

User's Guide to 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.

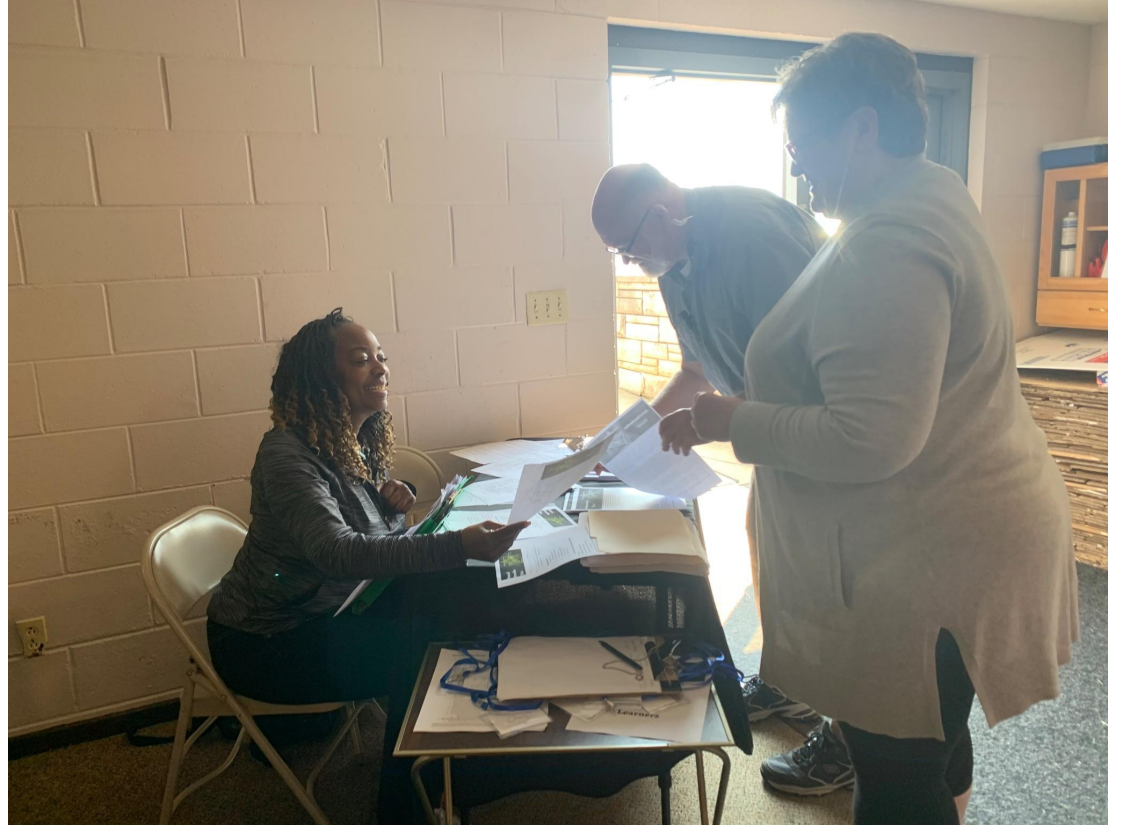
Grand Rapids Attendees:

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





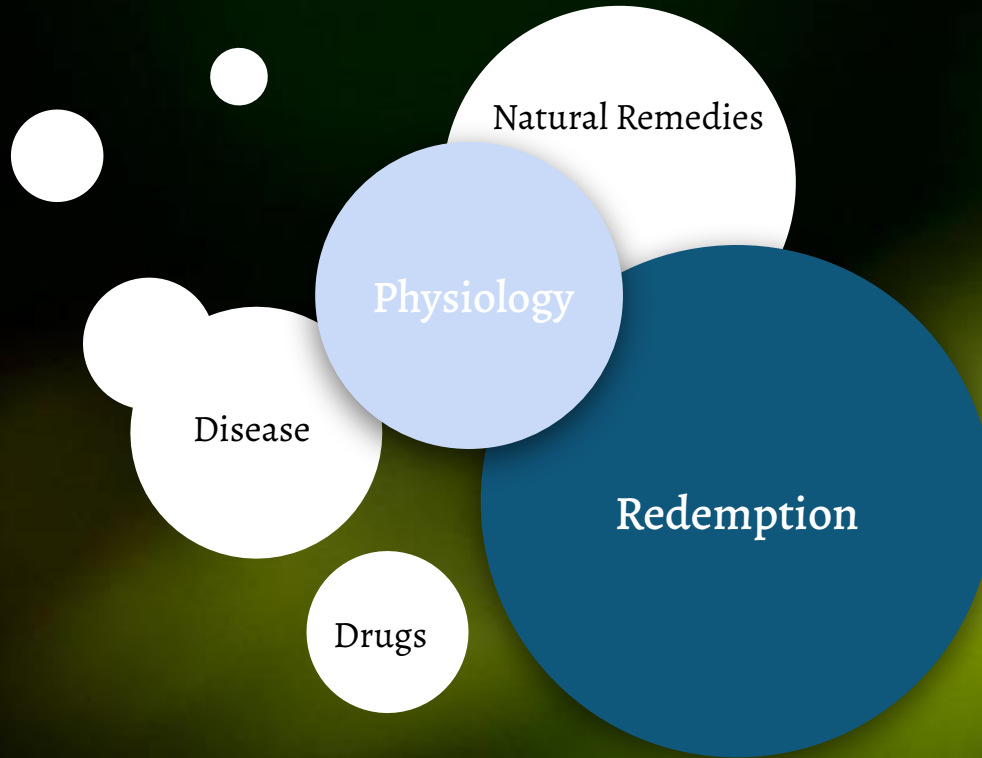








Objective: Revelation-Based Medicine



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

Using Natural Remedies for Seriously Ill

When the crisis has passed and success is apparent, be the patient a believer or an unbeliever, let a few moments be spent with him in prayer. Give expression to your thankfulness for the life that has been spared. The physician who follows such a course carries his patient to the One upon whom he is dependent for life. Words of gratitude may flow from the patient to the physician, for through God he has bound this life up with his own; but let the praise and thanksgiving be given to God as to One who is present though invisible. {6T 232.3}

Sunshine & Skin Cancer



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?
- How could many people prevent or shorten their respiratory illnesses (colds, sore throat, viral pneumonia, sinusitis)?

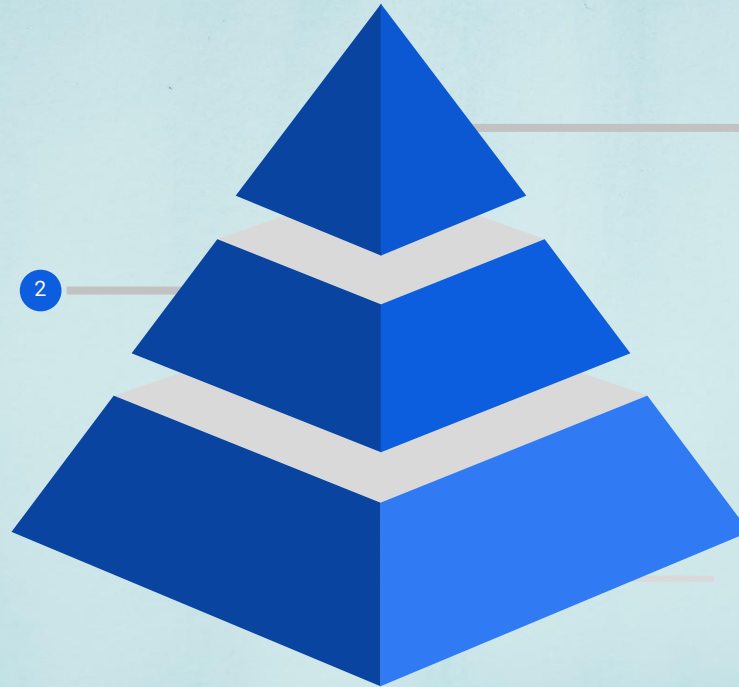
Review from Tuesday:

- 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

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

Throat Wrap



More Resources

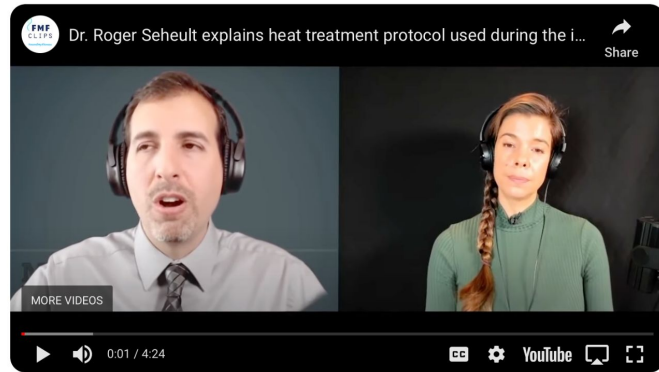
www.hydrotherapyhub.com

<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

HOME REMEDIES

HYDROTHERAPY, MASSAGE,
CHARCOAL AND OTHER
SIMPLE TREATMENTS



What is a Natural Remedy?

- Monday: The “Faith” Test
- Tuesday: The “Process” Test
- Wednesday: Origins
 - Does it rely on spiritualism, eastern religions, Greek dualism, postmodernism or any other type of false theology?

What is the foundation of the Natural Remedy?

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

Understand the origin of supposed natural remedies...

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.**

Those who make a practice of taking drugs sin against their intelligence and endanger their whole afterlife. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties. But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.

—*Manuscript 86, 1897 (General Manuscript, “Health Reform Principles,” written from Cooranbong, Australia). 2SM 290.2*

Understand the origin of supposed natural remedies...

INGREDIENTS: Whole-grainsprouted brown rice protein concentrate, natural flavor, stevia.

ALLERGEN INFORMATION: This product is manufactured in a facility that processes other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs and may contain traces of all of the above.

God has permitted a flood of light to be poured upon the world in the discoveries of science and art; **but when professedly scientific men reason upon these subjects from a merely human point of view, they are sure to err.** The greatest minds, if not guided by the word of God, become bewildered in their attempts to investigate the relations of science and revelation. The Creator and His works are beyond their comprehension; and because these cannot be explained by natural laws, Bible history is pronounced unreliable. 8T 257.4

Understand the origin of supposed natural remedies...

Those who question the reliability of the Scripture records have let go their anchor and are left to beat about upon the rocks of infidelity. When they find themselves incapable of measuring the Creator and His works by their own imperfect knowledge of science, they question the existence of God and **attribute infinite power to nature.** 8T 258.1

In true science there can be nothing contrary to the teaching of the word of God, for both have the same Author. **A correct understanding of both will always prove them to be in harmony.** Truth, whether in nature or in revelation, is harmonious with itself in all its manifestations. *But the mind not enlightened by God's Spirit will ever be in darkness in regard to His power. This is why human ideas in regard to science so often contradict the teaching of God's word.* 8T 258.2

Origin of Medicine is Religion

The cause of disease was usually understood as the consequence of sin and, when that seemed not the case, that the patient was under a demonic attack, was being plagued by an angry **ghost**, or that some **god** felt they needed to learn a lesson. Disease, therefore, was commonly treated through recitation by a doctor of magical spells. Watterson notes, "the earliest 'doctor' was a magician, for the Egyptians believed that disease and sickness were caused by an evil force entering the body" (65).

Mark, J. J. (2023, June 8). *Egyptian medicine*. World History Encyclopedia.
https://www.worldhistory.org/Egyptian_Medicine/

Jewish Healthcare

The priests were the custodians of public health. The dispute as to the propriety of human interference in sickness – regarded as divine retribution – ceased to trouble the Jews, **because they came to regard the physician as the instrument through whom God could effect the cure.** Jewish physicians therefore considered their vocation as spiritually endowed and not merely an ordinary profession. By the same token, great demands were made of them, and the ethical standards have always been very high.

The importance of medicine and physicians among the Jews is best seen in the long line of rabbi-physicians, that started during the talmudic period and continued until comparatively recently. Various factors were responsible for this combination of professions. Medicine was sanctioned by biblical and talmudic law and had an important bearing upon religious matters.^{Medicine. (n.d.). <https://www.jewishvirtuallibrary.org/medicine>}

Eastern Healthcare

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. Besides magical spells, ancient Egyptians used incantations, amulets, offerings, aromas, tattoos, and statuary to either drive away the ghost or demon, placate the god or gods who had sent the illness, or invoke protection from a higher power as a preventative. The spells and incantations were written down on papyrus scrolls which became the medical texts of the day.

Ancient healthcare fit for a king. The British Museum. (n.d.). <https://www.britishmuseum.org/blog/ancient-healthcare-fit-king>

Mark, J. J. (2023, June 8). *Egyptian medicine.* World History Encyclopedia. https://www.worldhistory.org/Egyptian_Medicine/

Eastern Healthcare: India

The Vedic people regarded the spirits of all objects in the world as gods. 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.



Hindu Meditation: Yoga

The numerous purely physical procedures of yoga (unite) the parts of the body...with the whole of the mind and spirit, as...in the pranayama exercises, where prana is both the breath and the universal dynamics of the cosmos...the relation of the spirit...Yoga practice is unthinkable, and would also be ineffectual, without the ideas on which it is based. It works the physical and the spiritual into one another in an extraordinarily complete way.

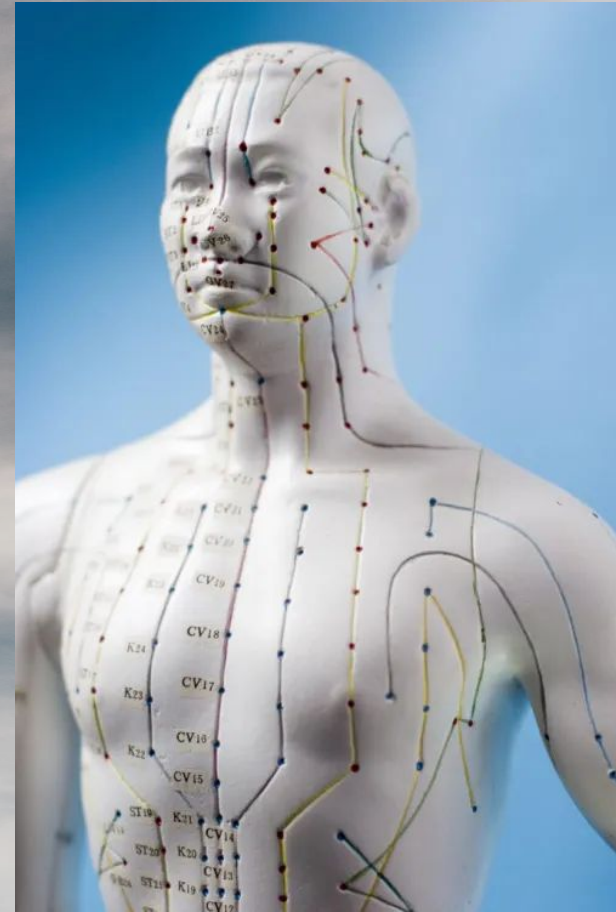


Jung, C.G. trans. R.F.C. Hull, *Psychology and the East*, Princeton Un. Press, (1978), pp. 80-81: reported in Hunt, Dave, *Yoga and The body of Christ*, The Berean Call, Bend, Oregon, (2006), p.

Eastern Healthcare: China

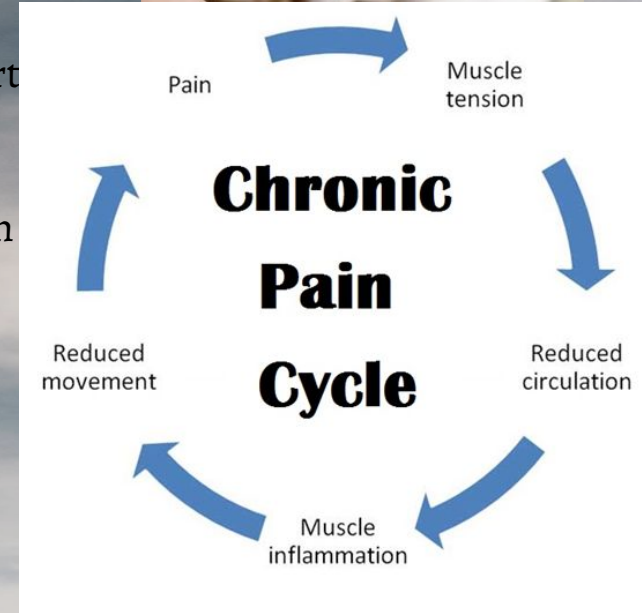
Daoists, mediums, adepts of transcendence, Buddhist priests, monks and monastic institutions – were much much more active in the provision of medicine and healthcare to the general populace than the thin narrow band of elite doctors. the Daoist and Buddhist canons, for example, it turns out there is 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 transcendents, priests and monks who used herbal medicine, acupuncture and moxibustion.**

Michaelstanleybaker. (2021, July 13). *Why medicine and religion?*.
Medicine and Religion in China.
<https://michaelstanley-baker.com/2017/04/13/first-blog-post/>



Acupuncture

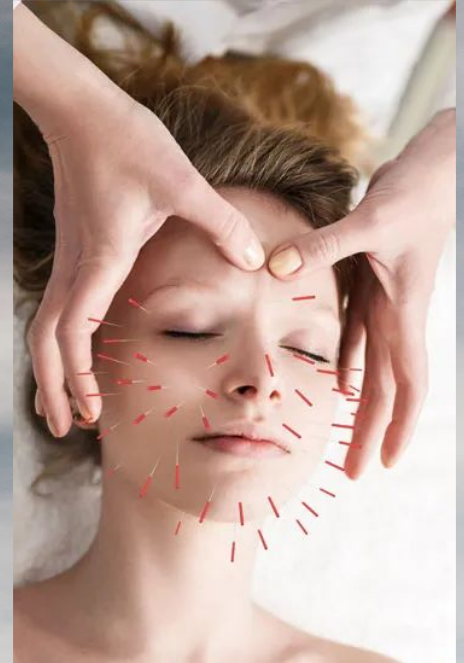
1. Points of Acupuncture are unknown to science and are not demonstrable, and different schools of acupuncture have charts that do not match for specific points.
2. All procedures attempting to prove their presence have failed.
3. Equal effects are obtainable in acupuncture when no attention paid to specific points on the body.
4. There is no benefit to be expected to organic disease.
5. Infectious diseases have no response to acupuncture.
6. Acupuncture does not give better results than hypnosis, suggestion or autosuggestion.



Acupuncture

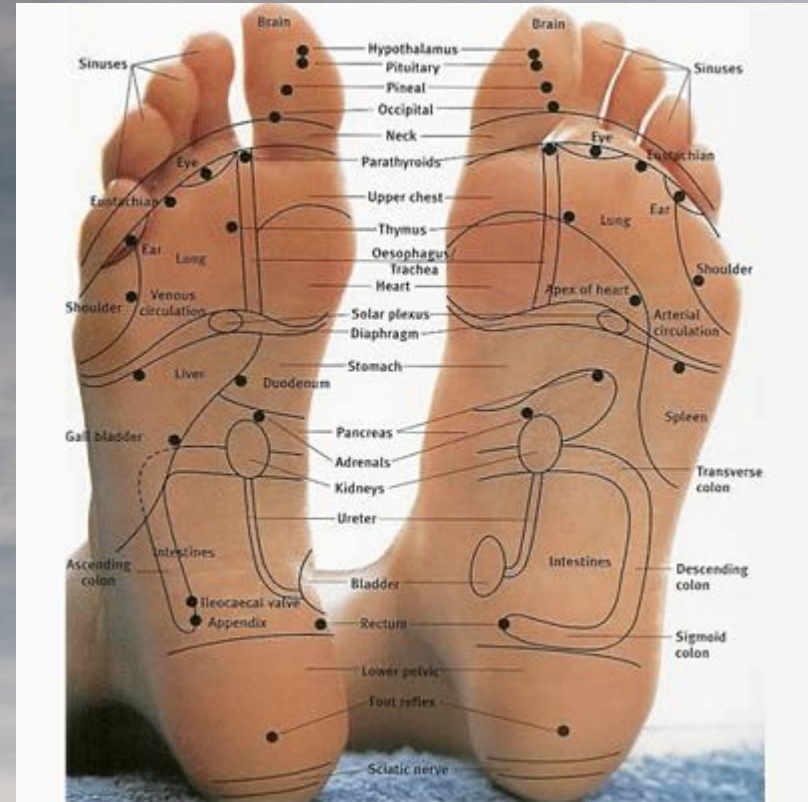
A study published in 2001:

A 40 y/o woman with chronic back pain who visited 7 acupuncturists during a 2 week period was diagnosed with “Qi stagnation” by 6 of them, “blood stagnation” by 5, “kidney Qi deficiency” by 2, “yin deficiency” by 1 and “liver Qi deficiency” by 1. The proposed treatments varied even more. Among the 6 who recorded their recommendations, the practitioners planned to use between 7 and 26 needles inserted into 4-16 specific “acupuncture points” in the back, leg, hand, and foot. Of 28 acupuncture points elected, only 4 (14%) were prescribed by 2 or more acupuncturists.



Reflexology

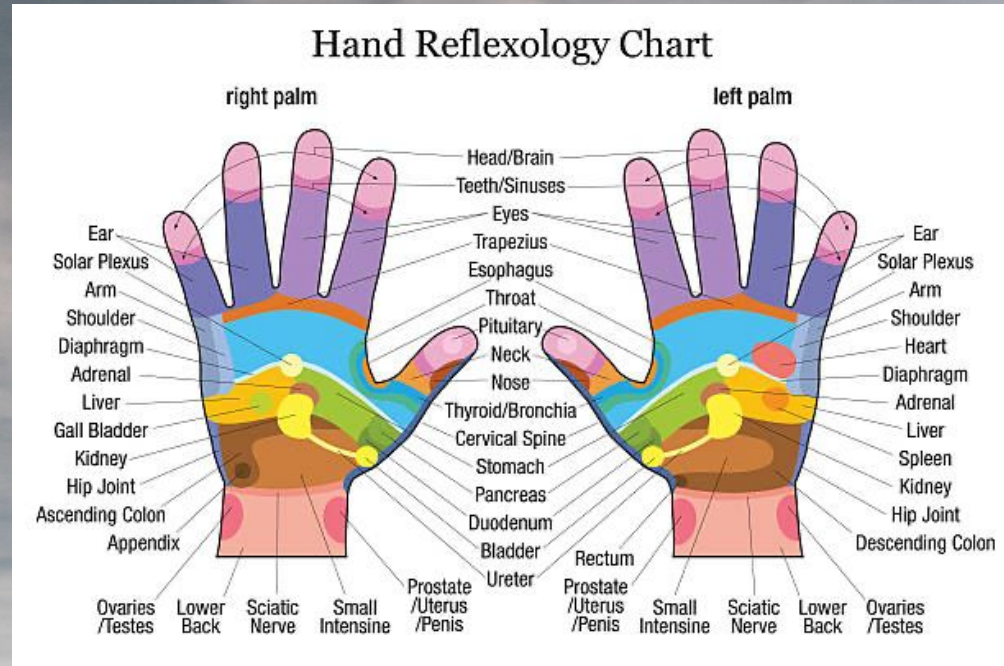
70 subjects were asked to record any health problems they had encountered on any of 43 anatomical locations in the past two years. A reflexologist then examined each of the individuals in a blinded manner. The feet were exposed but a sheet covered the individual and no voice contact was allowed. From this test the results of determining a diagnosis by reflexology were no better than guessing.



Reflexology

Ten weeks of therapy was given to a treatment group and to a control placebo group. Lung function studies were conducted on both groups which did not change on either group.

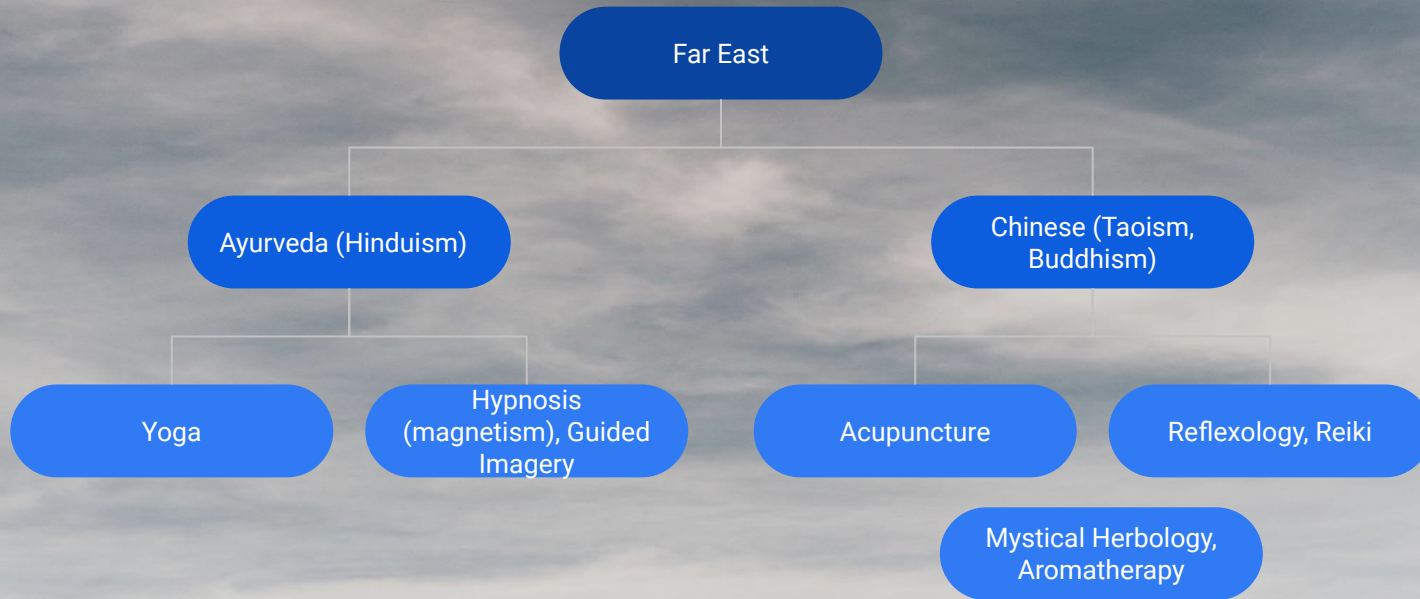
From that time on his practice would involve simple foot massages for people who wanted them with no diagnostic or therapeutic claims.



Origin from Hypnotism

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

Origin of Some “Natural Remedies”



“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.” Genesis 2:7



Origin of Natural Remedies?

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*

These are God's 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

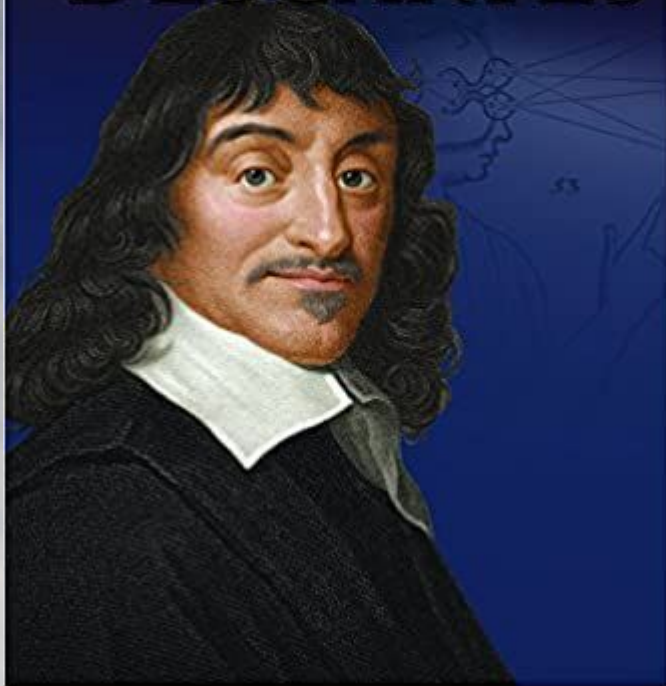
Western Healthcare

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.

When plagues occurred in Italy in 431 B.C.E, the Romans built a temple to the Greek god Apollo, who they believed had healing powers.

LEADERS OF THE SCIENTIFIC REVOLUTION

RENÉ DESCARTES



Substance Dualism

“Substance Dualism,” which states that the mind and the body are two different substances

Western Healthcare

THE BIOMEDICAL MODEL OF DISEASE

The Biomedical Model of Disease is used to outline what constitutes health. It integrates with the insurance model for healthcare.



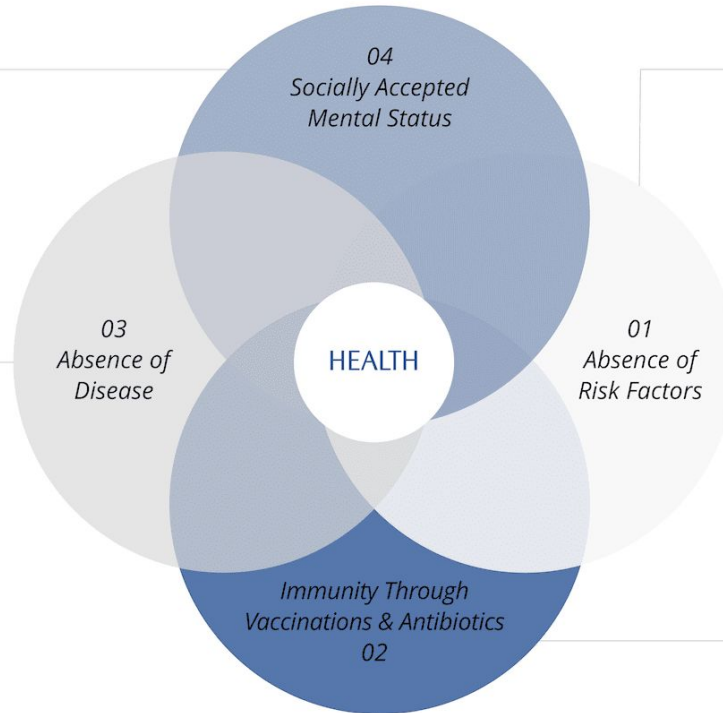
Socially accepted mental status means that only behaviours displayed in public - not private - pertain to health. Someone may be mentally ill, but because their behaviour is private, they can be considered healthy.



Absence of risk factors conflates 'health' with mitigating exposure to potentially harmful things. It focuses primarily on communicable diseases and does not take into account chronic illness.



Absence of disease is typically achieved with medical intervention. It is not necessarily indicative of good health. Just because you do not have disease, does not mean you are in a state of good health.



Immunity through vaccines & antibiotics signifies our reliance on medical intervention. It focuses only on communicable diseases, and does not take into account chronic disease.





[Mens Sana Monogr.](#) 2016 Jan-Dec; 14(1): 141–151.

doi: [10.4103/0973-1229.193074](https://doi.org/10.4103/0973-1229.193074)

PMCID: PMC5179613

PMID: [28031628](https://pubmed.ncbi.nlm.nih.gov/28031628/)

The Problem of Dualism in Modern Western Medicine

[Mathew H. Gendle](#)^{*}

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Abstract

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Dualism is historically important in that it allowed the medical practice to be divorced from church oversight. The reductionist approaches of modern Western medicine facilitate a dispassionate and

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.” Genesis 2:7



Revelation-Based Medicine

In the fear of God I tell you that none but a Christian physician can rightly discharge the duties of this sacred profession. CH 343.1

Acute Musculoskeletal Injuries

P

Protect



Protect your injury from further damage, for example, by using a support or splint.

R

Rest



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.

I

Ice



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.

C

Compress



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.

E

Elevate



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.

Ice Massage

Vasoconstriction

2-4 minutes

The skin will become pale as the blood vessels become small and send the old blood away from the area.

Vasodilation

5-7 minutes

The skin will become red as the blood vessels dilate and fresh blood is brought to the area. You may experience a burning or “prickly” sensation.

Numbness

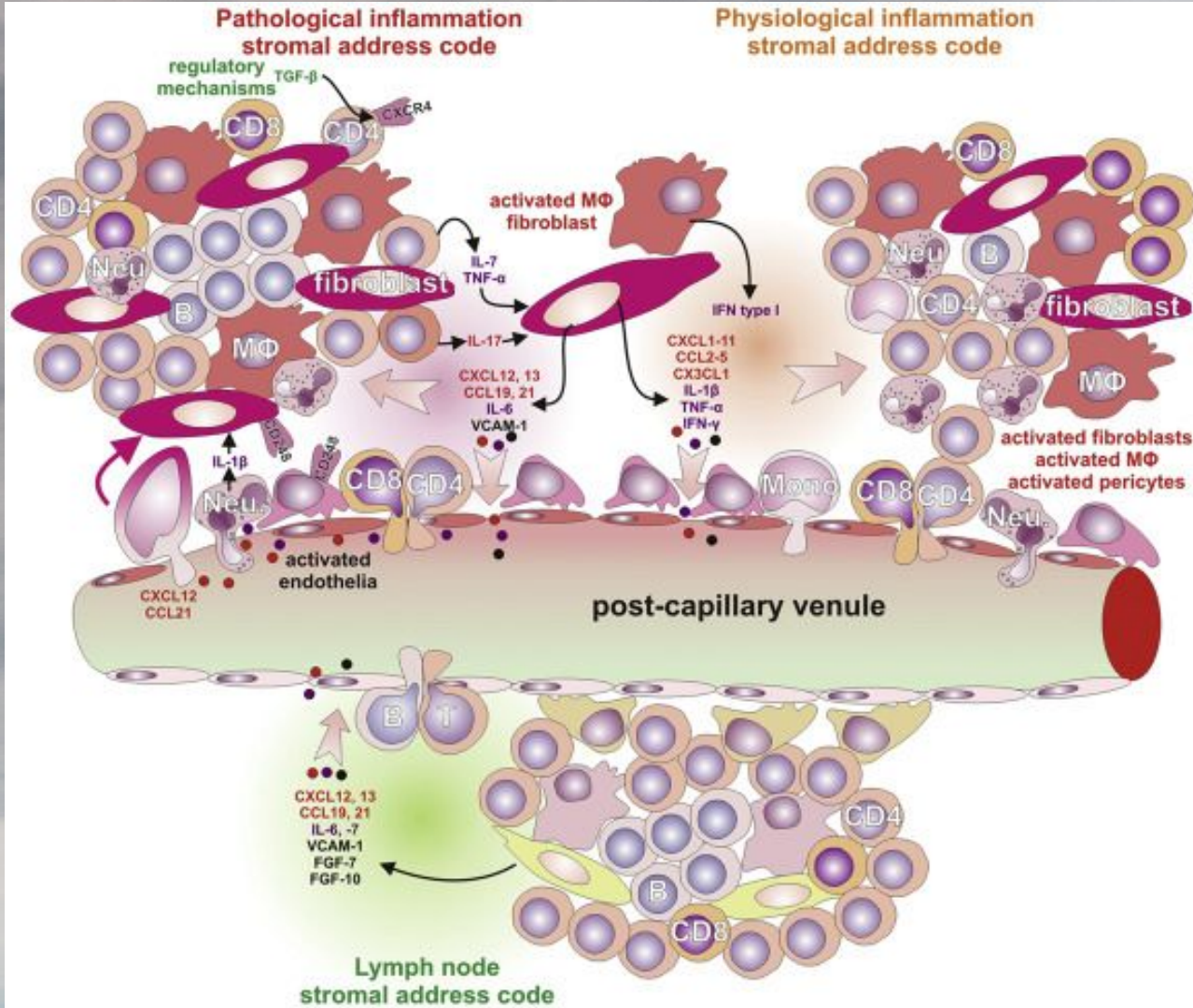
4-5 minutes

As the nerve conduction slows in response to the cold, the area will start to feel numb and you will have pain relief.

Rest

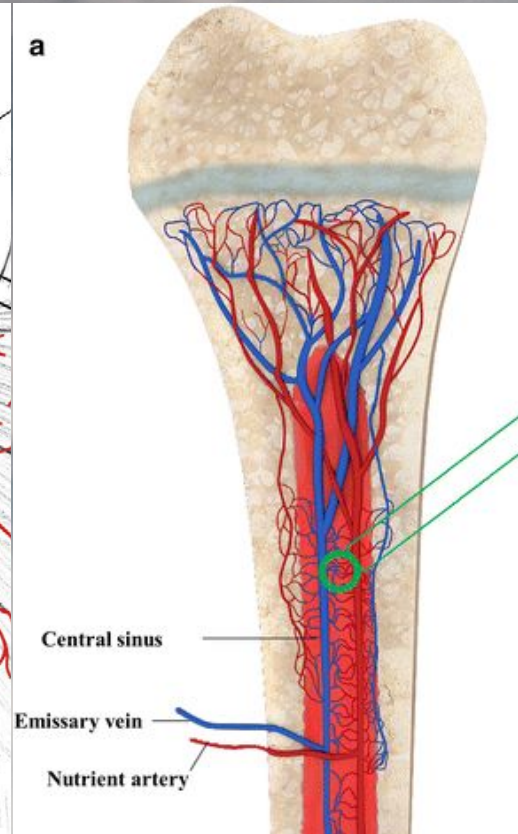
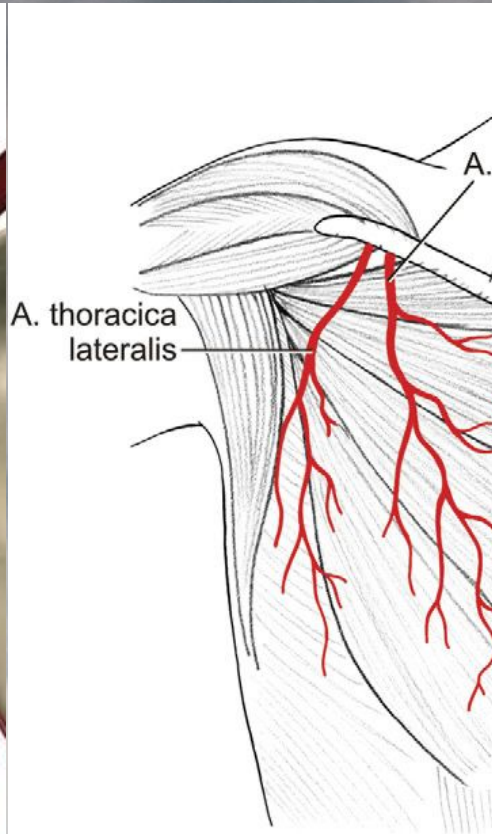
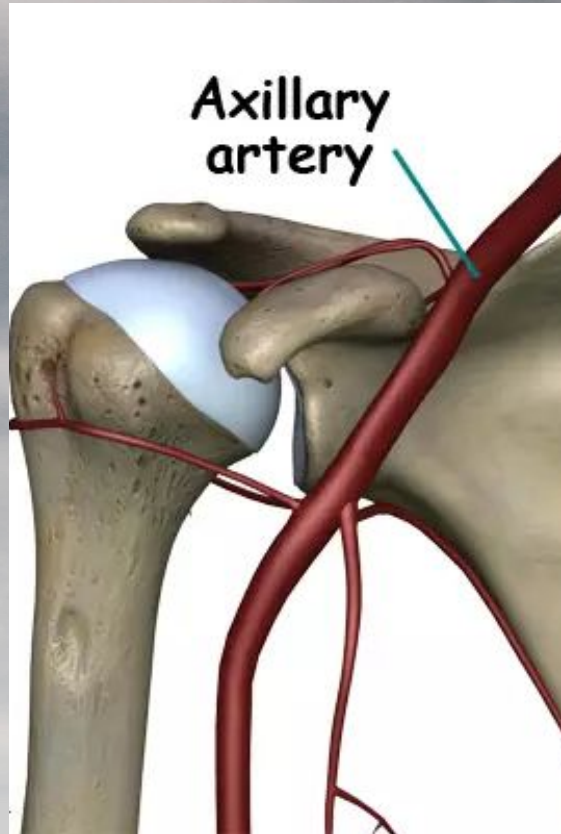
The inflammation has been decreased and immune system activated. Rest - don't redirect the body's circulation with movement for about 15 minutes.

Inflammation Needed for Healing



Jiri Gallo, Milan Raska, Eva Kriegova, Stuart B. Goodman, Inflammation and its resolution and the musculoskeletal system, Journal of Orthopaedic Translation, Volume 10, 2017, Pages 52-67, ISSN 2214-031, <https://doi.org/10.1016/j.jot.2017.05.007>. (<https://www.sciencedirect.com/science/article/pii/S2214031X16302753>)

Healing Based on Blood Supply



Ice Massage

Vasoconstriction

2-4 minutes

The skin will become pale as the blood vessels become small and send the old blood away from the area.

Vasodilation

5-7 minutes

The skin will become red as the blood vessels dilate and fresh blood is brought to the area. You may experience a burning or “prickly” sensation.

Numbness

4-5 minutes

As the nerve conduction slows in response to the cold, the area will start to feel numb and you will have pain relief.

Rest

The inflammation has been decreased and immune system activated. Rest - don't redirect the body's circulation with movement for about 15 minutes.

*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





Joint 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. You may experience a burning or “prickly” sensation.

Repeat

Repeat hot/cold cycles 3-4 times or until pain is decreased.

Rest

The inflammation has been decreased, immune and circulatory systems activated. Rest - don't redirect the body's circulation with movement for about 15 minutes.

What Causes Low Back Pain?



Non-mechanical disease processes



Heavy lifting



Trauma



Poor sitting posture



Frequent bending forward



Degenerative conditions

