



Users Guide to Natural Remedies

Metabolic Diseases: Obesity, Diabetes, Hypertension, Hyperlipidemia, Heart Disease

Purpose of Natural Remedies

How does using natural remedies illustrate the Gospel?

2 Kings 6:20-23 “Cooking School” for Your Enemies
 2 Kings 5:1-19 Healing enemy General Namaan

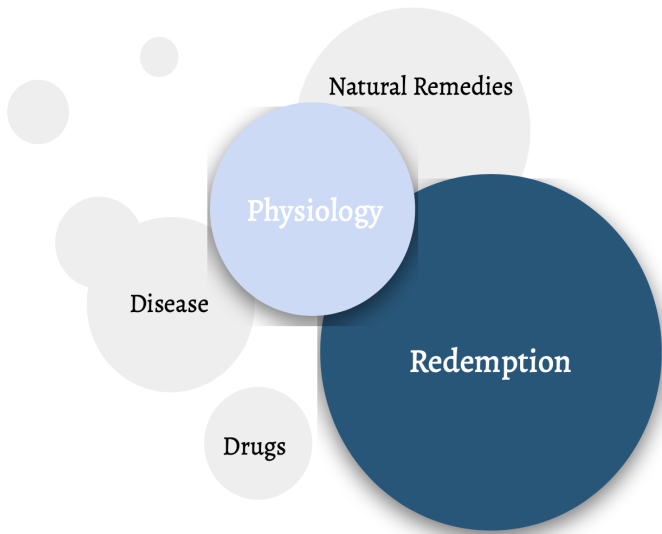
The Lord will give you success in this work, for the gospel is the power of God unto salvation, when it is interwoven with the practical life, when it is lived and practiced. The union of Christlike work for the body and Christlike work for the soul is the true interpretation of the gospel.

—An Appeal for the Medical Missionary College, pp. 14, 15

How can we misapply this sacred purpose? 2 Kings 6:21

The medical missionary work should be a part of the work of every church in our land. Disconnected from the church, it would soon become a strange medley of disorganized atoms. It would consume, but not produce. Instead of acting as God's helping hand to forward His truth, it would sap the life and force from the church and weaken the message. Conducted independently, it would not only consume talent and means needed in other lines, but in the very work of helping the helpless apart from the ministry of the word, it would place men where they would scoff at Bible truth. Counsels on Health 514.1

¹ Users Guide to Natural Remedies, Metabolic Diseases, Michigan Campmeeting 2023



The “Faith” Test for Natural Remedies

See Users Guide for Scripture and more Spirit of Prophecy quotations

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

True religion and the laws of health go hand in hand. *It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind.*—The Review and Herald, November 12, 1901. CM 131.2

2. Does it inspire faith in God, as presented in the Three Angels’ messages?

I have been shown that the medical missionary work will discover, in the very depths of degradation, men who once possessed fine minds, richest qualifications, who will be rescued, by proper labor, from their fallen condition. **It is the truth as it is in Jesus that is to be brought before human minds after they have been sympathetically cared for and their physical necessities met.** The Holy Spirit is working and cooperating with the human agencies that are laboring for such souls, and some will appreciate the foundation upon a rock for their religious faith. **There is to be no startling communication of strange doctrine to these subjects whom God loves and pities; but as they are helped physically by the medical missionary workers, the Holy Spirit cooperates with the minister of human agencies to arouse the moral powers. The mental powers are awakened into activity, and these poor souls will, many of them, be saved in the kingdom of God.** Medical

Ministry 242

3. Does it work towards true healing in trying to preserve both full life and health?

Every effort made for the physical and moral health of the people should be based on moral principles. The advocates of reform who are laboring with the glory of God in view will plant their feet firmly upon the principles of hygiene; they will adopt a correct practice. The people need true knowledge. By their wrong habits of life, men and women of this generation are bringing upon themselves untold suffering. Physicians have a work to do to bring about reform by educating the people, that they may understand the laws which govern their physical life. They should know how to eat properly, to work intelligently, to dress healthfully, and should be taught to bring all their habits into **harmony with the laws of life and health**, <and to discard drugs.> There is a great work to be done. **If the principles of health reform are carried out, the work will indeed be as closely allied to that of the third angel’s message as the hand is to the body.** Letter 26a-1889.10

4. Does it employ both hands and brain?

In the preparation of the sanctuary and in its furnishing, all the people were to co-operate. **There was labor for brain and hand.** A great variety of material was required, and all were invited to contribute as their own hearts prompted. Thus in

labor and in giving they were taught to co-operate with God and with one another. **And they were to co-operate also in the preparation of the spiritual building—God's temple in the soul.** Education 37.1

Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; **we are then to cooperate with God, observing the laws of health and life.** **Having done all that we possibly can,** we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. *God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part.* God says to us, "Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of His good pleasure" (Philippians 2:12, 13). *2nd Selected Messages 346.4*

5. Does it employ and empower the will?

Nature's simple remedies will aid in recovery without leaving the deadly after effects so often felt by those who use poisonous drugs. **They destroy the power of the patient to help himself.** **This power the patients are to be taught to exercise by learning to eat simple, healthful foods, by refusing to overload the stomach with a variety of foods at one meal. All these things should come into the education of the sick.** Talks should be given showing how to preserve health, how to shun sickness, how to rest when rest is needed.—*Letter 82, 1908 (To physicians and manager at Loma Linda).* – *2nd Selected Messages 281.3*

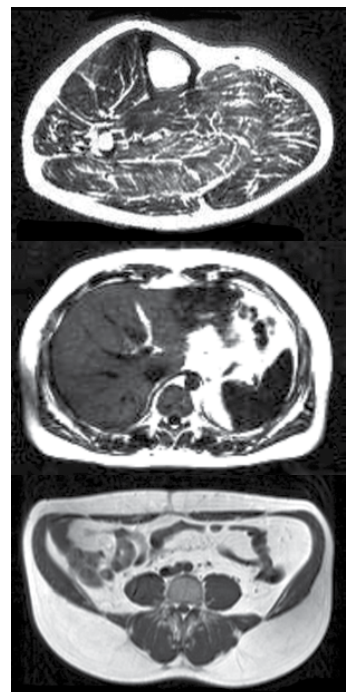
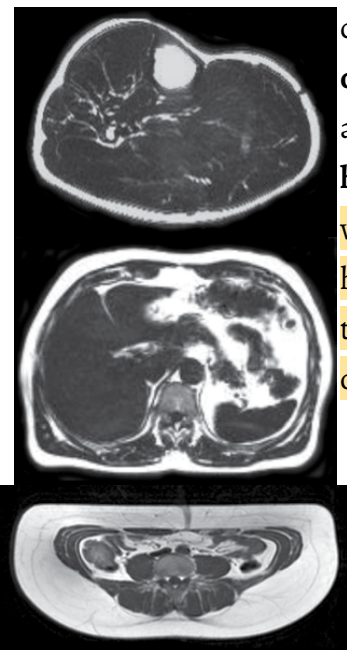
Physiology of Metabolic Diseases

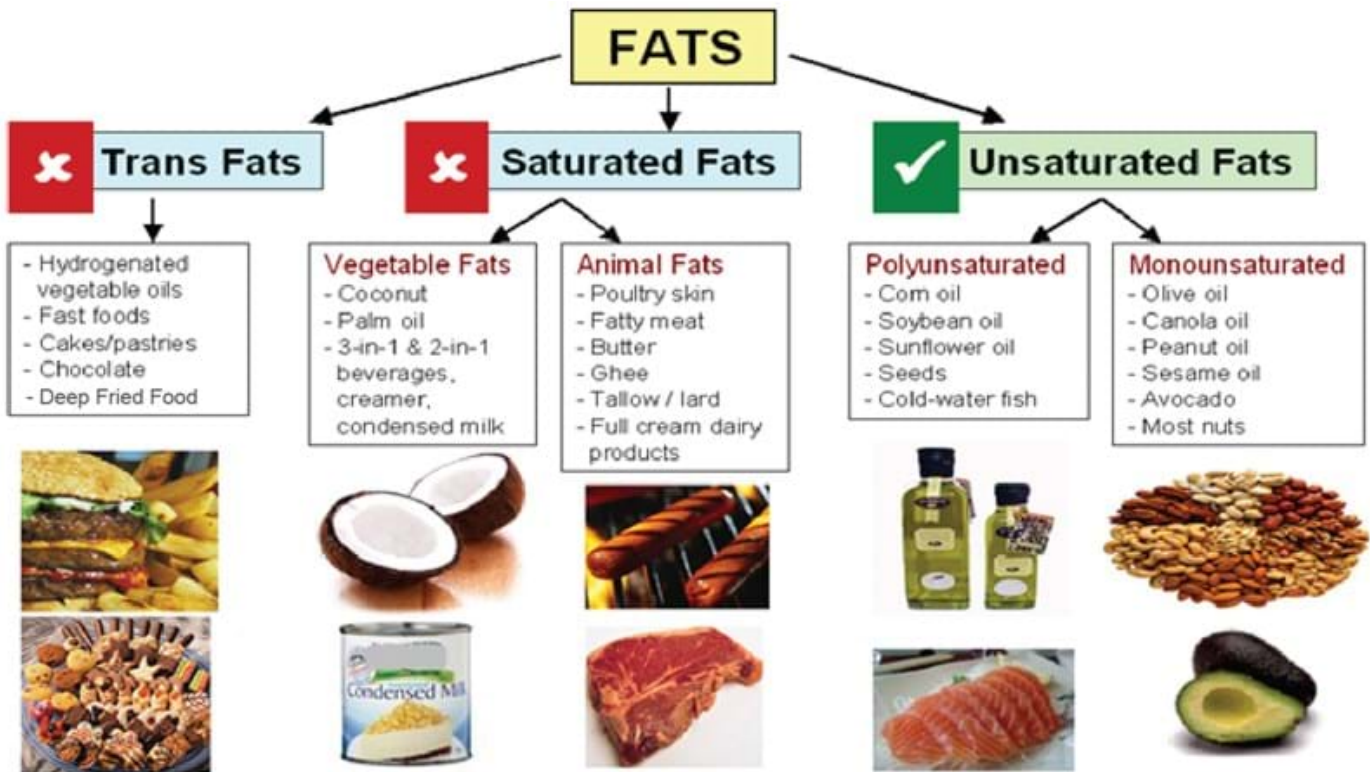
Many eat hurriedly of various kinds of food, which set up a war in the stomach and thus

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*

Diets to Increase Excess Fat/Sugar & Metabolic Disease:

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





Natural Remedies for Weight Loss

Goal: 1-2 pounds per week, focus on getting healthy, NOT the numbers. Do not lose more than ~5 lbs per week.

1. What you eat:

The more you emphasize filling, high fiber, unprocessed foods, the more satisfied and more weight you will lose:

- 5-7 servings of fruit everyday (fruits local to this area are particularly helpful): berries, apples, peaches, pears etc.
- 5-7 servings of veggies everyday (think color and variety)
- 1 cup of beans or legumes daily
- nuts and seeds

The more you eliminate high fat, high calorie foods and highly processed items then more weight you will lose:

- red meat, deli meats, microwave dinners, "junk food"
- high sugar drinks: sodas, juices, alcohol
- fried foods, butter, ice cream

**Note: serving size is your palm size*

2. When you eat

- intermittent fasting with 10-18 hrs fast daily very helpful especially when it includes breakfast and lunch with no supper.
- limit size of supper to fresh fruit, toast or something small
- no snacking, eat large filling meals

3. How much you eat

- use a smaller plate, don't go back for seconds
- eat until 80-90% full, or comfortably full
- chew your food thoroughly

4. Moderate Intensity Aerobic Exercise or HiiT (high intensity interval training) 60-90 minutes daily.

SING TALK TEST: moderate intensity exercise is that you are working hard enough that you couldn't sing but you could talk relatively normally. OR keep your heart rate at 220 MINUS your age. for example, 220 - 60 years old = 160 target heart rate

If not sufficient results, consider 24 hour water-only fast. If you are on insulin, your fast will need medical supervision.

Natural Remedies for High Cholesterol (Hyperlipidemia)

Total Cholesterol Goal: <150 although labs typically choose 200 as cut off 20% of people have heart attacks between 150-200.

LDL Goal: 50-70 together with total cholesterol <150 has a less than 2% risk of heart attack

Cause: high saturated fat (meats, cheeses etc.), low in fibers, unsaturated fats, omega-3

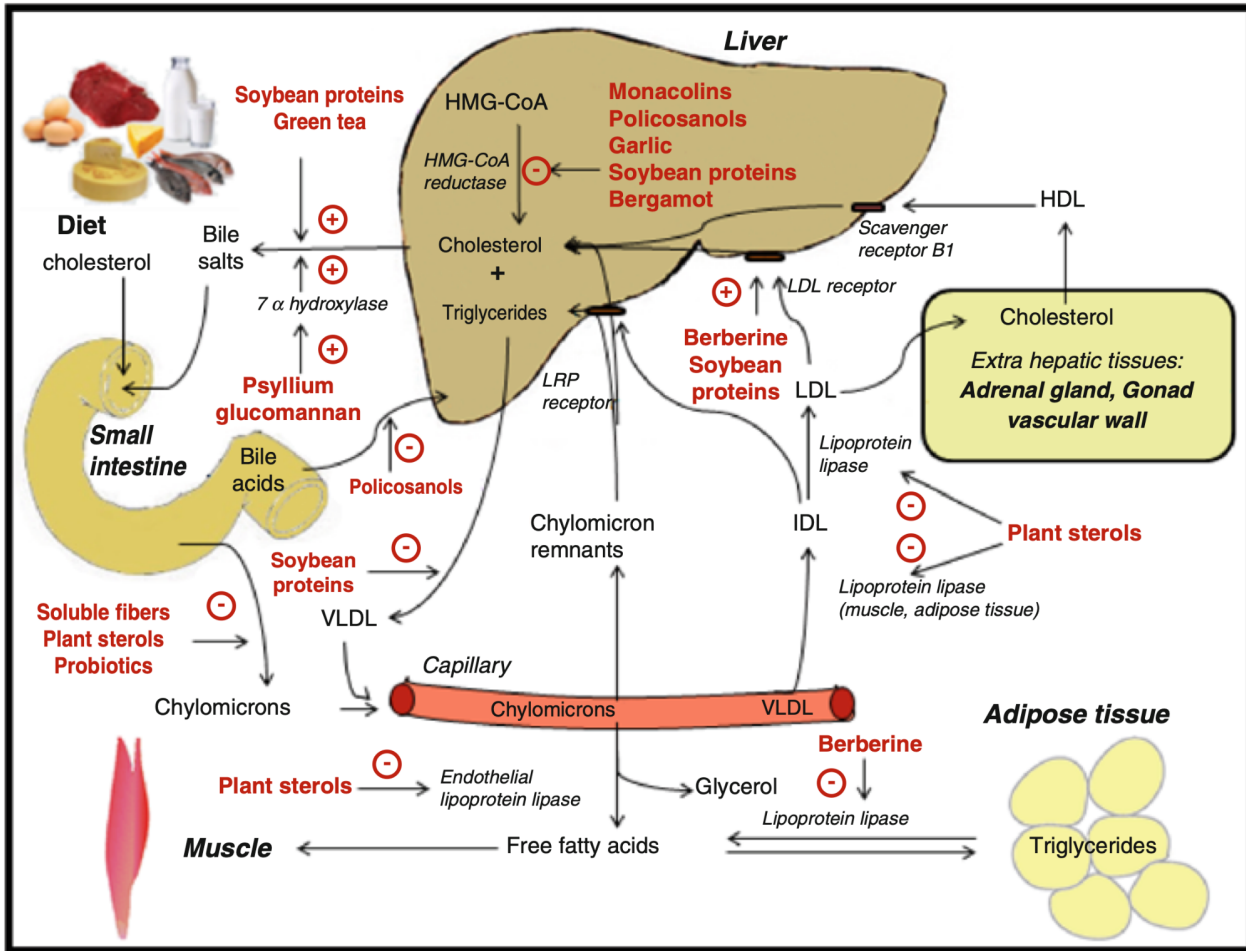
Solution: high plant sterol, low saturated fat, high mono/polyunsaturated fat diet

- *1 cup of beans per day (particularly soy, lentils, navy, pinto, chickpeas, mung beans)
- *no cooked oils, no coconut or animal oils
- *low saturated fat with no meat, cheese, eggs
- *no alcohol or coffee
- *no added sucrose or fructose (sugars)
- *handful of flaxseed, walnuts, almonds, sesame seeds (oil, seeds or tahini)
- *1 cup whole grains (particularly oats, oat bran, barley, rye but also brown rice, whole wheat, millet)
- *2-3 cups of vegetables (DAILY garlic, also particularly, carrots, onions, artichoke, tomatoes)
- *Particular fruits: berries, red grapefruit, grapes
- *Avoid eating processed foods (i.e. long ingredient lists you don't understand)
- *Large breakfast and little to no supper

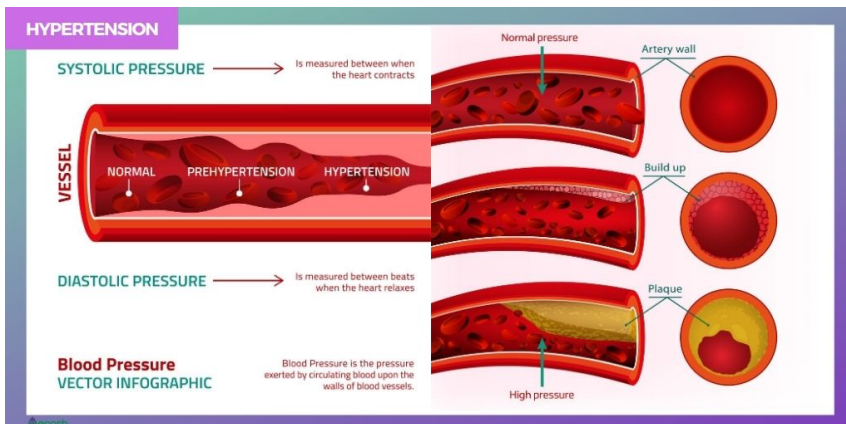
Aerobic exercise raises HDL (good cholesterol)

If your doctor has recommended a statin, consider taking 200 mg Coenzyme Q10 to prevent deficiency.

Cicero, A. F., & Colletti, A. (2015). Statins and Nutraceuticals/Functional Food: Could they be combined? *Combination Therapy In Dyslipidemia*, 127–142. https://doi.org/10.1007/978-3-319-20433-8_11



Natural Remedies for Primary Hypertension:



If blood pressure is consistently above 130/85, depending on your age/other medical conditions, you need to seek medical attention due to risk of stroke, kidney and eye damage.

Achieve 5-10% weight loss if overweight (see overweight section)

- Whole Foods Plant Based (WFPB) and MODERATE aerobic exercise
- high magnesium, calcium, potassium, low salt foods as in WFPB
- Daily foods singularly studied with lowering ability: unprocessed soy (2 cups milk, ½ nuts), 1 cup pomegranate juice, 2-3 tablespoons of ground flaxseed, raw sesame oil
- Foods that contain specific anti-hypertensive molecules: broccoli, mung beans, spinach, soybeans, chickpeas, sunflower seeds, corn, wheat, garlic, brown rice
- NO caffeine or alcohol

Limit Sodium: milligrams no higher than the calories

High Magnesium Foods: pumpkin seeds, sesame seeds, cowpeas, mung beans, soybeans, amaranth

**Magnesium 400 mg daily can augment your food intake particularly if you taking a diuretic and lower by an average blood pressure by -12/8 points over several months*

High Calcium Foods: green, leafy vegetables (excluding spinach), soy, brown rice, oats, tofu, sesame seeds, tahini, legumes, whole grains bread, dried fruit

High Potassium: *fruits* (cherries, berries, peaches, apples, grapes etc.), *vegetables* (onions, carrots, green beans, yams, potatoes, tomatoes, mustard greens, turnips, celery, cabbage, avocado etc.), *grains* (whole grain bread, barley, oats, millet), *beans* (black beans, great northern, pinto beans)

**Do NOT supplement if you have kidney disease unless directed by your doctor!*

Medications: While making above lifestyle changes, if your blood pressure is consistently less than 120/80 and/or dizzy, discuss lowering your blood pressure medications with your doctor. Schedule a doctor's visit 1-3 weeks after starting above lifestyle changes to consider adjusting medications.

If not sufficient results, consider Coenzyme Q10 100 mg daily for 10+ weeks. Average blood pressure lowers -10.6/7.7 points.

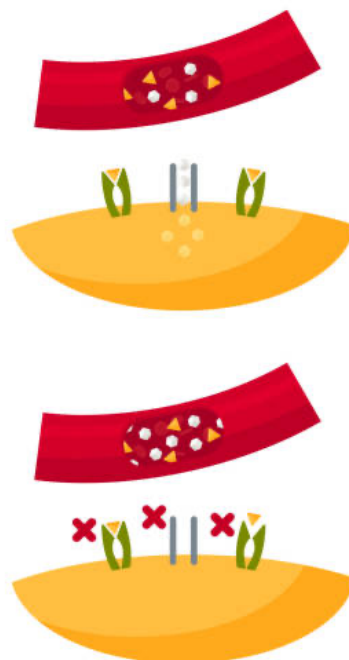
If not sufficient results, you may need to be checked for secondary causes of high blood pressure, particularly if you are on 3 or more blood pressure medications.

Natural Remedies for Type II Diabetes

Goal: Hemoglobin A1C less than 5.7% without medication for 1 year

If you are taking ANY insulin, do NOT start aggressive lifestyle changes UNTIL you speak with your doctor. You MUST be checking your blood sugar regularly and in close communication with your doctor to adjust your insulin rapidly to the changes you are making.

- *1+ cup of beans per day (particularly at breakfast)
- *3+ cups of vegetables
- *no cooked oils, no coconut or animal oils
- *low saturated fat with no meat, cheese, eggs
- *no alcohol or coffee
- *no added sucrose or fructose (sugars)
- *handful of flaxseed, walnuts, almonds, sesame seeds (oil, seeds or tahini)
- *1 cup intact whole grains (steel cut oats, barley, rye, brown rice, whole wheat, millet)
- *Northern fruits: berries, grapes, peaches, pears, apples
- *Avoid eating processed foods (i.e. long ingredient lists you don't understand)
- *Large breakfast and little to no supper



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.

Aerobic exercise immediately before and after meals

If insufficient progress, consider 24 hour water only fast. If on insulin, this fast will need medical supervision.

When should I use “conventional medicine?”

The Life and Health Principle:

1. Preserve Life (may require medication, surgery or other interventions)
2. Strive to Optimal Health in God's strength (requires time; you may need medications to preserve time/life)

Critically Ill	Serious Illness	Controlled Diseases	Remission or None
<p>Quickly Save Life with Best Interventions Known</p> <p>We are expected to do the best we can. <i>CH 261</i></p>	<p>Avoid Danger, Pray & Work Toward Better Health</p> <p>We are to use every blessing God has placed within our reach for the deliverance of those in danger. <i>2SM 346.3</i></p>	<p>Minimize Meds; Maximize Lifestyle</p> <p>Right and correct habits, intelligently and perseveringly practiced, will be removing the cause for disease, and the strong drugs need not be resorted to. <i>2SM 283</i></p>	<p>Live Fully Healthy Lifestyle</p> <p>Happy are the people who are in such a state... <i>Psalm 144:15</i></p> <p>...None feeble among His tribes <i>Psalm 105:37</i></p>

Your Turn: Small Groups

- How does using natural remedies practically illustrate the full Gospel (and experience) —the co-working of the human and the divine? Philippians 2:12-13
- Practice using the 12 questions for one of the following common foods or supplements for metabolic diseases:

Resources: <https://nutritionfacts.org/>, <https://www.webmd.com/>, <https://www.mayoclinic.org/> and <https://egwwritings.org/>

- Artificial Sugars (Acesulfame potassium (Sweet One, Sunett), Advantame, Aspartame (NutraSweet, Equal), Neotame (Newtame), Saccharin (Sweet'N Low), Sucralose (Splenda), Luo han guo (Monk Fruit in the Raw, Purified stevia leaf extracts (Truvia, PureVia, others)
- Green Tea:
- Keto Diet:
- Cinnamon:

Appendix

Which oil is best? The least saturated fat and the highest oxidation point (is usually monounsaturated fat)

Comparison of Dietary Fats

