

# Users Guide to Natural Remedies:

Simple Treatments for  
Common Ailments



# Users Guide to Natural Remedies:

Class & Lab

Class: 3:30 - 4:30 pm

**\*Do NOT need to register\***

Kimberly Azelton, MD, DipABLM, MPA

Family & Lifestyle Medicine



# Users Guide to Natural Remedies:

Class & Lab

Give Treatments:

Lab Time Slots Available: 10:30 am - 12:00 noon and 2 - 3 pm

**\*NEED to Sign up IN CLASS ONLY\***

Teachers: The Team!



# Natural Remedies Clinic

Teaching Clinic

Receive Treatments:

Available: 10:30 am - 12:00 noon and 2 - 3 pm

**\*ANYONE** can sign up\*

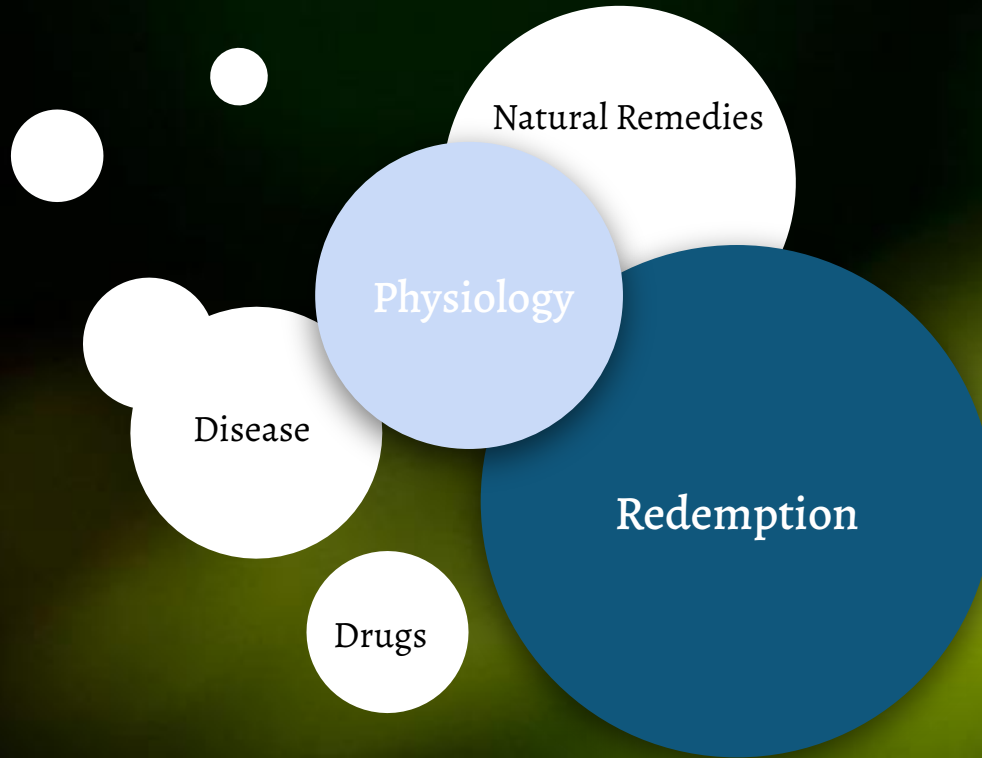
Teachers: The Team!



# Objective: Revelation-Based Medicine

- Isn't natural remedies & health evangelism supposed to be the right arm winning souls; why isn't it at my church?
- Don't I have to be a healthcare professional to share health?
- But they don't know anything about natural remedies; should I even go to doctors?
- My doctor just told me to take X drug, but then I read the side effects. Is there something better?
- Didn't EGW say never to take drugs?
- Tobacco is an herb – which herbs & supplements are safe?
- What about medical marijuana? CBD oil? Acupuncture? Caffeine used medicinally?
- ...and thousands more...

# Objective: Revelation-Based Medicine



# **Objective:** Revelation-Based Medicine

1. We don't know everything.
2. To operate with a limited knowledge on an object which is more complex than we know could be dangerous.
3. Therefore we need to operate off a body of knowledge that knows everything.

# Why Natural Remedies?

**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life, and a firm trust in God,** are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. **Fresh air, exercise, pure water, and clean, sweet premises,** are within the reach of all, with but little expense; but drugs are expensive, both in the outlay of means, and the effect produced upon the system.

—*Testimonies for the Church* 5:443, 1885



# User's Guide to Natural Remedies

**Monday:** Metabolic Diseases

**Tuesday:** Respiratory Illnesses

**Wednesday:** Arthritis, Autoimmune Diseases

**Thursday:** Headaches, Insomnia

**Friday:** Mental Health

# Revelation-Based Medicine

## Purpose:

Does it inspire faith in God, as presented in the Three Angels' messages?

Does it help them keep the physical and moral laws of God?

Does it work towards true healing?

Does it employ hand and brain?

Does it employ and empower the will?

## Mechanism of Action:

What is the nature of the treatment?

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?

## Origin:

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

## Context:

Is it feasible or within our reach?

Is there something better to use?

Today

Tuesday

Wednesday

# Question Box

- Specific food, supplement, herb, tea or other?
- Specific disease or problem?

# Serve & Learn in the Clinic:

**When:** June 12-16, Monday - Friday, 10:30 am - 12 noon and 2:00 - 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 Area Attendees: Tell Dr. Kelly/Pastor Darrel; Please list any treatments you give in the clinic on your application to StartANew.me programs

# 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



# **Meet the Team:**

**Donna Hall, RN**

**Mia Hall**

**Nathan Hyde**

**Susie Johnson, RN**

**John Kelly, MD**

**Debbie Keller**

**Julie Klein**

**Francia Paulino**

**Susan Pellandini**

**Gabby Avila**

**Linda Pellandini**

**Hilda Ornevil, RN**

**Ebony Redmond**

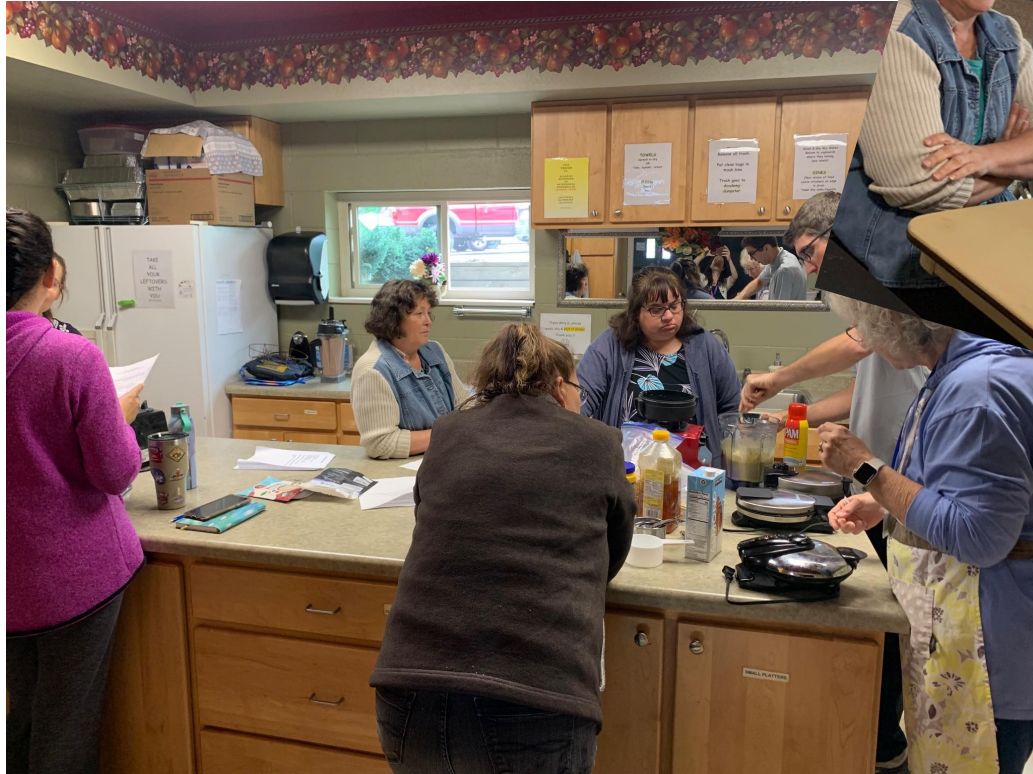
**John Rocher**

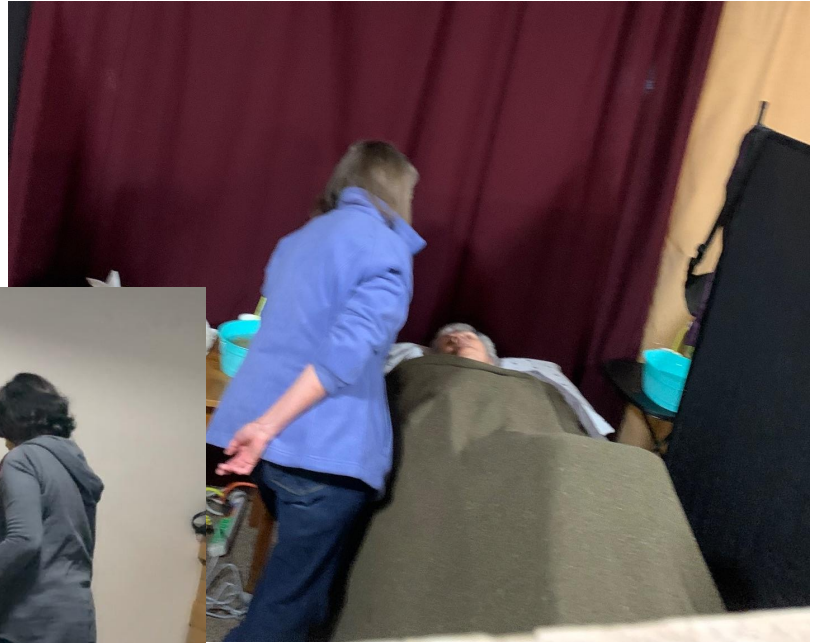
**Joann Rocher, RN**

**Mitch Swena**

**Debbie Swena, MD**

**Patty Westen**







# Purpose of Natural Remedies

2 Kings 6:20-23

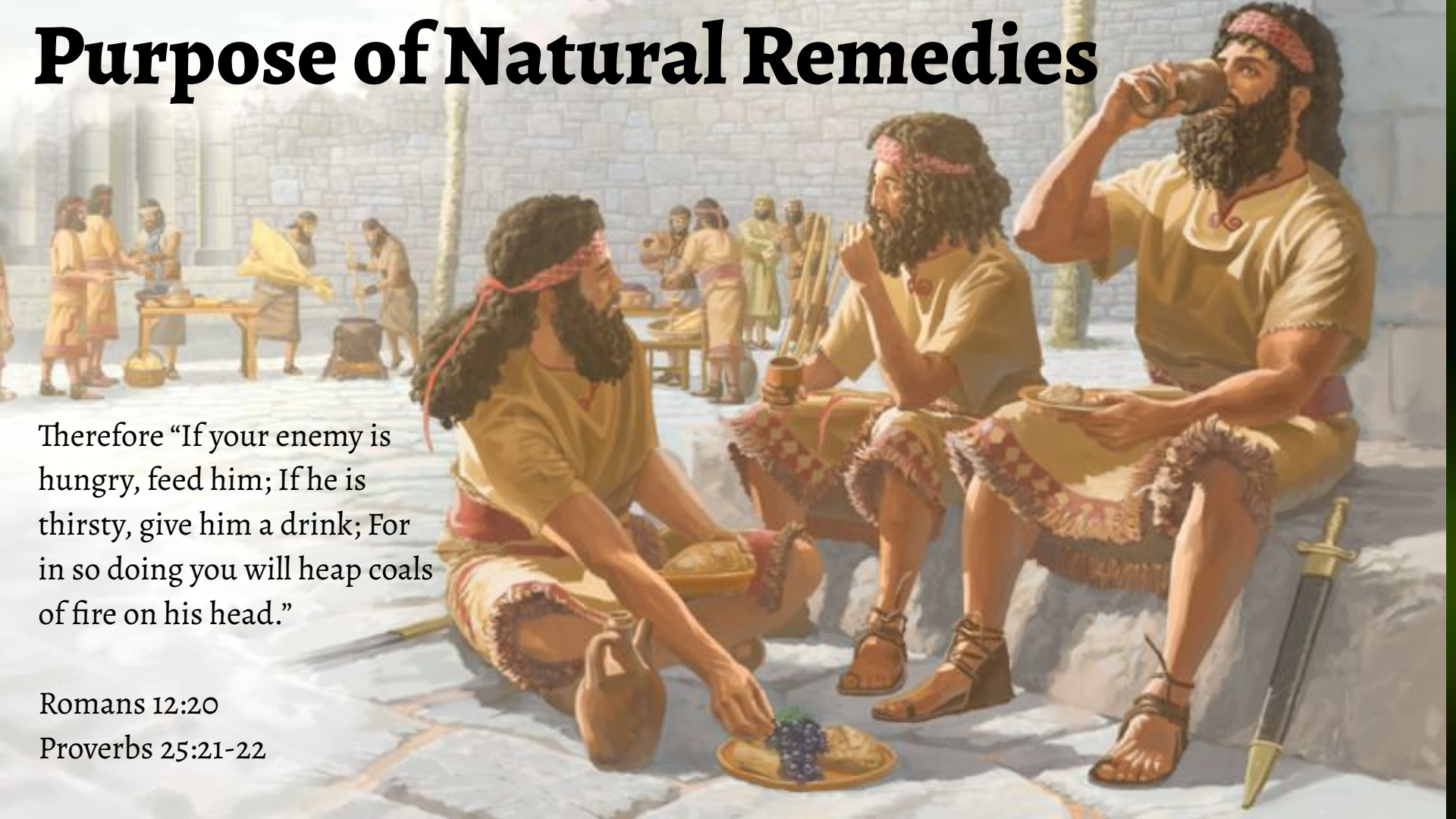


# Purpose of Natural Remedies

Therefore “If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.”

Romans 12:20

Proverbs 25:21-22



# Purpose of Natural Remedies

The Lord will give you success in this work, for the gospel is the power of God unto salvation, when it is interwoven with the practical life, when it is lived and practiced.

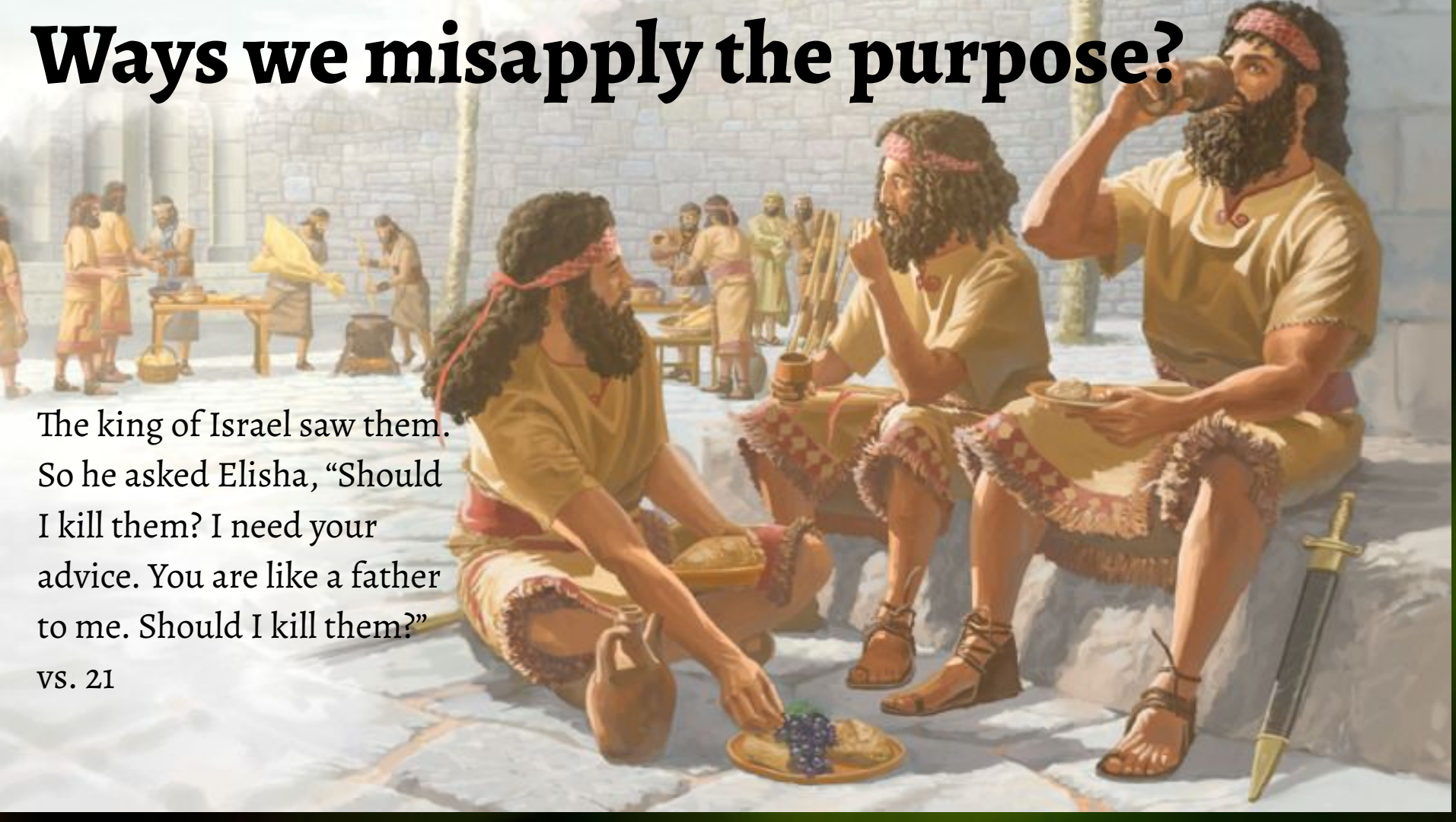
The union of Christlike work for the body and Christlike work for the soul is the true interpretation of the gospel.—An Appeal for the Medical Missionary College, pp. 14, 15.



# Ways we misapply the purpose?

The king of Israel saw them.  
So he asked Elisha, “Should  
I kill them? I need your  
advice. You are like a father  
to me. Should I kill them?”

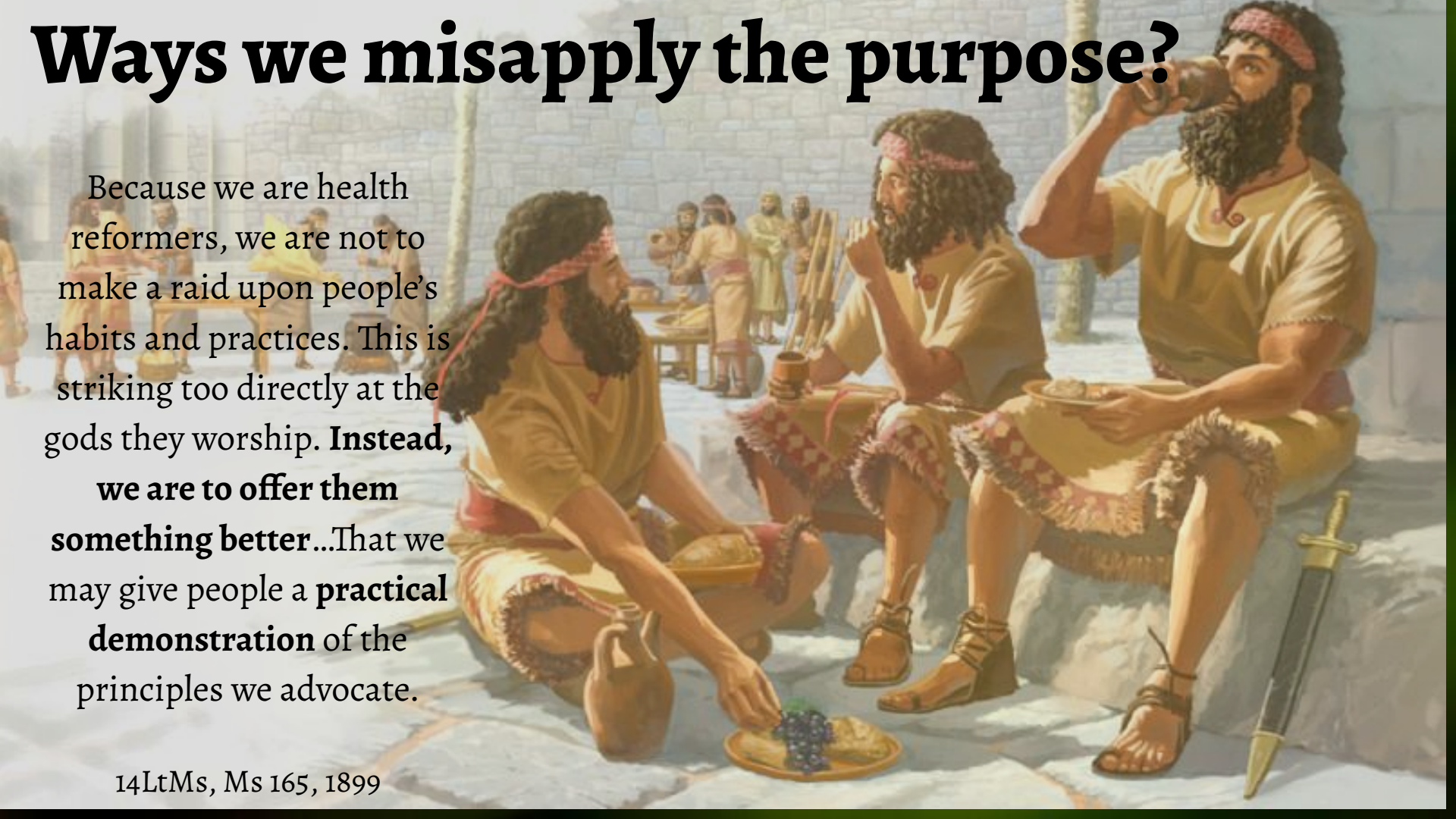
vs. 21



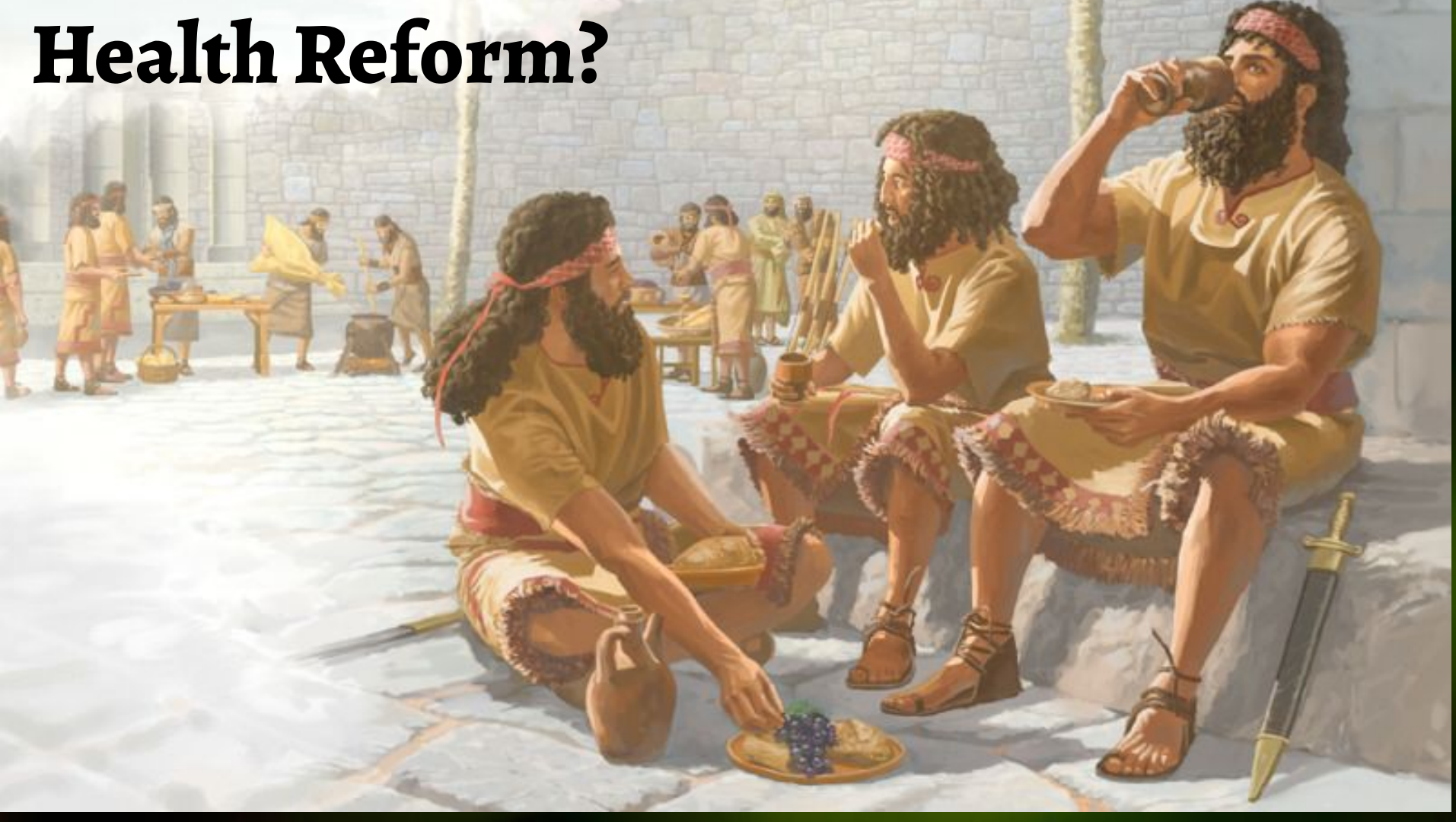
# Ways we misapply the purpose?

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

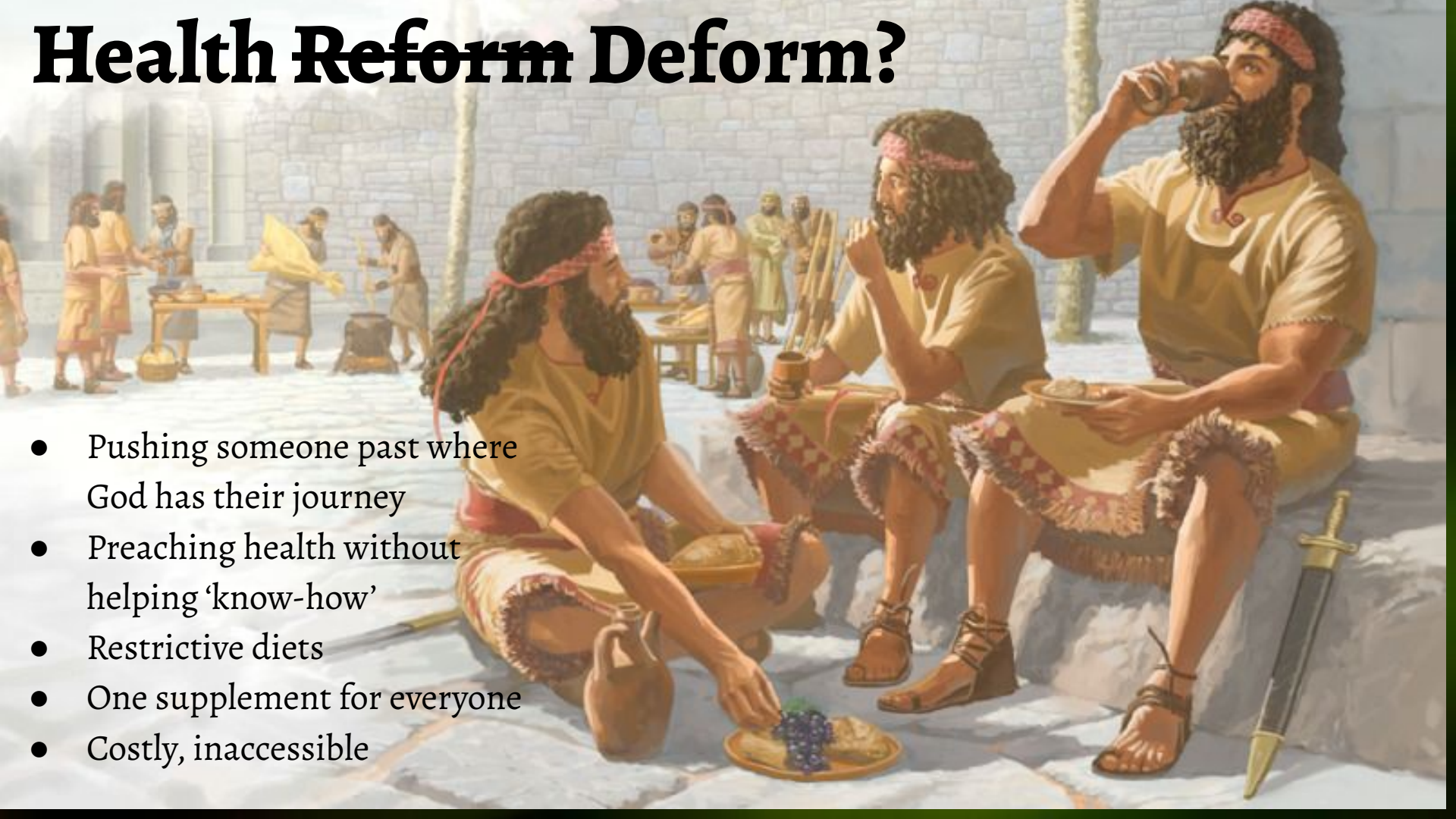


# Health Reform?



# Health Reform Deform?

- Pushing someone past where God has their journey
- Preaching health without helping 'know-how'
- Restrictive diets
- One supplement for everyone
- Costly, inaccessible



# What is a Natural Remedy?

- Does it help them keep the physical and moral laws of God?
- Does it inspire faith in God, as presented in the Three Angels' messages?
- Does it work towards true healing in trying to preserve full life and health?
- Does it employ the hands and brain?
- Does it employ and empower the will?



# The Basis of True Remedies

“I am fearfully and wonderfully made.”

Since the mind and the soul find expression through the body, **both 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. **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.* A knowledge of physiology and hygiene should be the basis of all educational effort.

*Education 195.1*

# EGW List of Natural Remedies

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
- Self-Sacrificing Service
- Purity of Life
- Firm Trust in God
- Sweet, Clean Premises
- Healthful Sleep
- Restorative Recreation
- Clean, Simple, Proper Dress
- Sunlight

# Vs. Not

- Diseased Imagination
- Incorrect Posture
- Superficial Respirations
- Abused Voice & Speech
- Negative Thinking/Speaking
- Uncleanliness of premises or dress
- Intemperance in appetite, work, thoughts or play
- Lack of Rest
- Lack of Sunshine/Outdoors
- Improper hydration
- Inactivity/Mal-activity

## Scanty or Stimulating Diet:

- Overeating
- Flesh Meats
- Tea, Coffee, Beer, wine, liquor
- Nicotine
- Condiments & Spice
- Sugar & Milk Combined
- Cold drinks, particularly at meals
- Excess salt
- Spiced pickles
- Eating late



**“People do not decide their futures,  
they decide their habits and their  
habits decide their futures.”**

— F. Matthias Alexander

*Who heals all your diseases,  
who redeems your life from  
destruction...who satisfies  
your mouth with good things,  
so that your youth is renewed  
like the eagle's.  
-Psalm 103:3,5*



# Remedies for Metabolic Diseases

- Obesity
- Heart Disease (Atherosclerosis)
- High Cholesterol (Hyperlipidemia)
- Diabetes Mellitus Type II
- High blood pressure (Hypertension)

Also (not covered):

- Fatty Liver (NASH)
- Ischemic Strokes

## Metabolic Syndrome

- BMI >30, Waist >102 cm (men)  
>88 cm (women)
- High Triglycerides >150
- Fasting Glucose >100
- Hypertension >130/85

# **Three “Diets” to Shed Excess Fat & Inflammation**

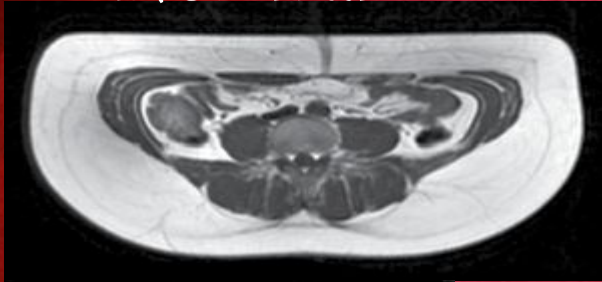
- 1. What We Eat**
- 2. How Much We Eat**
- 3. When We Eat**

# Three “Diets” to Build Excess Fat & Inflammation

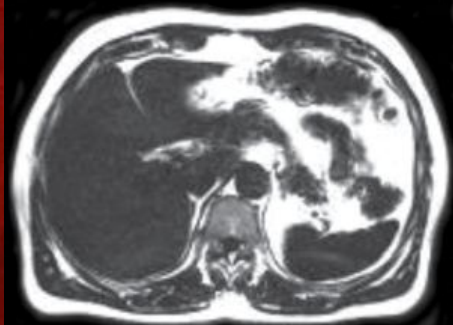
Many eat hurriedly of various kinds of food, which set up a war in the stomach and thus confuse the brain. The **(1) use of unhealthful food**, and **(2) overeating of even that which is wholesome**, should alike be avoided. **(3) Many eat at all hours, regardless of the laws of health.** Then gloom covers the mind. How can men be honored with divine enlightenment when they are so reckless in their habits, so inattentive to the light which God has given in regard to these things? Brethren, is it not time for you to be converted on these points of selfish indulgence? *Counsels on Health 564*



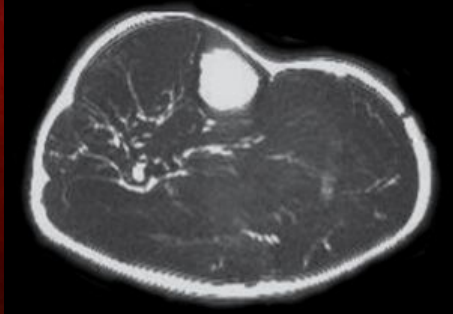
Normal



Abdominal

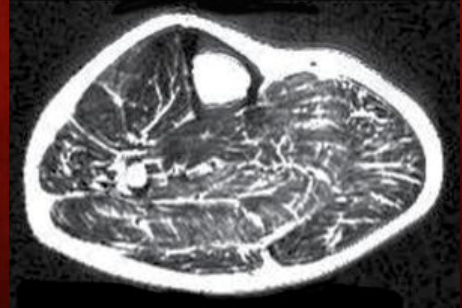
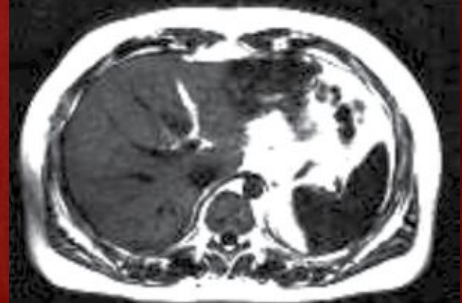


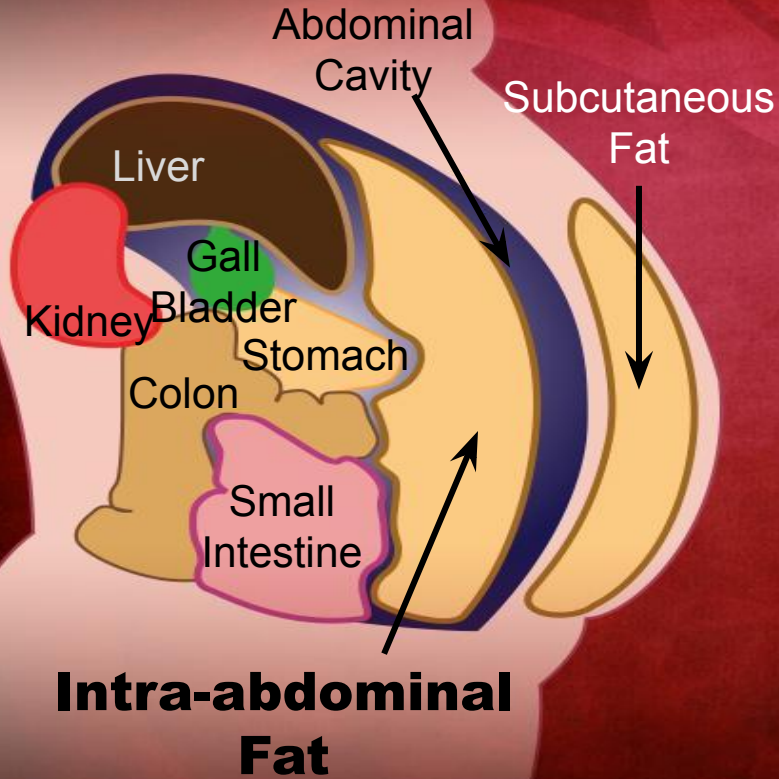
Liver



Muscle

Excess



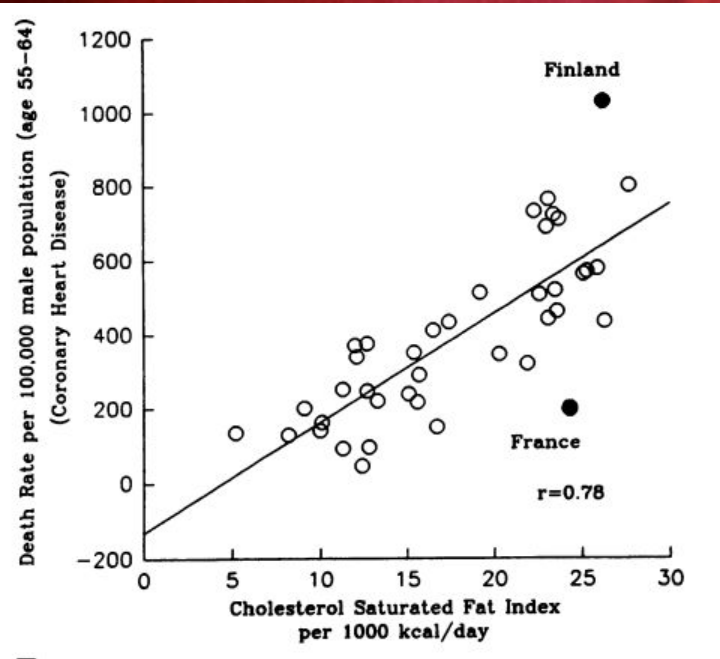


“Local inflammation within adipose tissue may be the sentinel event that causes systemic insulin resistance and systemic inflammation, two of the cardinal features of the metabolic syndrome.”

J Am Soc Nephrol 2004;15:2797



# 1990s: Dietary Cholesterol, Saturated Fat & Heart Disease



# 1990s: Dietary Cholesterol, Saturated Fat & Heart Disease

## Significant Negative Correlations

Calories from vegetable foods	-.80*
Total carbohydrates, % kcal	-.62*
Starch, g/1000 kcal	-.69*
Rice, g/1000 kcal	-.48†
Fiber, g/1000 kcal	-.44†
Thiamin, mg/1000 kcal	-.48†
Folic acid, $\mu\text{g}$ /1000 kcal	-.46†
Vitamin E, mg/1000 kcal	-.44†
Iron, mg/1000 kcal	-.72*

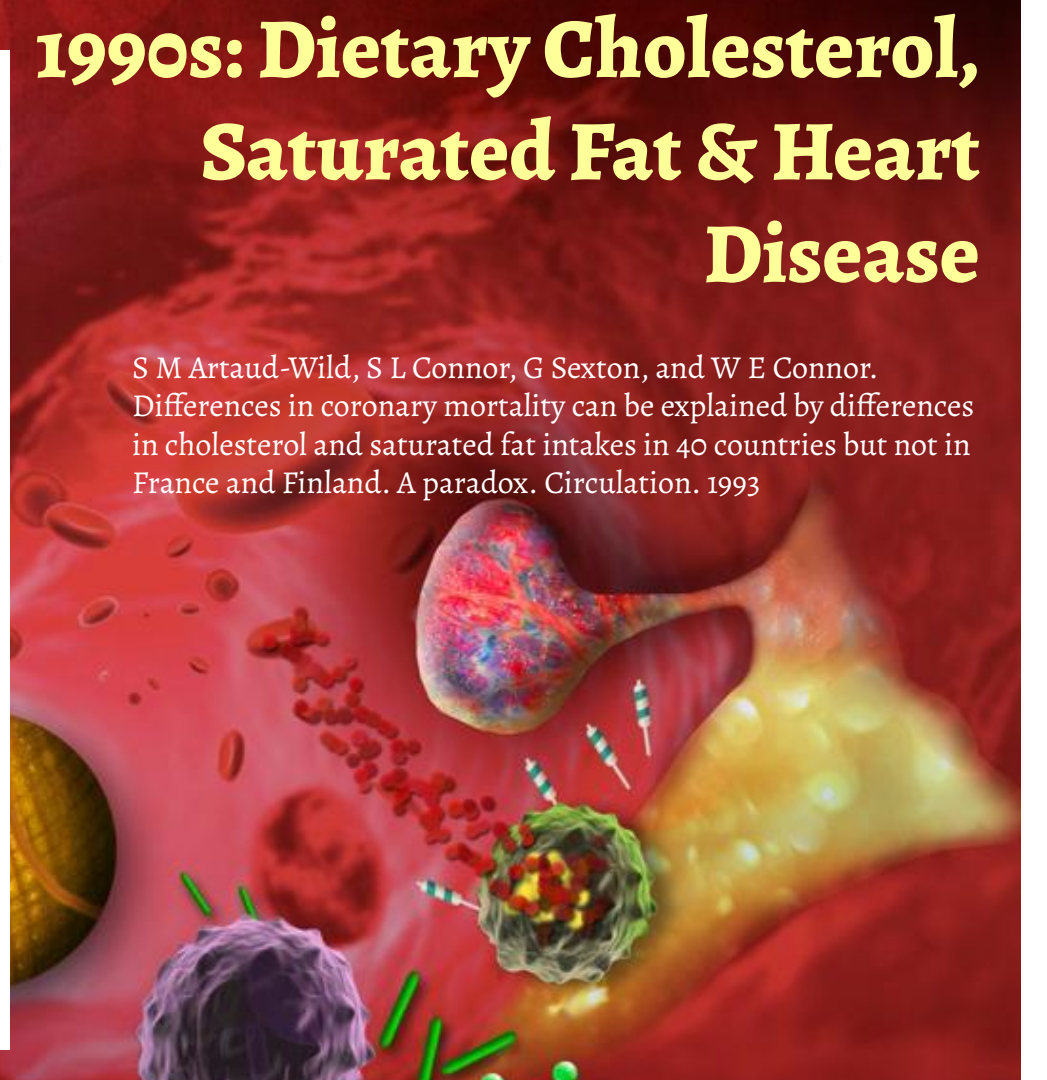
S M Artaud-Wild, S L Connor, G Sexton, and W E Connor. Differences in coronary mortality can be explained by differences in cholesterol and saturated fat intakes in 40 countries but not in France and Finland. A paradox. *Circulation*. 1993

# 1990s: Dietary Cholesterol, Saturated Fat & Heart Disease

**TABLE 1. Relation of Coronary Heart Disease Mortality Rates and 40 Dietary Variables in Men Aged 55 to 64 Years for 40 Countries (Year 1977)**

Item	Significant Positive Correlations
Calories from animal foods	.79*
Cholesterol-saturated fat index/1000 kcal	.78*
Cholesterol, mg/1000 kcal	.69*
Saturated fat, % kcal	.77*
Monounsaturated fat, % kcal	.46†
Total fat, % kcal	.62*
Total protein, % kcal	.37‡
Alcohol, g/1000 kcal	.35‡
Milk, g/1000 kcal	.76*
Milk calcium, mg/1000 kcal	.83*
Milk protein, g/1000 kcal	.77*
Butterfat, g/1000 kcal	.80*
Eggs, g/1000 kcal	.35‡
Meat calcium, mg/1000 kcal	.56*
Meat protein, g/1000 kcal	.62*
Meat fat, g/1000 kcal	.64*
Riboflavin, mg/1000 kcal	.51†
Sodium, mg/1000 kcal	.63*
Calcium, mg/1000 kcal	.68*

S M Artaud-Wild, S L Connor, G Sexton, and W E Connor.  
Differences in coronary mortality can be explained by differences in cholesterol and saturated fat intakes in 40 countries but not in France and Finland. A paradox. *Circulation*. 1993



# 1990s: Dietary Cholesterol, Saturated Fat & Heart Disease

**TABLE 2. All Significant Associations of Nutrients and Foods With CHD Mortality After Adjustment for Cholesterol and Saturated Fat (CSI/1000 kcal) for 40 Countries**

Food or Nutrient	CHD Mortality, <i>r</i>
Milk, g/1000 kcal	.51*
Butterfat, g/1000 kcal	.44*
Calcium from milk, mg/1000 kcal	.58†
Protein from milk, g/1000 kcal	.41*
Riboflavin, mg/1000 kcal	.38‡
Calcium, mg/1000 kcal	.36‡
Fat, % kcal	-.34‡
Monounsaturated fat, % kcal	-.33‡
Polyunsaturated fat, % kcal	-.33‡

CHD indicates coronary heart disease and CSI, Cholesterol-Saturated Fat Index.

\* $P < .01$ ; † $P < .001$ ; ‡ $P < .05$ .

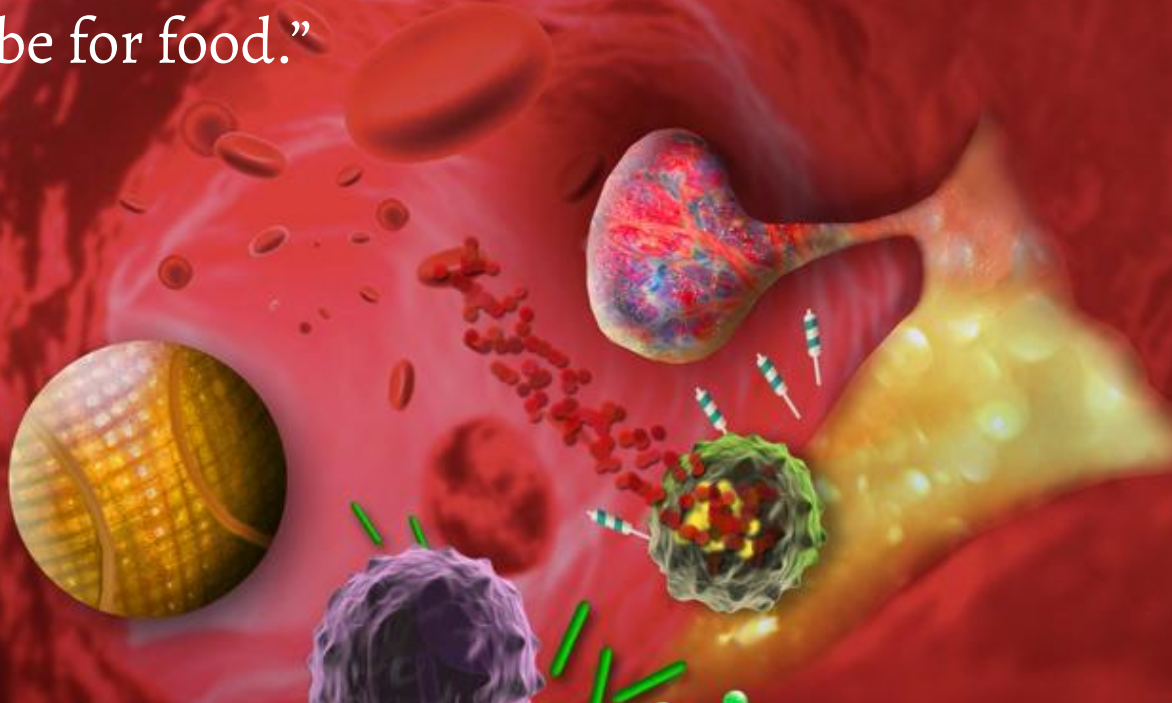
S M Artaud-Wild, S L Connor, G Sexton, and W E Connor. Differences in coronary mortality can be explained by differences in cholesterol and saturated fat intakes in 40 countries but not in France and Finland. A paradox. *Circulation*. 1993



# Is it in line with the Bible?

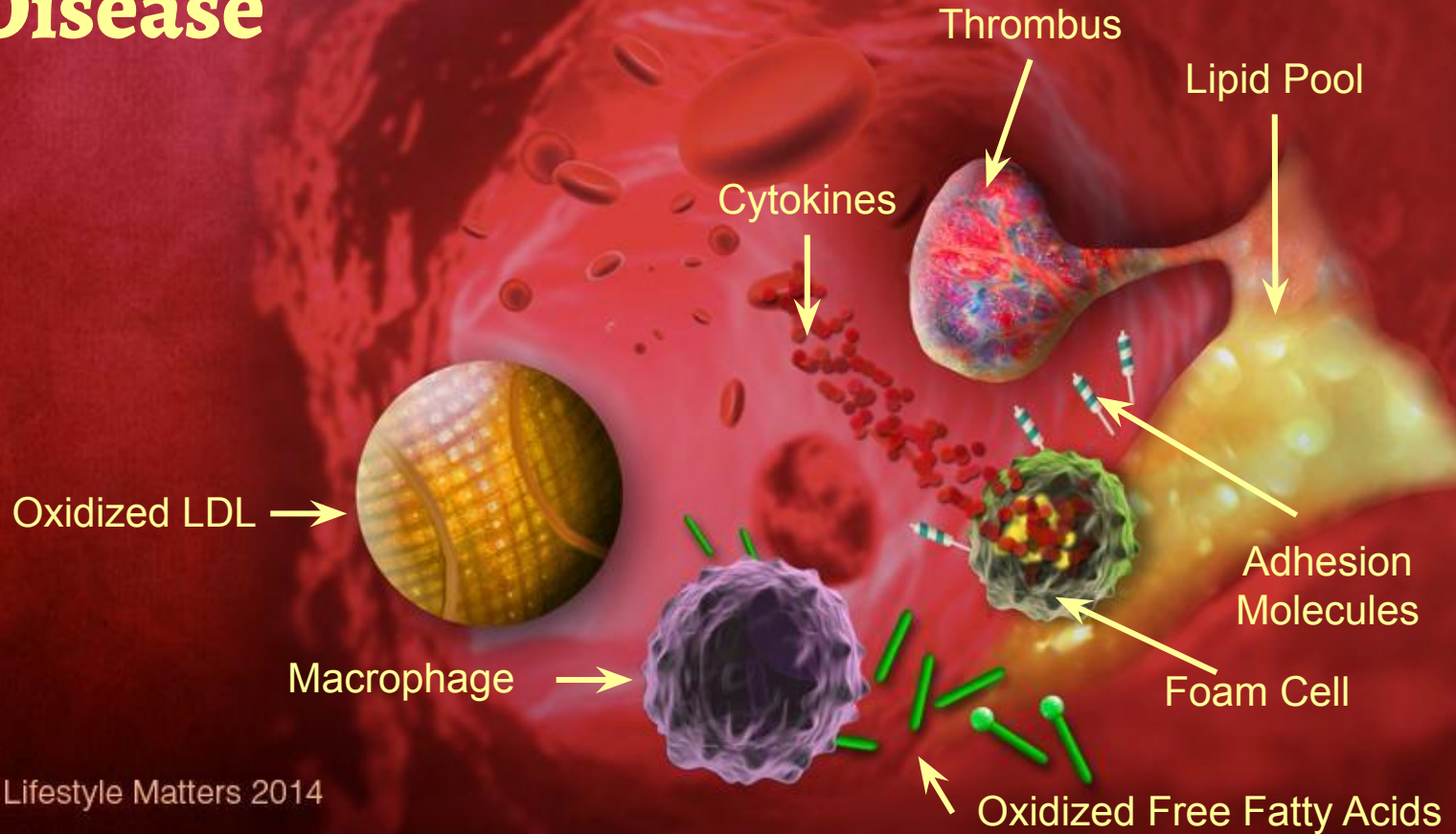
And God said, “See I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.”

*Genesis 1:29*





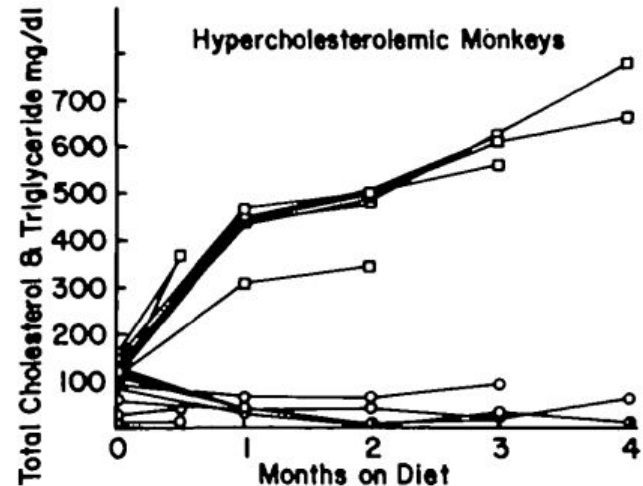
# Heart Disease



# Results of a High Diet:

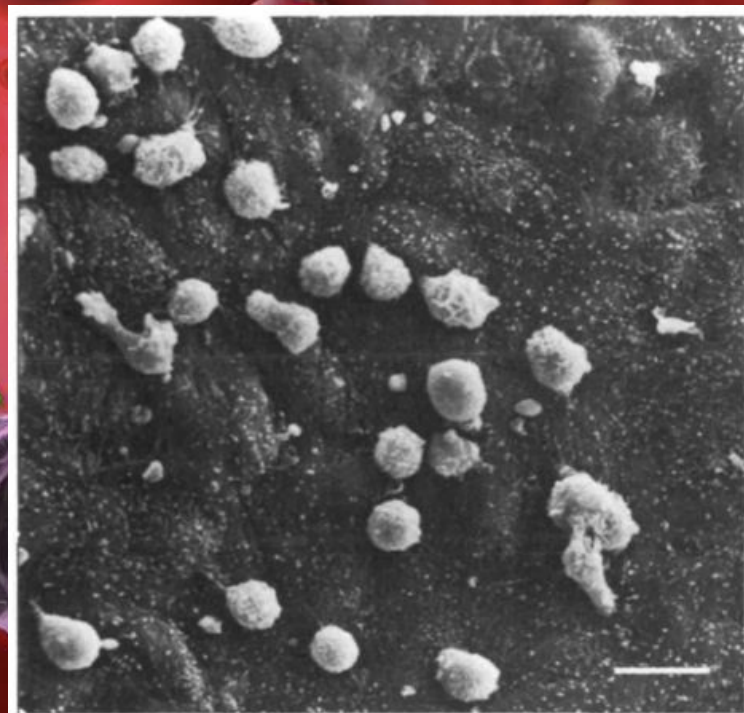
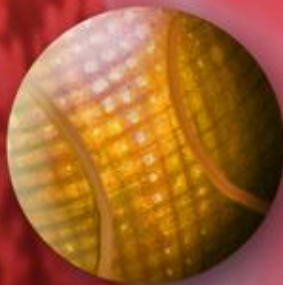
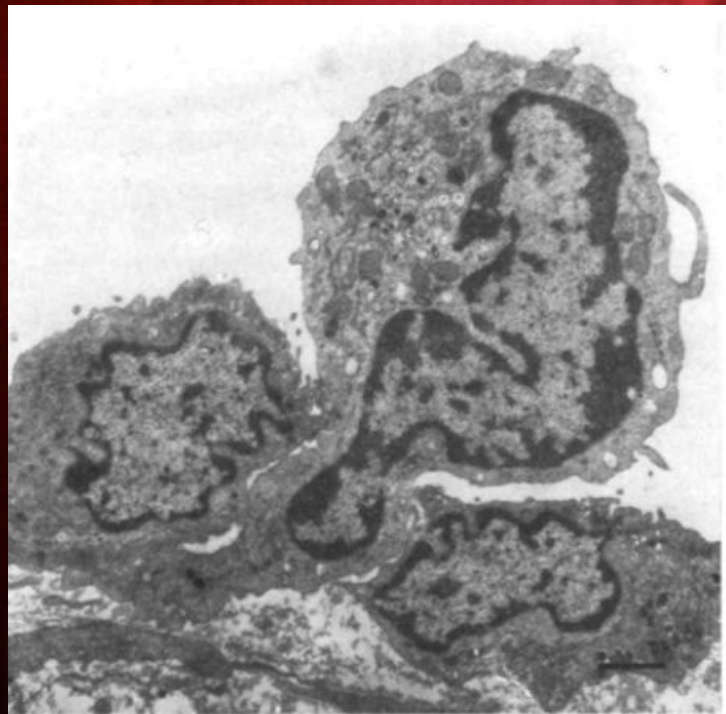
**Table 1. Atherogenic Diet Mixture and Control Diet**

Ingredient	g/100 g	Protein (g)	Lipid (g)	Carbo (g)		
<b>Atherogenic diet</b>						
Casein, USP	8.0	8.0	—	—		
Lactalbumin	8.0	8.0	—	—		
Wheat flour	35.0	3.67	0.35	29.75		
Dextrin	6.0	—	—	6.0		
Sucrose	5.0	—	—	5.0		
Applesauce	4.5	0.018	trace	1.08		
Lard	12.0	—	12.0	—		
Butter	3.0	0.01	2.43	0.01		
Beef tallow	3.0	—	3.0	—		
Dried egg yolk	5.2	1.15	3.45	0.13		
Complete vitamin mixture (devoid of vitamin D)	2.5	—	—	2.5		
Alphacel	0.9	—	—	—	—	—
Hegsted salts mixture	4.0	—	—	—	—	—
D <sub>3</sub> in corn oil	0.0625 (250 IU)	—	—	—	—	—
<b>Total</b>	<b>100.0</b>	<b>20.85</b>	<b>21.23</b>	<b>44.47</b>	<b>450.23</b>	<b>139.0</b>



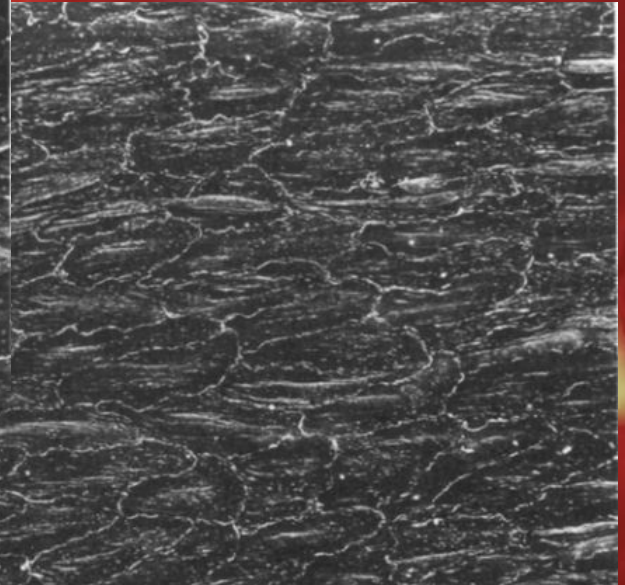
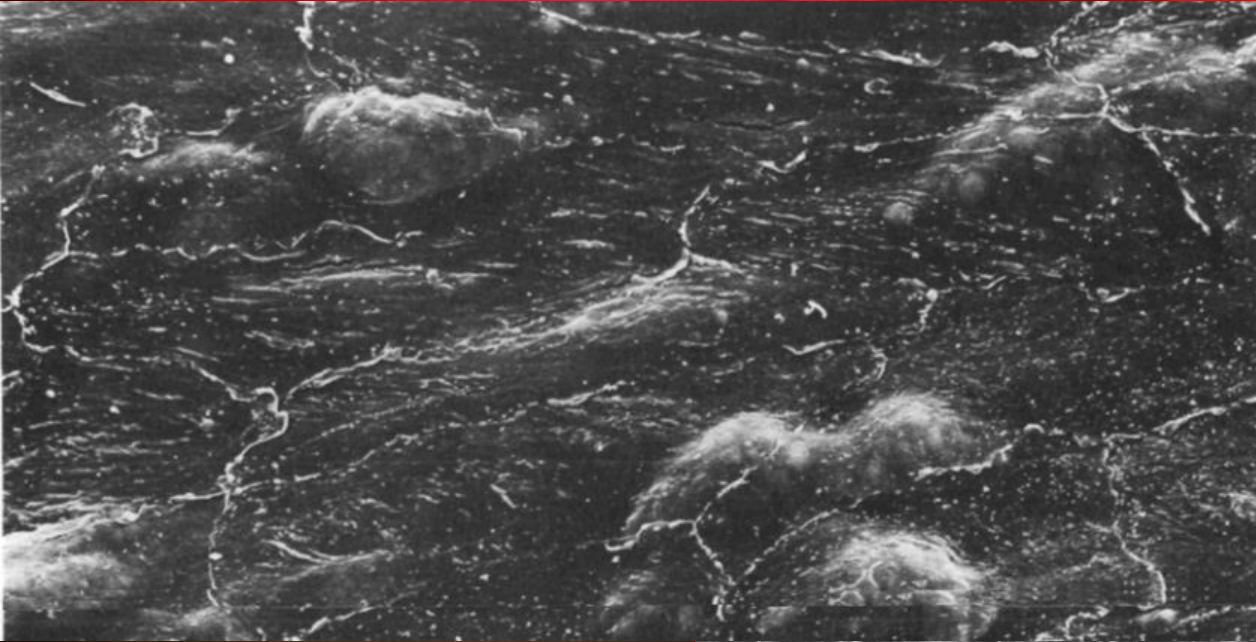
**Figure 2.** This graph demonstrates the changes in plasma cholesterol and triglyceride of each hypercholesterolemic monkey on the high-fat, high-cholesterol diet. (□ = cholesterol; ○ = triglycerides).

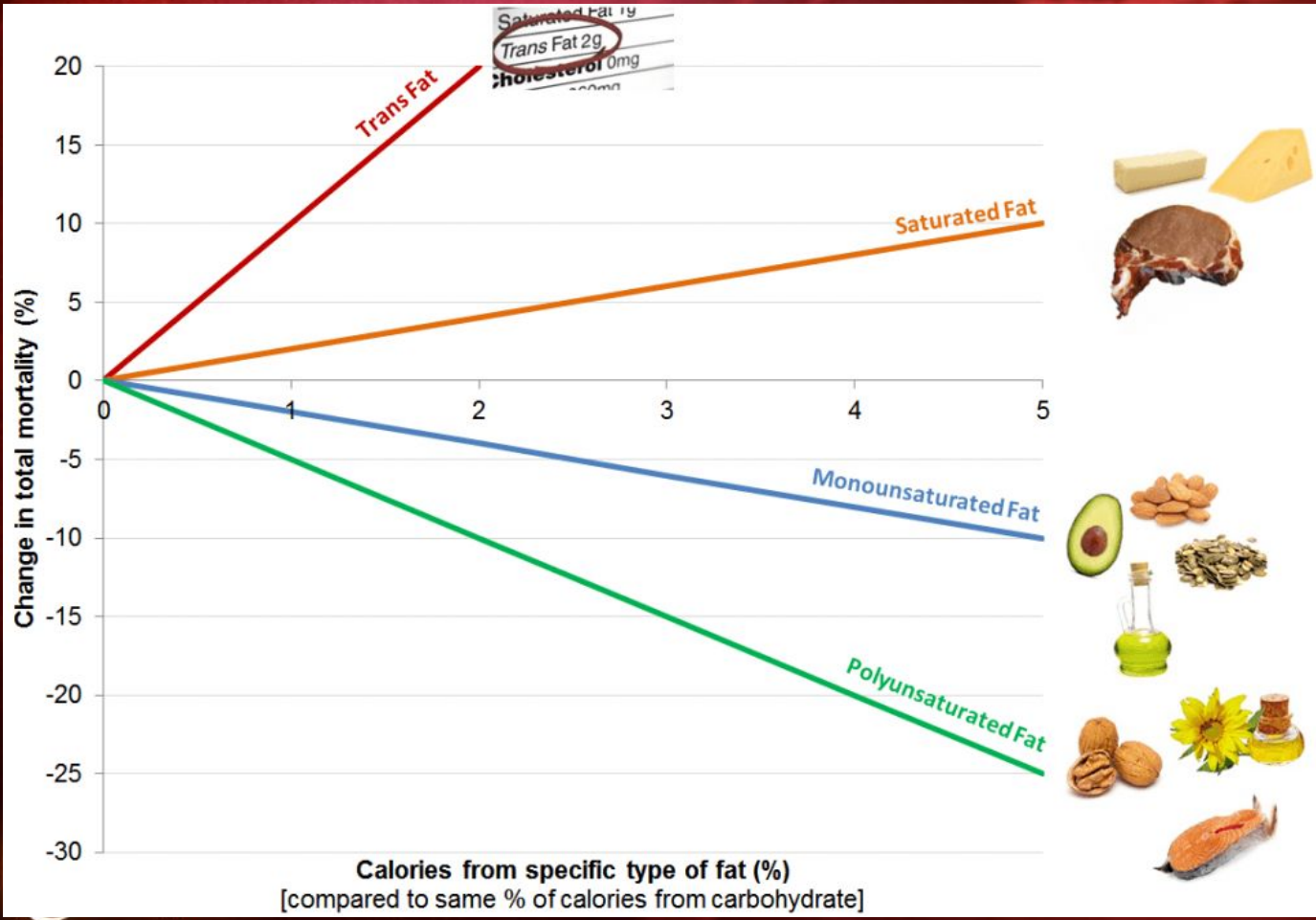
# 12 Days on a High Diet:



Agostino Faggiotto, Russell Ross, and Laurence Harker. Studies of Hypercholesterolemia in the Nonhuman Primate I. Changes that Lead to Fatty Streak Formation. (*Arteriosclerosis* 4:323-340, July/August 1984)

# 1 Month on a High Fat Diet:





<https://www.hsph.harvard.edu/nutritionsource/2016/07/05/different-dietary-fat-different-risk-of-mortality/>

# FATS

## Trans Fats

- Hydrogenated vegetable oils
- Fast foods
- Cakes/pastries
- Chocolate
- Deep Fried Food



## Saturated Fats

### Vegetable Fats

- Coconut
- Palm oil
- 3-in-1 & 2-in-1 beverages, creamer, condensed milk



### Animal Fats

- Poultry skin
- Fatty meat
- Butter
- Ghee
- Tallow / lard
- Full cream dairy products



## Unsaturated Fats

### Polyunsaturated

- Corn oil
- Soybean oil
- Sunflower oil
- Seeds
- Cold-water fish

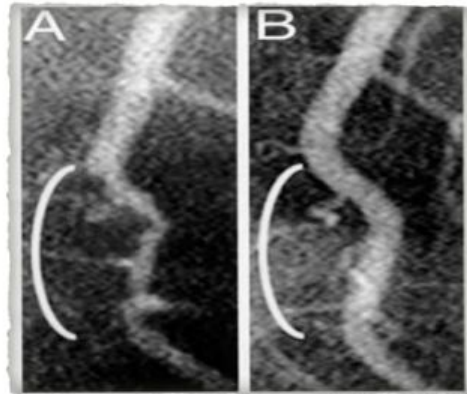


### Monounsaturated

- Olive oil
- Canola oil
- Peanut oil
- Sesame oil
- Avocado
- Most nuts



# Is Heart Disease Reversible?



32 weeks on a cholesterol-free diet.  
Prevent and Reverse Heart Disease  
Caldwell Esselstyn MD

Gigleux, I., Jenkins, D., Kendall, C., Marchie, A., Faulkner, D., Wong, J., . . . Lamarche, B. (2007). Comparison of a dietary portfolio diet of cholesterol-lowering foods and a statin on LDL particle size phenotype in hypercholesterolaemic participants. *British Journal of Nutrition*, 98(6), 1229-1236. doi:10.1017/S0007114507781461

**18 Coronary Patients**

**Classical Cardiology (1977-85)**

**49** Cardiovascular events in 8 yrs.

Cholesterol average **237** mg%

*--Am Jrl Cardiol, Aug 1, 1999*



## *Cleveland Clinic Study - 3*

### **Esselstyn's ART (1985-97)**

- 0** Cardiovascular events in 12 years
- 0** Bypass surgeries
- 0** Angioplasty surgeries
- 0** Disease extension

**Cholesterol average**      **145** mg%

# How to Lower Cholesterol?

## Group 1: Soluble fibres (approximately 10 g/4200 kJ diet)

- Oats (4.24 g), Barley (1.36 g), psyllium (4.15 g).
- Okra (0.39 g) and aubergine (0.24 g)
- Soya proteins were provided (21.4 g/4200 kJ) with soya milk, tofu and soya meat substitute.

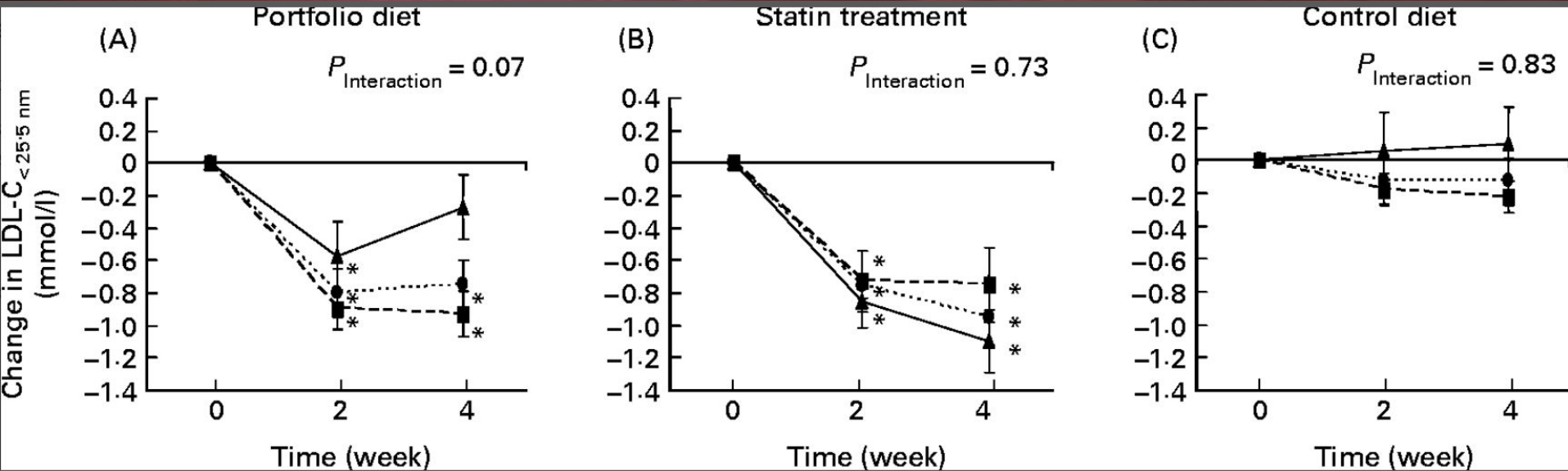
## Group 2: Low-Saturated Fat:

- Skimmed milk, fat-free cheese and yoghurt, egg substitute and liquid egg white
- Breakfast cereals, wheat bran, whole grain bread

## Group 3: 20 mg Statin

Gigleux, I., Jenkins, D., Kendall, C., Marchie, A., Faulkner, D., Wong, J., . . . Lamarche, B. (2007). Comparison of a dietary portfolio diet of cholesterol-lowering foods and a statin on LDL particle size phenotype in hypercholesterolaemic participants. *British Journal of*

# How to Lower Cholesterol?



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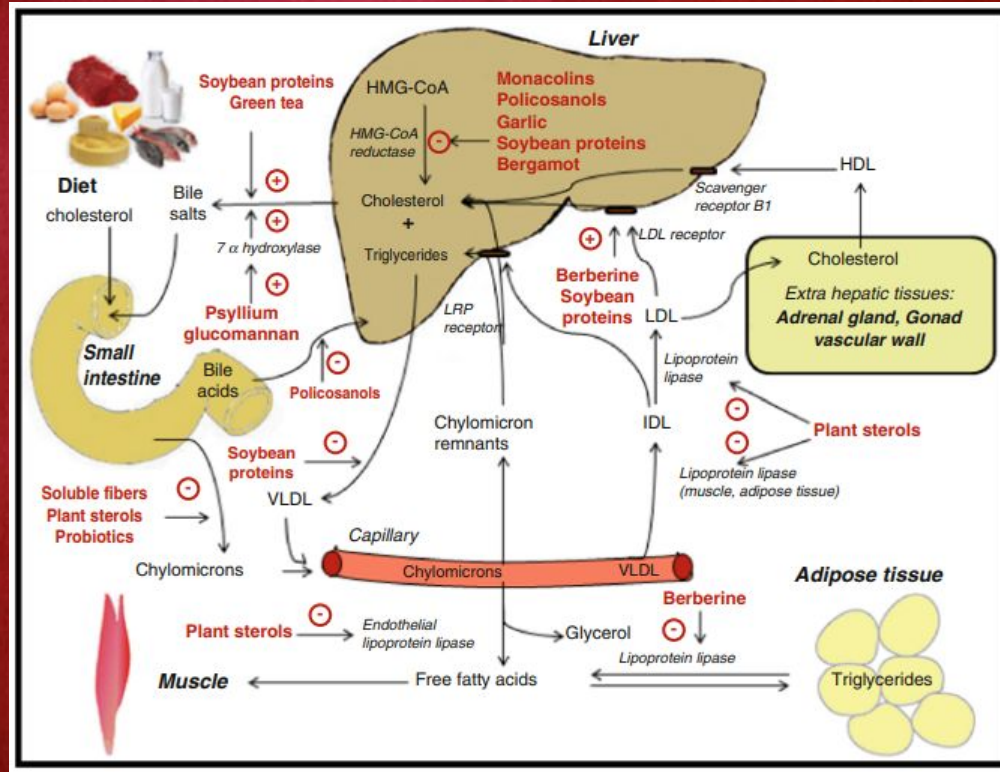
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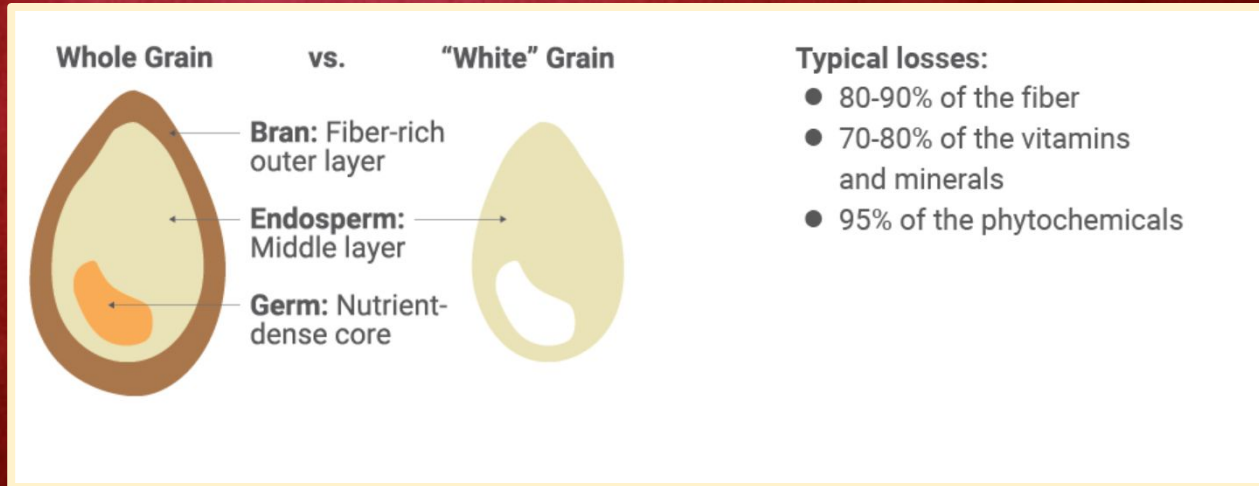
# Natural Remedies for Cholesterol



Arrigo F. G. Cicero and Alessandro Colletti. Statins and Nutraceuticals/Functional Food: Could They Be Combined? January 2015 DOI: 10.1007/978-3-319-20433-8\_11

# Fiber: Ultimate Anti-inflammatory

- Non-digestible carbohydrates and lignins that are intact and intrinsic in plants
- Three Types: Insoluble, Soluble, Resistant Starches
- Harbor Polyphenols released by colonic microbiome



# Diabetes Type II

- Fat Toxicity
- Glucose Toxicity



## HEALTHY BODY

Thanks to insulin, receptors absorb glucose and convert it into energy.



## DIABETES TYPE 2

There's insulin in the blood, but cells do not respond on it and can't take glucose.



Acute  
exercise

GLUT4  
translocation

Glucose  
uptake

$\uparrow$  2-fold  $\neq$   $\uparrow$  100-fold





# Medications That Inhibit Nutritional Change

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## ● Medications common in patients with diabetes

- Biguanides
- Glucagon-like peptide-1 (GLP-1) agonists
- Dipeptidyl peptidase-4 (DPP-4) inhibitors
- Thiazolidinediones (TZDs)
- Alpha-glucosidase inhibitors

## ● Other medications

- Sedatives
- Some antibiotics
- Immunotherapy
- Chemotherapy
- Antiepileptic medications
- Anticoagulants

# Should I Stop Medications? Supplements? Ask My Doctor?

## 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

# Using Natural Remedies for Evangelism

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Live Fully Healthy Lifestyle

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**Hospitals**

**Clinics & Sanitariums**

**Trained Laity**

**Trained Laity**

**dr/nurse supervision**

**Church Programs**

# What Did You Learn?

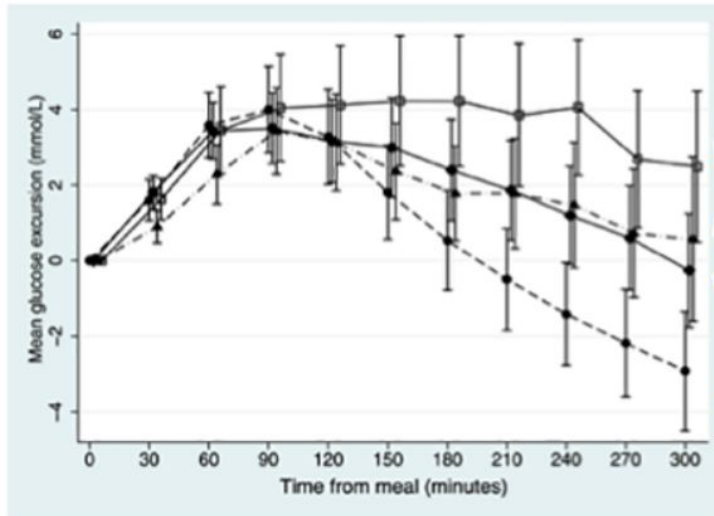
*Truth that is not lived, that is not imparted, loses its life-giving power, its healing virtue.  
Its blessing can be retained only as it is shared. MH 148.4*

**Personally:** What am I going to do differently?

**Service:** What I am going to do differently?

# Remedies for Metabolic Diseases - EXTRA SLIDES

## Protein and Fat Have Additive Glycemic Responses



35 grams fat,  
40 grams protein

35 grams fat,  
5 grams protein

4 grams fat,  
40 grams protein

4 grams fat,  
5 grams protein

## Meta-Analyses Summary

PHYSICAL ACTIVITY	HbA1c REDUCTION
Aerobic Exercise	0.30 - 0.70%
Resistance Training	0.30 - 0.62%
Aerobic + Resistance Training	0.47 - 0.53%
HIIT vs. Aerobic*	+0 - 0.37%

*\*Additional A1c Reduction beyond mod-intensity activity*

# Whole Grain Hierarchy



## Intact whole grains

e.g. kamut berries, quinoa,  
brown rice, barley, oat groats

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## Broken whole grains

e.g. 12 grain cereal, bulgur

## Rolled whole grains

e.g. rolled oats, barley, rye

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## Shredded whole grains

e.g. shredded wheat

## Ground whole grains

e.g. whole wheat flour products

## Flaked whole grains

e.g. cold flaked cereals

## Puffed whole grains

e.g. puffed wheat, rice, millet

