



Users Guide to Natural Remedies

Stress & Mental Health

Review

Purpose of natural remedies is for us to cooperate with God in experiencing the Gospel in a deeper way by availing ourselves of the blessings in the natural world that work with our physiology for our complete physical, mental, spiritual healing. *Anything that opposes this is not a natural remedy.* 5T 443, 2SM 346-7. See RBM for summary below.

Therefore, Health Evangelism: lovingly and practically help someone experience with their felt needs:

- Raking leaves, getting them groceries when sick, Cooking in their homes, Walking together, Hydrotherapy when sick, Personal invitations to church events relevant to their needs (not yours)

Metabolic Diseases (hypertension, hyperlipidemia, heart disease, diabetes) may often be reversed with a Whole Foods, Plant-Based (WFPB) diet, regular physical activity and a healthy dose of self-control. This increases dependence upon God to experience the Gospel more deeply.

Acute Respiratory Infections: may be prevented and symptoms improved with WFPB, sunlight, sleep, hydration along with hydrotherapy and simple herbs/supplements.

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

ways for whole body deep heat for chronic pain.

Headaches: prevented or improved with addressing the cause which can be many: dehydration, issues with sleep, stress, food allergy, muscle tension, possibly poor blood sugar regulation. Use Hot Foot Bath and supplements, if needed.

Insomnia: use sleep hygiene first (bedtime routine, morning light, evening dark, morning exercise, hydration, healthy breakfast etc.) and foods high in tryptophan, calcium, magnesium, B vitamins.

Revelation-Based Medicine

See Users Guide for Scripture and more Spirit of Prophecy quotations

1. **Faith Test for Natural Remedies:** Does it inspire faith in God, as presented in the Three Angels' messages? Does it help keep the physical and moral laws of God? Does it work towards true healing? Does it employ both hands and brain? Does it empower the will?
 - a. Engages the will; Combines faith & works = closer walk with God
 - b. Preserves Life, Works Towards Peak Health

2. **Process Test for Natural Remedies:** Does it address the cause of disease? Is it in harmony with physiology? Does it aid in nature's work of restoration? Does it tax and debilitate the system? Does it have a harmful effect after the treatment is done?
 - a. Of the effective treatments: Simpler = Better

3. **Origins Test for Natural Remedies:** Does it rely on spiritualism, eastern religions, Greek dualism or any other type of false theology?
 - a. Reject: if its foundation on falsehood (particularly eastern religions)
 - b. Careful/Modify: if its a perversion of what God originally provided

4. **Context Test for Natural Remedies:** Is it feasible or within our reach? Is there something better to use? Will this affect others at this time and place?
 - a. It is the very essence of all right faith to do the right thing at the right time. 6T 24
 - b. We then who are strong ought to bear with the scruples of the weak, and not to please ourselves. Romans 15:1

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 wise counselors, ask the questions above to fill it out like a worksheet. Use your answers to write a pro/con list to pray about. Ask yourself,

- 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?

NOTE:

Symptoms of Depression & Anxiety: If you have 5 or more of these symptoms for over 2 weeks you should see your primary care physician.

- Low mood
- Loss of interest or pleasure in doing things
- Insomnia or hypersomnia
- Significant weight gain or loss, decrease or increase of appetite
- Fidgety, agitation or moving more slowly
- Fatigue or low energy
- Difficulty concentrating or making decisions
- Thoughts of worthlessness or extreme guilt
- Thoughts of death, suicide or harming others

Physiology of Stress & Mental Health

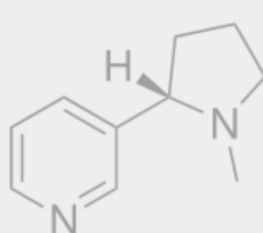
“HITS” to the brain:

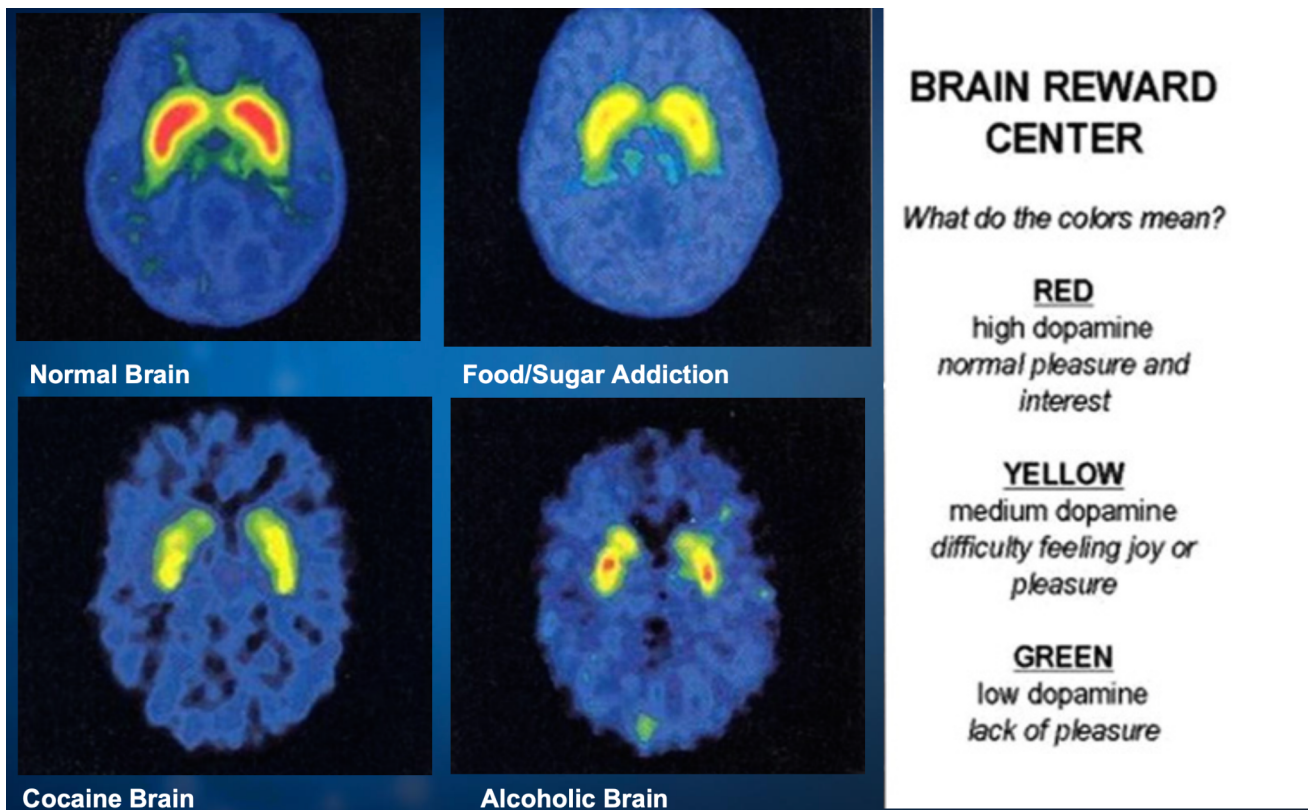
4 or more hits predisposes you to mental health concerns

- Developmental (childhood trauma, disrupted family unit etc.)
- Genetic (requires specialized lab and urine testing)
- Lifestyle (hydration, exercise)
- Circadian rhythm (sleep-wake cycle)
- Addiction (stimulating food, drink or drugs (i.e. can include sugar), masturbation, pornography, media)
- Social (complicated grief, family, friends, church)
- Medical, (metabolic diseases, thyroid diseases, chronic pain etc.)
- Toxins (lead, cadmium, mercury etc.)
- Nutrition
- Frontal lobe (relationship with God, music, etc.)



Neurotransmitter	Effects
Dopamine	→ Pleasure, appetite suppression
Norepinephrine	→ Arousal, appetite suppression
Acetylcholine	→ Arousal, cognitive enhancement
Glutamate	→ Learning, memory enhancement
Serotonin	→ Mood modulation, appetite suppression
β-Endorphin	→ Reduction of anxiety and tension
GABA	→ Reduction of anxiety and tension





Natural Remedies for Stress & Mental Health

Frontal Lobe:

- Scripture Meditation & Memorization: Psalm 139, Ministry of Healing (chapter, *Mind Cure*), Proverbs
- Journalling Prayers
- Classical Music

Circadian Rhythm (sleep-wake cycle):

- Light: 10,000 luz in the AM
- Ensure 3-4 hrs before midnight
- Good sleep hygiene and a bedtime and morning routine
- Regular meals 5-6 hours apart

Social:

- Recognize cognitive distortions (see below)
- Consider counseling with Cognitive Behavioral Therapy if needed
- Consider pastoral or marital counseling for conflict resolution
- Boundaries by Townsend
- Telling Each Other the Truth by William Backus

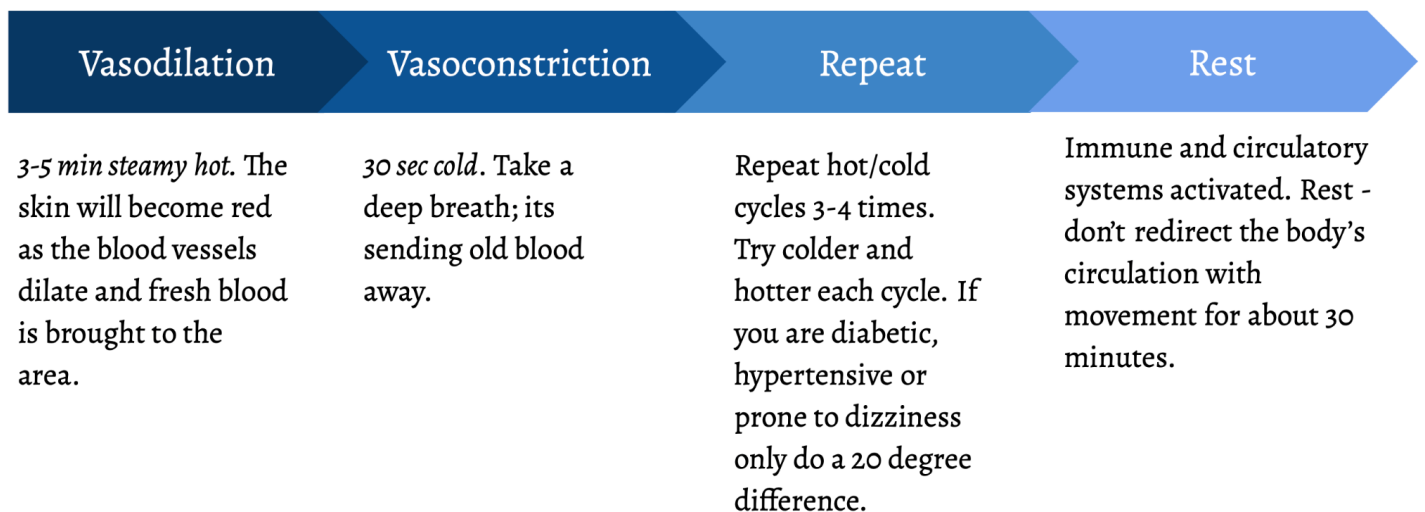
Lifestyle:

- 15,000 steps or equivalent of moderate intensity aerobic exercise
- Water: Half your body weight in ounces

Nutrition:

- Whole foods, plant based with the bulk of calories in the first 8 hrs of the day. Meals 5-6 hours apart without snacking.
- Check Vitamin B12 and Vitamin D levels and take if deficient
- OMEGA-3 to OMEGA-6 Ratio: hemp seed, safflower oil, flax, chia, walnuts, soy (especially edamame, oil), spinach, almonds
- TRYPTOPHAN RICH FOODS: (made into serotonin) Examples of well-processed by the body: almonds, walnuts, pumpkin seeds, sesame seeds, brown rice

Contrast Shower



Cognitive Distortions

The main cognitive distortions are as follows (and some of them overlap):

- Black-and-white (or all-or-nothing) thinking: *I never have anything interesting to say.*
- Jumping to conclusions (or mind-reading): *The doctor is going to tell me I have cancer.*
- Personalization: *Our team lost because of me.*
- Should-ing and must-ing (using language that is self-critical that puts a lot of pressure on you): *I should be losing weight.*

- Mental filter (focusing on the negative, such as the one aspect of a health change which you didn't do well): *I am terrible at getting enough sleep.*
- Overgeneralization: *I'll never find a partner.*
- Magnification and minimization (magnifying the negative, minimizing the positive): *It was just one healthy meal.*
- Fortune-telling: *My cholesterol is going to be sky-high.*
- Comparison (comparing just one part of your performance or situation to another's, which you don't really know, so that it makes you appear in a negative light): *All of my coworkers are happier than me.*
- Catastrophizing (combination of fortune-telling and all-or-nothing thinking; blowing things out of proportion): *This spot on my skin is probably skin cancer; I'll be dead soon.*
- Labeling: *I'm just not a healthy person.*
- Disqualifying the positive: *I answered that well, but it was a lucky guess.*

Your Turn

1. 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?

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