

Natural Remedies:

Simple Treatments for
Common Ailments









Serve & Learn in the Clinic:

When: June 12-16, Monday - Friday, 10:30 am - 3:00 pm

Where: Cedar Lake Church Basement (right here!)

What:

- Hot Foot Bath
- Joint Fomentations
- Chest Fomentations
- Other hydrotherapy & natural remedies in-class

Sign up for LIMITED spots. Recommend 5 treatments for competency.

Grand Rapids Attendees:

Sign up for Other Services:

- Culinary Medicine with Debbie Swena, MD
- Lifestyle Physician Group Visit with John Kelly, MD
- Fitness and/or Health Coaching with Nathan Hyde (GFI and HC Certified through ACE)
- Physician Consults with Kimberly Azelton, MD



Review:

- What is the purpose of Natural Remedies? How do Natural Remedies relate to the Gospel?
- How could many people improve or reverse their metabolic diseases (obesity, high blood pressure, type II diabetes, high cholesterol/heart disease)?



User's Guide to Natural Remedies:

Simple Treatments
for
Common Ailments

Using Natural Remedies

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

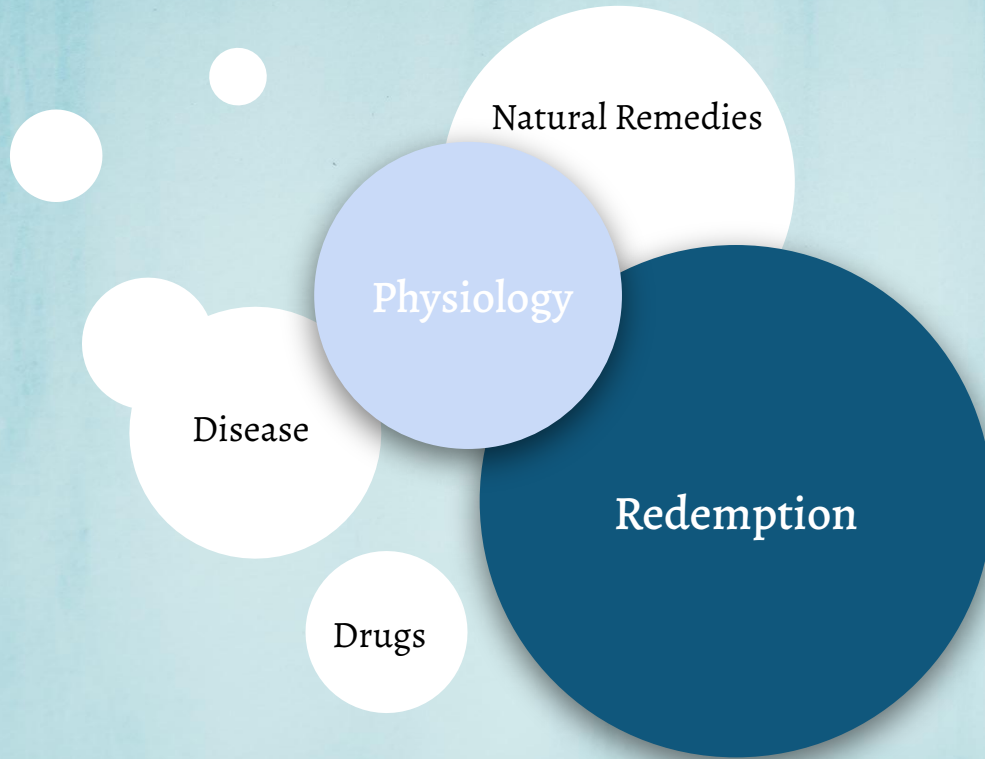
Trained Laity

Trained Laity

dr/nurse supervision

Church Programs

Objective: Revelation-Based Medicine



What is a Natural Remedy?

- Monday: The “Faith” Test
- Tuesday: The “Process” Test
 - Does it address the cause of the disease or illness?
 - 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?



Luke 5:18-26

The Process of Natural Remedies

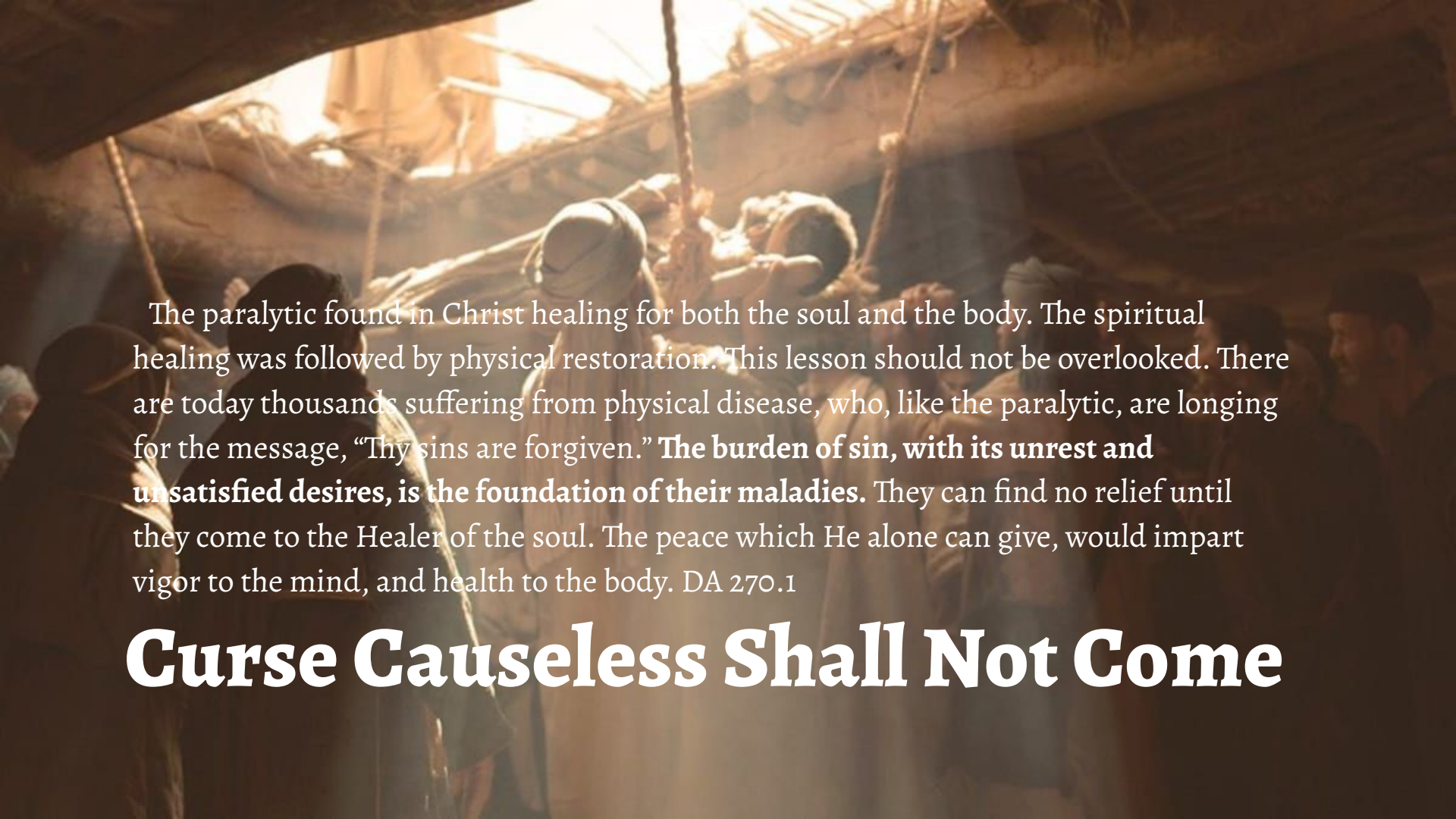


Proverbs 26:2

Why did Jesus not heal immediately?

A group of men in traditional, light-colored robes and head coverings are gathered around a large, complex wooden structure, possibly a boat or a large building under construction. They are holding ropes and appear to be working together. The scene is dimly lit, with a strong, warm light source in the background, creating a dramatic, high-contrast atmosphere. The text is overlaid in the center of the image.

**Should we reach people's physical or
spiritual needs first?**



The paralytic found in Christ healing for both the soul and the body. The spiritual healing was followed by physical restoration. This lesson should not be overlooked. There are today thousands suffering from physical disease, who, like the paralytic, are longing for the message, “Thy sins are forgiven.” **The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies.** They can find no relief until they come to the Healer of the soul. The peace which He alone can give, would impart vigor to the mind, and health to the body. DA 270.1

Curse Causeless Shall Not Come

The Curse Causeless Shall Not Come

When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, **but with no thought of making a change in their unhealthful habits.** If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues. —*Ministry of Healing* 126.2

a**Upper respiratory tract**

Nasal cavity

Pharynx

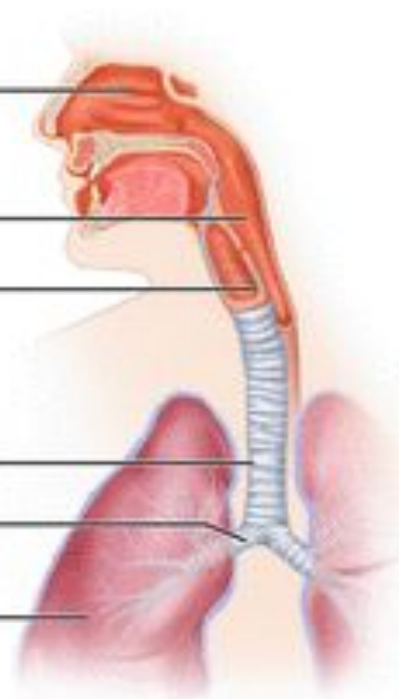
Larynx

Lower respiratory tract

Trachea

Primary bronchi

Lungs

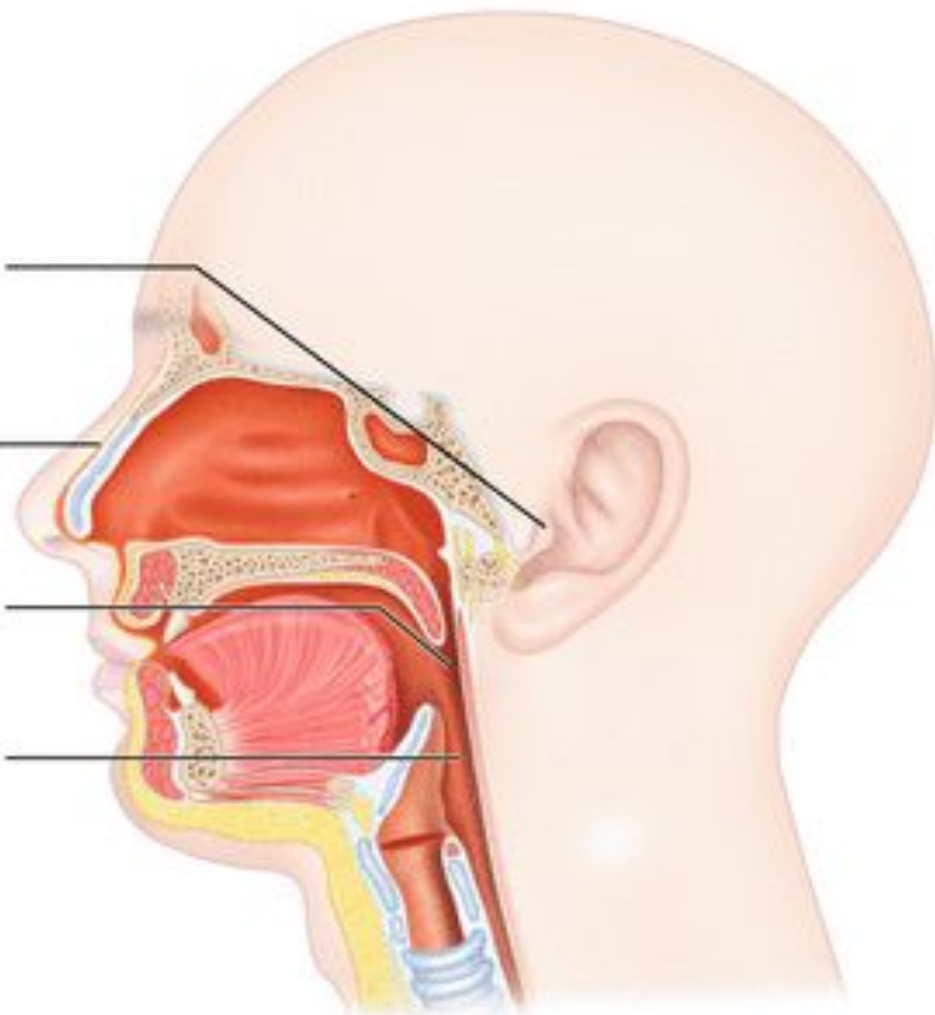
**b**

Otitis media

Sinusitis

Pharyngitis

Laryngitis



Approach to Respiratory Illnesses

Boost Your Immune System

- Boost your immune system with NAC, Vitamin D, Zinc, Vitamin C, Elderberry, Garlic
- Charcoal for nausea, diarrhea
- Charcoal poultice for mild earache
- Hydrotherapy



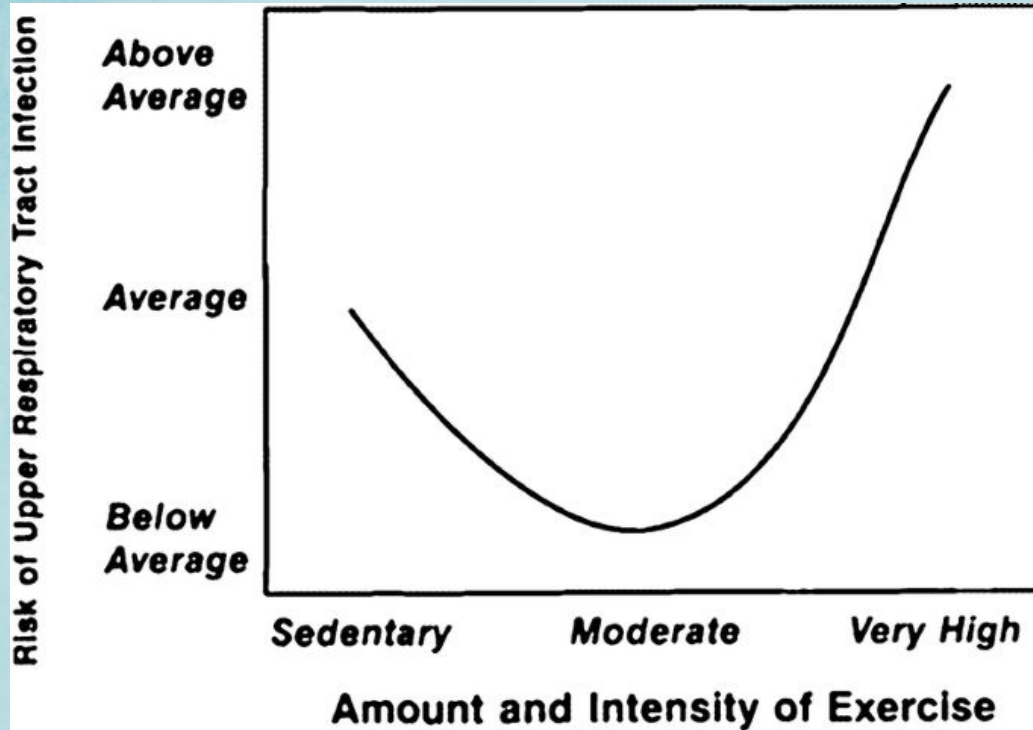
Medications

If it is not getting better, you suspect a bacterial infection or are immunocompromised/at-risk for complications: you need evaluated by physician.

Provide for Your Immune System

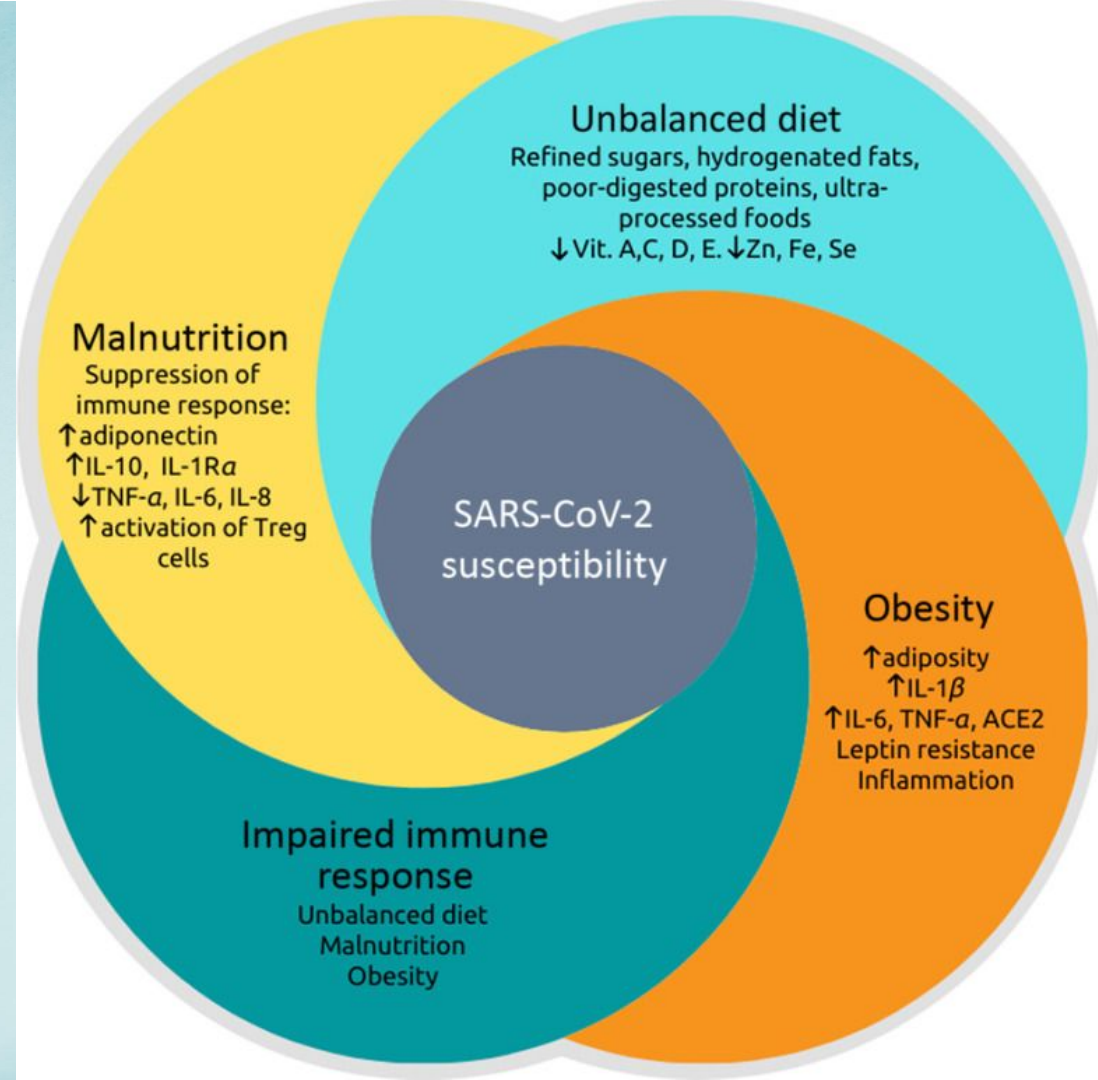
- No Sugar; simple plant-based meals
- 7-8 hours of sleep
- Hydration
- Cover Limbs; Dress sensibly
- Fresh Air
- Sunshine
- Physical Activity

Provide for the Immune System



Provide for the Immune System

Morais AHA, Aquino JS, da Silva-Maia JK, Vale SHL, Maciel BLL, Passos TS. Nutritional status, diet and viral respiratory infections: perspectives for severe acute respiratory syndrome coronavirus 2. Br J Nutr. 2021 Apr 28;125(8):851-862. doi: 10.1017/S0007114520003311. Epub 2020 Aug 26. PMID: 32843118; PMCID: PMC7542326.

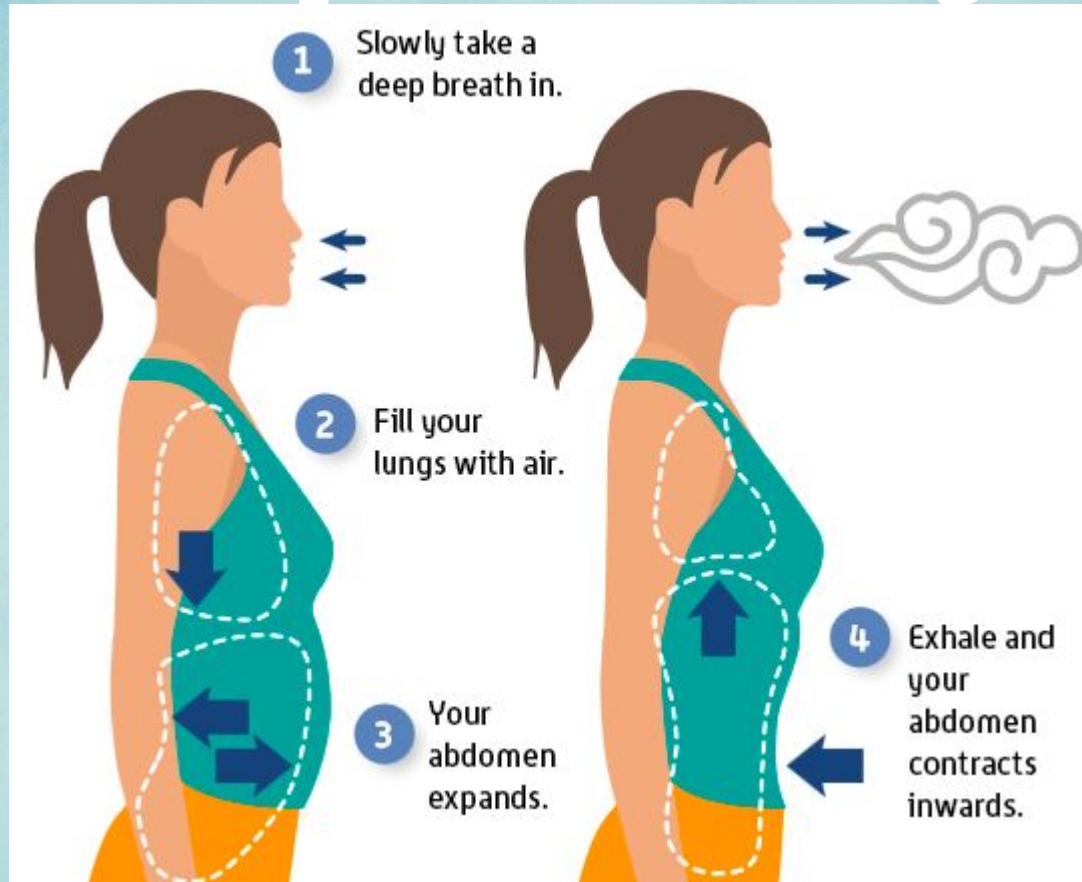


Provide for the Immune System

Among the **first things** to be aimed at should be a **correct position**, both in sitting and in standing...Show what a correct position is, and insist that it shall be maintained. Ed 198.3

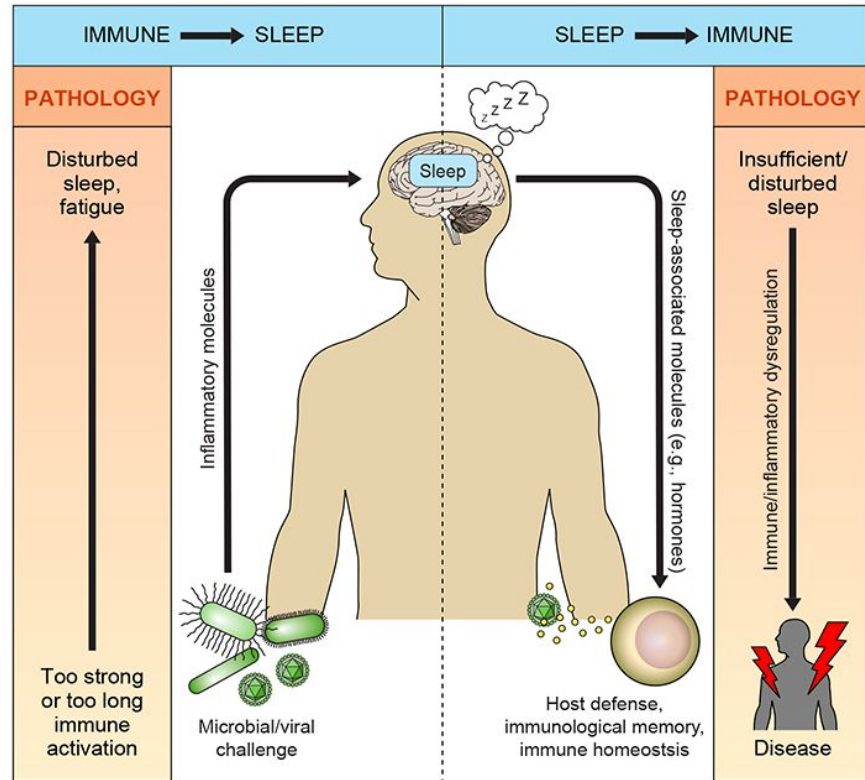
Next in importance to **right position** are **respiration and vocal culture**. The one who sits and stands erect is more likely than others to breathe properly...The training of the voice has an important place in physical culture, since it tends to expand and strengthen the lungs, and thus to ward off disease. Education 198.4

Proper Breathing



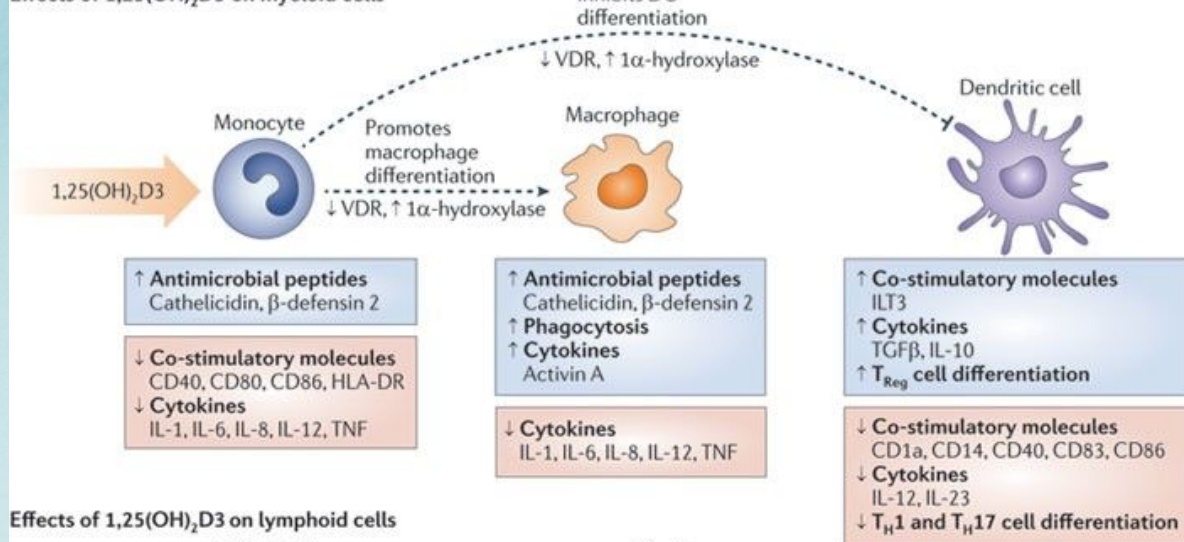
Provide for the Immune System

The Sleep-Immune Crosstalk in Health and Disease Luciana Besedovsky, Tanja Lange, and Monika Haack. *Physiological Reviews* 2019 99:3, 1325-1380

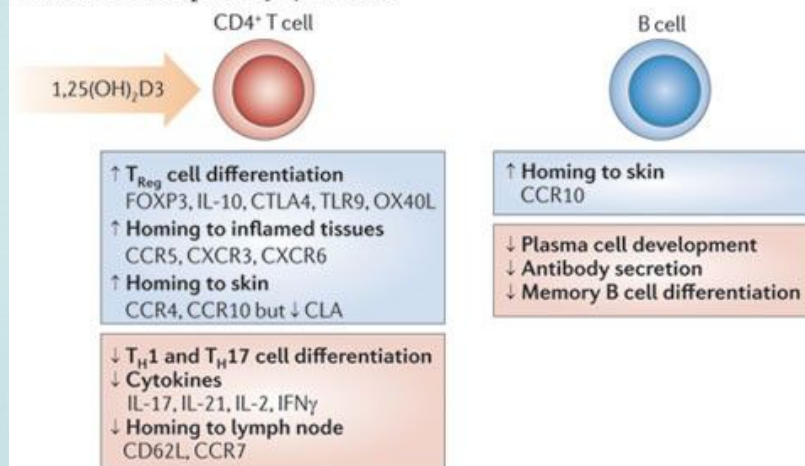


Provide for the Immune System

Effects of 1,25(OH)₂D₃ on myeloid cells



Effects of 1,25(OH)₂D₃ on lymphoid cells



Hart, P., Gorman, S. & Finlay-Jones, J. Modulation of the immune system by UV radiation: more than just the effects of vitamin D?. *Nat Rev Immunol* 11, 584–596 (2011). <https://doi.org/10.1038/nri3045>

Oh wait...we learned these yesterday

Within the Reach of All to Become Intelligent to empower their will:

- Proper Posture
- Voice Culture
- Fresh Air
- Wise of Water (i.e. hydrotherapy)
- Cleanliness
- Wholesome, Tasteful Diet
- Exercise
- Purity of Life
- Firm Trust in God
- Sweet, Clean Premises
- Healthful Sleep
- Restorative Recreation
- Sunlight

Herbals E. G. White herself used...

- Charcoal (many references)
- Hops Tea for insomnia 2SM 297
- Catnip Tea 2SM 297
- Red Clover Tea
- Eucalyptus Oil in honey 2SM 300
- Smartweed/Charcoal poultices 2SM 297
- Peppermint RH 1/20/10
- Ginger 11MR 70, 15MR 245
- Black Pepper 15MR 246

See Biblical Approach to Natural Remedies for details...

Vs. Medications EGW Used...?!

- Tea for motion sickness (Caffeine, theophylline, tannic acid) 2 SM 302
- Coffee with raw egg for headache and motion sickness 2SM 302
- Quinine 2SM 282
- Cholera Mixture before surgery (perhaps capsicum, rhubarb, opium, camphor, peppermint in alcohol) 8MR85
- Cancer “powders” for skin cancer (perhaps arsenic, animal charcoals, red mercuric sulphide). Letter 236 1906
- X-ray/gamma for melanoma 2SM 303
- Electric Shock for Back Pain 7MR 118

Do the Best We Can to Preserve Life

“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)*

OK to Use drugs while using natural remedies to preserve life

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. *Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the laws of health.*
Drugs need seldom be used.--*Counsels on Health*, page 261.

Two Categories of Natural Remedies

1. **Harmless:** There are herbs that are harmless, the use of which will tide over many apparently serious difficulties (manuscript 86, 1897, 2SM 291)
 - a. Fresh outdoor air is as healing as medicine, and leaves no injurious after effects.... 2SM 291.1
 - b. use had been made of such simple remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field...And they would leave no injurious effects in the system. 2SM 291.2

2. **Less Harmful:** The simpler remedies are less harmful in proportion to their simplicity; but in very many cases these are used when not at all necessary (letter 17a, 1893, 2SM 279)
 - a. The simpler remedies are less harmful in proportion to their simplicity; but in very many cases these are used when not at all necessary. 2SM 279

Approach to Respiratory Illnesses

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- Hydrotherapy



Medications

If it is not getting better, you suspect a bacterial infection or are immunocompromised/at-risk for complications: you need evaluated by physician.

Provide for Your Immune System

- No Sugar; simple plant-based meals
- 7-8 hours of sleep
- Hydration
- Cover Limbs; Dress sensibly
- Fresh Air
- Sunshine

Boost Your Immunity

Herbs & Supplements See Handout



Boost Your Immunity: Zinc



Mossad SB, Macknin ML, Medendorp SV, Mason P. Zinc gluconate lozenges for treating the common cold. A randomized, double-blind, placebo-controlled study. *Ann Intern Med* 1996; 125:81-88

Godfrey JC, Conant Slonane B, Smith DS, et al. Zinc gluconate and the common cold: a controlled study. *J Int Med Res* 1992; 20:234-246

Prasa AS, Fitzgerald JT, Bao B, et al. Duration of symptoms and plasma cytokine levels in patients with the common cold treated with zinc acetate. A randomized, double-blind, placebo-controlled trial. *Ann Intern Med* 2000; 133:245-252

Hydrotherapy

Self-Administered:

- Throat Wrap
- Steam Inhalation
- Contrast Shower
- Chest Fomentations
- Sinus Pack

Trained Assistant Administered:

- Hot Foot Bath
- Chest Fomentations with Hot Foot Bath
- Wet Sheet Pack
- Steam Bath
- Fever Bath

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.

Chest Fomentations

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 ice cold friction rub. Take a deep breath; its sending old blood away.

Repeat

Repeat hot/cold cycles 3-4 times or until 20 minutes of sweating completed

Rest

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

Hot Foot Bath (with Fomentations)

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

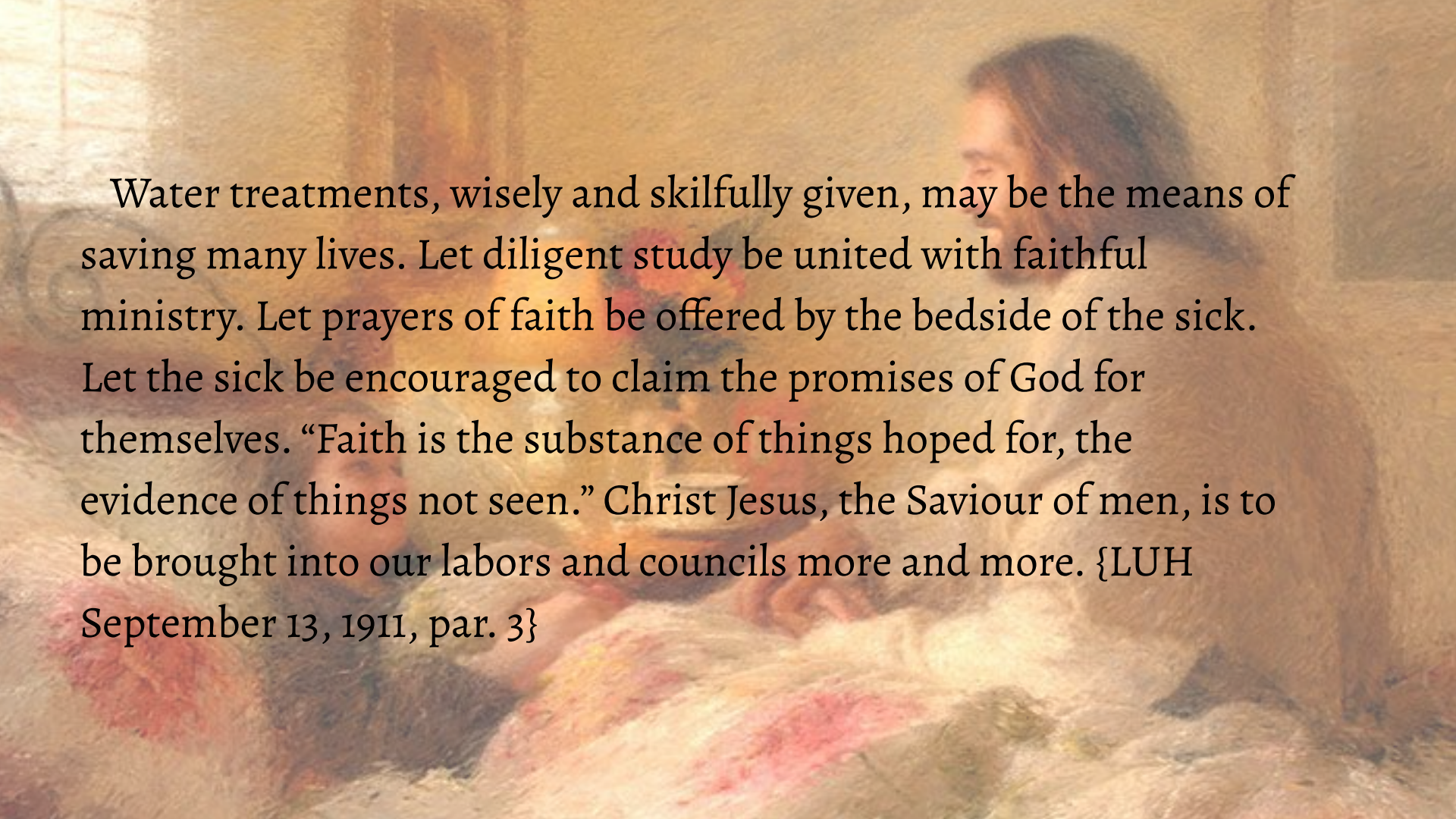
20 minutes. If medical conditions and patient tolerance allow, may increase temperature no more than 110 F. Raising the body temperature stimulates the immune system.

Physiologic Cold

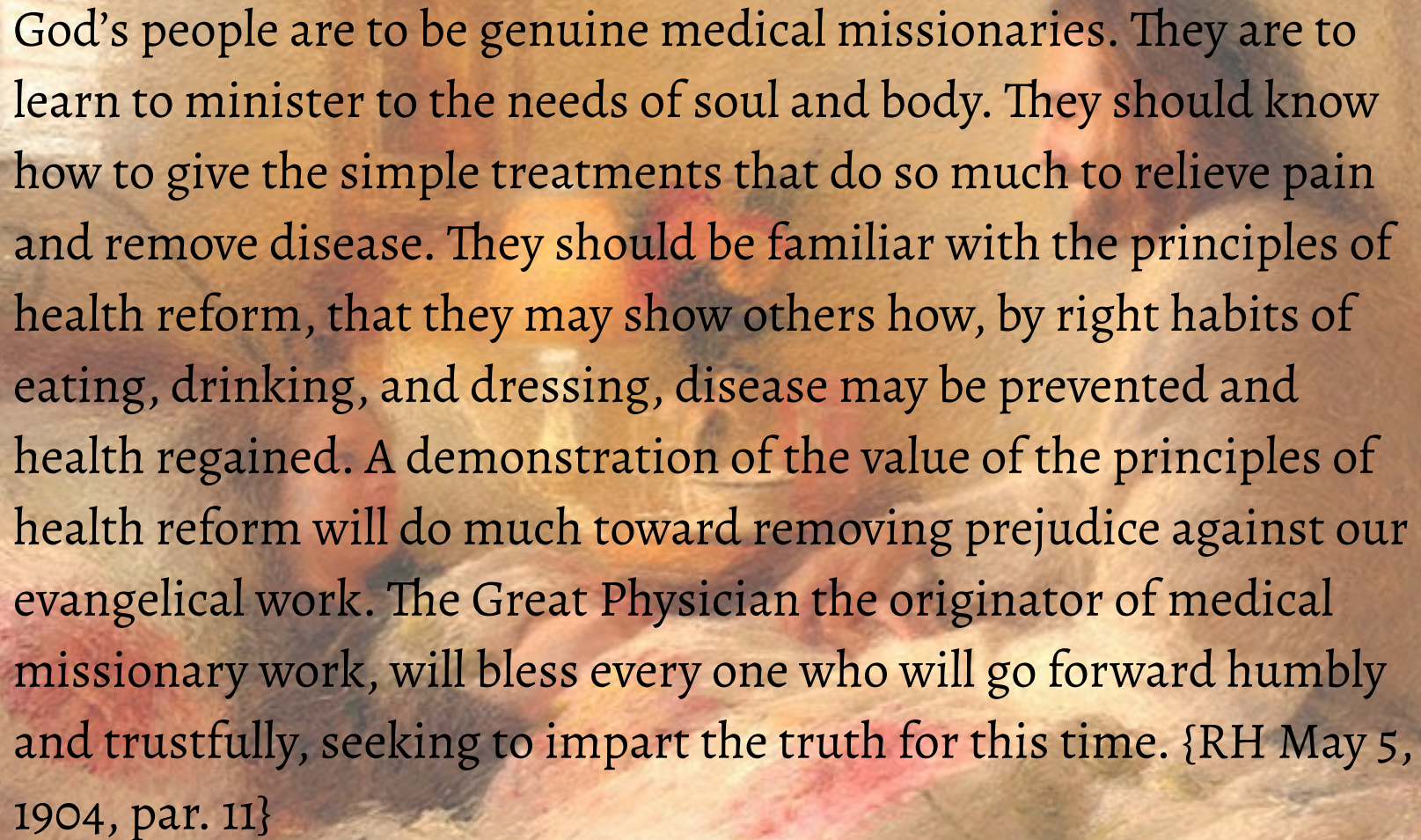
30 sec - 1 min cold. Use cold friction mitts or cold shower to vasoconstrict the superficial skin blood vessels. This stimulates white blood cells into circulation and prevents a chill.

Rest


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



Water treatments, wisely and skilfully given, may be the means of saving many lives. Let diligent study be united with faithful ministry. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves. “Faith is the substance of things hoped for, the evidence of things not seen.” Christ Jesus, the Saviour of men, is to be brought into our labors and councils more and more. {LUH September 13, 1911, par. 3}



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. A demonstration of the value of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician the originator of medical missionary work, will bless every one who will go forward humbly and trustfully, seeking to impart the truth for this time. {RH May 5, 1904, par. 11}



*That thy way may be known upon
earth, Thy saving health among all
nations. Psalm 67:2*