies” coming from a different worldview than your own?
  - Reject: if its foundation on falsehood (particularly eastern religions)
  - Careful/Modify: if its a perversion of what God originally provided
- How could many people improve or potentially stop their chronic pain?
  - Deal with the underlying inflammation with WFPB, particularly foods in handout
  - Increase circulation, decrease inflammation with hydrotherapy and exercise

# Review from Thursday:

- How do you use Natural Remedies in a place with abundant resources (like the U.S.)? and in places without?
- How could many people improve or potentially stop their headaches? insomnia?

# Review from Thursday:

- How do you use Natural Remedies in a place with abundant resources (like the U.S.)? and in places without?
  - Use in faith the best that you have
- How could many people improve or potentially stop their headaches? insomnia?
  - Headaches: diary to trace to cause; usually a lack of one of the 8 Natural Remedies
  - Sleep: all of sleep hygiene, especially light in the morning and dark at night



# What is a Natural Remedy?

- **Monday: The Faith Test**

- Engages the will; Combines faith & works = closer walk with God
- Preserves Life, Works Towards Peak Health

- **Tuesday: The Process Test**

- Addresses the cause of disease in a way that works WITH body's healing processes with leaving minimal effects
- Of the effective treatments: Simpler = Better

# What is a Natural Remedy?

- **Wednesday: Origins Test**

- Reject: if its foundation on falsehood (particularly eastern religions)
- Careful/Modify: if its a perversion of what God originally provided

- **Thursday: Context Test**

- In faith, use the best you have available

# What is a Natural Remedy?

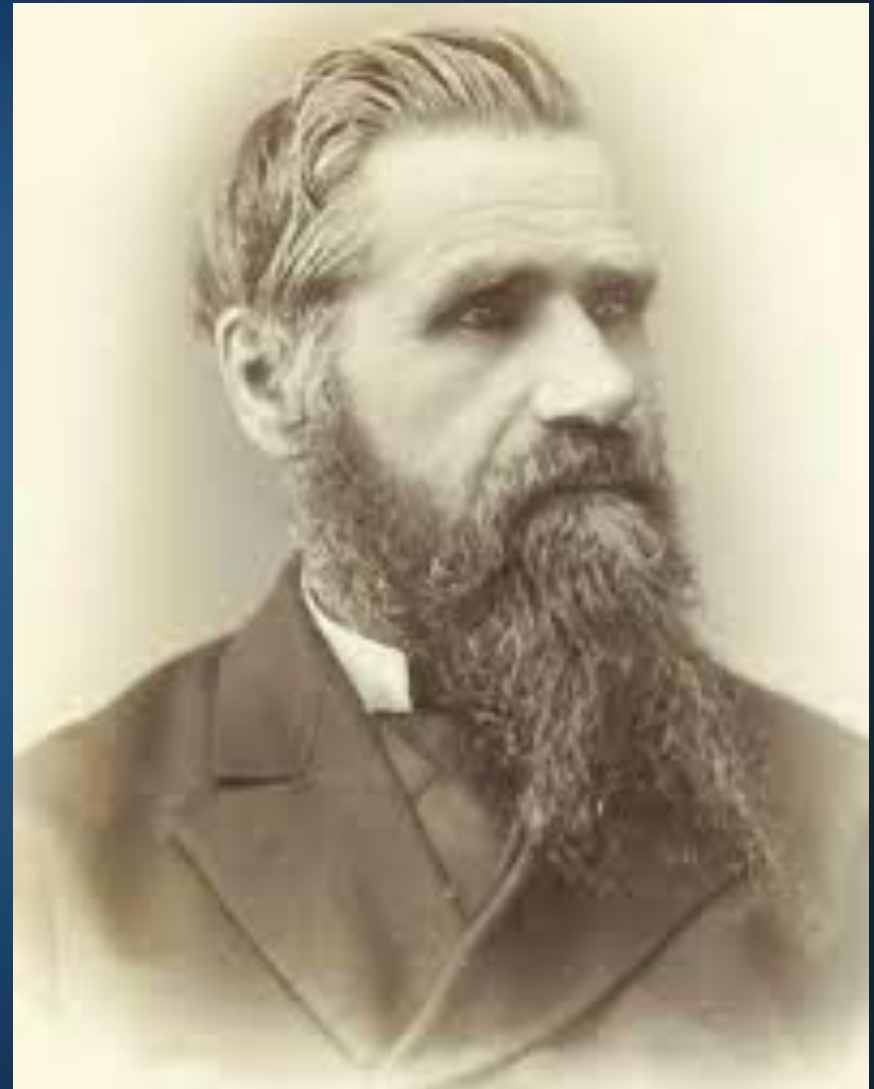
Pray much, and fervently, for divine aid. **One rule can not be followed in every case.** The exercise of sanctified judgment is now needful. —*Child Guidance*, 448

Do some research, ask questions to fill this worksheet out. Write a pro/con list to pray about.

- What's the best/worst thing that could happen if you use this?
- What's the best/worst thing that could happen if you don't?

# What is a Natural Remedy?

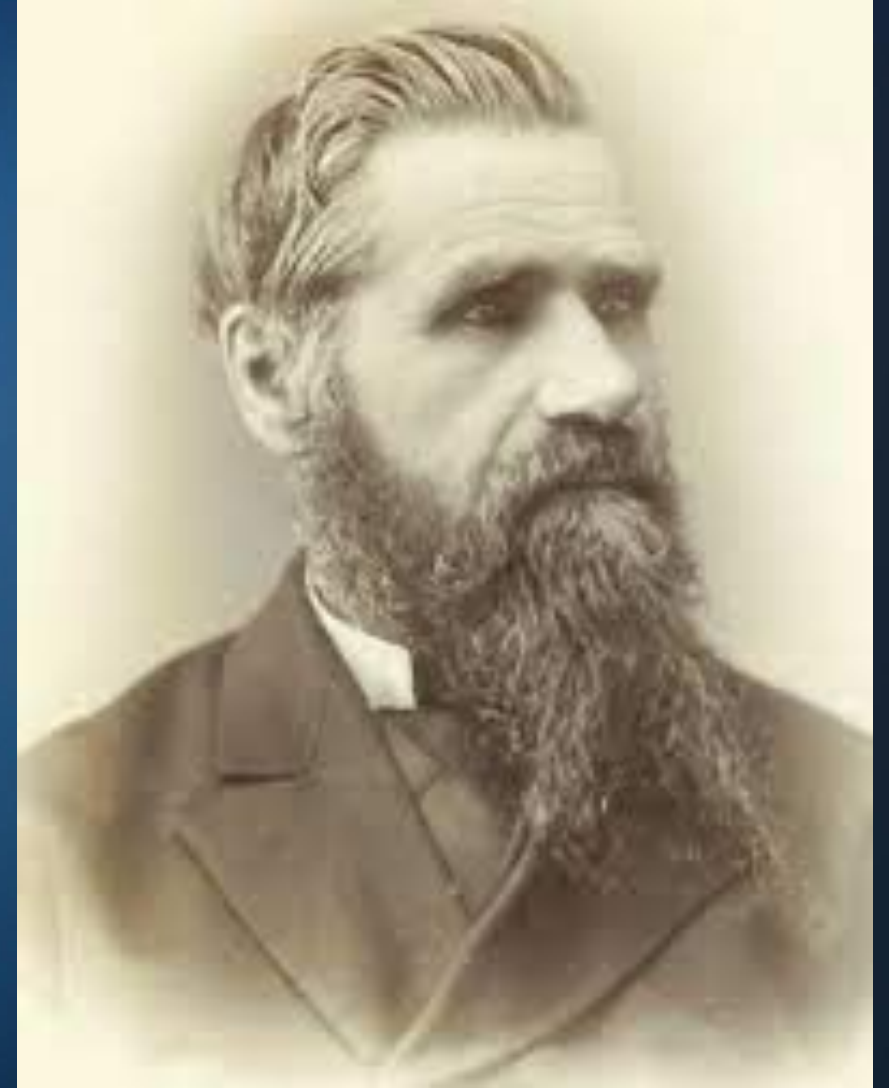
It is the very essence of all right faith to do the right thing at the right time. 6T 24



I saw that your views concerning swine's flesh [This remarkable testimony was written October 21, 1858, nearly five years before the great vision of 1863, in which the light upon health reform was given. When the right time came, the subject was given in a manner to move all our people. How wonderful are the wisdom and goodness of God! It might be as wrong to crowd the milk, salt, and sugar question now, as the pork question in 1858.—J.W., note to second edition.] would prove no injury if you have them to yourselves; but in your judgment and opinion you have made this question a test, and your actions have plainly shown your faith in this matter. If God requires His people to abstain from swine's flesh, He will convict them on the matter. He is just as willing to show His honest children their duty, as to show their duty to individuals upon whom He has not laid the burden of His work. If it is the duty of the church to abstain from swine's flesh, God will discover it to more than two or three. He will teach His church their duty. 1T 206.3

# What is a Natural Remedy?

We then who are strong ought to bear with the scruples of the weak, and not to please ourselves. Romans 15:1



# Using Natural Remedies in Medical Missionary Work

Because we are health reformers, we are not to make a raid upon people's habits and practices. This is striking too directly at the gods they worship. **Instead, we are to offer them something better...** That we may give people a **practical demonstration** of the principles we advocate.

14LtMs, Ms 165, 1899

# Using Natural Remedies in Medical Missionary Work

The Saviour made each work of healing an **occasion for implanting divine principles in the mind and soul**. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace.

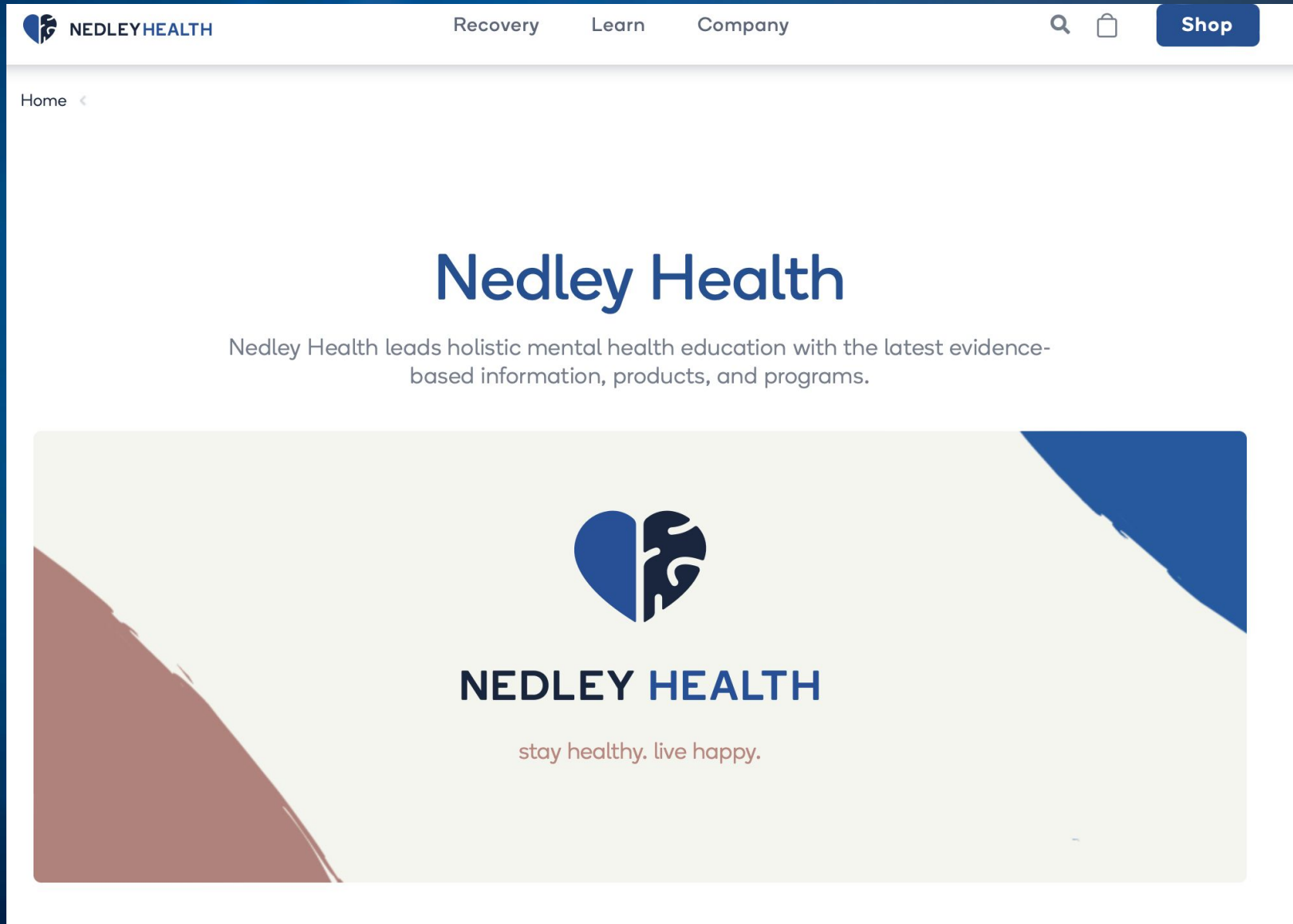
MH 20.2



A black and white photograph of various items including a glass of dark liquid, a muffin, a cookie, a cinnamon roll, a chocolate bar, and several pills scattered on a white surface. The items are arranged in a somewhat chaotic manner, suggesting a connection between food, drink, and medication. The background is a plain, light-colored surface.

# **Blues, Addiction & Thoughts**

# Depression & Anxiety Resources



The image shows a screenshot of the Nedley Health website homepage. The page has a white background with a blue header. The header contains the Nedley Health logo on the left, followed by navigation links for "Recovery", "Learn", and "Company". On the right side of the header, there are icons for a search function and a shopping bag, and a blue "Shop" button. Below the header, there is a breadcrumb trail that says "Home <". The main content area features the "Nedley Health" logo in a large, dark blue font. Below the logo is a tagline: "Nedley Health leads holistic mental health education with the latest evidence-based information, products, and programs." At the bottom of the page, there is a large graphic with a light beige background and blue and brown geometric shapes. In the center of this graphic is the Nedley Health logo, the text "NEDLEY HEALTH" in a bold, dark blue font, and the tagline "stay healthy. live happy." in a smaller, brown font.

NEDLEYHEALTH

Recovery Learn Company

Shop

Home <

## Nedley Health

Nedley Health leads holistic mental health education with the latest evidence-based information, products, and programs.

**NEDLEY HEALTH**

stay healthy. live happy.

# Depression & Anxiety Resources

American Journal of Lifestyle Medicine

[Am J Lifestyle Med.](#) 2016 Nov-Dec; 10(6): 422–428.

Published online 2016 Jun 23. doi: [10.1177/1559827614550779](https://doi.org/10.1177/1559827614550779)

PMCID: PMC5103329

PMID: [27885322](https://pubmed.ncbi.nlm.nih.gov/27885322/)

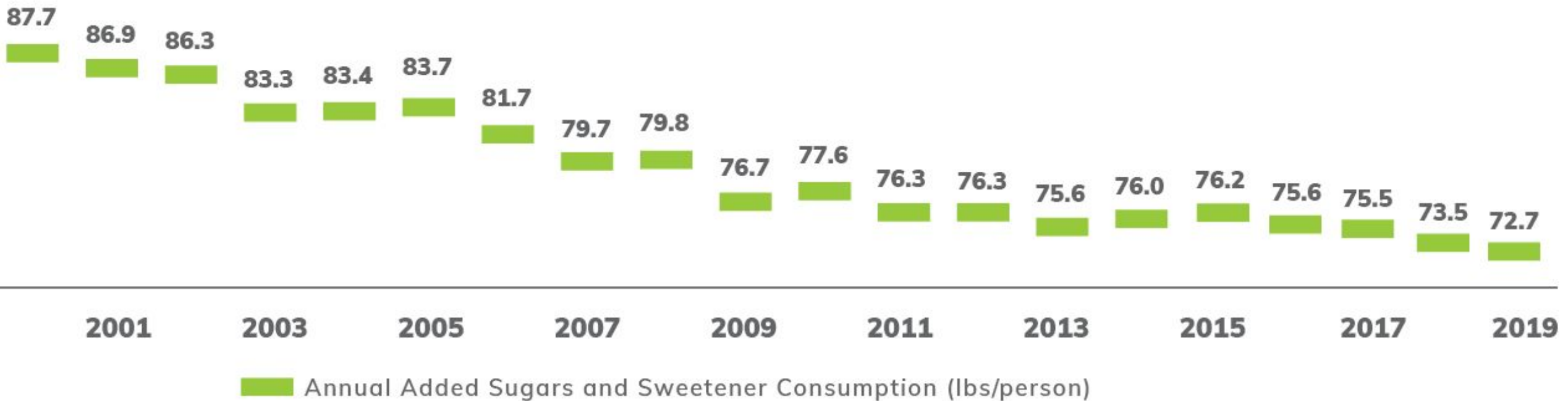
## Nedley Depression Hit Hypothesis

Identifying Depression and Its Causes

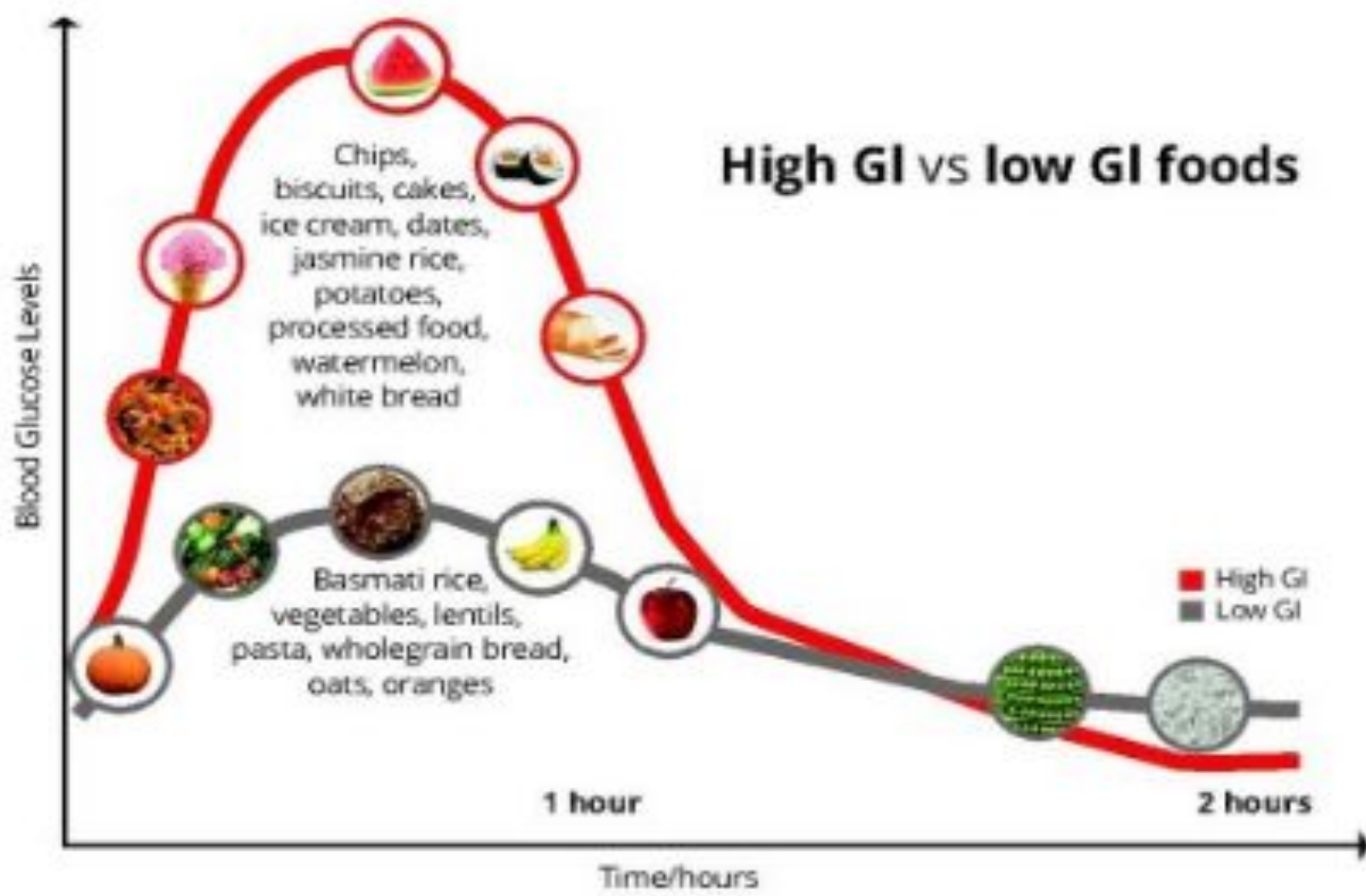
[Neil Nedley](#), MD and [Francisco E. Ramirez](#), MD

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# U.S. PER CAPITA CALORIC SWEETENER CONSUMPTION<sup>6</sup>



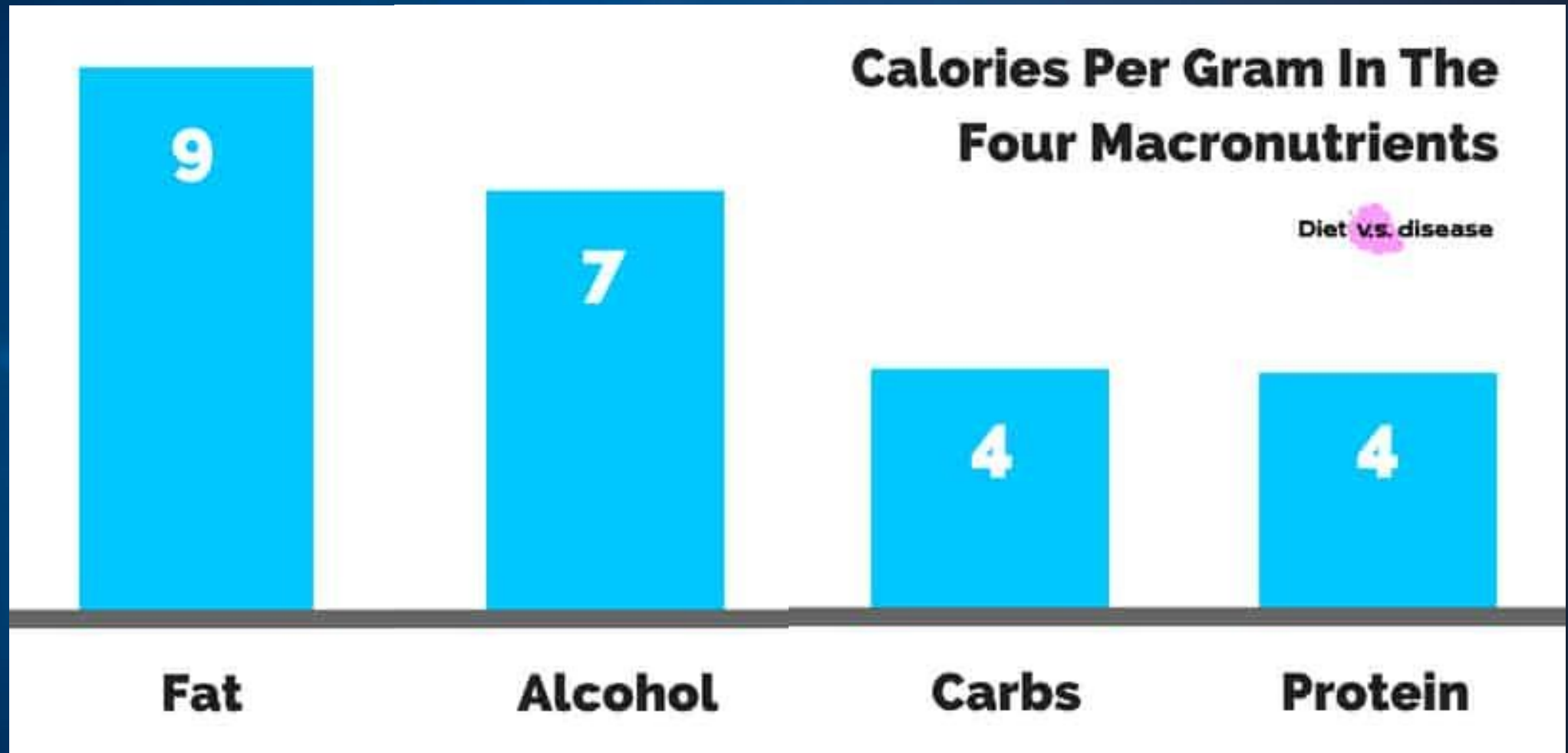
# High GI vs low GI foods



# HIGH FRUCTOSE CORN SYRUP



# Something Worse than Simple Carbs...



# What about my heart and a little red wine?

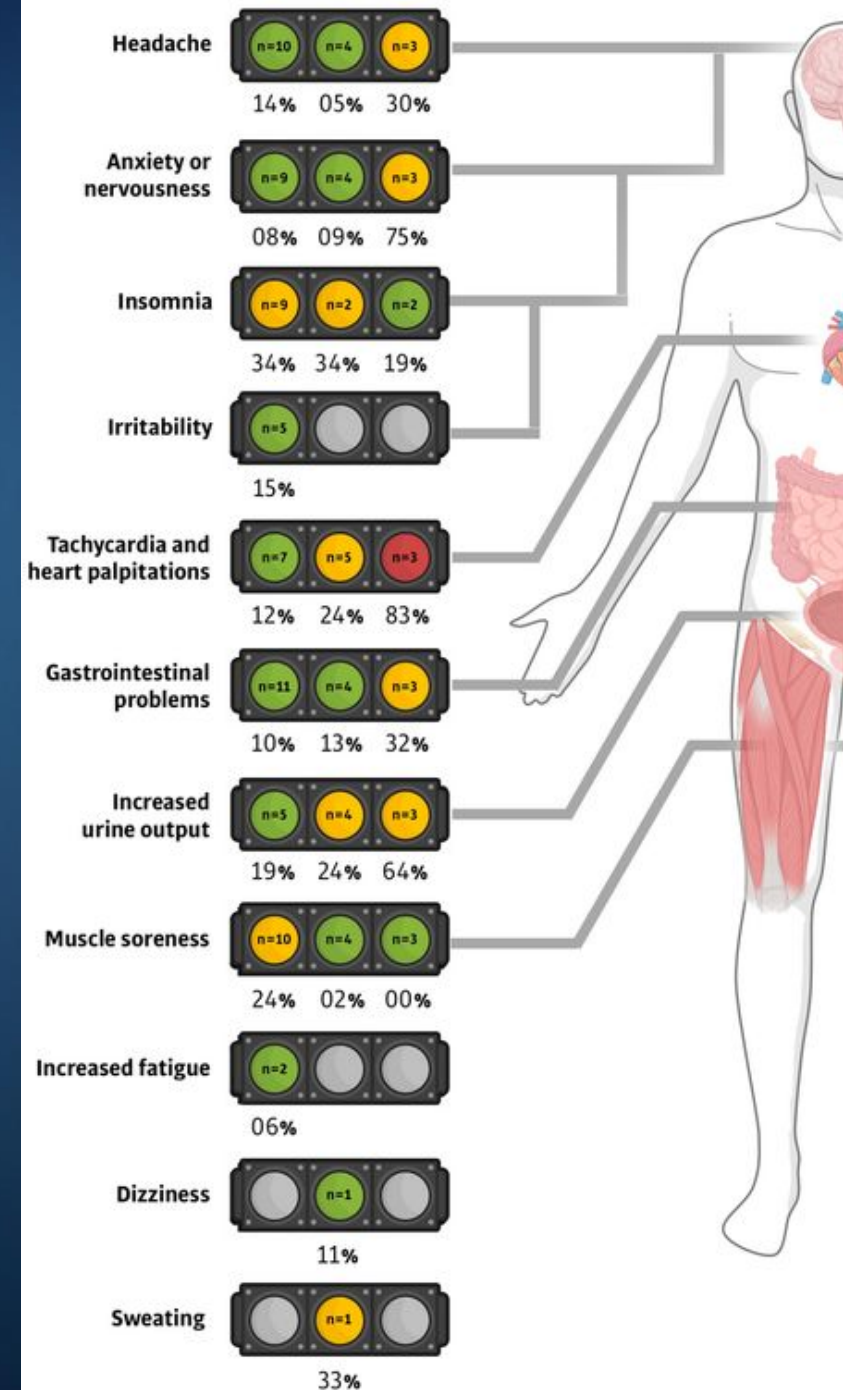
The World Heart Federation (WHF) issued a policy brief on January 20, stating that, “The evidence is clear: Any level of alcohol consumption can lead to loss of healthy life.” Citing studies showing that alcohol use, even in small quantities, increases risks for heart disease.



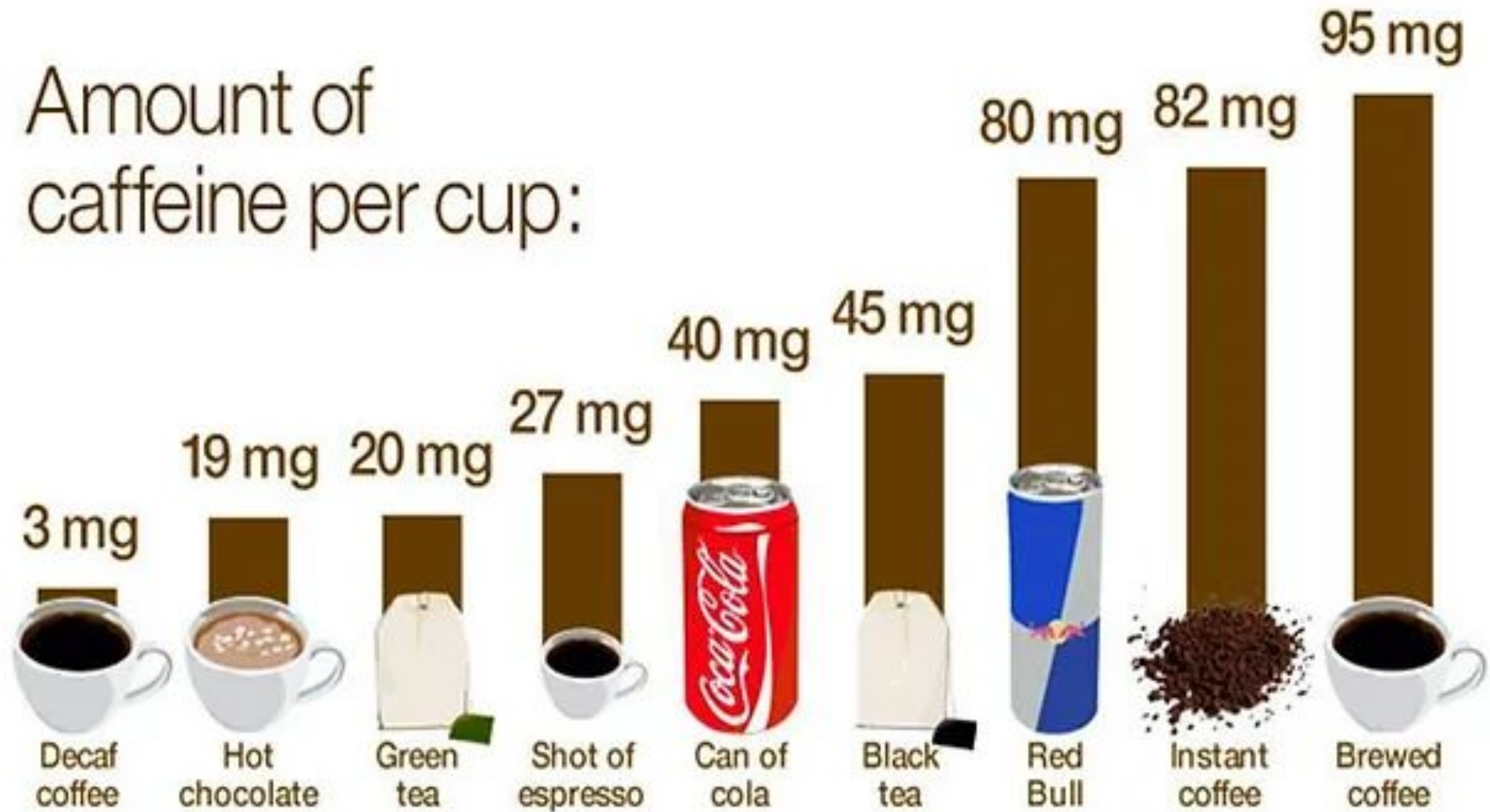
# This Common Beverage

## 24hr Side Effects:

- Headache 30%
- Anxiety/Nervous 75%
- Insomnia 19-34%
- Irritability 15%
- Tachycardia, Heart Palpitations 12-83%
- Heartburn & GI problems 32%
- Increased urine output 64%
- Muscle soreness 24%
- Increased Fatigue 6%
- Dizziness 11%
- Sweating 33%

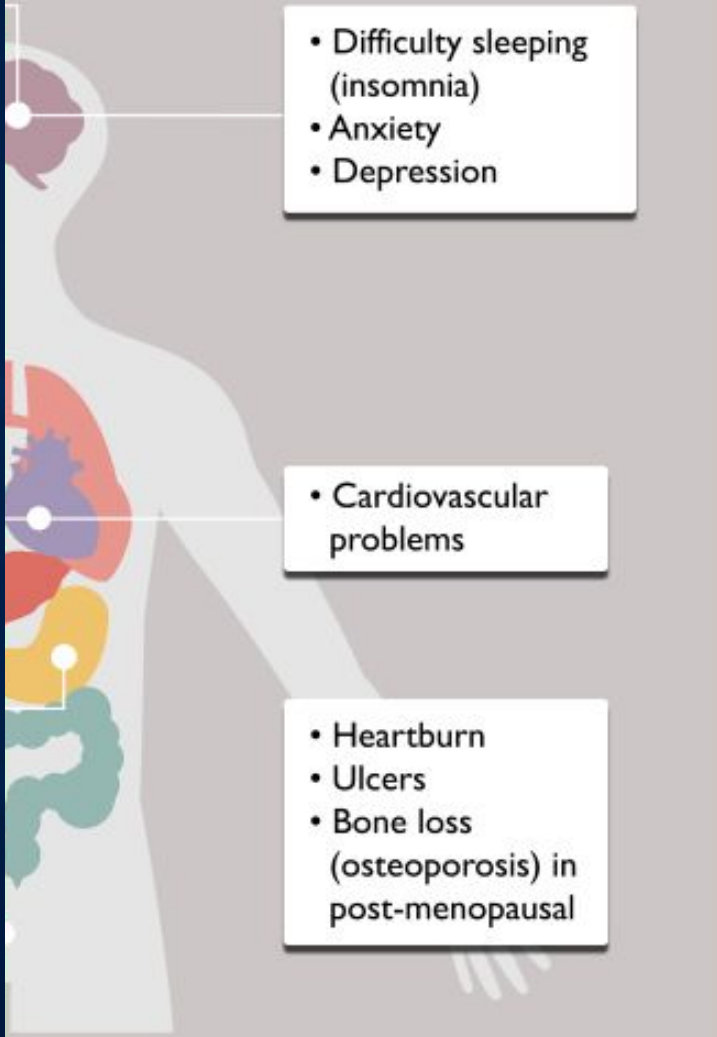


# Amount of caffeine per cup:



# LONG TERM

Regular, heavy use of caffeine (more than 600 mg per day: approximately four cups of coffee/strong tea per day)

- 
- Difficulty sleeping (insomnia)
  - Anxiety
  - Depression

- Cardiovascular problems

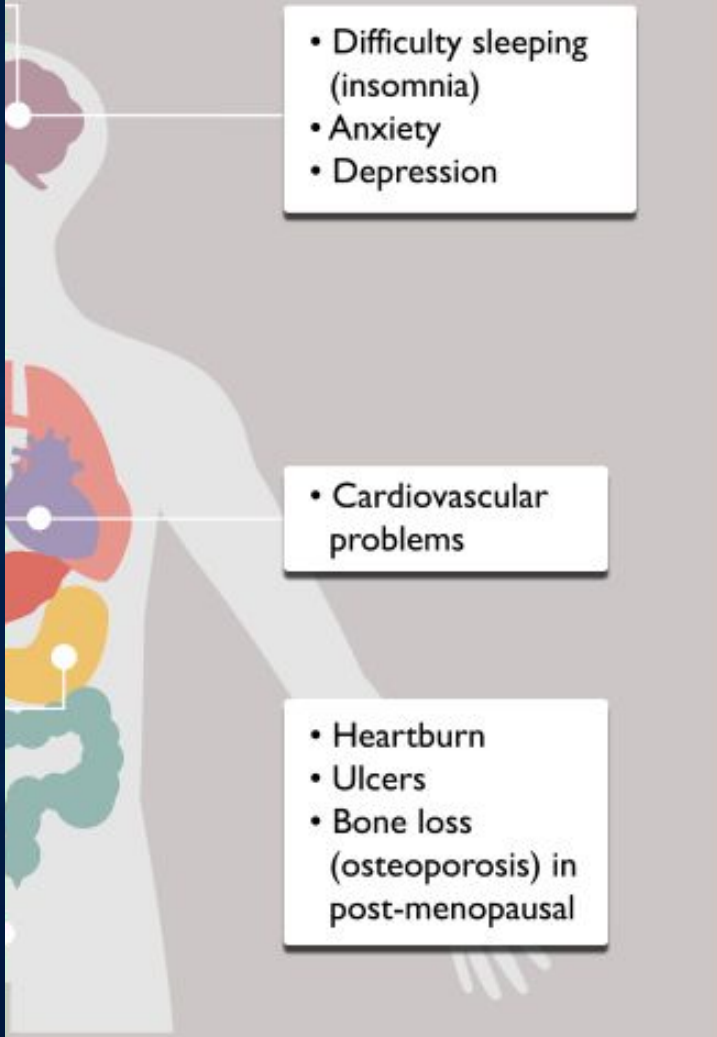
- Heartburn
- Ulcers
- Bone loss (osteoporosis) in post-menopausal

## Regular, Heavy Use:

- Insomnia
- Clinical Anxiety
- Depression
- Elevated Cholesterol (risk of heart disease)
- Irritable Bowel Syndrome
- Ulcers from Heartburn
- Bone Loss (contributing to osteoporosis)

# LONG TERM

Regular, heavy use of caffeine (more than 600 mg per day: approximately four cups of coffee/strong tea per day)

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  - Depression

- Cardiovascular problems

- Heartburn
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- Bone loss (osteoporosis) in post-menopausal

## Regular, Heavy Use:

- Insomnia
- Clinical Anxiety
- Depression
- Elevated Blood glucose & insulin resistance
- Elevated Cholesterol (risk of heart disease)
- Irritable Bowel Syndrome
- Ulcers from Heartburn
- Bone Loss (contributing to osteoporosis)
- Arthritis
- Increased risk of certain cancers: breast, lung, GI, endometrial, ovarian, bladder, prostate

Energy drinks	Serving size, oz (mL)	Caffeine, mg
5-hour ENERGY	2 (60)	215*
Amp	8.4 (250)	74
Cocaine	8.4 (250)	288
Enviga	12 (355)	100
Full Throttle	16 (470)	144
Glaceau Vitamin Water Energy Citrus	20 (590)	50
Monster Energy	16 (470)	160
Red Bull	8.3 (245)	80
Frozen desserts	Serving size, oz (mL)	Caffeine, mg
Ben & Jerry's Coffee Ice Cream	8 (235)	68 to 84
Häagen-Dazs Coffee Ice Cream or Yogurt	8 (235)	58
Starbucks Coffee Ice Cream	8 (235)	50 to 60
Chocolates/candies/other	Serving size, various units	Caffeine, mg
Hershey's Chocolate Bar	1.55 oz (45 g)	9
Hershey's Kisses	41 g (9 pieces)	9
Hershey's Special Dark Chocolate Bar	1.45 oz (41 g)	31
Hot cocoa	8 oz (235 mL)	3 to 13
Powdered caffeine	1/16 tsp	200



<p>The 2009 lawsuit alleged Coca-Cola falsely conveyed  
&#8220;Vitaminwater is not a sugary soft drink and that drinking it  
provides a significant source of dietary supplements."</p>

Josh Long | Apr 13, 2016

PATRICK ARBUETTE   LEE SUZMAN   JEFF HAWKE   JAMES JOHNSON   DEBBE KIRKCAR   ERIC KRISTOFFERSON

CATE EVS   SANDRINO MORENO   ANDY D. MITER   TALANCON   VS BEN VALDECRAMA



The New York Times

"THE MOST ESSENTIAL POLITICAL FILM FROM AN AMERICAN DIRECTOR SINCE MICHAEL MOORE'S 'FAHRENHEIT 9/11'"

MARC GUDWISS

# Marketing Exposed

A Global Public Health Threat for Food Policy



Global Health Advocacy Incubator  
Changing Policies to Save Lives

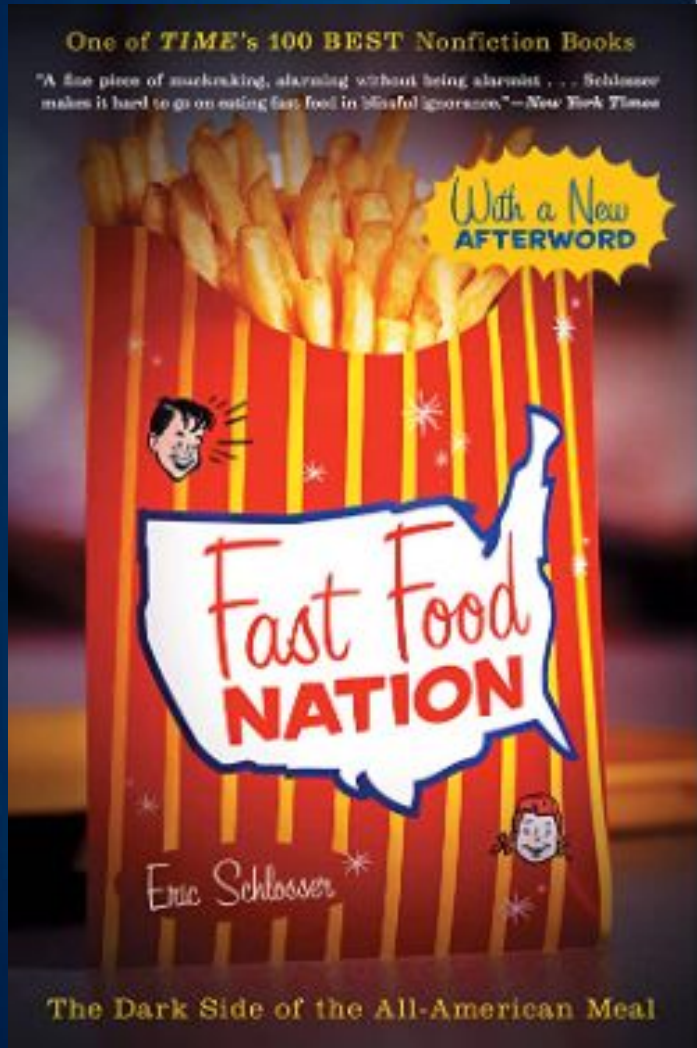
EDITED BY THE INTERNATIONAL BEST SELLER

FAST FOOD NATION

DO YOU WANT LIES



# Why?



One of TIME's 100 BEST Nonfiction Books

"A fine piece of muckraking, alarming without being alarmist . . . Schlosser makes it hard to go on eating fast food in blissful ignorance."—New York Times

With a New AFTERWORD

Fast Food NATION

Eric Schlosser

The Dark Side of the All-American Meal

REVIEW article

Front. Psychiatry, 10 January 2022

Sec. Psychopathology

Volume 12 - 2021 | <https://doi.org/10.3389/fpsyt.2021.824936>

This article is part of the Research Topic

Eating Disorders and Emotion Regulation: Looking at the Spectrum from Overcontrolling to Dysregulation

[View all 7 Articles >](#)

# Current Status of Evidence for a New Diagnosis: Food Addiction-A Literature Review



Octavian Vasiliu\*

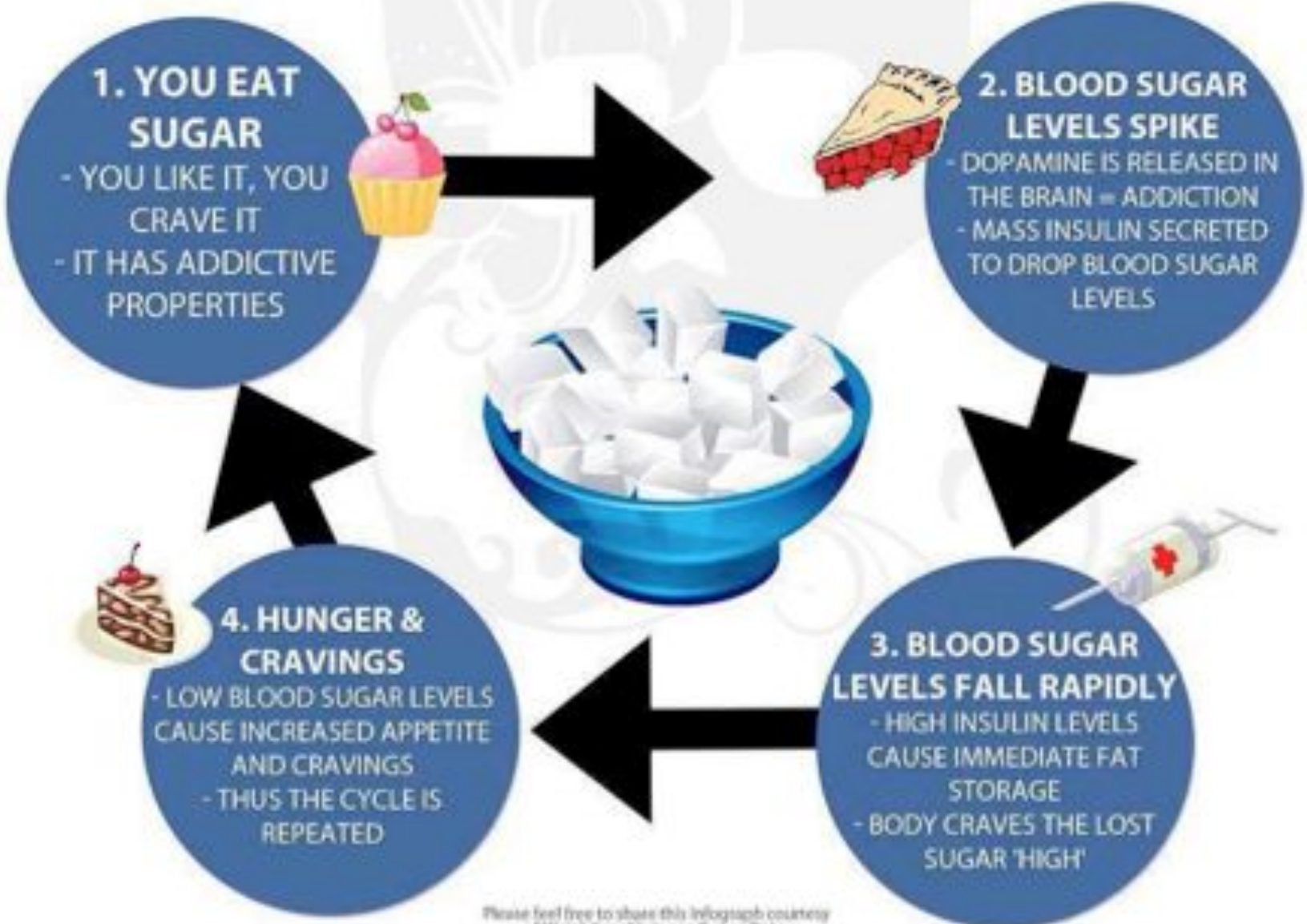
Department of Psychiatry, Dr. Carol Davila University Emergency Central Military Hospital, Bucharest, Romania

“I do not understand what I do. For what I want to do I do not do, but what I hate I do. For I have the desire to do what is good, but I cannot carry it out.”

Romans 7:15, 18

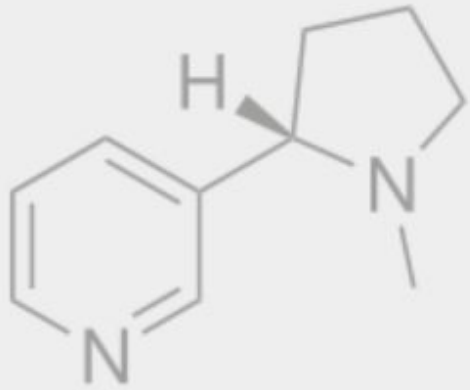


# SUGAR ADDICTION: THE PERPETUAL CYCLE



Please feel free to share this infographic courtesy of [WeightLossCoach.org/Sugar-Detox](http://WeightLossCoach.org/Sugar-Detox)

# Addiction: When Pleasure Hormones are Imbalanced

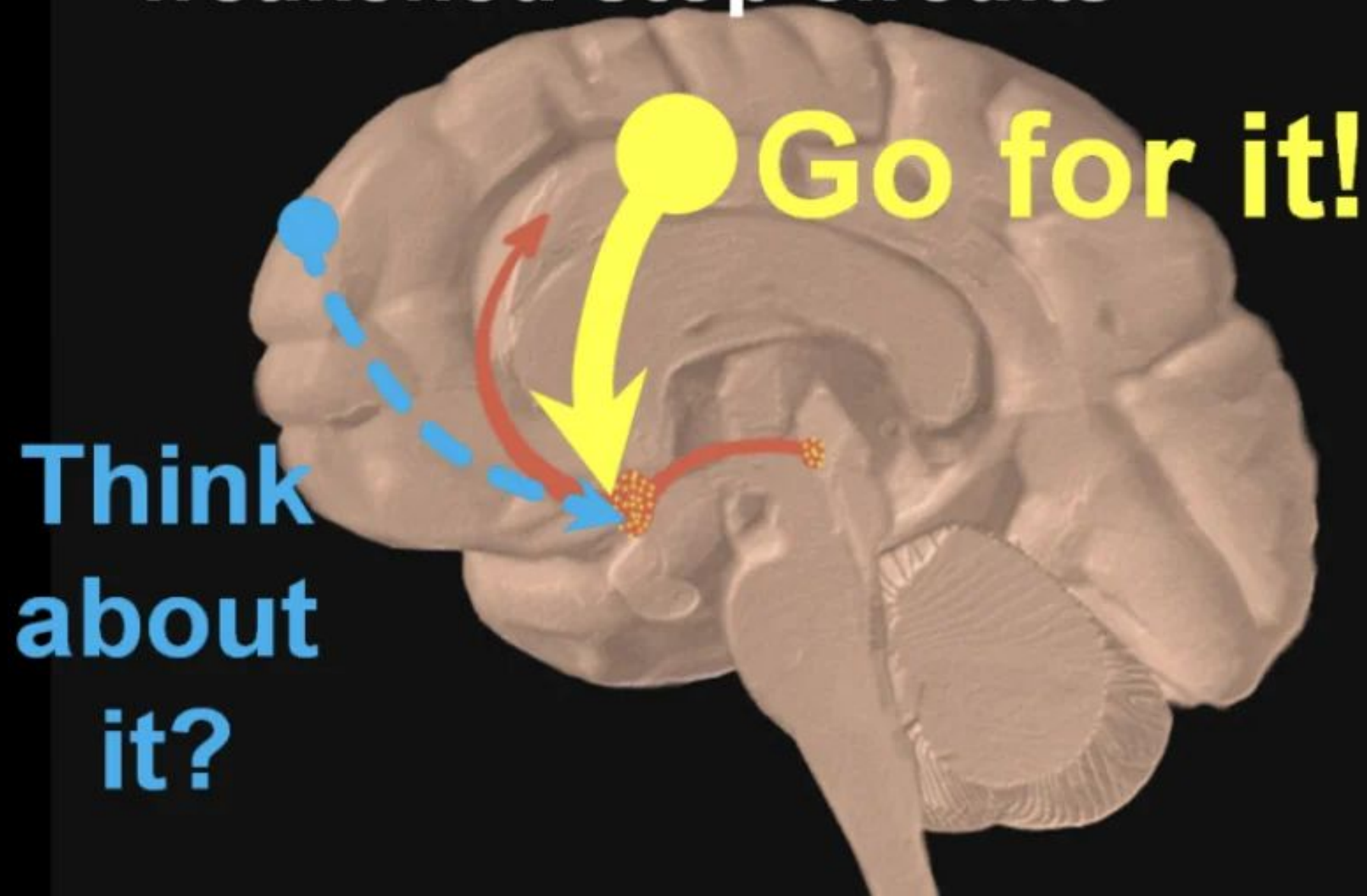


## Neurotransmitter

## Effects

Dopamine	➔	Pleasure, appetite suppression
Norepinephrine	➔	Arousal, appetite suppression
Acetylcholine	➔	Arousal, cognitive enhancement
Glutamate	➔	Learning, memory enhancement
Serotonin	➔	Mood modulation, appetite suppression
$\beta$ -Endorphin	➔	Reduction of anxiety and tension
GABA	➔	Reduction of anxiety and tension

**Addiction overwhelms  
weakened stop circuits**



**Think  
about  
it?**

**Go for it!**

# DOPAMINE REWARD PATHWAY

Prefrontal cortex

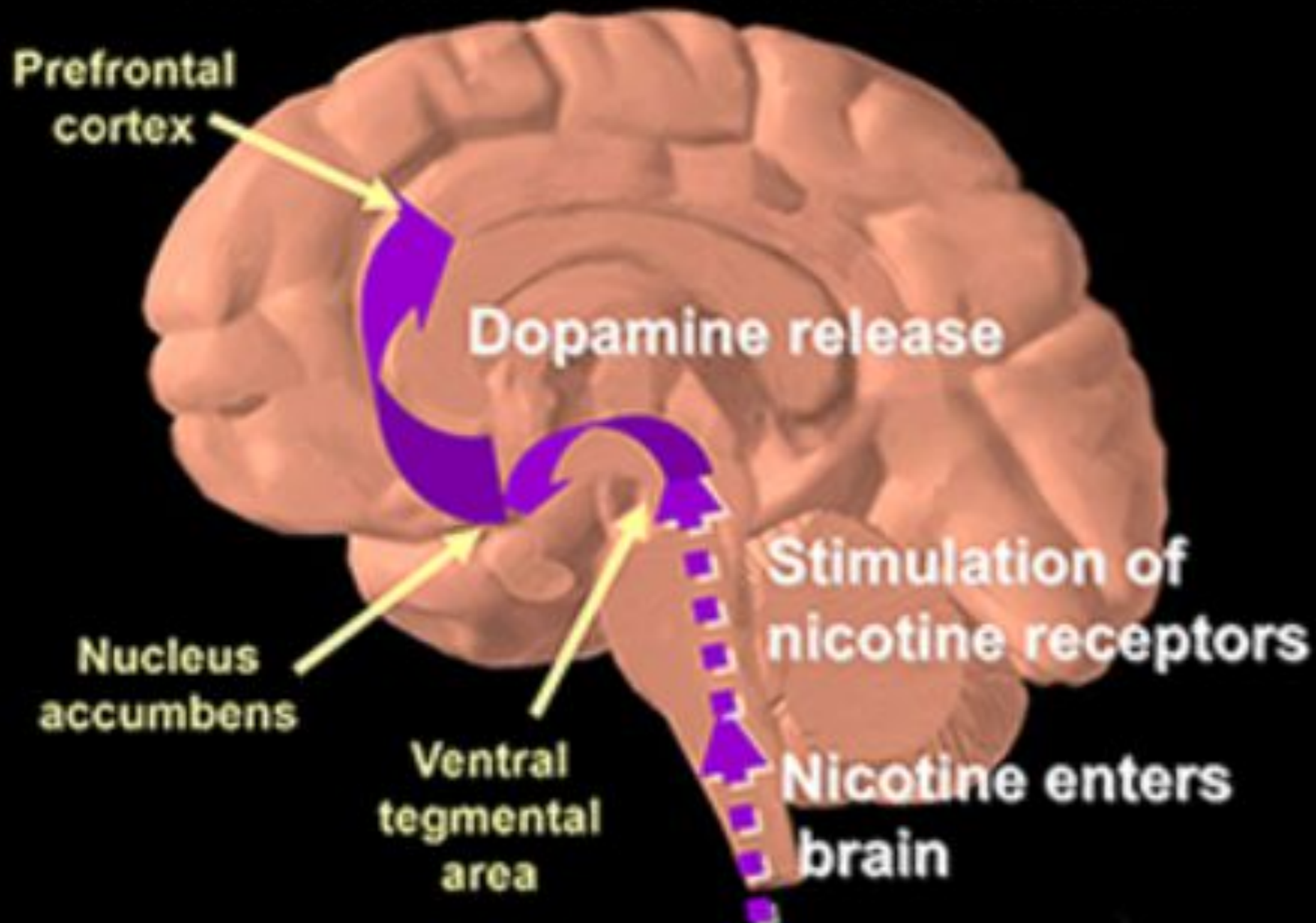
Dopamine release

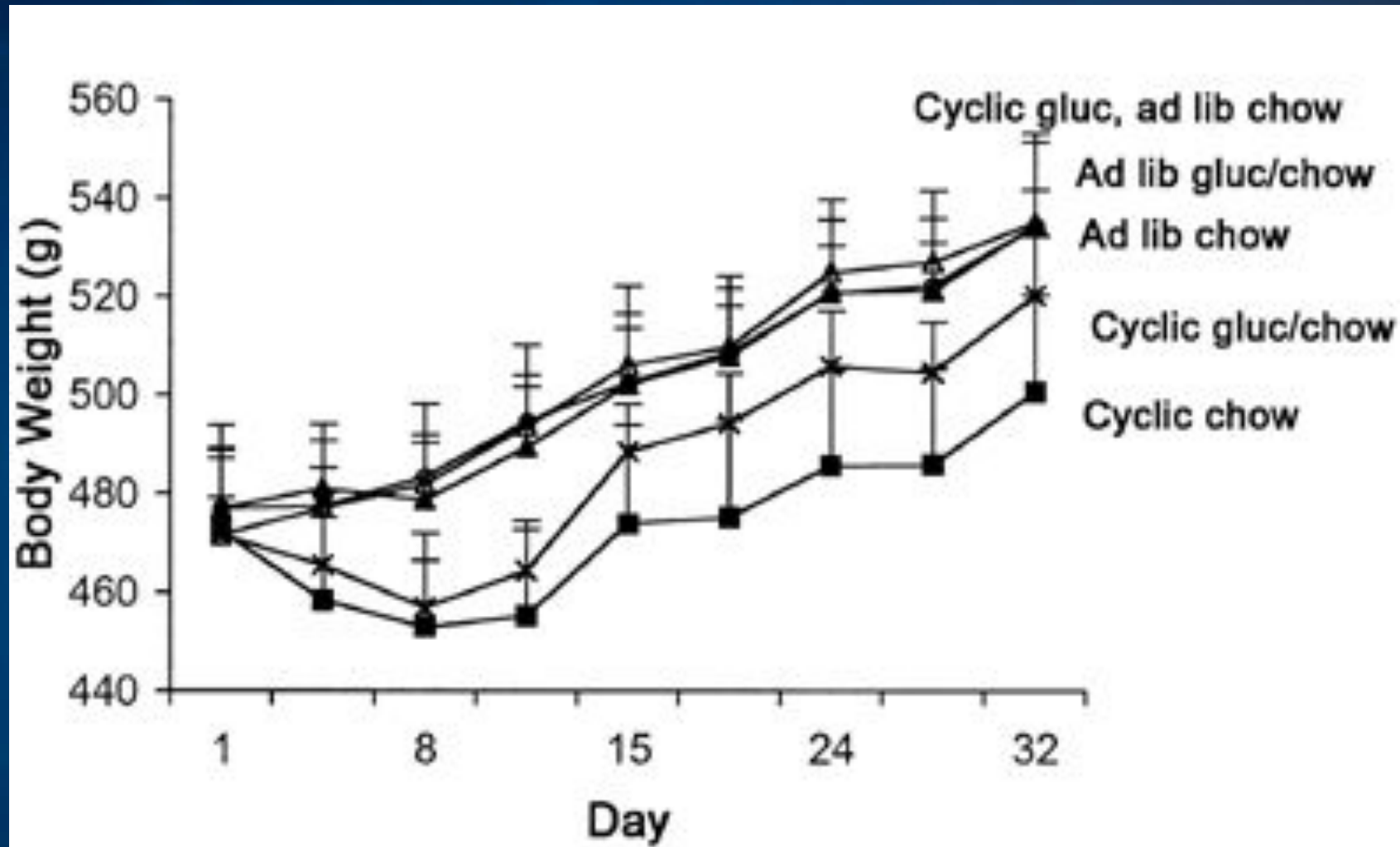
Nucleus accumbens

Ventral tegmental area

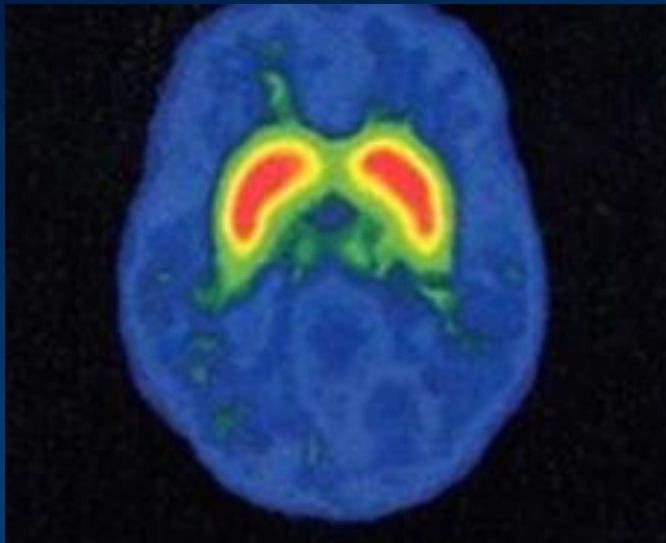
Stimulation of nicotine receptors

Nicotine enters brain

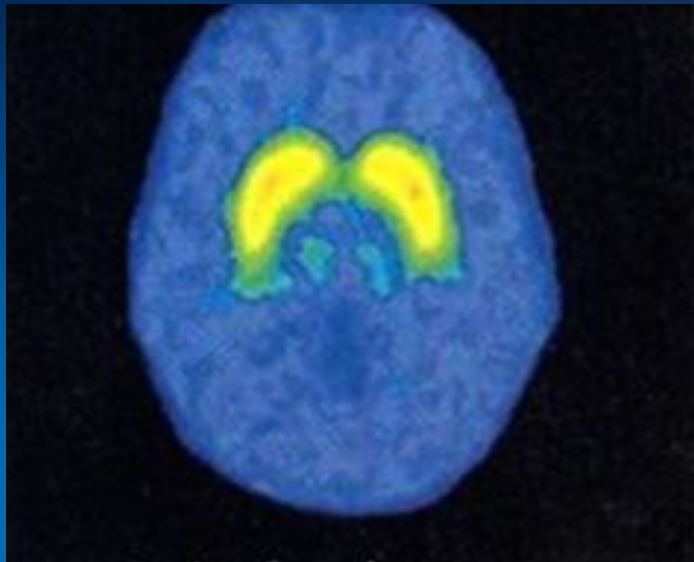




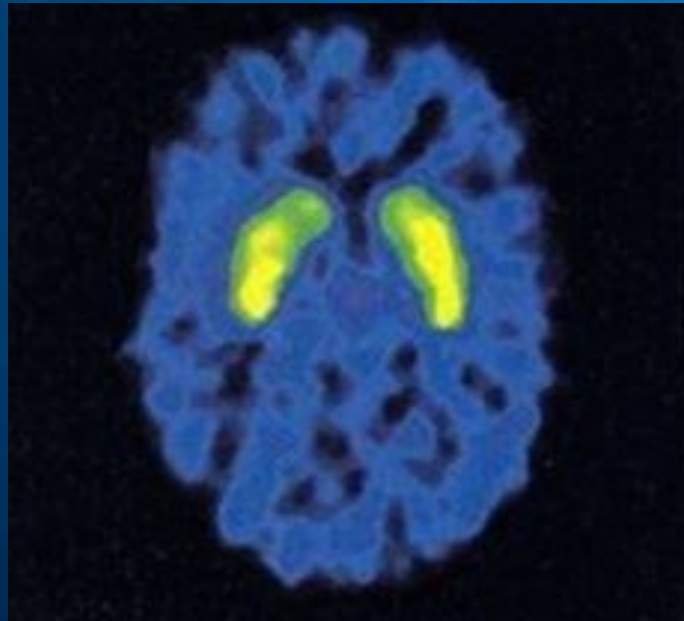
Colantuoni, C., Rada, P., McCarthy, J., Patten, C., Avena, N.M., Chadeayne, A. and Hoebel, B.G. (2002), Evidence That Intermittent, Excessive Sugar Intake Causes Endogenous Opioid Dependence. *Obesity Research*, 10: 478-488. <https://doi.org/10.1038/oby.2002.66>



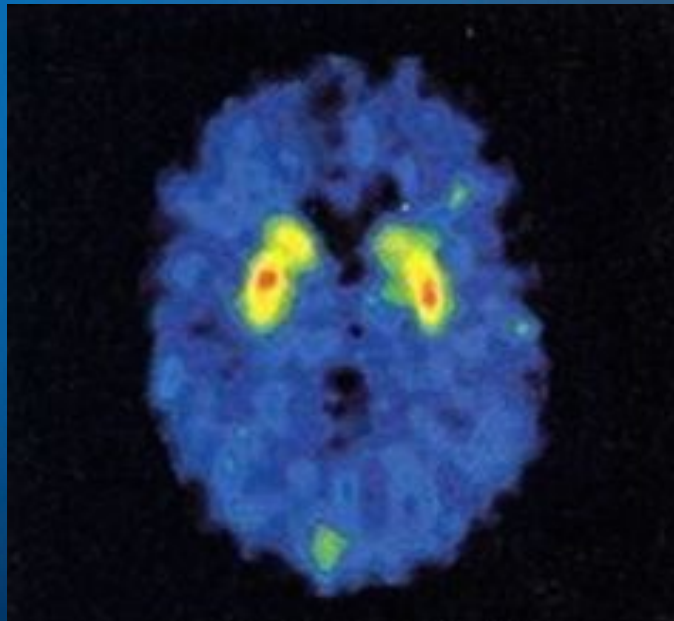
Normal Brain



Food/Sugar Addiction



Cocaine Brain



Alcoholic Brain

## BRAIN REWARD CENTER

*What do the colors mean?*

### RED

high dopamine  
*normal pleasure and interest*

### YELLOW

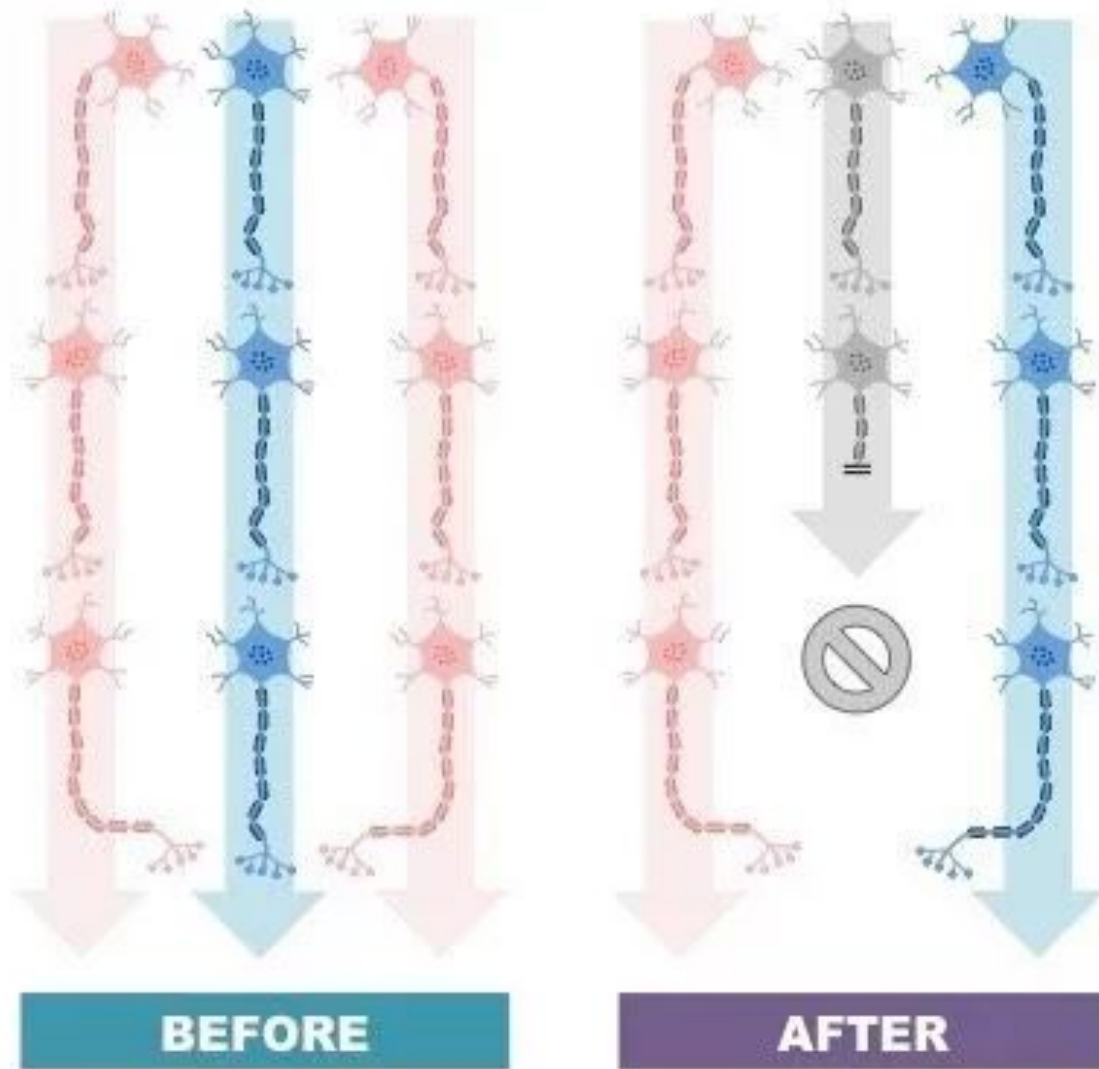
medium dopamine  
*difficulty feeling joy or pleasure*

### GREEN

low dopamine  
*lack of pleasure*

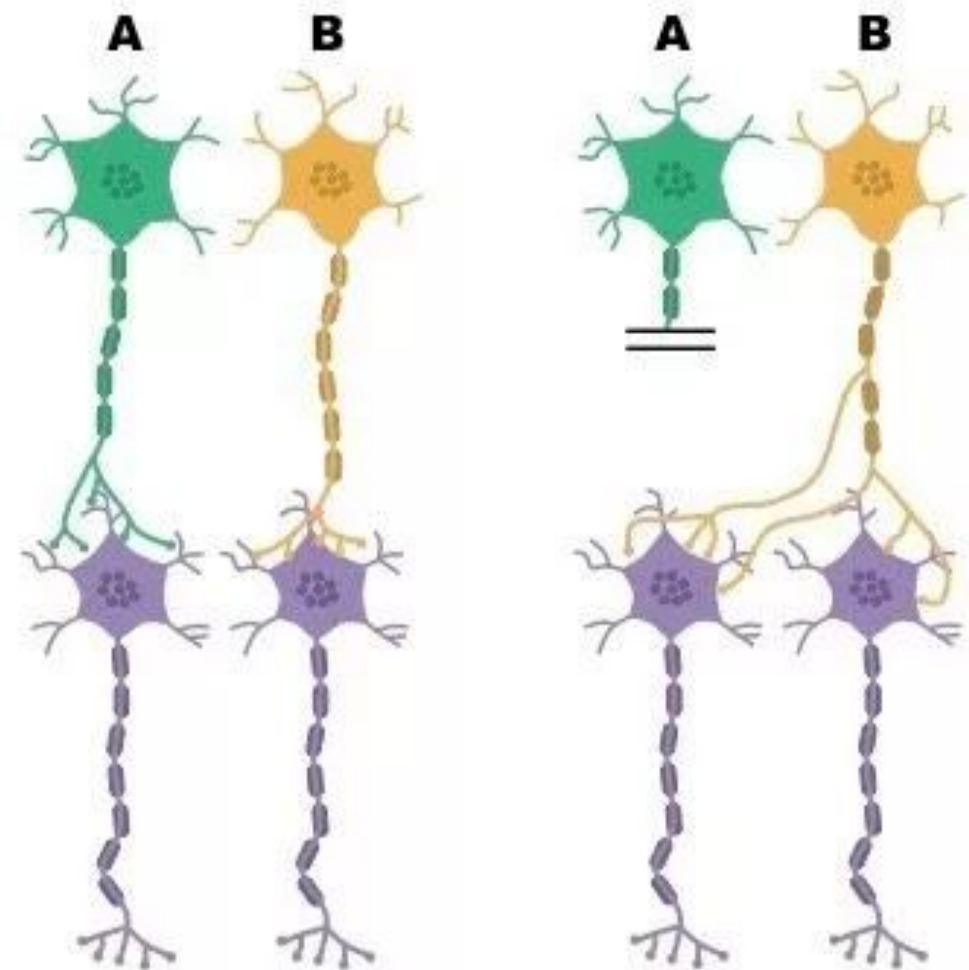


**Rerouting:** New connections are made between active neurons to create alternate neural pathways



Primary path Secondary path Terminated path

**Sprouting:** New axon and dendrite extensions allow existing neurons to form new connections



Neural connections by neuron A and neuron B prior to degeneration

Collateral sprouting of neuron B after damage to axon of neuron A



# How to have New Habits?

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Romans 8:5

**Physical Habits Improve Mental Health**



**Mental Health Habits Improve Physical Health**

# Contrast Shower

## Vasodilation

*3-5 min steamy hot.* The skin will become red as the blood vessels dilate and fresh blood is brought to the area.

## Vasoconstriction

*30 sec cold.* Take a deep breath; its sending old blood away.

## Repeat

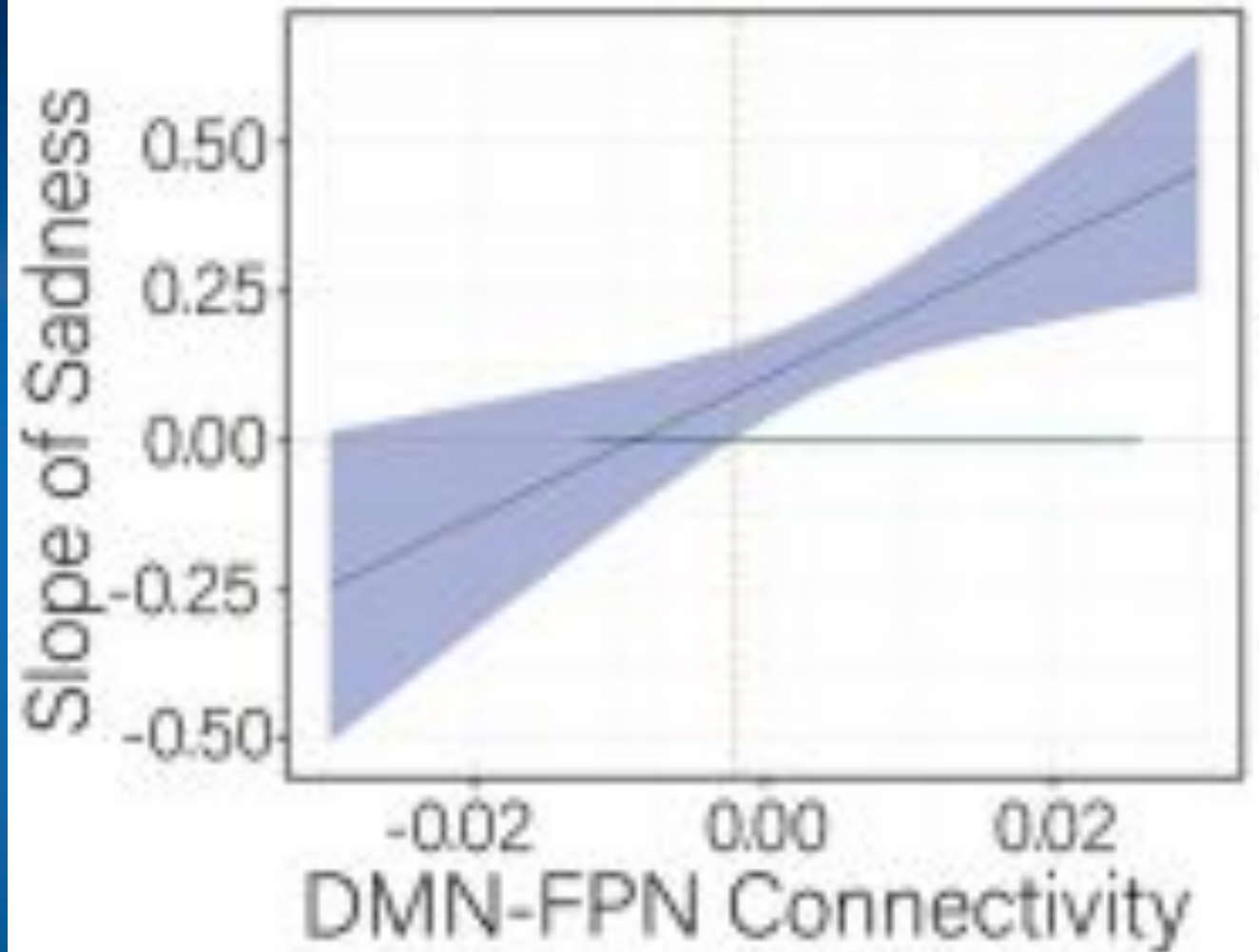
Repeat hot/cold cycles 3-4 times. Try colder and hotter each cycle. If you are diabetic, hypertensive or prone to dizziness only do a 20 degree difference.

## Rest

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

# Thoughts & Connectivity

The FPN (frontoparietal network) of the brain discussed on Day Two of this study guide controls and monitors our conscious thoughts until they can run on autopilot. Negative Repetitive Thinking is a dysfunctional form of autopilot. When researchers studied blood flow on functional MRIs (magnetic resonance imaging) they found that constantly dwelling on negative thoughts was associated with poor blood flow to the frontal lobe where you reason, and increased blood flow to the areas responsible for automated thoughts.



Lydon-Staley, D M et al. "Repetitive negative thinking in daily life and functional connectivity among default mode, fronto-parietal, and salience networks." Translational psychiatry vol. 9,1 234. 18 Sep. 2019, doi:10.1038/s41398-019-0560-0

# Focus on Faith, Hope, Love

**Grief, anxiety, discontent, remorse, guilt, distrust**, all tend to break down the life forces and to invite decay and death. MH 241.1

**Courage, hope, faith, sympathy, love**, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. “A merry [rejoicing] heart doeth good like a medicine.” Proverbs 17:22.  
MH 241.3

# Cognitive Distortions

## Internal mental filters or biases

<https://www.health.harvard.edu/blog/how-to-recognize-and-tame-your-cognitive-distortions-202205042738#:~:text=Cognitive%20distortions%20are%20internal%20mental,cut%20down%20our%20mental%20burden.>

## Fact vs. Opinion

“I’ll never be able to stick with anything.”

“I should’ve lost more weight.”

“They are saying that upfront because I’m so bad.”

“If my co-workers didn’t bringing junk food, I wouldn’t have a problem snacking!”

“If only I had known Remove stuff my friend/family member would’ve never gotten sick!”

“When I go to that family gathering it's going to be terrible trying to eat healthy.”

# Correcting Cognitive Distortions

**All or nothing distortion:** “I’ll never be able to stick with anything.”

**Correction:** I’ve found difficult to finish a few projects that I have started and if I lose focus I might do the same thing with diet.

**Promise:** “For a righteous man may fall seven times And rise again, But the wicked shall fall by calamity” Proverbs 24:16

# Correcting Cognitive Distortions

“I’ll never be able to stick with anything.”

“I should’ve lost more weight.”

“They are saying that upfront because I’m so bad.”

“If my co-workers didn’t bringing junk food, I wouldn’t have a problem snacking!”

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MH 241.3



**What specific thing is God calling you to do for your physical, mental and/or spiritual health this year?**

- a. SMARTER Goals: Specific, Meaningful, Attainable, Realistic, Time-Bound, Evaluate, Readjust
- b. What Bible promise(s) am I going to claim?

**In what ways can you personally practically illustrate the Gospel to those around you? What is God calling you to do specifically?**