

Certificate in
Gospel Medical Missionary
Literature Evangelist
Program

Study
Companion

JAMES LUKE & NATALIE NASH



NATURAL HEALING THROUGH THE LAWS OF HEALTH

Certificate in Gospel Medical Missionary Literature Evangelist Training STUDY COMPANION

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Authors: James Luke, Natalie Nash



NATURAL HEALING
THROUGH THE LAWS OF HEALTH

"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

Redcliffe Street, St. John's, Antigua and Barbuda, Phone: 1 (268) 720-0418
LP 110 Las Lomas No. 2, Via Cunupia, Trinidad and Tobago, Phone: 1 (868) 724-4898
Email: info@nhtlh.com | Website: www.nhtlh.com



James S. Luke

James S. Luke - ND Candidate, Health Educator, Certified Personal Fitness Chef, Director - HHES Online, Inc. and Natural Healing Through the Laws of Health Institute

Natalie S. Nash - International Health Educator, Medical Missionary and Director – Natural Healing Through the Laws of Health

With over fifteen years of experience, James and Natalie have transformed the lives of thousands through their ministry of health, healing and restoration. Their presentations integrate the teachings of the Bible, Inspiration and good science to deliver a message of healing that is by far the most advanced and balanced in the teaching of health reform.

They developed several initiatives with Church Conferences, Missions, the Corporate Sector, Communities and other Institutions around the world, as well as Medical Missionary and Literature Evangelist Training; educating and training many individuals, including doctors, nurses and dieticians in the Health Education field. They travel from country to country to make this message of healing available to every nation, kindred, tongue and people. Thousands across the world have been empowered to reverse diabetes, lower cholesterol, lower blood pressure, rid their bodies of tumors, lost weight, renewed their spiritual lives, resolved both male and female issues and enjoy more vibrant health through the application of the Eight Laws of Health and Natural Remedies that are the cornerstone of the message.

The principles of healing espoused by this message are simple, straightforward and accessible to all.

James also taught at the College of Health Evangelism where he helped to start the Advancement Department at Wildwood Lifestyle Center and Hospital in Georgia.

James and Natalie are Co-authors of 365 Total Wellness with Menu Planning and Food Combinations Made Easy, Breast Cancer – Eliminating the Enemy Within and Tastee Veggie Delight.



Natalie S. Nash



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Website: www.nhtlh.com

Email: info@nhtlh.com

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BOOK REFERENCE GUIDE

CD	Counsels on Diet and Foods by Ellen G. White
CH	Counsels on Health by Ellen G. White
EFHP	Encyclopedia on Foods and their Healing Power, A Guide to Food Science and Diet Therapy by Dr. George D. Pamplona-Roger, M.D.
ED	Education by Ellen G. White
HL	Healthful Living by Ellen G. White
MCP	Mind Character and Personality by Ellen G. White
MH	Ministry of Healing by Ellen G. White
PATH	Pathways to Health and Happiness by Ellen G. White
1 SM	Selected Messages Vol. 1 by Ellen G. White
2 SM	Selected Messages Vol. 2 by Ellen G. White

LESSON 1: THE 10 LAWS OF THE MIND

It is the duty of every person, for his own sake and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. (MH p. 128 (1905 / 1MCP p. 3.2)

All...should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed. (MH p. 128)

LAW OF THE MIND (1)

It is a law of the mind that it will narrow or expand to the dimension of the thing with which it becomes familiar. (1MCP p. 241)

The mental powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.-- (2MCP 417.5)

If occupied with commonplace matters only, it will become dwarfed and enfeebled. If never required to grapple with difficult problems, it will after a time almost lose the power of growth.

In the Word of God the mind finds subject for the deepest thought, the loftiest aspiration.

In the reverent contemplation of the truths presented in His Word, the mind of the student is brought into communion with the infinite mind. Such a study will not only refine and ennoble the character, but it cannot fail to expand and invigorate the mental powers.—*Patriarchs and Prophets*, 596-599 (1890).

LAW OF THE MIND (2)

God designs that man shall not decide from impulse but from weight of evidence. (2MCP p. 417.3)

It is not the plan of God to compel men to yield their wicked unbelief. Before them are light and darkness, truth and error. It is for them to decide which to accept. The human mind is endowed with power to discriminate between right and wrong. (1BC 1120.5)

LAW OF THE MIND (3)

It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. (1MCP p. 242)

While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have—the great mercy and love of God—we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God...Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.—MH p. 251-253

LAW OF THE MIND (4)

It is an important law of the mind that when a desired object is so firmly denied as to remove all hope, the mind will soon cease to long for it and will be occupied in other pursuits. But as long as there is any hope of gaining the desired object, an effort will be made to obtain it. (2MCP p. 119.1)

Great harm is done by a lack of firmness and decision. I have known parents to say, You cannot have this or that, and then relent, thinking that they may be too strict, and give the child the very thing they at first refused. A lifelong injury is thus inflicted.

LAW OF THE MIND (5)

The consciousness of right-doing is the best medicine for diseased bodies and minds. (1T p. 502)

Isaiah 58:8 ...and thine health shall spring forth speedily....

The special blessing of God resting upon the receiver is health and strength. A person whose mind is quiet and satisfied in God is in the pathway to health. (Christian Temperance and Bible Hygiene, pp. 160-162)

To have the consciousness that the eye of the Lord is upon us and that His ear is open to our prayers is a satisfaction indeed. To know that we have a never-failing friend to whom we can confide all the secrets of the soul is a happiness which words can never express.-- (CH p. 628.)

LAW OF THE MIND (6)

Idleness weakens brain power. (2MCP p. 383.1)

The reason the youth have so little strength of brain and muscle is because they do so little in the line of useful labor. "Behold, this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy. And they were haughty, and committed abomination before Me:

therefore I took them away as I saw good" (Ezekiel 16:49, 50).--4T p. 96 (1876)

LAW OF THE MIND (7)

Irregular hours for eating and sleeping sap the brain forces. (2MCP p. 388.1)

The mental powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.-- (2MCP 417.5)

LAW OF THE MIND (8)

Let the will be kept awake and rightly directed, and it will impart energy to the whole being and will be a wonderful aid in the maintenance of health. (MH p. 246.1)

The power of the will is not valued as it should be... It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination and be a potent means of resisting and overcoming disease of both mind and body. By the exercise of the will power in placing themselves in right relation to life, patients can do much to co-operate with the physician's efforts for their recovery. There are thousands who can recover health if they will.

It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination and be a potent means of resisting and overcoming disease of both mind and body. By the exercise of the will power in placing themselves in right relation to life, patients can do much to co-operate with the physician's efforts for their recovery. There are thousands who can recover health if they will. (MH p. 246.1)

LAW OF THE MIND (9)

Disciplined Minds Have Increased Powers of Retention.--Habits of negligence should be resolutely overcome. Many think it a sufficient excuse for the grossest errors to plead forgetfulness. But do they not, as well as others, possess intellectual faculties? Then they should discipline their minds to be retentive. It is a sin to forget, a sin to be negligent. If you form a habit of negligence, you may neglect your own soul's salvation and at last find that you are unready for the kingdom of God.--(2MCP p.417.4)

They should discipline their minds to be retentive. (1MCP p. 241)

LAW OF THE MIND (10)

Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat. (MH p. 128.3)

Pure healthful reading will be to the mind what healthful food is to the body. You will thus become stronger to resist temptation, to form right habits, and to act upon right principles.—The *Review and Herald*, December 26, 1882. (Sons and Daughters of God, 178.)

Guard the Avenues of the Soul.—We have a work to do to resist temptation. Those who would not fall a prey to Satan's devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts.

The mind should not be left to wander at random upon every subject that the adversary of souls may suggest. (1MCP p. 113)

"They which run in a race run all, but one receiveth the prize." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these principles in the details of life is too often looked upon as unimportant --a matter too trivial to demand attention.

But in view of the issues at stake, nothing with which we have to do is small. Every act casts its weight into the scale that determines life's victory or defeat. The scripture bids us, "So run, that ye may obtain." Verse 24. (MH p. 129.1)

CONCLUSION

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our character may be developed in to the likeness of Christ." (Steps to Christ, p. 68)

For further guidance, read the Chapter on Mind Cure in the book Ministry of Healing.

LESSON 2: HOW TO STUDY DISEASES

What is the first statement to make in making presentations?

We teach from three perspectives:

- Bible
- Inspiration
- Good Science

Sickness and Disease are caused from 1 of 3 reasons

- For the glory of God
- Violation of natural laws
- Violation of spiritual laws
- Is health spiritual?

Health is Spiritual:

- Numbers 12
- Spiritual things are SPIRITUALLY discerned

What is the definition for Disease?

Disease is an effort of nature to free the system from conditions that result from the violation of the laws of health (PATH p. 37)

What are the true remedies for Disease?

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power these are the true remedies. (MH p. 44)

The first thing to be done is to ascertain the **true character of the sickness and then go to work intelligently** to remove the cause. (PATH p. 74 / MH p. 94)

If the harmonious working of the system has become unbalanced by **overwork**, **overeating**, or other **irregularities**, do not endeavor to adjust the difficulties by adding a burden of **poisonous medicines**. (PATH p. 74 / MH p. 94)

What should one do if he gets sick?

1. In the case of sickness, **the cause should be ascertained**,
2. **unhealthful conditions should be changed**,
3. **wrong habits corrected**,
4. **then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.** (MH p. 44)

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of **healing and upbuilding is gradual**, and to the impatient it seems **slow**.

The surrender of hurtful indulgences requires **sacrifice**. MH p. 44

But in the end it will be found that nature, **untrammelled**, does her work **wisely and well**. Those who persevere in obedience to her laws will reap the reward in health of **body** and health of **mind**. (MH p. 44)

Do Drugs cure Disease?

If the harmonious working of the system has become unbalanced by **overwork**, **overeating** or other irregularities do not endeavor to adjust the difficulties by adding a burden of **poisonous medicines**. (PATH p. 74 / MH p. 94)

Too **little attention** is generally given to the **preservation** of health.

It is far better to **prevent disease** than to know how to treat it when contracted. MH p. 128

God has formed laws which govern our constitutions, and these laws which He has placed in our being are divine, and for every transgression there is affixed a penalty, which must sooner or later be realized. (CD p.19)

By the use of poisonous drugs, many bring upon themselves **lifelong illness**, and many lives are lost that might be **saved** by the use of **natural methods** of healing. MH p. 128

What is the most effective method of teaching?

In presenting use the **Question** and **Answer** format which is most conducive for learning.

This [question-and-answer meetings] is just the way it was in Christ's teaching. There should not be anything like controversy. And after you have answered their questions, be sure that they acknowledge it is answered. Don't let it drop. Don't tell them to ask that again. But feel your way, how much you have gained. When any come in with a spirit of controversy, tell them that the meeting is not appointed for that purpose, but it is to educate those who have been listening and could not understand some things in the discourses. It is not to get in their doctrinal and controverted points.--Manuscript 19b, 1890, p. 15. (Talk Before the General Conference Committee, July 14, 1890.)

How should questions from the audience be handled?

- Set up boundaries for questions.
- State topic
- Keep within topic
- No need to answer every question
- How should questions from the audience be handled?
- Answer questions tactfully to win, correct and keep
- Recognize the swinger, encourage and correct (they need help)
- Do topic titles matter? If so, why?

Select topic with a catchy phrase in order to sell the topic.

Cholesterol: Hero or Villain

Diabetes: Where is the Sugar?

Hypertension: One Nation Under Pressure

How should a lecture be structured?

TOPIC: Cholesterol – Hero or Villain

- Define the disease: What exactly is Cholesterol?
- Separate – HDL and LDL
- Give ranges
- Give sources of Cholesterol
- How should a lecture be structured?
- Teach benefits and drawbacks of Cholesterol
- Describe diseases that results from excess cholesterol
- Teach how to lower and maintain a healthy cholesterol level
- Herbal remedies recommendations
- Describe the Faucet concept in disease reversal?

USE THE FAUCET CONCEPT:

Ask: If I came to your home and water is coming out of the faucet and there is a stopper in the sink and water is flowing out to the sink onto the ground, should I grab a mop and start mopping up or what should I do in its order?

Complete with these principles:

Turn off the faucet

Pull out the stopper

Then **mop up**

This is the method to use in **disease reversal**.

LESSON 3: PURE AIR

Question 1

Fresh pure air is most essential to **sustain** life.

We can live for weeks without food, days without water, but only minutes without air.

The Circulation of the Blood

In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished.

Can improper blood circulation cause illness?

Its circulation should not be hindered by tight clothing or bands, or by insufficient clothing of the extremities. Whatever hinders the circulation forces the blood back to the vital organs, producing congestion, headache, cough, palpitation of the heart, or indigestion is often the result.

Healing Properties of Air

In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep. (MH p.177)

Did you know that if someone has High Blood Pressure, they can regulate the pressure just from proper breathing? The industry knows this so well that they invented a machine called “Resperate” to regulate breathing and you can lower your blood pressure just from breathing techniques.

Question 2

The **strength** of the system is in a great degree dependent on the amount of pure fresh air **breathed**. This is necessary for **mental** alertness that we do have proper **fresh** air. (HL p. 171)

Air is the free blessing of heaven, calculated to electrify the whole system. (HL p. 71)

Air must be in constant circulation to be kept pure. (T., V.1, p. 702)

Let there be a current of air and an abundance of light in every room in the house. Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine. (MH p.178)

Question 3

Those who do not open the home to pure air is sometimes **irritable**, **sluggish**, all the windows are closed in their homes.

Question 4

This may result in chronic **sinus** conditions or **respiratory** issues, lack of good **sleep**, other **illness**, or difficulty staying **alert**.

Question 5

At night, crack the windows at least **one** inch so fresh air comes in.

The windows should be opened, and the blinds fastened back, and the air left to circulate freely for several hours, if not all day, through the sleeping apartments. In this manner the bed and clothing will become thoroughly aired, and the impurities will be removed from the room.

Rooms that are not exposed to light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms is poisonous, because it has not been purified by light and air. Various diseases have been brought on by sleeping in these fashionable, health destroying apartments. . . . (HL p. 141)

Air and the Sick

In pleasant weather the sick in no case should be deprived of a full supply of fresh air. . . . Fresh air will prove more beneficial to the sick than medicine, and is far more essential to them than their food. (HL p.157)

Every breath of vital air in the sickroom is of the greatest value, although many of the sick are very ignorant on this point. They feel very much depressed, and do not know what the matter is. A draught of pure air through their room would have a happy, invigorating influence upon them. . . .

The sickroom, if possible, should have a draught of air through it day and night. The draught should not come directly upon the invalid. (HL p.156)

Upon the skin...Its million little mouths are closed, because they are clogged by the impurities of the system, and for want of air. (T., V. 1, p701)

They breathe the same air over and over, until it becomes impregnated with the poisonous impurities and waste matter thrown off from their bodies through the lungs and the pores of the skin. (HL p188)

Question 6

Many houses have no special provision for proper **ventilation**, and to secure it is difficult, but every possible effort should be made to arrange the sickroom so that a current of **fresh air** can pass through it **night** and day. (PATH p.69)

In such cases windows and doors should be opened in an adjoining room, and thus let the fresh air enter the room occupied by the sick. (HL p.157)

Many who have died of consumption might have lived if they had breathed more pure air. Fresh outdoor air is as healing as medicine, and leaves no injurious aftereffects.... (2SM p.291.1)

During the sojourn in the wilderness the Israelites were almost continually in the open air, where impurities would have a less harmful effect than upon the dwellers in closed houses. But the strictest regard to cleanliness was required

both within and without their tents. No refuse was allowed to remain within or about the encampment.

“The Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy.” *Deuteronomy 23:14*.

Every cell in our body requires oxygen in order to function, if the air we breathe is not pure, then we force our body cells to function on this impure oxygen. The American Lung Association has declared that up to 1/2 of all illnesses are either caused or aggravated by polluted air!

Question 7

What are four ailments caused by not getting adequate fresh air?

- Fevers
- Colds
- Lung diseases (asthma, bronchitis and pneumonia)
- Headache
- Faintness
- Vomiting and diarrhea
- Smallpox
- Measles, diphtheria, dysentery, cholera, diseases of the skin and eyes
- What are some ailments caused by lack of fresh air?

"The stomach, liver, lungs and brain are suffering for want of deep, full inspirations of air which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure, and give tone and vigor to every part of the living machinery." (*TVol. 2*, pp. 67-68)

Question 8

Our cells need **oxygen**, **water**, proper **nutrition**, and thorough cleansing for proper **function**.

Question 9

Oxygen is the one chemical essential for the cells to create **energy**.

Question 10

Every minute **five** quarts of blood passes through our lungs to get **fresh air** and to release carbon dioxide.

Question 11

High levels of **smug** and **pollution** can increase strokes of those who live in **industrialized**, crowded cities.

High levels of smug pollution can increase the risk of adult onset appendicitis.

Question 12

Harvard Medical School study showed elevated concentrations of fine air pollution can trigger a **heart attack**.

Inflammation in the body can be caused by inhaling impure air which can actually affect the internal organs.

In the presence of chemicals which cause LDL to oxidize; LDL cholesterol can indirectly cause inflammation.

Inflammation plays a major role in the progression of atherosclerosis.

Question 13

- The smoke and dust of the cities are very **objectionable**. (T v7 p82)
- Get out of the cities is my cry to God's people (ibid p.83)

Question 14

No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to **decay and poison** the air. Nothing unclean or decaying should be tolerated within the home. (MH p180)

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances effluvium that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances. (HL p66)

Question 15

Our homes can have air that yields sick conditions: Triggers of impure air are:

1. **Air fresheners**
2. **Plug-ins** (fumes from these can cause respiratory issues over time)
3. **Scented candles** (can cause lead poisoning they are dangerous for infants, small children and pregnant women)
4. **Radon gas** (found especially in basements is the 2nd leading cause of lung cancer and lung disease. Testing can be done for radon gas. It can seep up even through concrete floors.)
5. **Pesticides** –studies show a correlation of inhaling pesticides to Parkinson's disease
6. **Cleaning chemicals** – cleaning ovens, top of the stove or spraying stoves on hot areas can give off fumes that can be lethal.
7. **Nitroxide, sulfuroxides** – from small portable kerosene heaters
8. **Lead paint** – can cause brain injuries
9. **Asbestos** – increases the risk of cancer and lung disease
10. **Mold** – mucus buildup, sinus
11. **Carpets** – holds in fumes and chemicals
12. **Carbon monoxide** - chimneys and furnaces can give off this harmful gas
13. **Sick building syndrome** - eye, nose and throat irritation, headaches, rash, sinusitis
14. **Glue, silicon** in buildings
15. **Pet dander and feces** – if you have pets in the home have a litter box with anti-bacteria products. Remember the children of Israel had to

go outside the home to relieve themselves. Sand in a litter can control the odor but the bacteria can drift through the home and circulate over a period of time thus making the air impure.

- Instead of using commercial chemicals for cleaning, consider:
- **Vinegar** – it will do a good job in cleansing.
- Replace disinfectants with **oils** such as peppermint, lemon, lemon grass, eucalyptus, etc and you will have a nice fragrance throughout the home.

Question 16

Where can we find optimum quality of air?

In the mountainside, by the seaside, countryside, early morning or late evening, after the rain and after a thunderstorm.

Question 17

Purify your home with **plants**.

Name three house plants?

e.g. peace lily, dumb cane, spider plant, snake plant, dwarf banana tree, rubber tree, philadandrium, pine fir in the yard is healthful.

Fresh air contains NEGATIVE IONS which help the immune system fight disease.

Ions are molecules that have gained or lost an electrical charge. They are created in nature as air molecules break apart due to sunlight, radiation, and moving air and water.

Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance in certain environments.

Question 18

Exercise in the open **air** should be prescribed as a life-giving necessity. (Med Min p233)

Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence if you will not refuse its entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. . . . It refreshes the body, . . . while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. . . . It induces sound, sweet sleep. (T., V. 1, p. 702)

TURN TO LIFESTYLE ASSESSMENT FORM QUESTIONS

PURE AIR – Question 19

WHERE DO YOU LIVE? How can where we live influence our health?

- Low damp areas should be avoided as it can result in sore throat, fevers, lung diseases.
- High levels of smug and pollution can increase strokes of those who live in industrialized, crowed cities.
- Choose high elevated areas for abundance or air and light.

- Choose a place where there are trees and nature around for children to play and exercise the mind.

PURE AIR – Question 20

DO YOU SLEEP WITH YOUR WINDOWS OPEN? Why is this important?

- Pure air at night keeps the cells oxygenated, which helps with cellular repair.
- It helps to avoid: exhaustion, fevers, feeling hungry, diseases, and sluggish blood circulation.
- To have constant supply of oxygen to keep cells and lungs strong and healthy.

PURE AIR – Question 21

DO YOU OPEN YOUR WINDOWS / DOORS DAILY TO AIR OUT THE HOME?

Why do we recommend this?

- Pure air promotes blood circulation
- Refreshes the body
- Calms the nerves
- Gives good appetite and digestion
- Induces sound sleep

PURE AIR – Question 22

DO YOU LIVE OR WORK IN A SMOKE- FILLED ENVIRONMENT? Can someone who does not smoke develop lung cancer if they work in a smoke filled environment?

- Yes they can
- The air, laden with smoke and dust, with poisonous gases, and with germs of disease, is a peril to life. (MH p.179)

PURE AIR – Question 23

DO YOU HAVE LIVE PLANTS THROUGHOUT YOUR HOME? What can plants do to help improve air quality?

- Purify the air with plants in the home.
- E.g. peace lily, dumb cane, spider plant, snake plant, dwarf, banana tree, rubber tree, philodendron, pine fir in the yard is healthful.

PURE AIR – Question 24

ARE THERE ANY ENVIRONMENTS THAT YOU ARE IN THAT DO NOT HAVE A GOOD SUPPLY OF FRESH AIR? What diseases can be caused through an improper supply of fresh air? List at least 3.

- Lung disease (restriction of proper air intake)
- Liver disease
- Rheumatism
- Neuralgia
- Sinusitis
- Also: sore throat, fevers, headaches

PURE AIR – Question 25

DO YOU WEAR TIGHT FITTED CLOTHING THAT RESTRICTS YOUR LUNG EXPANSION? What clothes or clothes items can restrict lung expansion?

- Girdles
- Belts
- Corsets
- Tight bands
- Tight pants

LESSON 4: SUNLIGHT

Questions 1 and 2

The **day** is thine, the **night** is thine; thou hast prepared the light and the **sun**.

Ps 74:16

Truly the light is sweet, and a **pleasant** thing it is for the eyes to behold the **sun**. Eccl 11:7

Question 3. Is Vitamin D really a Vitamin? If not, what is it?

It is a hormone.

There is a receptor for vitamin D in every cell in the human body, from your brain to your bones.

When the sun hits the skin, it converts cholesterol under the skin into a prehormone.

Pre-vitamin D is carried to the liver and undergo a process of hydrolization from the liver then it goes to the kidney that activates it into a substance to form the active vitamin D which is 1-25 Dyhydroxy vitamin D.

Where one has liver problems or kidney failure, vitamin D cannot be produced in the body.

Question 4

Vitamin D is a steroid hormone that **stimulates** the Vitamin D receptors that is in the nucleus of cells that regulate what we know now to be at least **2000** human genes in a wide variety of tissues all of which helps to maintain normal body **physiology**. Michael Holick: www.sciencenews.org

Question 5. What are some symptoms of Vitamin D deficiency?

- Muscle weakness
- Pain in the muscles
- Pain in the joints
- Neuralgia
- Osteoporosis
- Seizures
- Fatigue
- Frequent colds/flu
- Fractures in the elderly
- Low calcium levels when your vitamin D level is below 30ng/ml
- Muscle cramps
- Falls of the Elderly
- Head pain

Question 6. Does the skin produce more Vitamin D or less as you get older?

Less. The elderly are at high risk for vitamin D deficiency by as much as 75% by the age of 70 years.

As one gets older, the skin does not produce much vitamin D as a young person.

Who are at risk for vitamin D deficiency?

- The elderly
- Young children
- The chronically ill and the malnourished as they are institutionalized. They should be outside under the trees laying on the ground in beds, in the garden because that's where the doctors are.
- The Obese is also at risk because vitamin D is deposited in large body fat stores and is not readily bio-available.
- Persons who are dark-skinned: the high level of melanin requires 3 to 6 times more sun exposure to get the same amount of production of vitamin D.
- Who are at risk for vitamin D deficiency?
- Those using certain types of medication (anti-convulsion medication, dilantan, steroids) that interferes with the physiology of vitamin D.
- Persons with Liver or Kidney failure
- The Sick benefits from Sunlight
- Florence Nightingale, in 1863 wrote of the benefits to patients who were near windows in hospital and got sunlight. It was found that patients who occupy well-lighted rooms recovered quicker and better than those occupying rooms which were destitute of sunlight.

Over ONE MILLION PEOPLE DIE EVERY YEAR From Lack of Sun Exposure.

It is a pandemic that involves adults and children.

- We have moved indoors and spend very little time outdoors.

2008 Study:

- Men have an increased heart attack risk of 2.42 times more
- Women have an increased risk of 253% of colon cancer
- Equator line in the US

Where do you get your VITAMIN D?

- It is the UVB (ultraviolet B) sun exposure from which you derive most of your vitamin D3.
- It is best to get vitamin D from outdoors not in a pill.
- Dietary sources of vitamin D
- Salmon
- Mackrel
- Sardines
- Cod liver oil
- Egg yolks
- Fortified milk
- Cereals
- Orange juice
- Yogurts
- Margarines
- Dietary sources of vitamin D are not best for God's prescription. Get vitamin D from the sunlight.

Question 7. What are the different types of supplements for Vitamin D?

- The natural one is D3 (cholecalciferol) that's extracted from Lanolin (found in sheep's wool), which is the same vitamin D your body makes when exposed to sunshine.
- The synthetic one is vitamin D2, that is derived from fungal sterol ergosterol which is sometimes called ergocalciferol.

Once either form of the vitamin is in your body, it needs to be converted to a more active form.

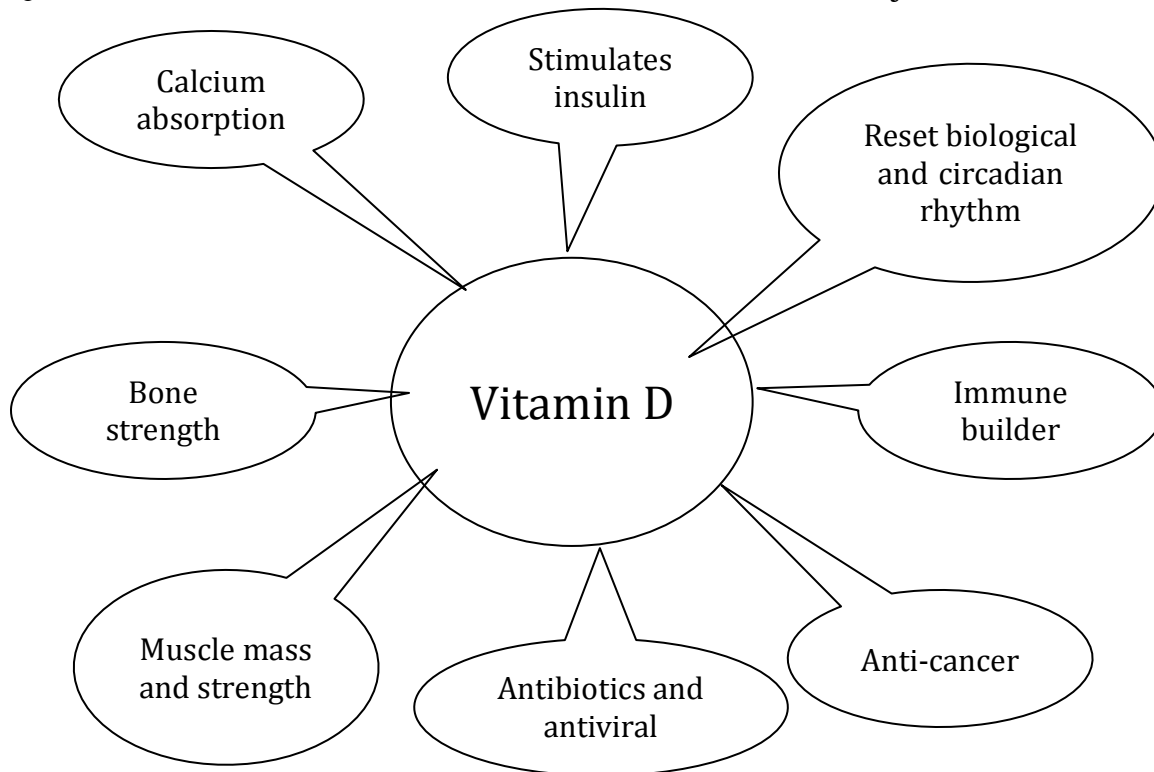
Vitamin D3 is converted 500 percent faster than vitamin D2.

Question 8. What is the kind of test that you need to get to check your Vitamin D level?

- 25-hydroxy vitamin D Test

It is a blood, non-fasting test.

Question 9. What are the effects of Vitamin D in the body?



Question 10. What is a good range for Vitamin D level?

- What to look for? 40 ng/ml and above to 100 ng/ml
- Low normal - 30-40 ng/ml
- OPTIMAL health level – 70 ng/ml

Question 11. What happens when you are Vitamin D deficient?

- Calcium does not absorb <30ng/ml

Vitamin D facilitates calcium absorption through the small intestines.

- Lower immune system
- Higher risk for disease
- Weak bones and teeth
- Arthritic pains about the body
- Frequent colds and flu

Question 12. Is it possible to get too much Vitamin D from the sun only?

- No.
- The body regulates and stores vitamin D from the sunlight.

Question 13. Can you have a toxic level of Vitamin D, what is the number?

Yes, with supplementation, that reaches 150ng/ml and above.

Effects of toxicity:

Frequent urination, fatigue, excessive thirst, confusion, muscle aches, nausea, vomiting, elevated calcium, kidney stones, kidney failure

Question 14. Mention a few diseases that are caused by Vitamin D deficiency.

Diseases related to

- Alzheimer's disease
- Asthma
- Autism
- Celiac Disease
- Cerebral Palsy
- Chronic Pain [Story]
- Cystic Fibrosis
- Cancer (18)
 - Breast cancer
 - Colon and Rectal Cancer
 - Endometrial Cancer
 - Eye Cancer
 - Ovarian Cancer
 - Pancreatic Cancer
 - Liver Cancer
 - Lung Cancer
 - Prostate Cancer
 - Skin Cancer
- Epilepsy
- Graves' Disease
- Hashimoto's Thyroiditis (pituitary gland needs vit D)
- Parathyroid Function
- Heart Disease
- HIV and AIDS
- Diabetes
- Hypertension (nitric oxide produced by sunlight relaxes blood vessels)
- Stroke, heart attack

- Inflammatory Bowel Disease
- Influenza/colds/flu
- Liver Function
- Depression and Seasonal Affective Disorder
- Melanoma
- Multiple Sclerosis
- Muscular Weakness and Falls
- Osteoarthritis
- Osteoporosis
- Parkinson's Disease
- Obesity
- Pregnancy and Lactation (deficiency in most human breast milk)
- Premenstrual Syndrome
- Irregular menstrual cycles
- Renal Function
- Rickets
- Jaundice
- Sickle Cell Disease
- Tuberculosis

Vitamin D and Cancer

Researchers, from the Moore's Cancer Center at the University of California, San Diego (UCSD), estimated that by increasing vitamin D3 levels, particularly in countries north of the equator, 250,000 cases of colorectal cancer, and 350,000 cases of breast cancer could be prevented worldwide.

That makes preventing about 600,000 cases of cancer each year in the US alone, the researchers also concluded that increasing the intake of vitamin D3 throughout the world could easily prevent diseases that would otherwise claim *close to 1 million lives each year*.

Women: 600% risk of Breast Cancer

The American Journal of Clinical Nutrition, reporting that **women in Saudi Arabia who have low vitamin D levels have six hundred percent risk of having breast cancer** than women with higher levels.

The case-control study analyzed data from 120 breast cancer cases and an equal amount of controls.

The study found that Saudi Arabian **women in the lowest vitamin D category, less than 25 nmol/L (10 ng/ml), had six times the risk for evasive breast cancer** as people in the highest category of vitamin D status, greater than 50 nmol/L (20 ng/ml).

Vitamin D status and breast cancer in Saudi Arabian women: case-control study. Am J Clin Nutr July 2013;98:105-110

Regularly spending even relatively short intervals of only 15 minutes or 45 minutes to 1 ½ hours a day in the sunlight allows your body to produce

vitamin D, and having adequate vitamin D3 levels can drastically reduce your risk of colon and breast cancer.

- Vitamin D deficiency doubles the risk of cancer.
- Women who are vitamin D deficient have a 222% risk of developing breast cancer.

There are about 18 types of cancers most strongly linked to low levels of vitamin D:

- Breast cancer
- Colon cancer
- Lung cancer
- Prostate cancer

Vitamin D has a protective effect against cancer in several ways, including:

- Increasing the self-destruction of mutated cells (which, if allowed to replicate, could lead to cancer)
- Reducing the spread and reproduction of cancer cells
- Causing cells to become differentiated (cancer cells often *lack* differentiation)
- Reducing the growth of new blood vessels from pre-existing ones, which is a step in the transition of dormant tumors turning cancerous
- Sun exposure do not give skin cancer.
- However, sunburn would increase the risk of less serious skin cancer, basal cell carcinoma not melanoma.

Optimize Omega 3 to prevent Skin Cancer

Omega-3 fats (flaxseed, walnut) will dramatically cut down your risk of skin cancer.

One Cancer Research, found omega-6 fats (vegetable oils like corn, soy, canola, safflower, and sunflower oil) stimulate the development and progression of a range of human cancers, including melanoma, while omega-3 fats inhibit it.

Question 15. How much time does a person need outdoors daily to get an appropriate amount of Vitamin D?

- **Light-skinned individuals (Caucasian):**

15 – 30 mins daily

- **Dark-skinned individuals:**

45 mins to 1 ½ hours daily

What can hinder UVB rays?

- Cloudy sky
- Rain
- Smog in the atmosphere
- Wearing sunscreen
- Sunlight through glass
- UV resistant umbrellas

Some people may be sun sensitive because:

- They are not used to the sun

- Medication they may be using
- Particular illness
- Vitamin D deficiency

Therefore we recommend:

- Be exposed to sunlight gradually
- Supplement initially to build up vitamin D level so you can eventually tolerate the sunlight

Let everything be done in moderation.

Avoid getting sunburned.

How to avoid getting sunburned?

- When out in the sun, it is best to protect the body by wearing long sleeves.
- One would be cooler under a shady tree so the long clothing acts like a shady tree.
- Wear a hat to protect the head.
- Drink lots of water to be hydrated to avoid sunburn.
- Go on a low-fat, plant-based diet.
- How to Keep Cool

Dressing against the heat.

Protect the skin from the direct rays of the sun with **loose, cotton clothing that fully covers the arms and the legs.**

In countries where the weather is very hot, clothing is loose fitting and covers the body well.

- Use breathable fabric such as:
- Cotton
- Wool
- Silk
- Linen
- Bamboo

Choose light colors that reflect the heat and thus keep the body cool.

Do not use:

- Polyesters
- Nylons
- How to avoid getting sunburned?

The more antioxidants eaten from fruits and vegetables, the lower your risk of sunburn.

Question 16. Where was the human designed to live?

Outdoors

- Parents should let their children play freely in the sunshine. Girls especially should be encouraged to go outdoors.
- Vitamin D is a stored nutrient and when one is not exposed to sunlight it pulls from storage.

Question 17. What is the daily dose you need to take to increase your Vitamin D? Mention for vitamin D2 and D3.

- **D2: 6000 iu daily**
- **D3: 3000 iu daily**

Lack of Sunshine Is a Leading Cause of Maternal and Fetal Deaths Worldwide! Preeclampsia is a deadly condition that can cause both the baby and mother to die. It affects as many as 7% of first pregnancies and can progress to eclampsia, which produces seizures and often, fatal complications of the liver, kidneys, lungs, blood and nervous system. Pre-eclampsia causes 15 percent of maternal deaths during pregnancy.

Symptoms of Preeclampsia:

- Soaring blood pressure
- Swelling of the hands and feet
- preeclampsia is also the leading cause of premature delivery.
- Maternal and fetal illness and death worldwide, is conservatively projected to contribute to 76,000 deaths each year.

Question 18. What is one of the most healing agents from Nature?

Sunlight

The shady trees around our dwellings have done much to make our wives and daughters pale, feeble, and neuralgic.

Question 19. People who are sick should only be exposed to the sunlight and fresh air in minimal amounts.

True or **False**

Question 20. What should we do in order to abound in health and cheerfulness?

Spend much time outdoors in the sun and fresh air.

Light promotes gladness, and consequently healthiness of body and soul.

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our character may be developed in to the likeness of Christ." (Steps to Christ, p. 68)

TURN TO THE LIFESTYLE ASSESSMENT FORM ON SUNLIGHT

HOW MUCH SUN EXPOSURE DO YOU GET PER DAY? What should be a minimum amount for a person to get who has dark skin?

- Lighter skin individuals need 10 – 15 mins of sunlight per day.
- Darker skin individuals need six times more, therefore 45 mins to 1½ hours per day.

DO YOU SUNBATHE? What time of the day would you recommend a sunbath?

It is best to get the sun between the hours of 10:00am and 2:00pm when the UVB rays are at their best.

DO YOU WEAR SHORT SLEEVES? How can short sleeves cause health problems?

- When out in the sun, it is best to protect the body by wearing long sleeves.
- One would be cooler under a shady tree so the long clothing acts like a shady tree.

When the **ARMS** and **LEGS** are left bare, they become colder than the body. This causes the **blood to stay more in the central body and head. Excess blood in the head produces headaches, in the chest it produces coughs, various types of discomfort in the intestinal tract, and inefficient cleaning of the blood in the kidneys.** The nervous system responds to messages from chilled areas with an alarm reaction.

Wearing long sleeves, in summer and winter, prevents the "**alarm reaction of the adrenals.** This alarm causes a vigorous adjustment in the nervous system and the sensation of extreme overheating if even a light sleeve is worn. The reaction is characterized by an intolerance to covering the arms. It is an adaptation response of the nervous system to the stress of chilling.

The heart is forced to work harder to try and circulate blood through the chilled limbs and deal with the excess blood in the central body and brain and heart disease results.

People have been cured of 'heart disease' by simply learning to dress the limbs warmly!

How to Keep Cool

Dressing against the heat.

Protect the skin from the direct rays of the sun with **loose, cotton clothing that fully covers the arms and the legs.** In countries where the weather is very hot, clothing is loose fitting and covers the body well.

- Use **breathable material** such as:
- Cotton
- Wool
- Silk
- Linen
- Bamboo

Do not use:

- Polyesters
- Nylons
- **Choose light colors** that reflect the heat and thus keep the body cool.

DO YOU USE SUNBLOCK? What are some dangers in using sun block?

- Sunblock prevents the skin from absorbing sunlight for the body to make Vitamin D.
- The size of a quarter coin is the minimal amount of sun exposure that we need.

To avoid sunburn:

- Wear a hat to protect the head.
- Drink lots of water to be hydrated to avoid sunburn.
- Go on a low-fat, plant-based diet.

DO YOU HAVE ANY ABNORMAL SENSITIVITY TO THE SUN NATURALLY OR DUE TO ANY MEDICATIONS? What can cause sun sensitivities?

- Medications
- It is recommended that such a person use long sleeves all the way down the arm.

DO YOU TAKE VITAMIN D SUPPLEMENTS? Would you recommend vitamin D supplements to someone who had very low levels of vitamin D?

- Yes. Vitamin D supplement may be required in cases where the person is low or in treating disease.
- Optimal Vitamin D levels are between 70ng/ml and 100ng/ml.
- Lots of diseases are caused by vitamin D deficiency.
- It is always better to get the sunlight.

DO YOU HAVE ANY FAMILY HISTORY OF SKIN CANCER? Do genetics play a part in skin cancer?

- No

LESSON 5: TEMPERANCE

Question 1

And every man that **striveth** for the mastery is **temperate** in all things...cast away. Now they do it to obtain a **corruptible** crown; but we an **incorruptible**. 1 Cor 9:25

Question 2

True **temperance** teaches us to dispense entirely with everything **hurtful** and to use judiciously that which is **healthful**.

In order to preserve health, temperance in all things is necessary--temperance in labor, temperance in eating and drinking. (CH p.121)

Question 3

There are few who realize as they should how much their habits of diet have to do with their **health**, their **character**, their **usefulness** in this world, and their **eternal** destiny. The appetite should ever be in **subjection** to the moral and intellectual powers. The body should be **servant** to the mind, and not the mind to the body. (PP p. 562)

Question 4

Whether therefore ye **eat**, or **drink**, or whatsoever ye do, do all to the glory of **God**. 1 Cor 10:31

Question 5

- When thou sittest to eat with a ruler, consider **diligently** what is before thee: And put a knife to thy throat, if thou be a man given to **appetite**. Proverbs 23:1-2
- It is possible to eat immoderately even with wholesome food.

Question 6

All the labour of man is for his **mouth**, and yet the appetite is not filled. Eccl 6:7

Question 7

What are the effects of overeating?

- Sluggish, slow thought process
- Digestive organs are weakened
- Vital powers are called into unnecessary action to take care of the food placed in the stomach

And what influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result. If persons were diseased before, they thus increase the difficulties upon them, and lessen their vitality every day they live. They call their vital powers into unnecessary action to take care of the food that

they place in their stomachs. What a terrible condition is this to be in! (CD p.135)

By overeating on the Sabbath, many do more than they think, to unfit themselves for receiving the benefit of its sacred opportunities. (CD p.137)

Question 8

In the last days what temptation will we face if we are not careful?

Appetite

Food Addiction

Allow God to work with us to overcome foods which we may be addictive to.

Addiction to food can cause overeating and overweight. It also decreases the immune system, thus opening the door for disease.

Question 9

Use of caffeine increases the risk of **cancer** of the **ovary** and **bladder** in women. For men disease of the **prostate**, or peptic ulcers and **osteoporosis**.

CAFFEINE

CHOCOLATE – contains caffeine which gives a high then an all time low and can depress the mind

- Can cause insomnia
- It over stimulates the nervous system
- Causes stomach irritation
- Elevates the blood pressure
- Restricts the blood vessels
- Depletes calcium and irritates the kidneys
- Is addictive
- Increases Phytic Acid in the body
- Alcohol

It's true that wine contains various protective plant chemicals, but these are also found abundantly in grape juice, as well as in the grapes themselves. These phytochemicals prevent heart disease by improving cholesterol and inhibiting blood clots. In view of the far-reaching effects of alcohol, wouldn't it be much wiser to drink grape juice or eat the grapes themselves?

Question 10

Jogging can cause an **enlarged** heart; but **walking** is the best exercise for the diseased.

Walking is preferable to riding or driving, for it brings more of the muscles into exercise. (MH p.155)

- Work
- Be careful not to overwork.
- Take care of yourself, to get proper nutrition.
- Follow that which is taught to others.
- Be temperate in all things.

Question 11

And he said unto them, Come ye yourselves **apart** into a desert place, and **rest** a while: for there were many coming and going, and they had no **leisure** so much as to eat. (Mark 6:31)

Question 12

It is an easy matter to **loose** the health but it is difficult to **regain** the health. We cannot afford to dwarf or cripple a **single** function of the mind or body by **overwork** or **abuse** of any part of the living machinery. (My Life Today p. 142)

Question 13

We should practice temperance in our **labor**. It is not our duty to place ourselves where we may be **overworked**.

Question 14

Some may at times be placed where this is necessary, but it should be the **exception** and not the **rule**. We are to practice **temperance** in all things. (Temp p.139)

Question 15

And further, by these, my son, be admonished: of making many **books** there is no end; and much study is a **weariness** of the **flesh**. (Eccl 12:12)

Question 16

Intemperance in study is a species of **intoxication**, and those who indulge in it, like the drunkard, wander from safe paths and stumble and fall in the darkness. The Lord would have every **student** bear in mind that the eye must be kept **single** to the glory of God.

Question 17

He is not to exhaust and waste his **physical** and **mental** powers in seeking to acquire all possible knowledge of the sciences, but is to preserve the freshness and vigor of all his powers to **engage** in the work which the Lord has appointed him in helping souls to find the path of **righteousness**. (Med Min p. 81)

Question 18

Wearing of clothing that cause your body to become **chill** suppresses your **immune** system. When the limbs become chill, **colds** and **flus** can be a result. Immodesty in dress can cause chills which can result in **different** diseases.

Question 19

But watch thou in **all** things, endure **afflictions**, do the work of an **evangelist**, make **full** proof of thy ministry. For I am now ready to be offered, and the time of my departure is at hand. I have **fought** a good fight, I have finished my course, I have kept the **faith**: (2 Tim 4:5-7)

TURN TO THE LIFESTYLE ASSESSMENT FORM ON TEMPERANCE

WHAT IS YOUR CURRENT OCCUPATION? Why do we ask this question?

The job may be too stressful and prevent the individual from complying with the eight laws of health.

PLEASE LIST YOUR LAST FIVE JOBS AND THE YEARS OF SERVICE:

Someone puts on their last job that they were a bar tender for 10 years, what influence might that be upon their present health?

Prior practices can influence current health issues.

e.g. night shift worker in the past may now need to have sunlight to regulate sleeping pattern or correct bone related issues.

DO YOU SMOKE / USE TOBACCO PRODUCTS IN ANY FORM? How would you counsel someone who does not want to give up their tobacco habit?

- Show how this can harm their body and contribute to sickness and disease.
- Use of narcotics is adding a burden of poisonous substances in the body when we are trying to rid the system of toxins.

DID YOU USE TOBACCO IN THE PAST? How long does it take nicotine to get out of the system? (Check online to find out the answer).

- Three to four days after quitting.
- However, by eliminating other stimulating substances from the diet, it is easier for the cravings to stop.
- The tables of our American people are generally prepared in a manner to make drunkards. . . . By the use of tea and coffee an appetite is formed for tobacco, and this encourages the appetite for liquors. ..(HL p. 111)

DO YOU USE ALCOHOL IN ANY FORM? The person you are consulting tells you that studies show that moderate alcohol consumption increases the health of the heart, how would you respond?

It's true that wine contains various protective plant chemicals, but these are also found abundantly in grape juice, as well as in the grapes themselves. These phytochemicals prevent heart disease by improving cholesterol and inhibiting blood clots. In view of the far-reaching effects of alcohol, wouldn't it be much wiser to drink grape juice or eat the grapes themselves?

DO YOU INGEST CAFFEINE IN ANY FORM? What diseases can be caused by the consumption of caffeine items?

- Lumps in the breast (green tea, chocolate, caffeine drinks)
- Nervous reaction as it is stimulating
- Elevation of blood pressure as it is a stimulant
- Caffeine may be used as a medicine but not in the diet

DO YOU OVEREAT? What effects does overeating have on the system?

- It taxes the stomach and makes it feverish.
- The brain nerve energy is benumbed and almost paralyzed by overeating. (CD p.63.2)
- Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. (CD p.102)

DO YOU EAT TOO FAST? How can we slow down the time it takes for us to eat a meal?

Chew food slowly and thoroughly as chunks of food in the stomach can cause indigestion

DO YOU CHEW YOUR FOOD THOROUGHLY? What food items can cause us not to chew our food properly?

- **Soups and liquid foods** can cause one to drink rather than eat.
- **Soft food** does not require mastication and so easier to swallow portions without chewing.

DO YOU SNACK BETWEEN MEALS? What does snacking do to the digestive system?

- Snacking wears out the digestive system.
- The system takes 4 hours to digest then it needs an hour or two to rest.
- This is one reason why we do not support a diet of 5-6 small meals throughout the day, as it speeds up the metabolic rate but it also taxes the stomach.

LIST ANY DESSERTS YOU EAT? List any unhealthy desserts that are not healthy for the system to convert into good blood?

Cakes, pies, puddings, pastries, eggs, milk and sugar combined.

DO YOU EAT AT SET MEAL TIMES? Why is it important for our bodies to eat regularly every day?

- Gastric juices will be produced as set times to make the stomach ready to receive the food.
- In no case should the meal be irregular.
- Keep to set meal times seven days a week, no exception.

The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three. (CD p.173)

- Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let every one eat what the system requires, and then take nothing more until the next meal. (CD p.179)

- After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. (CD p.179.1)
- Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. (CD p.180)

Did you know that you are not to eat vegetables or salad at night?

“...a third meal ... if taken at all, be very light, and of food most easily digested. Crackers--the English biscuit-

-or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal.” (CD p.176)

Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as fruit and bread. (CD p. 178)

Research has shown that if one eats after 6:30pm it stops the production of melatonin in the gut and as a result the body does not get restful sleep at night.

PLEASE LIST TIMES FOR ALL MEALS? How much time should we allow for digestion between each meal?

Five to six hours or more.

i.e. at least four hours for digestion then an hour or two or more before the next meal.

WOULD YOU SAY THAT YOUR DRESS IS HEALTHFUL AND MODEST? Do a search in the Spirit of Prophecy on dress and give a list of principles that she outlines that make for appropriate dress. Give at least 3 principles.

Dress should be:

- Inexpensive
- Provide warmth and proper circulation
- Chosen for durability rather than display
- The Lord provided the face with an immense circulation, because it must be exposed. He provided, also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities.
- Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course. (2T 532:1)

PLEASE LIST YOUR LEISURE ACTIVITIES: Write at least 5 leisure activities that are not constructive to health of body and soul?

- Board games
- Novel reading
- Pornography
- Television watching

- Surfing the net

Read the chapter in Adventist Home – What Shall we Play

HOW MUCH TIME DO YOU SPEND ON LEISURE ACTIVITIES? What would you consider too much time, and give your reason why?

Time spent in leisure activities can be time consuming compared to the time spent with God.

DO YOU OVERWORK? How can overworking wreck one's health?

- The body needs to rest.
- Overwork can break down the immune system.
- Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet are essential to restoration of health. (MH p.153)

PLEASE LIST ANY ADDICTIONS: What is the definition of an addiction?

Physically and mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects.

Enthusiastically devoted to a particular thing or activity.
(dictionary.com)

HAVE YOU BEEN INVOLVED WITH SUBSTANCE ABUSE? How might substance abuse of the past affect their present state of mind?

- Nerves and brain cells may be affected.
- Person may suffer depression or unable to think logically or handle large volumes of information.

DO YOU READ NOVELS, SCIENCE FICTION, PORNOGRAPHY, FASHION MAGAZINES, AND COMPUTER GAMES? Someone informs you that they have a problem with pornography, how would you counsel them?

- Scenes are revealed over and over again in the mind.
- It destroys interest in the Bible.
- Passion is aroused and the end is sin.
- It can lead to self-abuse or masturbation and cause zinc deficiency which can lead to blindness, prostate affliction, slowness

Zinc and Self-abuse:

- Every drop of semen takes away the daily supply needed by the intestines.
- It takes 72 hours to replenish Zinc.
- Zinc is a trace element found in the eye.
- Several years ago it was found that men who took Viagra got blind. They did not know what caused it. We are told that Zinc deficiency causes macular degeneration of the retina.
- It is not advisable to take Zinc supplement as too much Zinc breaks down the immune system.

- Masturbation causes loss of Zinc because of frequency of such activity and this leads to mental disorder.
- Zinc deficiency also leads to Prostate affliction/cancer and skin disruptions.
- There is temperance in even that which is good, so intemperance in sexual activity can lead to sickness and disease.

Be not deceived: evil communications corrupt good manners. 1 Cor. 15:33

Neither is the old proverb questioned that "a man is known by the company he keeps." But evil communication with books, no less than with men, corrupts good manners. And the sentiment is worthy of passing into a proverb, that a man is known by the books he reads. Books are men. Not paper men, but men on paper. And these influence the character of their readers as do men in the flesh the character of their companions. Show me a man's books, the books of his choice, and I will show you the man himself. Let me control the reading of a rising generation, and I will prophesy. A bad book is a bad associate; a good book, a good one. Sensual books tend strongly to make sensual readers. (A Solemn Appeal p.12)

Their corrupt habits of self-abuse have debased their minds, and tainted their souls. Vile thoughts, novel-reading, low books, and love-stories, excite the imagination, and just suit their depraved minds. (Appeal to Mothers p.50)

FASHION

Nail polish

- Nails are extensions of the skin and they are porous.
- They speak health to us.
- Keep them free from hardeners or polishers.
- Tea drinking can cause nail deficiency.

Tattoo

- The skin is the largest organ of the body.
- It is porous.
- Whatever is in the lotions, will be absorbed by the skin.
- If one pierces ears or gets a Tattoo. It takes 1 year before you can give blood.
- There is a metal effect from the piercing for Tattoos that would cause MRIs to give false readings.

Hair

- The head has a high absorption rate.
- Hair dyes and chemicals are absorbed in the scalp.
- If you lack nutrients, the body pulls from the hair. In this way it can pull chemicals.
- Wigs prevent the scalp from breathing. It can also cause Leprosy. E.g. where persons who had leprosy sold their hair and it was used to make wigs.

- Natural hair weaves or wigs carry sickness and disease.

Shoes

- High heels causes curvature of the spine
- High heels affect the ligaments.
- It is designed to cause you to tilt forward and the butt pushes out causing a curvature to the spine.
- High heels tilt the womb and make it difficult to have children.
- It affects circulation and puts pressure on the knees.

DO YOU ATTEND CINEMAS, DANCES, NIGHT CLUBS, HOUSE PARTIES AND AMUSEMENT PARKS? Why do you think we ask these questions?

- These are not conducive to spiritual health.
- The entire machinery of balls and parties, of dances, and the other amusements of young people, tend to excite and inflame this passion. Thinking it a fine thing to get in love, they court and form attachments long before either their mental or physical powers are matured. (A Solemn Appeal p.95)

DO YOU PLAY ANY COMPETITIVE SPORTS? List at least 3 dangers of competitive sports, from a physical, mental and spiritual level?

- Physical – it can elevate the blood pressure
- Mental – one thinks to be higher or better than the other
- Spiritual – this is not Godlike when persons want to esteem themselves better than others or the behaviors do not match that of a child of God.

PLEASE LIST ALL TYPES OF MUSIC THAT YOU LISTEN TO? Do a search in the Bible and Spirit of prophecy and give at least 5 principles that give safe guidelines to God's standard of music? Please be thorough in your search, and don't put down your opinion. Remember we want God's ways, not our own.

- Clear tone and words
- No shrieking notes
- No syncopation
- Should not cause you to dance
- It should be soothing and ennobling

..read the book –The Voice in Speech and Song by EG White

LESSON 6: REST

Find rest of spirit in the beauty and quietude and peace of nature. Let the eye rest on the green fields, the groves, and the hills. (MH p.242)

Question 1

And on the seventh day God ended his work which he had made; and he **rested** on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had **rested** from all his work which God created and made. Genesis 2:2-3

It is in resting in God that we find physical rest.

My presence shall go [with thee,] and I will give thee rest. Exodus 33:14

Question 2

For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. And in this place again, If they shall enter into my **rest**. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts. For if Jesus had given them **rest**, then would he not afterward have spoken of another day. There remaineth therefore a **rest** to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that **rest**, lest any man fall after the same example of unbelief. Hebrews 4:4-11

Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. And when the energy they have so recklessly used, is demanded, they fail for want of it.

I have been shown that those who do this often lose much more than they gain, for their energies are exhausted, and they labor on nervous excitement. They may not realize any immediate injury, but they are surely undermining their constitution. (HL p47)

Question 3

Physical effects from lack of proper rest:

- a. Lowers your immune system
- b. Lack of concentration
- c. Quick temper
- d. Impatience
- e. Impaired cognitive performance
- f. Fatigue

Question 4

Shift workers: Melatonin hormone is released between the hours of **10:00pm and 2:00am** when the body is at rest.

Question 5

Melatonin is the body's natural anti-oxidant and a **tumor suppressant**. Studies in Denmark and US show that for females its lack increases breast cancer by **50-55%** and colon cancer by **45-50%** and for men prostate cancer by **45-50%** and colon cancer by **45-50%**.

- Sunlight helps reset the body's bio-rhythm.
- When the sunlight goes through the iris, to the pineal gland it helps to reset the body's bio-logical clock.
- Hormones, body rhythm and patterns are then balanced and set in place.
- Melatonin hormone gives restful sleep.
- If one eats after 6:30pm, the production of Melatonin is stopped in the gut.
- In the morning, at daybreak, serotonin increases and is high and melatonin is low.
- Our body temperature also rises and the body is awakened.
- Serotonin keeps us awake and is converted into melatonin in the evening.
- In the evening, melatonin is high and serotonin is low.
- The body temperature reduces, and it begins to tone down when it is dark, and sleep sets in.

Question 6

More **cortisol** is released at night. When we are awake this should be higher in the morning and lower at night. It is like Epinephrine hormone (adrenaline) for **fight** or **flight**.

Cortisol's peak production time is from the midnight to early morning. It plays a large role in helping us deal with the stressors of each day, reducing inflammation and fatigue, among many other benefits. When people go to bed late, they hurt themselves by limiting the body's ability to repair the wear and tear of the day and lessen the energy and vitality of tomorrow.

Question 7

Too much cortisol causes **inflammation** in the body, as well as **atherosclerosis** which is clogging of the arteries.

Question 8

- Too much Cortisol in the body affects **insulin** activity so diabetes sets in.
- There is a 55-60% chance to become diabetic.
- Heart rate elevates so blood pressure is elevated.
- Abdominal fat also increases.

Medical science explains that due to the circadian rhythms (the natural daily clock); during sleep, several hormones are released such as the growth

hormone, cortisol hormone, prolactin, follicle stimulating hormone (FSH), luteinizing hormone, etc.

Question 9

Growth hormone is important in improving the size, quality, and **efficiency** of the brain. It increases the transport of amino acids from the blood to the brain, which enables the nerve cells to make learning **permanent** and useful. Growth hormone is most produced during deep, peaceful “**pre-midnight**” sleep.

Question 10

How much sleep does an adult need on a daily basis?

- Newborn babies: 16 to 20 hours
- Young children: 10 to 12 hours
- Adults: **7 to 8 hours**

Lengthen your life: studies show that persons who get rest seven to eight hours each night lowered their death rate than those who slept less than seven hours.

Question 11

Proper Diet and Rest

When we lie down at night, the stomach should have its work all done, that it, as well as other portions of the body, may enjoy **rest**. But if more food is forced upon it, the digestive organs are put in motion again, to perform the same round of labor through the sleeping hours. The sleep of such is often **disturbed** with unpleasant dreams, and in the morning they awake unrefreshed. (CH p.118)

Question 12

Give 3 benefits of rest

- Rest allows your body to **renew** itself. Waste products are removed, repairs are effected, enzymes are replenished, and energy is restored.
- Rest aids in the **healing** of injuries, infections, stress, emotional traumas and other assaults on the body.
- Rest strengthens the body's **immune system** to protect and fight off disease.

Question 13

List 4 causes of Insomnia

- Taking to bed your burdens, anxieties, and tensions of the day.
- Overstimulation by some exciting event
- Worrying over the fact that you are unable to sleep
- Eating a large meal before bedtime
- Causes of Insomnia
- Drinking alcohol or stimulating beverage prior to bedtime
- Not tired enough because of lack of physical activity or napping during the day

- Overly tired
- Bedclothes too warm
- Prolonged use of a sleeping medication
- Lack of adequate sunlight during the day

Question 14

Give 2 Remedies for troubled sleep

- The best thing for promoting good sleep is regular physical exercise. Athletes and heavy-labor workers have more deep sleep than other people.
- Set a fixed time for going to bed and getting up in the morning, even on weekends and holidays. We are creatures of habit.
- Get daily sunlight exposure between the hours of 9:00am and 3:00pm
- Avoid late meals. An overloaded digestive system prevents peaceful sleep. Let the final meal of the day be light and at least 3 hours before you retire.
- Avoid all alcohol, coffee, tea, and other drugs. These decrease REM sleep, and may have effects long after their consumption.
- End the day peacefully — avoid exciting TV programs, reading, and arguments.
- Observe regularity in all activities of living as far as possible, including eating habits.
- Take a leisurely stroll, breathing deeply the pure air.
- Take a warm, not hot, nor cold bath before bedtime.
- The bedroom should be cool, full of fresh air, as dark and quiet as possible. If noise is a factor, earplugs can be beneficial. Eye covers may be used to block out the light.
- Relax your mind. The scrambled thoughts and worries of the day can do more in keeping people awake than anything else. Focusing the mind on one central theme of thought is beneficial. A bedside prayer and meditation on a text of scripture can help give peace of mind and sweet, sweet sleep.
- Do nothing in the bed but sleep. No TV in the bedroom. No eating or reading in bed. Train the brain what the bed is for.
- Do not watch the clock if you wake as you would create anxiety. Develop bedtime rituals, such as, change clothes, brush teeth, get into bed.
- Do not watch the news after 9:00pm for the brain keeps awake.
 - Hop tea will induce sleep. (2SM p.297)

Question 15

What illness can be triggered from this flickering of light?

Epileptic seizures.

The bright lights from TV and computer stimulates the brain therefore it should be avoided.

TURN TO LIFESTYLE ASSESSMENT FORM ON REST

WHAT IS YOUR USUAL BEDTIME? What would be an ideal time to get to bed?

- Go to bed before 10:00pm.
- Between the hours of 10:00pm and 12:00am healing takes place.
- Go to bed the same time 7 days a week.

I know from the testimonies given me from time to time for brain workers, that sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . . (7MR 224.3)

No student should form the habit of sitting up late at night to burn the midnight oil, and then take the hours of day for sleep. If they have been accustomed to doing this at home, they should seek to correct their habits and go to rest at a seasonable hour, and rise in the morning refreshed for the day's duties. In our schools the lights should be extinguished at half past nine. (CE 124.1)

"If you study after 9:30pm, much is lost and nothing is gained."

- Between the hours of 10:00pm–12:00pm the brain does the most work, most releasing of hormones, chemicals, melatonin, growth hormones and the brain restores itself.
- Make it a habit to go to bed and get up at approximately the same time each day. For the greatest benefit, an optimal bedtime would be around 9:00pm.

Insufficient sleep will cause you to feel drowsy and have poor concentration during the day. A recent study conducted at Brigham Young University proved a correlation between a good GPA and the practice of "early to bed, to rise." The principle applies not only in the classroom, but in every setting; quality sleep will help you think more clearly.

A Better Way to Prepare for Exams - Sleep could prove to be an important part of the strategy for preparing for challenges such as exams. "The fact that sleep provoked slightly more plasticity (connections between nerve cells) than double the amount of exposure to experience – suggests that if you reviewed your notes thoroughly until you were tired and then slept, you'd achieve as much plasticity, or 'learning,' in the brain as if you'd pulled an all-nighter repeating your review of the material," says Michael P. Stryker, Ph.D., researcher at the University of California, San Francisco

Studies have shown that sleep-loss affects learning and memory. When animals and humans are deprived of sleep, they do not perform well on memory tasks.

DO YOU WAKE UP DURING THE NIGHT? What can cause this?

Need to urinate caused by:

- Drinking too late into the night.
- Drinking too fast not gradual for the cells to absorb the liquid.

DO YOU SNACK BEFORE YOU GO TO BED? How can snacking interrupt your sleep at night?

- This can cause indigestion.
- Eating after 6:30pm stops the production of melatonin which gives restful sleep.

DO YOU SLEEP WITH THE LIGHTS ON? How does sleeping with the lights on influence your sleep?

- Sleeping with lights on can penetrate through the iris onto the pineal gland and stop the production of melatonin which gives restful sleep.
- Melatonin is also the body's natural anti-oxidant and tumour suppressant.

DO YOU WORK THE NIGHT SHIFT OR SWING SHIFT? How does working night shift affect your biorhythms?

- There is too much inconsistency.
- The body keeps no track of time.
- Be a nocturnal creature or a diurnal creature.
- If you work at night you need to maintain that schedule 7 days a week even on your nights off.

DO YOU WAKE UP EARLY IN THE MORNING AND FIND IT DIFFICULT TO GET BACK TO SLEEP? What would you recommend for this individual to do?

- Keep the light off.
- Do not look at the time as it will get you anxious.
- Sing and meditate on the Lord.
- Avoid drinking too near bedtime which would cause you to wake.

DO YOU TAKE SLEEPING PILLS? What will sleeping pills do to the body? Go to a PDR, OR GO ONLINE, and look up the side effects?

Sleeping pills are:

- Addictive
- Depresses the central nervous system
- Acts as a sedative-hypnotic medicine
- Burning or tingling in the hands, arms, feet or legs, changes the appetite, constipation, diarrhoea, dizziness, dry mouth or throat, gas, headache, weakness

DO YOU MAKE IT A PRACTICE TO GET TO BED AT A CERTAIN TIME?

Why is this important?

- We are a creature of habit.
- Regularity is important.
- The body needs rest to heal itself and repair.
- Are you Sleep deprived?
- Scientists experimented on 48 individuals between the ages of 21-38 and found that going with only six hours of sleep for two weeks was no better than going for two days with zero sleep.

- According to the researchers, “chronic restriction of sleep to 6 hours or less per night produced cognitive performance deficits equivalent to up to 2 nights of total sleep deprivation.” PubMed: 2003 Mar 15;26(2):117-26

DO YOU REST FROM LABOR AT LEAST ONE DAY PER WEEK? How does the Sabbath influence our health?

Resting at least one day a week rejuvenates, reenergizes, and gives a new lease of stamina for the new week.

CIRCASEPTAN RHYTHM

Your body’s weekly clock

Body rhythms that run about seven days in length—eg:

- A person will tend to have an increase in swelling on the seventh and then the fourteenth day after surgery
- Similarly, a person with a kidney transplant is more likely to reject the organ seven days and then fourteen days after the surgery
- Decrease in inflammation in the body seven and fourteen days after anti-inflammatory treatment

ZEITGEBERS (TIME-GIVERS)

- The seven-day weekly cycle is described as part of God’s design in creation. That cycle is described as consisting of six days of work followed by a Sabbath day of rest.
- Zeitgebers keep our weekly rhythms synchronized by pausing one day in seven for a time of rest. In order for these time-givers to work, however, it must come at the same time each week. In other words, it is not sufficient to get one day in seven off; it is optimal to get a specific day in seven off on a regular basis. - Dr. Baldwin

Perfect submission, all is at rest, I in my Saviour am happy and blest; watching and waiting, looking above, filled with His goodness, lost in His love. —Fanny J. Crosby

LESSON 7: EXERCISE

Question 1

And the Lord God took the **man**, and put him into the garden of Eden to **dress** it and to **keep** it. Genesis 2:15

Question 2

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us **run** with patience the **race** that is set before us, Looking unto **Jesus** the author and finisher of our faith; who for the joy that was set before him **endured** the cross, despising the same, and is set down at the right hand of the throne of God. Hebrews 12:1,2

Question 3

But they that wait upon the Lord shall renew their strength; they shall **mount** up with wings as eagles; they shall run, and not be **weary**; and they shall **walk**, and not faint. Isaiah 40:31

The adage “Use it or loose it” applies not only to muscles and bones but also to heart, lungs, brain, blood vessels, joints and every other part of the body. A sedentary lifestyle is a direct route to an earlier grave.

Question 4

State three effects on the body during exercise?

1. **Muscle fibers contract and release**
2. **Heart pumps more rapidly**
3. **Lungs work harder to get more oxygen to the body**

Question 5

Name three benefits to the body that is triggered by exercise?

1. **Increased enzyme reaction**
2. **Nerve stimulation**
3. **Metabolic enhancement**

Question 6

Exercise can help you to:

1. **Burn calories**
2. **Increase strength and endurance**
3. **Feel better and have more energy**
4. **Optimize heart health**
5. **Live a longer happier life**
6. **Lower blood pressure and resting heart rate.**
7. **Lower LDL cholesterol levels in the blood and raise HDL cholesterol.**
8. **Strengthen bones by retaining calcium.**
9. **Lift depression. (Exercise in the open air)**

10. **Relieve anxiety and stress.**
11. **Increase overall energy and efficiency in all areas of our lives.**
12. **Maintain desirable weight levels.**
13. **Improve circulation.**

Blood circulation issues?

The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise. (CH p.52)

Judicious exercise would induce the blood to the surface and thus relieve the internal organs. Brisk, yet not violent, exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities. (CH p.53)

Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions. Inaction of any of the organs of the body will be followed by a decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood- vessels. (HL p.28)

What is the best medicine for the diseased?

When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding.

Lungs issues?

The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action; for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs. (CH p.52)

Question 7 - Digestive issues?

Exercise will aid the work of **digestion**. To walk out **after a meal**, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of something cheerful. (CH p.53)

If your work is sedentary, take exercise every day, and at each meal eat only two or three kinds of simple food, taking no more of these than will satisfy the demands of hunger. (HL p.81)

Question 8

Weight lifting and aerobic exercises utilizes the fast and slow twitch muscles that does what?

1. **Boost metabolism**
2. **Burn fat**
3. **Strengthen the cardiovascular system**

Gym vs Outdoors

Exercise in a gymnasium, however well conducted, cannot supply the place of recreation in the open air, and for this our schools should offer better opportunity. (CH p.189)

Encourage the patients to live healthfully and to take an abundance of exercise. This will do much to restore them to health. Let seats be placed under the shade of the trees, that the patients may be encouraged to spend much time out-of-doors. (2SM p.298)

Question 9

How do you know that you are exercising at your target heart-rate zone?

If you can exercise and carry on a basic conversation, then that's the correct rate for you.

Question 10

During moderate exercise, **fat** is used as energy, but during intense exercise, **carbohydrate** (glucose) becomes the fuel of choice.

Question 11

When is the best time to exercise?

Early in the morning

Morning exercise, walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. (HL p.176)

Question 12

What is the best form of exercise and why?

Walking – because there is a lower risk for injury and less shock to the joints.

Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the **organs** of the body are brought into use. Many who depend upon the movement cure could accomplish more for themselves by muscular exercise than the movements can do for them...

In some cases, want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have become enfeebled for want of use will be strengthened by exercise. There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. (CH p.200)

Question 13

What are the benefits of exercise for heart disease?

1. **Regular physical activity reduces heart disease.**
2. **Walking 30 minutes a day or more reduces the risk of heart disease by 18%.**
3. **A brisk walk will lower the risk of heart disease.**
4. **Women who walk more than 1 hour daily per week reduces heart disease by 50%.**

Question 14

What types of cancer is reduced in men due to regular exercise?

Prostate cancer by 74%

Question 15

What types of cancer is reduced in women due to regular exercise?

- Breast cancer is reduced by 37% when women exercise – a natural chemotherapy agent.
- If they are already affected with breast cancer and walk between 6-8 hours a week, their risk of early death is decreased by 50%.
- It also reduces cancer of the stomach, ovaries, vagina, and cervix.

Question 16

One hour of brisk walking each day will reduce weight.

A sedentary lifestyle can develop obesity therefore energy output must be more than energy intake.

Question 17

Exercise has an **immediate** and **prolonged** effect on blood sugar among diabetics.

One hour of continual walking is equal to 20 units of insulin.

One study reported that the benefits of increased glucose usage lasted several hours after exercise.

Question 18

Regular exercise increases feelings of **well-being**, reduces **stress** (anxiety and tension), offers long-term **anxiety relief**, eases **depression**, while reducing **muscle tension**, heart rate and certain **stress** hormones.

Question 19

Exercise significantly improves blood flow to the **brain** and increases brain **neurotransmitters**, such as serotonin and dopamine which have a positive affect on mood and well-being.

Is exercise necessary for students?

The exercise of the brain in study, without corresponding physical exercise, has a tendency to attract the blood to the brain, and the circulation of the blood through the system becomes unbalanced. The brain has too much blood, and the extremities too little.

There should be rules regulating their studies to certain hours, and then a portion of their time should be spent in physical labor. And if their habits of eating, dressing, and sleeping are in accordance with physical law, they can obtain an education without sacrificing physical and mental health. (CH p.177)

Question 20

What is the most effective way to build bone density?

A balanced light weight training routine and yard work (a combination of raking leaves, weeding, gardening, etc.)

Question 21

Can exercise help with aches and pains?

Yes, one study found that moderate exercise helped lessen symptoms of osteoporosis in people over 60 years and a great reduction in **pain** and flexibility issues.

TURN TO EXERCISE IN THE LIFESTYLE ASSESSMENT FORM

DO YOU EXERCISE? Why is exercise so vital to our health?

- For proper blood circulation
- Strengthening of bone and muscle
- Treatment of disease: eg it lowers blood sugar, blood pressure and cholesterol

HOW MANY TIMES PER WEEK? How many times would you recommend?

- Seven days per week.
- Walking first thing in the morning would burn mainly fat
- Walking later in the day will burn 50% sugar and 50% fat
- 1 hour of continual walking is equal to 20 units of Insulin

HOW WOULD YOU RATE YOUR EXERCISE? Someone you are consulting is a marathon runner that does 20-mile runs every day (VIGOROUS FOR 2 HOURS A DAY), what would you advise them on such a program?

- This results in over taxation of the joints and wear away the cartilage.
- Studies show that runners get “runner’s heart” i.e. an enlarged heart and this can lead to a heart attack.

WHAT ARE YOUR FAVORITE EXERCISE SESSIONS? Why is walking the very best kind of exercise?

- Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use...(CH p.200)
- ...There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. (3T, p. 78 (1871))

HOW DO YOU FEEL AFTER YOU EXERCISE? If someone feels bad after they exercise does it mean that they should stop exercising?

- Do not stop exercising, eat a fruit
- Walk short distances and go gradually until the body strengthens

DO YOU EXPERIENCE ANY PAIN WHILE YOU ARE EXERCISING? Someone puts down that they have pain, especially in chest and radiating down their left arm, what advice would you give?

- They may have heart disease
- Get them tested and treat condition

LESSON 8: PROPER DIET

Question 1

One way to know that you have a healthy diet is to be able to see a **variety** of colors on your plate.

Question 2

It would be much better to eat only **two** or **three** different **kinds** of food at a meal than to load the stomach with many **varieties**. (CD p. 110 art. 179)
For example, including lots of various Legumes. They are treated as **one** kind.
Use simple foods of the **same** kind.

Question 3

Proper **nutrition** supplies the nutrients that the **cells** need.

Question 4

What are the three major constituents in foods?

All foods contain:

- **Protein**
- **Carbohydrates**
- **Fats**

The five basic components of food are:

- Proteins
- Carbohydrates
- Fats
- Vitamins
- Minerals

Proteins are broken down by the body and converted amino acids, which are the building blocks for hormones, enzymes, and structural components of the body, such as muscle tissue. (*Amazing Health! p.5*)

Protein begins digestion in the stomach and completes in the small intestines where amino acids are absorbed into the blood stream.

Types of amino acids:

- Essential: most come from diet
- Nonessential: can be made in the body

Recommended protein intake

- Adult RDA = 0.75 grams/kilogram body weight
- Infant RDA = 1.5 grams/kilogram body weight

The Health Effects of Too little Protein

Protein-energy malnutrition (PEM)

- Kwashiorkor
- Marasmus

The Health Effects of Too Much Protein

- Heart Disease
- Osteoporosis
- Cancer
- Obesity
- Gout
- Female Diseases
- Kidney problems

Question 5

What is the number one source of protein on the face of the earth?

- Other foods rich in protein
- Lentils
- Mung bean
- Amaranth
- Whole-grain bread
- Tofu
- Baked potato
- Spinach

Carbohydrates

- Definition of Carbohydrates

Carbohydrates are sources of starches, sugars, and fiber. Starch and sugar are converted into glucose, which is the body's main fuel. Fiber, found primarily in plant foods, acts as a bulking agent that helps keep the intestines clean.

- Carbohydrates begins digestion in the mouth, pauses a while in the stomach and ends in the small intestines where it is absorbed into the blood stream.
- Excess carbohydrates is stored as glycogen in the liver and muscle.

Question 6

Carbohydrates supplies the **energy** that the cells need.

When the body lacks nutrients, it tells in one way or another.

Question 7

White spots on nails indicate a deficiency in: **zinc**, as well as **iron, calcium and biotin**.

Lines on the nails indicate adrenal gland fatigue.

Food sources

Zinc

- Pumpkin seeds
- Wheat germ
- Sesame
- Cashew
- Soybean
- Brazil nut
- Pine nut
- Oats

Iron

- Fenugreek
- Dried Spirulina
- Blackstrap Molasses
- Soybean
- Sesame
- Bran
- Lentils
- Food sources

Calcium

- Sesame
- Blackstrap Molasses
- Carob flour
- Soybean
- Almond
- Black currant
- Cabbage

Biotin

- Intestinal bacteria
- Brewer's yeast
- Soybean
- Spinach

Question 8

Use natural, **whole grain** bread.

Question 9

Brown rice has **phytic acid** (ip6 or Inositol hexaphosphate) in the bran that prevents the absorption of **copper, enzymes (pepsin, amylase, trypsin)** and other **minerals (zinc, calcium, iron, magnesium)**.

Question 10

Grains should be cooked for at least **three** hours.

Question 11

Phytic acid (ip6 or Inositol hexaphosphate) in grains, beans, nuts and seeds helps fight **cancer**.

Question 12

Fruits are another source of carbohydrates that contain **phytochemicals, enzymes, antioxidants** and **fiber** which are essential for fighting cancer.

Fats

- Definition of Fats

Fats are the most concentrated form of energy, supplying over twice as many calories per gram than protein or carbohydrates. It can also be efficiently stored for later use. The three natural types of fats are monounsaturated, polyunsaturated, and saturated.

The unsaturated fats are by far the healthiest form, especially when it comes from plant sources. Diets rich in refined saturated fats have been linked with numerous diseases. (*Amazing Health!* p.5)

Fats begins digestion in the mouth, pauses a while in the stomach and ends in the small intestines where it is then transported throughout the body to its cells and liver.

Fats are a major source of energy. When at rest, the muscles prefer to use fat for fuel.

Omega 3 fatty acids - Alpha Linolenic Acids (ALA)

- Decreases the stickiness of blood platelets.
- Helps reduce high blood pressure.
- Reduces some forms of inflammation (eg: arthritis).

Common Sources:

- Chia seed, flaxseed oil, wheat germ oil
- Green (Edamame) soybeans, green leafy vegetables, avocados.
- Walnuts
- Pumpkin seeds.

Omega 6 Fatty Acids – Gamma Linoleic Acid (GLA)

- *GLA is the primary source of omega-6 family. The body can produce all the other needed omega-6s if linoleic acid is present, or from arachadonic acid when not in sufficient quantities.*

Common Sources:

- *Evening primrose oil, corn, safflower, sunflower seeds, soybeans, and cotton seed oils.*
- *Raw nuts, pistachios, and sunflower seeds.*
- *Arachidonic acid is found in meats or can be made from linoleic acids.*

Omega- 9 Fatty Acids – Oleic Acid

- Unlike omega 3 and omega 6 fatty acids, omega 9 fatty acids are not classified as essential fatty acids because the body can make it.

Common Sources:

- Found in olives and sesame oils.
- Peanuts, almonds, pecans, cashews, and hazelnuts and macadamia nuts.

Practical Applications (omega-9 Fatty Acids):

- Take 1-2 Tablespoons daily of olive oil. Only use virgin or extra virgin oils (also known as expeller or cold-pressed). The “time-released” effects are superior in nuts and whole foods rather than in oils.

Question 13

A good source of fats are **nuts**. You measure the daily intake by a **closed** handful.

Question 14

Fats are best used at the end of the meal to **close** the appetite.

It also helps to transition you to the next meal without the blood sugar levels falling too low.

Question 15

Example of fat to end a meal is **nuts** or a slice of bread with **olive oil** on it.

Other fats can include:

- Natural nut spreads (cashew, tahini)
- Coconut

Vitamins and Minerals

Vitamins and minerals are essential components of our diet. Whole foods, which have been refined as little as possible, naturally contain the highest amount of these nutrients. Phytochemicals, found only in plants, are added bonuses thought to play a role in the prevention of many diseases. (*Amazing Health!* p.5)

FAT-SOLUBLE VITAMINS

Fat-soluble vitamins:

- Vitamins A, D, E, K
- Absorbed in the small intestines like fat, into lymphatic system
- Stored in larger quantities, therefore, toxicities may occur
- May have precursors
- Less vulnerable to cooking losses

Vitamin A

Functions

- Vision, cell development, reproduction, immunity, growth

Food sources

- Preformed vitamin A: (carotenes and carotenoids) mainly all red, yellow and orange fruits and vegetables (Carrots, peppers and dark green spinach)

Deficiency symptoms:

- Vision disorders, dry skin, fetal developmental disorders

Who has an Increased need?

- Growing children, adolescents, pregnant and nursing women

(Encyclopedia of Foods and their Healing Power V. 1, p.389)

Vitamin D

Synthesis

- Made in the skin from cholesterol
- Activated in liver and kidney

Functions

- Regulates blood calcium levels
- Essential for bone and health development and strengthening.

Deficiency:

- Rickets in children
- Osteomalacia and osteoporosis in adults
- Cancer
- Auto-immune disorders
- Hundreds of other diseases

Sources:

- Light-skinned individuals:
 - 7 1/2 – 30 mins daily
- Dark-skinned individuals:
 - 45 mins to 1 1/2 hours daily

Between the hours of 10:00a.m. and 2:00pm when the UVB rays are at its highest.

Sources:

- If you choose to use an oral vitamin D supplement: there are basically two types.
- The natural one is D3 (cholecalciferol), which is the same vitamin D your body makes when exposed to sunshine.
- The synthetic one is vitamin D2, which is sometimes called ergocalciferol.

Once either form of the vitamin is in your body, it needs to be converted to a more active form. Vitamin D3 is converted 500 percent faster than vitamin D2.

Vitamin E

Functions:

- Protects integrity of cells and their life span
- Antioxidant - Protects cell membranes from free radicals
- Protects against cancer and arteriosclerosis
- Vitamin E

Food Sources:

- Avocado
- Wheat germ
- Sunflower seeds
- Oil-bearing nuts
- Olives
- Mangoes
- Vitamin E

Deficiency:

- Damage to red blood cells
- Anemia
- Impairment to immune response

Excess:

- Muscle weakness
- Fatigue
- Nausea
- Diarrhea
- Inhibits blood clotting

Vitamin K

Functions:

- Blood clotting
- Formation of bone

Food sources

- Green vegetables

Deficiency

- Rare in healthy people
- Increases risk of hemorrhage

Excess

- Can interfere with anticoagulant medications

WATER-SOLUBLE VITAMINS

Water-soluble vitamins

- Eight B-vitamins and vitamin C
- Absorbed into bloodstream
- Stored in small amounts
- Vulnerable to cooking losses

B vitamins

- B vitamins act primarily as coenzymes
- Work as catalysts
- Function in energy-producing metabolic reactions

Thiamin or Vitamin B1

Functions

- Coenzyme in energy metabolism
- Helps synthesize neurotransmitters

Food sources

- Whole and enriched grains, legumes, nuts:
Sunflower seeds, wheat germ, pine nut, brazil nut,
Soybean, pecan, sesame, oats, chickpea

Deficiency

- Parkinson's disease, Beriberi, nervous, digestive, circulatory disorders, cataract

Riboflavin or Vitamin B2

Functions

- Coenzyme in energy metabolism
- Necessary in all chemical reactions in which energy is produced in the body
- Supports antioxidants

Food sources

- Soybean, bran, wheat germ, buckwheat, chickpea, oats, popcorn

Deficiency

- Fatigue, weakness, apathy, vision disorders, skin eruptions, anemia

Niacin or Vitamin B3

Functions

- Coenzyme in energy production in cells
- Necessary for body growth
- Supports fatty acid synthesis
- Reduces cholesterol levels

Food sources

- Whole and enriched grains, bran, peanut butter, wheat germ, sesame, buckwheat, almond, date, tofu, avocado, sweet corn

Deficiency

- Skin disorders (dermatitis, pellagra), nervous system disorders (depression, anxiety)

Toxicity

- High doses used to treat high blood cholesterol
- Side effects: skin flushing, liver damage

Pantothenic Acid

Functions

- Component of Coenzyme A

Food sources

- Widespread in foods

Deficiency and toxicity are rare.

Biotin

Functions

- Amino acid metabolism
- Fatty acid synthesis

- DNA synthesis
- Support hair, skin and nails

Food sources

- Cauliflower, liver, peanuts, cheese

Deficiency and toxicity are rare.

Vitamin B₆

Functions

- Coenzyme in protein and amino acid metabolism
- Metabolism of carbohydrates and fats
- Energy production within the cells of the nervous system
- Blood formation: involved in the synthesis of hemoglobin that forms the red blood cells
- Supports immune system

Especially needed: women taking oral contraceptives, pregnant and nursing women

Food sources

- Bran, wheat germ, garlic, sesame, blackstrap molasses, bananas, chickpea, whole grain rice, avocado, potatoes, sunflower seeds

Deficiency

- Microcytic hypochromic anemia, fatigue, nervousness, skin disorders

Toxicity

- Can cause permanent nerve damage in high doses

Folate

Functions

- Coenzyme in DNA synthesis and cell division
- Needed for normal red blood cell synthesis

Increased need:

- Growth periods
- Women taking oral contraceptives
- Pregnancy
- Persons at risk for heart attack
- Anemia
- Intestinal parasitosis
- Alcohol consumption

Food sources

- Mung bean, adzuki, chickpea, lentil, wheat germ, spinach, kelp, lettuce, asparagus, red beet, okra, artichoke, walnut, peas, green leafy vegetables, orange juice, legumes, whole-grain bread

Deficiency

- Megaloblastic anemia
- Glossitis
- Mental deterioration
- Can contribute to neural tube defects
- Women of childbearing age need 400 micrograms/day of folic acid

Toxicity

- Can mask vitamin B₁₂ deficiency

Vitamin B₁₂

Is from a bacteria that is usually found in the mouth and produced in the intestine.

Functions

- Needed for normal folate function
- DNA and red blood cell synthesis
- Maintains myelin sheath around nerves

Food sources

- Spirulina
- Soybeans, spinach, barley
- Animal foods: meats, liver, milk, eggs

Deficiency

- Pernicious anemia
- Megaloblastic anemia & nerve damage

Vitamin C

Functions

- Antioxidant: neutralizes free radicals, DNA deterioration and cancer
- Antitoxin: neutralizes the action of a variety of toxic substances
- Strengthens the immune system against infections
- Needed for collagen synthesis necessary for wound healing

Functions

- Improves the consistency of bones and teeth
- Strengthens capillary and arterial walls

Increased need:

- Nicotine addiction, stress, infections, wounds, burns

Food sources

- Fruits: citrus, acerola, sweet red pepper, guava, black currant, kiwi, strawberries, orange, lemon, tomatoes,
- Vegetables: broccoli, cassava, potatoes

Deficiency

- Fatigue, poor wound healing, scurvy

Toxicity

- May cause GI distress in high doses

Question 17

One orange is equivalent to a **50mg** Vitamin C supplement.

Phytochemicals

Phytochemical elements are authentic natural medicines present in plant-based foods.

Where are they found?

Phytochemicals are food components found in plant foods (fruits, vegetables, whole grains, nuts and seeds, legumes, herbs).

Whole foods are better

We should be eating more foods as near as possible to their natural state to get the phytochemicals we need for better health.

Benefits of Phytochemicals

- Present in all fruits, vegetables, legumes and grains.
- There are thousands of different phytochemicals that exist, but only a few have been investigated.
- They provide natural color and flavor to the plants.
- They provide a defense system for the plants.
- Antioxidants: performs numerous preventive and healing functions within the body.
- Flavonoids

Flavonoids *act as:*

- suppressing agents to prevent formation of new cancers from procarcinogens
- blocking agents to prevent carcinogenic compounds reaching critical initiation sites
- transformation agents to facilitate the metabolism of carcinogenic components into less toxic materials

Flavonoids sources

- Citrus: Orange, grapefruit, lemon
- Cherries
- Apples
- Onions
- Grapes
- Squash flower
- Pepper
- Currant

Isoflavones

A type of phytoestrogen (female hormone of plant origin) which facilitates the mineralization of bone and protects against arteriosclerosis and cancer.

Food sources:

- Soybean and its derivatives, particularly tofu
- Other legumes

(Encyclopedia of Foods and their Healing Power V. 1, p.411)

Minerals

- Minerals
- Sodium
- Potassium
- Chloride

- Calcium
- Phosphorus
- Magnesium

Sodium

Functions

- Fluid balance in the cells
- Nerve impulse transmission
- Regulates blood pressure
- Serves the muscles as an electrolyte

Food sources and recommended intake:

- Unrefined Sea Salt
- Celery
- Spinach
- Kelp
- Processed and convenience foods
- Limit to 2,300 milligrams/day (DV)

Deficiency:

- hallucinations, convulsions, irritability, headaches, muscle cramps and muscle weakness, fatigue, convulsions, nausea and vomiting

Potassium

Functions

- Muscle contraction
- Nerve impulse transmission
- Fluid balance

Food sources

- Blackstrap molasses, soybean, wheatgerm, almond, fruits, banana, avocado, vegetables, grains

Deficiency:

- Muscle weakness
- Cardiac rhythm disorders

Banana Facts

- You may know that bananas are high in potassium, but did you also know that they have an unusually high-carbohydrate content?
- Before ripening, a banana is almost entirely starch. After ripening, certain varieties are almost entirely sugar—as much as 20 percent by weight.

Chloride

Chlorine in the body exists in the form of chloride, an essential electrolyte mineral.

Functions of chloride

- Fluid balance

- Hydrochloric acid (stomach acid)
- Food sources of chloride
- Salt

Deficiency:

- loss of appetite
- muscle weakness
- dehydration
- alkalosis, a condition in which body fluids have excess base (alkali), that can result in dangerously high blood pH and excessive loss of potassium in urine

Calcium

Functions

- Bone structure
- Blood clotting
- Nerve impulse transmission, muscle contraction

Food sources

- Sesame, blackstrap molasses, carob flour, soybean, almond, green vegetables, tofu, orange, black currant

Calcium is a major component of bones and teeth. In addition, calcium is required for muscle contraction, nerve impulse transmission, blood clotting, and regulation of cell metabolism.

- 1,200 milligrams per day is recommended for adolescents and adults.
- Ages 25 and above require 800 milligrams per day.

Calcium status is regulated by three hormones that control intestinal absorption, bone calcium release, and kidney excretion: calcitriol, parathyroid hormone, and calcitonin.

- Lack of dietary calcium contributes to the development of osteoporosis.
- Where does the Cow get her Calcium from?

Regulation of Blood Calcium in the blood

- Hormones
- Vitamin D
- Parathyroid hormone
- Calcitonin
- Target tissues
- Small intestine
- Kidneys
- Bone

Phosphorus

Phosphorus is a mineral colleague of calcium within the body. This mineral is an important nutrient and it takes part in every metabolic process in our body. Phosphorus interacts with calcium to form healthy teeth and bones, and nourish the brain and nerves. It is important for transmission of nerve impulses.

Functions

- Bone structure
- Component of ATP, DNA, RNA, phospholipids in cells

Food sources

- Bran, wheat germ, sunflower seeds, soybean, sesame, oats, walnut, spinach, lettuce, carrot

Deficiency:

- taking aluminum containing antacids in large quantities, blocks the absorption of phosphorus from the intestine.
- Poor memory, Brittle hair and nails, Poor bone growth, Osteoporosis, Increase in skin sensitivity, Weight loss due to anorexia, Rickets, Stunted growth, Decreased libido.

Magnesium

Functions:

- DNA and protein synthesis
- Blood clotting, muscle contraction, ATP production

Food sources:

- Bran, pumpkin seeds, sesame, almond, hazelnut, cashew, molasses, wheat germ, buckwheat, kelp, tofu, spinach, date, potato

Magnesium

Deficiency:

- Insomnia
- Anxiety, hyperactivity, restlessness
- Constipation
- Muscle spasms, twitches, soreness
- Difficulty swallowing
- Back aches
- Headaches

Deficiency:

- Chest tightness and difficulty breathing
- Heart palpitations
- High blood pressure
- Extreme fatigue
- Osteoporosis

Major Minerals and Health

Hypertension

- High blood pressure
- Affects nearly 33% of adult Americans

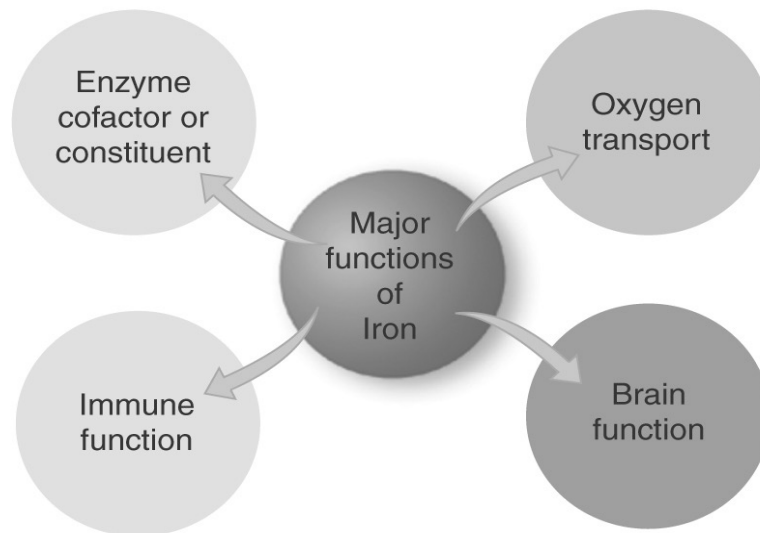
Osteoporosis

- “Porous bone”
- Affects more than 25 million Americans and is the leading cause of bone fractures in older adults

Trace Minerals

- What Are Trace Minerals?
- Needed in small amounts in the diet < 100 mg/day
- Found in small amounts in the body
- Crucial to many body functions, including metabolic pathways

Iron: Functions



Iron

Food sources

- Fenugreek, spirulina, blackstrap molasses, soybean, sesame, bran, lentils, wheat germ, tofu, oats, olive, spinach

Toxicity

- Poisoning in children
- Hemochromatosis
- Iron overload

Deficiency:

- Feeling tired and weak
- Decreased work and school performance
- Slow cognitive and social development during childhood
- Difficulty maintaining body temperature
- Decreased immune function, which increases susceptibility to infection
- Glossitis (an inflamed tongue)
- Factors Affecting Bioavailability of Minerals

Effects of Body's Iron Status on Iron Absorption

- Depending on the size of the body's iron stores, absorption of dietary iron (i.e., iron bioavailability) can vary from less than 1 percent to greater than 50 percent.
- The GI tract increases iron absorption when the body's iron stores are low and decreases absorption when stores are sufficient.

Among adults, men absorb approximately 6 percent of dietary iron and nonpregnant women of childbearing age absorb approximately 13 percent. The women's higher absorption rate primarily reflects their lower iron intake, and higher iron losses as a result of menstruation. Iron absorption also is high among iron-deficient persons.

- Hereditary hemochromatosis, is a form of chronic iron overload, which was once thought to be rare but now is known to be quite common. A genetic defect causes excessive iron absorption.
- Over the years, iron can build up in many parts of the body, leading to severe organ damage and even death. Diabetes, heart disease, cirrhosis of the liver, cancer, and arthritis can all be consequences of hemochromatosis.

Zinc: Functions

Function

- maintaining the skin, hair and nails in good condition
- development and functioning of the reproductive organs

Food sources

- Wheat germ, sesame seeds, cashew nuts, pumpkin seeds, soybean, brazil nut, pine nut, oats, mung bean, blackstrap molasses

Deficiency

- Poor growth, delayed development

Toxicity

- Can cause copper deficiency
- Low immune system

Selenium

• Functions

- Part of antioxidant enzyme
- Thyroid metabolism, immune function

• Food sources

- Nova Scotia dulse, Norwegian kelp, wheat germ, brazil nuts, brewers yeast, garlic, organically grown foods, cereals, vegetables

Deficiency

- Increases susceptibility to some infections
- Improper thyroid function

Toxicity

- Brittle hair and nails
- Impaired immune system

Iodine

Functions

- Thyroid hormone production

Food sources

- Nova Scotia dulse, Norwegian kelp, iodized salt, garlic, leafy greens, pineapples, pears, artichokes, citrus fruits
- Deficiency
- Goiter: enlarged thyroid gland
 - Cretinism: mental retardation
 - This occurs in fetus when pregnant woman is deficient

Copper

Functions

- Melanin, collagen, elastin production
- Immune function
- Antioxidant enzyme systems

Food sources

- Blackstrap molasses, nuts, legumes, prunes, raisins, beets, dulse

Deficiency

White hair, Gray hair, Dry brittle hair ("steely wool" in sheep), Ptosis (sagging tissue - eye lids, skin etc.), Hernias (Congenital and acquired), Varicose veins, Anemia, Hypo and hyper thyroid, Arthritis, Liver cirrhosis, Violent behavior, blind rage, explosive outbursts, criminal behavior, Learning disabilities, Cerebral palsy and hypoplasia of the cerebellum (congenital ataxia), High blood cholesterol, Iron storage disease (abnormal iron accumulation in liver), Reduced glucose tolerance (low blood sugar), Neutropenia (low neutrophils)

Manganese

Functions

- Cartilage production
- Antioxidant enzyme systems
- Fertility

Food sources

- Dulse, kelp, pecans, brazil nuts, almonds, barley, avocados, grains, green leafy vegetables, oranges, grapefruit, pumpkin seeds, blueberries, apricots, peas, wheat germ

Deficiency

Congenital ataxia, Deafness, Asthma, "Slipped Tendon", Defects of chondroitin sulfate metabolism (poor cartilage formation), Repetitive Motion Syndrome, Carpal Tunnel Syndrome, Convulsions, Infertility (failure to ovulate; testicular atrophy), Still births or spontaneous abortions (miscarriages), Loss of libido in males and females, Retarded growth rate, Shortened long bones

Fluorine

Functions

- Bone and tooth structure

Food sources

- Dulse, kelp, oats, garlic, carrots, sunflower seeds, green vegetables, almonds

Fluoride balance

- Excess can cause fluorosis (mottles on teeth)

- The Impact of Fluorine on Health
- Appropriate fluorine exposure and usage is beneficial to bone and tooth integrity and, as such, has an important, positive impact on health throughout life.
- Only the minute traces found in food are safe to ingest.

Deficiency

Tooth decay, weakened bone and teeth, enamel of tooth surface acquiring a corroded appearance

Chromium

Functions

- Glucose metabolism
- Key benefit in helping insulin to work properly

Food sources

- Dulse, kelp, brewers yeast, whole grains (brown rice, oats, barley), cane juice

Deficiency

- sudden and abrupt rise in anxiety levels
- lightheaded, anxious, and your heart may start racing even after doing some light exercise
- sudden decrease in energy levels
- chronic fatigue
- muscle weakness
- mood swings

Germanium

Functions

- Improves cellular oxygenation
- Maintains immune system
- Fights pain
- Rids body of toxins and poisons
- Carries oxygen to cells

Food sources

- Dulse, kelp, garlic, onions, aloe vera, ginseng

Deficiency

Asthma, Cancer, Cardiac Insufficiency, Hypertension, Leukemia, Nephritis, Neurotic Disorders, Softening of Brain Tissue, Arthritis, Low Energy

Menu Planning

Sample Meal 1

- **Fruit: 3-5 servings**
- **Whole Grain Cereal sweetened w/Fruit: 1 cup servings**
 - 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.
 - ¼ cup of pumpkin seed can be eaten with the breakfast cereal.
- **1-2 slices of whole grain bread with natural butter**

- e.g. almond, spreads/butter is acceptable as well. (e.g. Tahini, cashew)

Sample Meal 2

- **Raw Salad (fruit or vegetable)** small bowl
- **Steamed/Raw fruit or veggie** ½ of the plate
- **Starches/Grains & Provision** ¼ of the plate - Starches consist of (i.e. brown rice, baked potatoes, whole wheat pasta)
- **Proteins** (legumes, nut or bean loaf) ¼ of the plate
- **Fats** (end the meal with Fats - olive oil, nut butter, closed handful of nuts)

TURN TO NUTRITION IN LIFESTYLE ASSESSMENT FORM

DO YOU EAT ANY MEAT OR FLESH FOODS: What were the two reasons that flesh was permitted by God to eat?

1. For emergency food.
2. To shorten man's life.

After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years. (CD p.373)

- *The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away. Psalm 90:10*
- The liability to take disease is increased tenfold by meat eating.—
Testimonies for the Church p. 264.
- Are you eating flesh right now?
- Are you following the biblical principle for eating flesh?
- Avoid flesh without the blood and without the fat.
- Are you eating flesh clean where the animal was not strangled, and the blood was drained?
- If you cannot give an affirmative yes, then I'll recommend that you are eating it unclean.

Genesis 9:4 says, *But flesh with the life thereof, which is the blood thereof, shall ye not eat.* The meat is served reeking with fat, because it suits the perverted taste. Both the blood and the fat of animals is consumed as a luxury. But the Lord has given special directions that these should not be eaten.

If you want to be a trainer, you **cannot** eat flesh and teach. Practice what you preach.

- It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai. (CD p.17.9)
- To him that knoweth to do good and doeth it not, to him it is sin. James 4:17

- How soon after light comes should one change?

At the time the light of health reform dawned upon us, and since that time, the questions have come home every day, "Am I practicing true temperance in all things?" "Is my diet such as will bring me in a position where I can accomplish the greatest amount of good?" If we cannot answer these questions in the affirmative, we stand condemned before God, for He will hold us all responsible for the light which has shone upon our path. The time of ignorance God winked at, but as fast as light shines upon us, He requires us to change our health-destroying habits, and place ourselves in a right relation to physical laws. (CD p.19,20)

Trainers need to change immediately, let it be our goal.

HOW DOES FLESH EATING CONTRIBUTE TO DISEASE?

- Animals are diseased.
- The body cannot make good flesh and good blood from meat.
- It is stimulating.
- Hypoxanthine in meat causes it to be addictive, especially the aged meat. If stopped immediately one may feel feverish and weak, however, give it a while and you would be fine.
- Again and again I have been shown that God is trying to lead us back, step by step, to His original design,-- that man should subsist upon the natural products of the earth. (CD p.380.1)
- Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creation of man. (CD p.380.2)
- Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. (CD p.310)
- Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct by eating the food that God provided for our use. (CD p. 396.3)

DO YOU EAT ANY DIARY PRODUCTS or eggs (i.e. milk, cheese, yogurt, chocolate etc...)? : Why is it not safe for diary products to be eaten now?

- Animals are more diseased now than before.
- Hormones, antibiotics and other chemicals injected into the animals are passed on in their flesh and by-products (milk, cheese, butter, ice cream, cakes etc.)

Do you eat refined white products (i.e. white bread, white rice, white flour products, etc...)?

For disease reversal, take out all white items from the diet. This converts to sugar and raises the sugar level to the roof. Whereas, the fiber in the whole grain will control the sugar level and help to keep it low.

The grain has three parts, the bran, the endosperm and the germ. When Gluten is eaten, nothing is absorbed.

Grains used for porridge or "mush" should have several hours' cooking. (CD p. 314.4)

- All grains should be cooked for at least 3 hours. This is to required to break down the phytic acid in the bran which if not destroyed prevents the absorption of copper, zinc, calcium, iron and magnesium.
- Old fashioned rolled oats should be cooked slowly for at least 3 hours to make sure that the starch is broken down in this grain. A Study of people over age 30 found out that there were legions on the brain caused by undercooked starches.

HOW MANY SERVINGS OF FRUIT & VEGETABLES PER DAY: What is an optimal amount of servings per day?

- Three to five servings of fruit and vegetables per day.
- Eat fruit at one meal and vegetables at another.
- Do not mix fruit and vegetables at the same meal.
- A fruit is a that which has the seed within itself (Gen 1:11) tomatoes, cucumbers, eggplant are considered fruits and should not be mixed with carrots, broccoli, cabbage, lettuce etc.
- Mixing fruits and vegetables at the same meal causes fermentation in the stomach.
- There should not be a great variety at any one meal, for this encourages overeating, and causes indigestion. (CD p. 112.2)
- Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect. (CD p. 112.6)

DO YOU USE CONDIMENTS? (i.e. ketchup, mustard, mayonnaise, barbeque sauces, veggienaise, nayonaise, salad dressings, pickles, vinegar, etc...) What are some major problems with consuming vinegar?

- Vinegar in these items is fermented alcohol it poisons the blood and makes it impure.
- Sugar and vinegar combined as in ketchup, can lead to impure thoughts, and to Leukemia – Cancer of the Blood.
- Vinegar also depletes calcium phosphate from bones and teeth thus weakening them.

Do you add any of the following spices to your foods: cinnamon, nutmeg, cloves, curry, hot sauces, and cayenne peppers, black and white peppers etc? Avoid all **spices**, ginger, mauby, all energy drinks, curry, nutmeg, mace, cinnamon, cloves.

Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. (HL p. 93.1)

- Most spices can be used for medicinal purposes but not for dietary uses (that includes vinegar for external uses). When spices are used as part of a regular diet it can also elevate the blood pressure.
- Spices irritate the stomach
- Causes reddening to the stomach and increase of the gastric secretions
- Contributes to cancer (Stomach Cancer, Ulcers)

Avoid **all hot peppers** (including but not limited to chili peppers, black and white peppers, cayenne pepper, scotch bonnet, bird pepper, hot pepper sauces, and so forth) as they are related to cancer of the stomach and hypertension. They are also stimulants and should be avoided.

Nutmeg contains a toxic alkaloid called myristicin whose narcotic or drug effect depresses the central nervous system. However it can be used medicinally to reverse a stroke but should not be used as part of the diet.

DO YOU EAT FRIED FOODS? What does frying vegetable oils do to the molecular structure?

Vegetable oils when heated breaks down its molecular structure and so loses its value.

DO YOU USE MARGARINE OR BUTTER? What is the problem with these food items?

- Margarine or Butter is saturated fat which the body cannot digest.
- Undigested fat passes out or stores as fat in the body.
- It is an animal product and so contains Cholesterol.
- Butter causes Cholesterol to jump by 20% in a few hours after use.

DO YOU USE BAKING POWDER OR BAKING SODA? What will these items do once they enter the stomach?

- It keeps the PH level of the stomach high.
- High PH level prevents the stomach from becoming acidic enough to breakdown protein.
- The use of soda or baking powder in breadmaking is harmful and unnecessary.
- Soda causes inflammation of the stomach and often poisons the entire system. (CD p.316.2)
- Use baking powder with Calcium carbonate not Sodium Bicarbonate. E.g. Ener-G
- Normal PH level in the stomach is 7.35 – 7.45

- To digest plant based protein, the stomach needs to be acidic at 3.35
- To digest animal based protein, the stomach needs to be acidic at 1.35
- If the PH level remains high in the stomach due to baking powder use, it makes it difficult for proteins to be digested
- Too much protein in the stomach would affect the kidneys

DO YOU EAT FRESH BREAD? Why is fresh bread not good for you to eat? The yeast in the fresh bread is still alive within 48 hours and this can cause bloatedness of the stomach or candida.

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, as far as possible, the yeast germs shall be destroyed. When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal, without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable. . . . (CD p.316.4)

DO YOU EAT ANY COCOA, CHOCOLATE OR ICE CREAM? List the dangers of these three items:

- **COCOA** – theobromine in the cocoa bean acts much like caffeine
- **CHOCOLATE** – contains caffeine gives a high then an all time low and can depress the mind
- Can cause insomnia
- It over stimulates the nervous system
- Causes stomach irritation

DO YOU EAT ANY COCOA, CHOCOLATE OR ICE CREAM? List the dangers of these three items:

- **CHOCOLATE**
- Elevates the blood pressure
- Restricts the blood vessels
- Depletes calcium and irritates the kidneys
- Is addictive

DO YOU EAT ANY COCOA, CHOCOLATE OR ICE CREAM? List the dangers of these three items:

- **ICE CREAM**
- Wrong temperature
- Ice cream is freezes at 32° but the body is warm at 98.6° therefore the stomach needs to heat up the cold item to body temperature before it can be digested, mean while, the food begins to ferment and causes bad blood
- Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. (CD p.106.3)

Large quantities of milk and sugar eaten together are injurious. They impart impurities to the system. Animals from which milk is obtained are not always healthy. They may be diseased. A cow may be apparently well in the morning and die before night. Then she was diseased in the morning, and her milk was diseased, but you did not know it. The animal creation is diseased. Flesh meats are diseased. Could we know that animals were in perfect health, I would recommend that people eat flesh meats sooner than large quantities of milk and sugar. (CD p.330.3)

Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. (CD p.331 art.536)

WHICH OILS DO YOU COOK WITH? What is the best oil to cook with, and why?

- Olive oil is the king of all oils. It is most stable under high temperatures. (Encyclopedia of Foods and their Healing Power V1 p.113 and p.122)
- Canola oil comes from the GMO rapeseed plant. It has a toxic element called erucic acid that is toxic to the coronary artery system.

DO YOU READ LABELS OF FOOD ITEMS THAT YOU BUY FROM THE STORE? When someone puts yes, what does this tell you?

This person already has a keen interest in what is being put into his body.

LIST ANY SWEETENERS YOU CONSUME: Out of those items listed which one would you say is the safest?

Recommend natural sweeteners such as:

- Honey, maple syrup, agave nectar, dates, raisins, molasses, banana, cane juice, 100% apple juice or apple sauce
- Natural sweeteners have several nutrients in them as well as fiber, unlike crystalized sugar which is stripped of nutrients and causes tooth decay.

HOW MUCH & OFTEN DO YOU EAT NUTS? Why are nuts important to the diet, and what part can they play in preventing heart disease?

- It is part of our original diet chosen for us by our creator
- There are several nutrients to be gained by use of nuts and seeds.
- It is important to have nuts as a fat item in our meal
- Nuts eaten at the end of a meal constitutes fat at the end of the meal which takes longer to digest and would sustain us until the next meal.
- Adventist Health Study 1 shows that eating nuts at least 5 times a week reduced the risk of heart attack by 50%

DO YOU EAT ANY CANNED ITEMS? Someone you are consulting has hypertension and they eat a lot of canned items, what would you tell them about these items?

The spices and condiments (salt, sugars, vinegar) in these items elevate the blood pressure.

ARE YOU ON ANY SPECIAL DIET? Why don't diets work?

- They do not provide the body with all the nutrients it needs.
- One may not be getting sufficient food.

DO YOU EAT OUT? Why is it important to stay away from eating out?

- There is no telling what the foods are prepared with. Whether harmful ingredients are in them.
- As you are now being cautious about what you eat you would want to limit purchased food.

DO YOU USE SALT? Someone you consult doesn't believe in using salt, what would you say to him or her?

- Salt is essential for the blood
- Use salt with iodine
- The best around so far is the Pink Himalayan Sea Salt that has 84 minerals including iodine
- 60% of people who do not use salt have high blood pressure
- At one time Doctor ----- tried to teach our family to cook according to health reform, as he viewed it, without salt or anything else to season the food. Well, I determined to try it, but I became so reduced in strength that I had to make a change; and a different policy was entered upon with great success. I tell you this because I know that you are in positive danger. (CD p. 203.4)
- I use some salt, and always have, because salt, instead of being deleterious, is actually essential for the blood. (CD p. 207.3)

DOES THE SALT CONTAIN IODINE? Why is iodine important, and what condition could result from not having enough in the diet?

- Iodine is essential for proper functioning of the Thyroid gland which regulates the metabolic rate of the human body
- Use of Iodine would prevent Thyroid related illness such as hyperthyroidism, goiter, overweight, extreme fatigue, depression etc.

The following items hinders iodine from being absorbed:

- Fluoride
- Chlorine
- Cassava
- Corn
- Crucifers family (cabbage, broccoli, cauliflower, kale)

These items contain a chemical called goitrin that fights against iodine

Obtain Iodine from seaweed vegetable – Kelp or Dulse or salt containing iodine.

LESSON 9: WATER

Question 1

In **health** and in **sickness**, pure water provides one of heaven's **choicest blessings**. It's proper use promotes **health**. It is the **beverage** which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the **necessities** of the **system** and assists nature to resist **disease**. MH p.153

Regulation of Water Balance

- Hormonal effects
 - Antidiuretic hormone (ADH)
 - Aldosterone
- Thirst
- Substances that affect water balance
 - Alcohol, caffeine, and diuretic medications

Question 2

You can go up to **six weeks** without food, but a **few** days without water.

Question 3

Every **cell** in the body needs water.

Question 4

Water makes up a total of **70%** of our total body weight.
The brain is approximately **80%** water

Question 5

Functions of water in the body:

- Essential for **circulation** of the blood - 90% water in the plasma.
- Keeps body **temperature** within a normal range.
- The **evaporation** of the water on the surface of skin helps bring the temperature down.
- Produces fluid that constantly **moisten** the eyes.
- Needed to **lubricate** and **cushion** the bones and joints.
- Necessary for the production of **saliva** and **digestive** juices.
- Relieves mental and physical **fatigue**.

Question 6

Drinking one glass of water, every **ten** minutes for one hour will relieve many **headaches**.

Question 7

- Water helps to flush the kidneys and alleviate some **back pain**.
- Water helps relieve **constipation**.

Question 8

Water reduces the risk of **cancer** of the colon, bladder and urinary track.

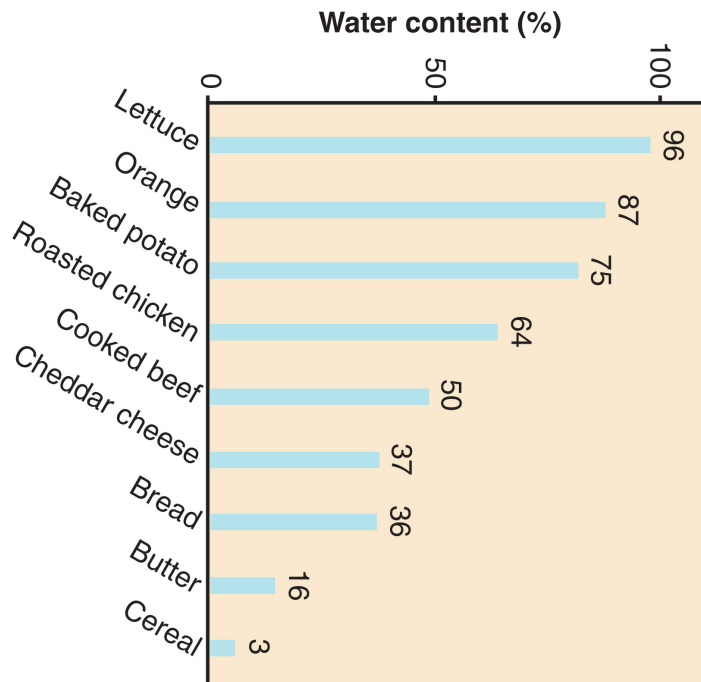
Question 9

Three ways in which you get water daily are:

1. **Vegetables**
2. **Fruit**
3. **Bathing**

Water Content of Various Foods

- As you might expect, crunchy vegetables contain more water than dry cereal.
- But did you know that potatoes contain a high percentage of water?



Water Intoxication

- Because drinking fluids temporarily alleviates thirst, we rarely drink to the point of over-hydration and dilution of body fluids.
- Acute water toxicity has been reported due to rapid consumption of large quantities of fluids that greatly exceeded the kidney's maximal excretion rate of approximately 0.7 to 1.0 liters per hour.
- Several years ago, some dieters overenthusiastically followed a fad weight reduction diet calling for massive water intake and suffered seizures from over-hydration.

Question 10

Approximately ten glasses of water are eliminated daily through body:

the **kidneys** (5.5), **lungs**, (2), **skin**, (2), **GI Track**(.5)

Question 11

List conditions that will cause you to loose water:

1. Diabetes (frequent urine)
2. High fever
3. Diarrhea
4. Physical hard work
5. Any activity that increases body sweat
6. Dry air
7. Vomiting
8. Menstruation
9. Breast feeding
10. High protein foods, salt, and sugar intake
11. High vitamin and supplement intake
12. Drinking coffee

Question 12

The human body requires **one third** more water than the body thirst signals indicate.

- Lots of people are dehydrated
- Effects of Progressive Dehydration

Question 13 – List 6 Symptoms of Dehydration - when the body has lost about 2% of it's total fluid

- Thirst
- Loss of Appetite
- Dry skin
- Skin flushing
- Dark colored urine
- Dry mouth
- Fatigue or weakness
- Chills
- Head rushes

Symptoms of Dehydration - when the total fluid loss reaches 5%

- Increased heart rate
- Increased respiration
- Decreased sweating
- Decreased urination
- Increased body temperature
- Extreme fatigue
- Muscle cramps
- Headaches
- Nausea
- Tingling of the limbs

Symptoms of Dehydration - when the total fluid loss reaches 10% emergency help is needed IMMEDIATELY!

- Muscle spasms
- Vomiting
- Racing pulse
- Shriveled skin
- Dim vision
- Painful urination
- Confusion
- Difficulty breathing
- Seizures
- Chest and Abdominal pain
- Unconsciousness

Question 14

How to get your daily intake of water?

- First thing in the morning, drink at least **2-4 glasses (16-32 oz)** of warm water.
- **Mid-morning** another two glasses.
- **Afternoon** two or three glasses.

Question 15

How does one drink water?

- 2 mouthfuls at a time.
- The cells will absorb the water and be properly hydrated.
- Gobbling down would increase the intraocular eye pressure and affect the eyes, and cause one to go to the bathroom too often.

Question 16

How long after a meal should you drink water?

2 hours after a meal

Question 17

How long before a meal should you drink water?

15 to 30 minutes before a meal.

However, for persons with digestive problems, drink 30 minutes before a meal.

Question 18

The external application of water is one of the easiest and most satisfactory ways of regulating the **circulation** of the blood.

Question 19

Use of water in sickness

Water can be used in many ways to relieve suffering. Drafts of clear, hot water taken before **eating** (half quart, more or less), will never do any harm, but will rather be **productive** of good. (CD p.419)

- Drink this 15-30 minutes before a meal

Question 20

Water in case of fever

If, in their fevered state, **water** had been given them to **drink** freely, and **applications** had also been made **externally**, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burned up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals.

Water is the best liquid possible to cleanse the tissues. (CD p.419)

TURN TO WATER IN THE LIFESTYLE ASSESSMENT FORM

HOW MANY GLASSES OF WATER DO YOU USUALLY DRINK PER DAY?

What is a good amount of water for the average person to drink per day?

- Drink water until the urine is pale yellow to clear.
- Drink 16oz - 32oz warm water upon awakening on mornings, this will open the appetite and prepare the stomach for digestion. The warmth will also expand the intestines and cause a nice bowel movement.

WHAT KIND OF WATER DO YOU USUALLY DRINK PER DAY? What would you say constitutes good healthy water?

Drink clean treated water.

IS YOUR WATER FILTERED? What water filters would you recommend, and why?

A charcoal filter removes most contaminants and makes the water taste good.

AT WHAT TEMPERATURE DO YOU DRINK YOUR WATER? How does the temperature of the water affect the stomach?

- Drink water at room temperature.
- Cold water needs to be warmed up to body temperature before being absorbed.

Hot and cold drinks

I would advise all to take something warm into the stomach, every morning at least.

Hot drinks are not required, except as a medicine. The stomach is greatly injured by a large quantity of hot food and hot drink. Thus the throat and digestive organs, and through them the other organs of the body, are enfeebled. (CD p.106)

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach.

Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food. (CD p.106)

- Warm water expands the intestines and signals the need for food, whereas cold water constricts the intestines and shuts down the desire for food.
- If you feel hungry at night drink cold water.
- If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten. (CD p.177.1)

DO YOU EAT ICE: Craving ice can be a sign of what mineral deficiency?

- One is usually iron deficient if they crave ice.
- Such person may also be anemic.

HOW MANY GLASSES OF JUICE DO YOU DRINK PER DAY? What are some dangers of drinking too much juice?

- Juice is robbed of the essential fiber that is needed for the body.
- There is a need to be mindful of sugar intake through juice.
- One is more likely to eat and drink when using juice.

HOW MANY CANS / BOTTLES OF SODA PER DAY? List some of the dangers of consuming these items?

There is too much sugar in these items.

WHAT LIQUID DO YOU DRINK: What are some problems with the following beverages?

- TEA – tea contains phenolic tannins which prevents the absorption of iron, which leads to anemia. Tea also destroys vitamin B1. Vitamin B1 deficiency leads to Parkinson's disease, neuralgia, glaucoma and depression.
- ALCOHOL – promotes high blood pressure, toxic to the heart, muscle, excess calories, stores as fat in the liver, depresses respiratory functions, and causes irreparable brain damage.

WHAT LIQUID DO YOU DRINK: What are some problems with the following beverages?

- BEER – this contains alcohol and can lead to the need for stronger stimulating drink.
- SODA – extra sugar intake produces:
 - Unbalanced nutrition
 - Extra fat storage
 - Uneven blood sugar
 - Delayed digestion
 - Phosphoric acid depletes calcium from bones
- MILK
 - High fat and cholesterol
 - No fiber
 - Burdens the system
 - Causes allergies
 - Turns on the Cancer gene
 - Triggers Diabetes
 - Afflicts the Prostate
 - High protein intake along with other sources of protein leaches calcium from the bones

DO YOU DRINK WITH YOUR MEALS: What is the physiological reason why we should not drink with our meals?

- Liquid must be first absorbed before solids can begin digestion.
- As a result, when food sits in the stomach too long, fermentation takes place and the food sours.
- Do not eat and drink at the same time, the liquid dilutes the gastric juice then the food sits in the stomach and ferments causing indigestion, acid reflux, and bad breath.
- Soups are lethal – they destroy the kidneys.
- Soups should be stew not liquid.
- The sourness in the stomach comes through the mouth.
- Bloating of stomach comes from indigestion.

Your stomach was not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Notwithstanding this, you should not yield the point; you should educate your stomach to bear a more solid diet. (CD p.105.1)

WHAT COLOR IS YOUR URINE NORMALLY? What color should the urine be in the morning upon waking up?

- Urine should be pale yellow, even upon waking up.
- Drink enough water through out the day.
- Medication can impair the color of the urine.

LESSON 10: TRUST IN DIVINE POWER

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5, 6

Spread every plan before God with fasting, and with the humbling of the soul before the Lord Jesus, and commit thy ways unto the Lord. The sure promise is, He will direct thy paths. He is infinite in resources. The Holy One of Israel, who calls the host of heaven by name, and holds the stars of heaven in position, has you individually in His keeping.... 2 Selected Messages p. 364

Romans 12: 1, 2	God's expectation for our bodies
Proverbs 26:2	Nothing comes without a cause
John 5:1-15	The lame man at Bethesda Cause: It was the man's Sin that caused his sickness
John 9:1-7	The Blind Man Cause: The man was sick that the name of God be glorified
John 11:1-14	Lazarus's death Cause: For the glory of God
Numbers 12:1-15	Leadership and Backbiting Cause: Violation of Spiritual Law
Luke 5:12-25	The Paralytic Cause: Violation of Spiritual Law
Job 42:7	Examine Job's Case Cause: For the glory of God
2 Samuel 11 & 12	David's Adultery, Murder, the birth and death of Child Cause: Violation of Spiritual Law
2 Samuel 12:24	David's Deepest Repentance—despite error the blessings still came: God is still willing to forgive and restore

The following quotations share key references on the Spiritual Component of Health.

Do not worry

It will do us well not to worry about situations in our lives. 1 Peter 5:7 says Casting all your care upon him; for he careth for you. Place your concerns in God's care, and let him work things out for you.

The assurance of God's approval will promote physical health. It fortifies the soul against doubt, perplexity, and excessive grief, that so often sap the vital forces and induce nervous diseases of a most debilitating and distressing character.— *The Review and Herald*, October 16, 1883.

The exalting influence of the Spirit of God is the best restorative for the sick.—*Testimonies for the Church* 1:556.

Who brings about the healing?

The words spoken to Israel are true today of those who recover health of body or health of soul. "I am the Lord that healeth thee." Exodus 15:26

Jesus can limit the power of Satan. He is the physician in whom the sin-sick soul may trust to heal the maladies of the body as well as of the soul.—*Testimonies for the Church* 5:448.

I would come before the Lord with this petition: "Lord, we cannot read the heart of this sick one, but thou knowest whether it is for the good of his soul and for the glory of thy name to raise him to health. In thy great goodness, compassionate this case, and let healthy action take place in the system. The work must be entirely thine own. We have done all that human skill can do; now, Lord, we lay this case at thy feet, work as only God can work, and if it be for thy good and for thy glory, arrest the progress of disease and heal this sufferer."

... But after I have prayed earnestly for the sick, what then? Do I cease to do all I can for their recovery?—No, I work all the more earnestly, with much prayer that the Lord may bless the means which his own hand has provided; that he may give sanctified wisdom to co-operate with him in the recovery of the sick.—*Unpublished Testimonies, March 11, 1892.*

Exercise Faith

The strong desire for recovery leads to earnest prayer; and this is right. God is our refuge in sickness as in health.—*Testimonies for the Church* Vol. 5 p. 315. Prayer will give the sick an abiding confidence.—*Testimonies for the Church* Vol. 5 p. 443.

God does not work miracles where he has provided means by which the work may be accomplished.—*The Review and Herald, July 17, 1888.*

Faith without intelligent works is dead, being alone. Faith in the healing power of God will not save unless it is combined with good works.—*Unpublished Testimonies, August 25, 1897.*

We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.

The body is to be carefully cared for, and in this the Lord demands the

cooperation of the human agent. Man must become intelligent in regard to the treatment and use of brain, bone, and muscle. The very best experience we can gain is to know ourselves.—*Manuscript 65, 1899 (General Manuscript). 2 SM p. 296*

Many have expected that God would keep them from sickness merely because they have asked him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no effort to prevent disease. When we do all we can on our part to have health, then we may expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health.—*How to Live p., 64.*

In praying for the sick, it is essential to have faith; for it is in accordance with the word of God.... Sometimes answers to our prayers come immediately, sometimes we have to wait patiently and continue earnestly to plead for the things we need. Our faith is illustrated by the case of the importunate solicitor for bread.... If our petitions are indited by the Lord, they will be answered.—*Ibid.*

We all desire an immediate answer to our prayers, and we are tempted to become discouraged if it does not come. Now my experience has taught me that this is a great mistake. The delay is for our special benefit.... Faith strengthens through continual exercise. This waiting does not mean that because we ask the Lord to heal, there is nothing for us to do. We are to make the very best use of the means which the Lord in his gracious goodness has provided for us in our very necessities....

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.*

We cannot disregard the laws of nature without disregarding the laws of God.

We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which, aptly and opportunely applied, will bring about a miraculous result.

Therefore, pray, believe, and work.—*Letter 66, 1901.*

A Word from Jesus

"I am the Lord that healeth thee." Exodus 15:26.

The desire of God for every human being is expressed in the words, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.

He it is who "forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies." Psalm 103:3,4.

"Fear not: for I have redeemed thee, I have called thee by thy name; thou art Mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour. . . . Since thou wast precious in My sight, thou hast been honorable, and I have loved thee." "I, even I, am He that blotteth out thy transgressions for Mine own sake, and will not remember thy sins." "Fear not: for I am with thee." Isaiah 43:1-4, 25, 5.

"Like as a father pitieth his children, so the Lord pitieth them that fear Him. For He knoweth our frame; He remembereth that we are dust." Psalm 103:13, 14.

"Only acknowledge thine iniquity, that thou hast transgressed against the Lord thy God." "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." Jeremiah 3:13; 1 John 1:9.

"I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee." Isaiah 44:22.

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. If ye be willing and obedient, ye shall eat the good of the land." Isaiah 1:18, 19.

"I have loved thee with an everlasting love: therefore with loving-kindness have I drawn thee." "I hid My face from thee for a moment; but with everlasting kindness will I have mercy on thee." Jeremiah 31:3; Isaiah 54:8.

"Let not your heart be troubled." "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:1, 27.

"A Man shall be as an hiding place from the wind, and a covert from the tempest; as rivers of water in a dry place, as the shadow of a great rock in a weary land." Isaiah 32:2.

"Look unto Me, and be ye saved, all the ends of the earth." Isaiah 45:22.

"Himself took our infirmities, and bare our sicknesses." "He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed." Matthew 8:17; Isaiah 53:5.

LESSON 11: CLEANLINESS

Thou shalt have a place also without the camp, whither thou shalt go forth abroad: And thou shalt have a paddle upon thy weapon; and it shall be, when thou wilt ease thyself abroad, thou shalt dig therewith, and shalt turn back and cover that which cometh from thee: Deuteronomy 23:12,13

In regard to cleanliness, God requires no less of his people now than he did of ancient Israel. **A neglect of cleanliness will induce disease.**—*How to Live*, p. 61.

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 in the effect produced upon the system. 2 *Selected Messages* p. 287.3

Cleanliness in the home

Many families suffer with sore throat, and lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping rooms are small, unfit to sleep in for one night, but they occupy the small apartments for weeks, and months, and years. They keep their windows and doors closed, fearing they would take cold if there was a crevice open to let in the air. They breathe the same air over and over, until it becomes impregnated with the poisonous impurities, and waste matter, thrown off from their bodies, through the lungs, and the pores of the skin. Such can test the matter, and be convinced of the unhealthy air in their close rooms, by entering them after they have remained a while in the open air. Then they can have some idea of the impurities they have conveyed to the blood, through the inhalations of the lungs. Those who thus abuse their health, must suffer with disease. All should regard light and air as among Heaven's most precious blessings. They should not shut out these blessings as though they were enemies.

Sleeping apartments should be large and so arranged as to have a circulation of air through them, day and night. Those who have excluded the air from their sleeping rooms, should commence to change their course immediately. They should let in air by degrees, and increase its circulation until they can bear it winter and summer, with no danger of taking cold. The lungs, in order to be healthy, must have pure air. 2 *Selected Messages* p. 463

Cleanliness outside the home

Filth is a breeder of disease.—*The Review and Herald, February 4, 1896.*

A neglect of cleanliness will induce disease.... Stubborn fevers and violent diseases have prevailed in neighborhoods and towns that had formerly been considered healthy, and some have died, while others have been left with broken constitutions to be crippled with disease for life. In many instances their own yards contained the agent of destruction, which sent forth deadly poisons into the atmosphere, to be inhaled by the family and the neighborhood.—*How to Live, p. 61.*

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances effluvium that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances.—*Ibid.*

If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.—*How to Live, p. 64.*

Shade-trees and shrubbery too close and dense around a house are unhealthful; for they prevent a free circulation of air, and prevent the rays of the sun from shining through sufficiently. In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade-trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard, beautiful with scattering trees, and some shrubbery at a proper distance from the house, has a happy, cheerful influence upon the family, and if well taken care of, will prove no injury to health.—*How to Live, 64.*

Body Hygiene

Strict habits of cleanliness should be observed. Many, while well, will not take the trouble to keep in a healthy condition. They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste

matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs.—*How to Live*, p. 60.

Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter.—*How to Live*, p. 60.

The burden of labor is thrown upon the liver, lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin.—*Testimonies for the Church* p. 2:524.

The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities.—*Testimonies for the Church* p. 3:70.

You have not given your body a chance to breathe. The pores of the skin, or the little mouths through which the body breathes, have become closed, and the system has been filled with impurities.—*Testimonies for the Church* p. 3:74.

If the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the internal organs.—*How to Live*, p. 60.

Many are ignorantly injuring their health and endangering their lives by using cosmetics... When they become heated, ... the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone.—*The Health Reformer*, October 1, 1871.

Bathing frees the skin from the accumulation of impurities, which are constantly collecting, and keeps the skin moist and supple.—*Testimonies for the Church* p. 3:70.

Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath, and to rub them until their bodies are in a glow. This brings the blood to the surface, relieving the brain.—*Christian Temperance and Bible Hygiene*, p. 141.

Bathe frequently in pure soft water, followed by gentle rubbing.—*How to Live*, p. 54.

LESSON 12 - PURITY OF LIFE

Blessed are the pure in heart: for they shall see God. Matthew 5:8
Control of the mind

Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.... The religion of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent soother of the nerves.—*Testimonies for the Church Vol. 5 p. 443.*

A contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness.—*Testimonies for the Church Vol. 1 p. 702.*

In such cases of affliction where Satan has control of the mind, before engaging in prayer there should be the closest self-examination to discover if there are not sins which need to be repented of, confessed, and forsaken. Deep humility of soul before God is necessary, and firm, humble reliance upon the blood of Christ alone. Fasting and prayer will accomplish nothing while the heart is estranged from God by a wrong course of action.—*Testimonies for the Church Vol. 2 p. 146.*

If we regard iniquity in our hearts, the Lord will not hear us.... When we come to him, we should pray that we may enter into and accomplish his purpose, and that our desires and interests may be lost in his.—*Testimonies for the Church Vol. 2 p. 148.*

The influence of the Spirit of God is the very best medicine for disease. Heaven is all health; the more deeply heavenly influences are realized, the more sure will be the recovery of the believing invalid.—*Christian Temperance and Bible Hygiene, p. 13.*

A sore, sick heart, a discouraged mind, needs mild treatment; and it is through tender sympathy that this class of minds can be healed. The physician should first gain their confidence, and then point them to the all-healing Physician. If their minds can be directed to the Burden-Bearer, and they can have faith that he will have an interest in them, the cure of their diseased bodies and minds will be sure.—*Testimonies for the Church Vol. 3 p. 184.*

A person whose mind is quiet and satisfied in God is in the pathway to health.— *The Review and Herald, 1880, No. II.*

Cheerfulness and a clear conscience are better than drugs, and will be

an effective agent in your restoration to health.—*The Health Reformer*, June 1, 1871.

Reach out to others

You who are suffering with poor health, there is a remedy for you. If thou clothe the naked, and bring the poor that are cast out to thy house, and deal thy bread to the hungry, “then shall thy light break forth as the morning, and thine health shall spring forth speedily.” Doing good is an excellent remedy for disease.—*Testimonies for the Church* Vol. 2 p. 29.

The consciousness of right-doing is the best medicine for diseased bodies and minds. He who is at peace with God has secured the most important requisite to health. The blessing of the Lord is life to the receiver.—*The Signs of the Times*, June 15, 1882.

The condition of the mind has much to do with the health of the physical system. If the mind is free and happy, under a consciousness of right-doing and a sense of to others, it will create a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body.— *Testimonies for the Church* Vol. 4 p. 60.

Doing good is a work that benefits both giver and receiver. If you forget self in your interest for others, you gain a victory over your infirmities. The satisfaction you will realize in doing good will aid you greatly in the recovery of the healthy tone of the imagination. The pleasure of doing good animates the mind and vibrates through the whole body.—*Testimonies for the Church* Vol. 2 p. 534.

The blessing of God is a healer; and those who are abundant in benefiting others, will realize that wondrous blessing in their hearts and lives.—*Testimonies for the Church* Vol. 4 p. 60.

LESSON 13: WOULD YOU LIKE TO BE MADE WHOLE?

The Spiritual Component of Health

Scripture Reading: John 5:1-15

We teach from 3 Perspectives
The Bible
Inspiration
Good Science

Sickness and Disease are caused from 1 of 3 reasons
For the glory of God
Violation of natural laws
Violation of spiritual laws

To those who desire prayer for their restoration to health, it should be made plain that the violation of God's law, whether natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken. *PATH 72*

Since the creation of mankind, how long has it been roughly?
6000 years

John 5

How long ago did this event take place?
2000 years

John 5: 6-9 Christ asked...

6 When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?

7 The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool; but while I am coming, another steppeth down before me.

John 5 Continued

8 Jesus saith unto him, Rise take up thy bed, and walk.

9 And immediately the man was made whole, and took up his bed, and walked; and on the same day was the sabbath.

John 5:14

...Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

Prayer for the sick

Do not pray for the sick unless you give them instruction.

“I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was, that He could not be glorified in so doing while they were violating the laws of health.” CD p. 25-26

John 9

How long ago did this event take place?
2000 years

John 9: 1, 2

*1 And as Jesus passed by, he saw a man which was blind from his birth.
2 And his disciples asked him, saying Master, who did sin, this man, or his parents, that he was born blind?*

Who sinned?
Could it have been the man?
Could it have been his parents?

John 9:3, 6, 7

*3 Jesus answered, Neither hath this man sinned, nor his parents; but that the works of God should be made manifest in him.
6 when he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay,
7 and said unto him, Go wash in the pool of Siloam... he went his way therefore, and washed, and came seeing.*

Is Disease generational?

Illustration:

The Family with thyroid problems

- Iodine is essential for proper functioning of the Thyroid gland which regulates the metabolic rate of the human body
- Use of Iodine would prevent Thyroid related illness such as hyperthyroidism, hashimoto hypothyroidism, goiter, overweight, extreme fatigue, depression etc.

Use of Salt

At one time Doctor ___ tried to teach our family to cook according to health reform, as he viewed it, without salt or anything else to season the food. Well, I determined to try it, but I became so reduced in strength that I had to make a change; and a different policy was entered upon with great success. I tell you this because I know that you are in positive danger.

Taking communion unworthily

1 Corinthians 11: 27-30

27 Wherefore whosoever shall eat this bread, and drink [this] cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord.

28 *But let a man examine himself, and so let him eat of [that] bread, and drink of [that] cup.*

29 *For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.*

30 *For this cause many [are] weak and sickly among you, and many sleep.*

Malachi 3:8

Will a man rob God? Yet ye have robbed me. But ye say, wherein have we robbed thee? In tithes and offerings.

Malachi 3:9

Ye [are] cursed with a curse: for ye have robbed me, [even] this whole nation.

Job 42:7

How long ago did this event took place roughly and who is the author of Job?

3500 years

Moses

Great Controversy - "Introduction"

From a prophecy standpoint...

The book of Job being the oldest book in the Bible, was written about 3500 years ago.

2 Samuel 11:27

And when the mourning was past, David sent and fetched her to his house, and she became his wife, and bare him a son. But the thing that David had done displeased the LORD.

2 Samuel 12:15

And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very sick.

Psalms 51

David's **repentance** was deep

It doesn't make a difference how far you have gone. If the repentance is deep the saviour is waiting with open arms to receive you home again.

There is a **home coming** going on today.

2 Samuel 12:24

*And David comforted Bathsheba **his wife**, and went in unto her, and lay with her; and she bare a son, and he called his name Solomon; and **the LORD loved him.*** Numbers 12:1- 15

1 And Mariam and Aaron spake against Moses because of the Ethiopian woman whom he had married; for he had married an Ethiopian woman. What happened to Miriam?

10 And the cloud departed from off the tabernacle; and behold, Mariam became leprous, white as snow...

Ellen White

"The Midnight Cry"

*On this path the Advent people were traveling to the city, which was at the farther end of the path. They had a bright light set up behind them at the beginning of the path, which an angel told me was **the midnight cry**. This light shone all along the path and gave light for their feet so that they might not stumble.*

Then Jesus would encourage them by raising His glorious right arm, and from His arm came a light which waved over the Advent band, and they shouted, "Alleluia!"

Others rashly denied the light behind them and said that it was not God that had led them out so far. The light behind them went out, leaving their feet in perfect darkness, and they stumbled and lost sight of the mark and of Jesus, and fell off the path down into the dark and wicked world below.

Awake! Awake! Awake! Awake! Awake! Awake!

Then there was a mighty earthquake. The graves opened, and the dead came up clothed with immortality. The 144,000 shouted, "Alleluia!" as they recognized their friends who had been torn from them by death, and in the same moment we were changed and caught up together with them to meet the Lord in the air. EW p. 13-16

Ellen White "Vision"

I went to the Lord in prayer and begged Him to lay the burden on someone else. It seemed to me that I could not bear it. I lay upon my face a long time, and all the light I could get was, "Make known to others what I have revealed to you."

"Sickness Glory of God"

Said the angel, "If you deliver the messages faithfully, and endure unto the end, you shall eat of the fruit of the tree of life and drink of the water of the river of life." {EW 21.1}

Additional references for 6000 year principles on sickness
John 11:4; Luke 5:20

Matt 18:15 - Go to thee and thee alone

Don't backbite against the Pastor

Don't backbite against the Conference

Don't backbite against the Spirit of Prophecy (*the Lord is the author of the SOP*)

If any who are seeking health have been guilty of evilspeaking, if they have sowed discord in the home, the neighborhood, or the church, and have stirred up alienation and dissension, if by any wrong practice they have led others into sin, these things should be confessed before God and before those who have been offended.

PATH 72

"If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." 1 John 1:9

When wrongs have been righted, we may present the needs of the sick to the Lord in calm faith, as His Spirit may indicate. *PATH 72*

LESSON 14: WHY THE MEDICAL MISSIONARY WORK?

Connected with the Final Test

"The truth for this time, the third angel's message, is to be proclaimed with a loud voice as we approach the great final test. This test must come to the churches in connection with true medical missionary work." (PH p. 144 29.2)

The Medical Missionary Work

"Gospel Practiced" The compassion of Christ revealed.

Why Medical Missionary Work?

Restoration of the body prepares the way for the restoration of the soul.

"The world has departed far from true principles of restoration and health. Perverted appetite and base passion have taken control of the minds of many." (LLM 72A)

True Health Principles

- Nonuse of tobacco
- Total abstinence from alcoholic beverages
- Exclusion of flesh foods from diet
- Use of whole grain cereals
- Limited use of refined sugar
- Moderation in use of fat and salt
- Free use of fruits and vegetables
- Exclusion of foods containing spices and condiments
- Not overeating
- Avoiding tea, coffee and other caffeine drinks
- Regular exercise
- Rest, relaxation and sleep
- Correct posture
- Generous use of pure soft water Fresh air and sunshine
- Medicinal drugs to be used with caution
- Cheerful disposition
- Doing right and helping others
- Unfailing trust in divine help

The Temperance Pledge

I solemnly promise, before God, to abstain from tobacco, spirituous liquors, snuff, tea, coffee, flesh-meats, butter, spices, rich cake, mince pies, a large amount of salt, and animal fat of all kinds, baking powder, soda or saleratus in any form, and cheese, and from all exciting articles

of food, and to abstain from eating between meals, and to do all I can to induce others to do likewise. Testimony and pledge sent to the General Conference March 29, 1908

“When you make the people intelligent concerning the principles of health reform you do much to prepare the way for the introduction of present truth...

...Said my Guide, "Educate, educate, educate." The mind must be enlightened, for the understanding of the people is darkened. Satan can find access to the soul through perverted appetite, to debase and destroy it." (Letter 1, 1875)

Ministers, do not confine your work to giving Bible instruction. Do practical work. Seek to restore the sick to health. This is true ministry. Remember that the restoration of the body prepares the way for the restoration of the soul." (MS. 55, 1901)

Restoration of the body prepares the way for the restoration of the soul.

✓ **It breaks down prejudice.**

“As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed.

...We are to work as gospel medical missionaries, to heal the sin-sick souls by giving them the message of salvation. This work will break down prejudice as nothing else can." (9T, p. 211)

“In Australia we found that the medical missionary work breaks down prejudice and opens the way for the truth to go with power...

...And I have now come to America to see if my words will have more power than my letters have had in leading my brethren to a proper appreciation of medical missionary work. . . . In new fields no work is so successful as medical missionary work." (1NL p. 139.2)

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work." (Evan. p. 523)

Restoration of the body prepares the way for the restoration of the soul.

✓ **It breaks down prejudice.**

✓ **To reveal the love of God.**

And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them.” Matthew 4:23, 24

“During His ministry, Jesus devoted more time to healing the sick than to preaching.”

(MH p. 19)

“The Saviour made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace.”(MH p. 20)

“The right hand is used to open doors through which the body may find entrance. This is the part the medical missionary work is to act. It is to largely prepare the way for the reception of the truth for this time.” (MH p. 238)

“Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it.” (1NL p. 139.5)

“Christ's servants are to follow His example. As He went from place to place, He comforted the suffering and healed the sick. Then He placed before them the great truths in regard to His kingdom...

...This is the work of His followers. As you relieve the sufferings of the body, you will find ways for ministering to the wants of the soul. You can point to the uplifted Saviour and tell of the love of the great Physician, who alone has power to restore.” (COL p. 233, 234)

Why Medical Missionary Work?

- ✓ **Restoration of the body prepares the way for the restoration of the soul.**
- ✓ **It breaks down prejudice.**
- ✓ **To reveal the love of God.**

Vital Connection

“Medical missionary work is in no case to be divorced from the gospel ministry. The Lord has specified that the two shall be as closely connected as the arm is with the body. Without this union neither part of the work is complete.” (CH p. 524.2)

“We have come to a time when every member of the church should take hold of medical missionary work.” (7T, p. 62)

LESSON 15 - THE BIBLE AND HEALTH

Proverbs 4:10

Hear, O my son, and receive my **sayings**; and the years of thy **life** shall be **many**.

Proverbs 4:20-22

My son, **attend** to my **words**; incline thine ear unto my sayings. Let them not **depart** from thine **eyes**; keep them in the midst of thine **heart**. For they are **life** unto those that find them, and **health** to all their **flesh**.

Exodus 15:26

And said, If thou wilt **diligently harken** to the voice of the LORD thy God, and wilt **do** that which is **right** in his sight, and wilt give ear to his **commandments**, and keep **all** his statutes, I will put **none** of these **diseases** upon thee, which I have brought upon the Egyptians: for I am the LORD that **healeth** thee.

Deuteronomy 7:12

Wherefore it shall come to pass, if ye hearken to these **judgments**, and **keep**, and do them, that the LORD thy God shall **keep** unto thee the **covenant** and the **mercy** which he sware unto thy fathers:

Deuteronomy 7:15

And the **Lord** will take away from thee **all sickness**, and will put none of the **evil** diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that **hate** thee.

Do you believe that He will put none of these diseases upon you? **Yes**

What were some of the diseases that the Egyptians had?

- Atherosclerosis
- Diabetes
- Arthritis
- Hypertension
- Coronary heart disease
- Cancer of the breast
- Cancer of the stomach
- Cancer of the pancreas
- Cancer of the prostate

What was the common denominator of some of these diseases?

- Diet (high fat and refined foods) and Lifestyle

Why are God's people suffering?

2 Chronicles 20:20

And they rose **early** in the morning, and went forth into the **wilderness** of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; **Believe** in the LORD your God, so shall ye be **established**; believe his **prophets**, so shall ye **prosper**.

3 John 1:2

Beloved, I wish above **all** things that thou mayest **prosper** and be in **health**, even as thy soul **prospereth**.

Deuteronomy 28:1

And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to **observe** and to do all his **commandments** which I command thee this day, that the LORD thy God will set thee on **high** above all **nations** of the earth:

Deuteronomy 28:2

And all these **blessings** shall come on thee, and **overtake** thee, if thou shalt **harken** unto the voice of the LORD thy God.

Deuteronomy 28:4

Blessed shall be the **fruit** of thy body, and the fruit of thy **ground**, and the fruit of thy cattle, the **increase** of thy kine, and the flocks of thy sheep.

Deuteronomy 34:7

And Moses was an **hundred** and twenty years old when he **died**: his eye was not **dim**, nor his natural **force** abated.

Example of SDA study –

*Study found that the Adventist habit of consuming **beans**, soy milk, **tomatoes** and other fruit, lower their risk of developing certain **cancers** (one of the diseases of the Egyptians) it also says that eating **whole wheat** bread, drinking **five** glasses of water a day...*

Example of SDA study –

*...and consuming five servings of **nuts** a week reduced their risk of heart disease... not eating red **meat** had been helpful to avoid **cancer** and **heart** disease.*

Psalms 103:2

Bless the LORD, O my soul, and **forget** not all his **benefits**:

Psalm 103:3

Who **forgiveth** all thine **iniquities**; who **healeth** all thy **diseases**;

2 Chronicles 7:14

If my **people**, which are called by my name, shall **humble** themselves, and **pray**, and seek my **face**, and **turn** from their wicked ways; then will I **hear** from heaven, and will **forgive** their sin, and will **heal** their land.

2 Chronicles 7:15

Now mine eyes shall be **open**, and mine ears **attend** unto the prayer that is made in this place.

Deuteronomy 28:15

But it shall come to pass, if thou wilt not **harken** unto the voice of the LORD thy God, to **observe** to do all his **commandments** and his statutes which I **command** thee this day; that all these **curses** shall come upon thee, and overtake thee:

Deuteronomy 28:21

The LORD shall make the **pestilence** cleave unto thee, until he have **consumed** thee from off the land, whither thou goest to possess it.

Jeremiah 30:12, 13

For thus saith the LORD, Thy bruise is **incurable**, and thy **wound** is **grievous**. There is none to plead thy cause, that thou mayest be **bound** up: thou hast no **healing** medicines.

Deuteronomy 28:28

The LORD shall smite thee with **madness**, and **blindness**, and **astonishment** of heart:

Malachi 3:7-9

Even from the days of your fathers ye are gone away from mine **ordinances**, and have **not** kept them. **Return** unto me, and I will return unto you, saith the LORD of hosts. But ye said, Wherein shall we return?

Malachi 3:7-9

Will a man **rob** God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In **tithes** and **offerings**.

Ye are **cursed** with a curse: for ye have robbed me, even this whole nation.

2 Chronicles 16:12

And Asa in the thirty and ninth year of his reign was **diseased** in his feet, until his disease was exceeding **great**: yet in his disease he sought not to the LORD, but to the **physicians**.

James 5:16

Confess your **faults** one to another, and **pray** one for another, that ye may be **healed**. The effectual fervent prayer of a **righteous** man availeth much.

Colossians 3:13

Forbearing one another, and **forgiving** one another, if any man have a **quarrel** against any: even as Christ **forgave** you, so also do ye.

Isaiah 58:6-8

Is not this the **fast** that I have chosen? to **loose** the bands of **wickedness**, to undo the heavy burdens, and to let the oppressed go **free**, and that ye **break** every **yoke**? Is it not to deal thy bread to the **hungry**, and that thou bring the **poor** that are cast out to thy house?

Isaiah 58:6-8

When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own **flesh**? Then shall thy light break forth as the **morning**, and thine health shall spring forth **speedily**: and thy righteousness shall go before thee; the glory of the LORD shall be thy **reward**.

LESSON 16: THE TRUTH ABOUT GOD'S HEALING PROGRAM

DISEASE

Disease is an effort of nature to free the system from conditions that result from the violation of the laws of health. (PATH p.37/MH p.127)

TRUE REMEDIES

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. (MH p. 127)

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. *2 Selected Messages pg. 287.3*

Genesis 1:29 says "And God said, Behold, I have given you every herb bearing tree, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. Revelation 22: 1,2

In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Pharmaceutical drugs might appear to work, but is it the way of God? Solomon says... there is a way that seemeth right unto a man, but the end thereof is death,

Do drugs cure disease?

Drugs never cure disease; they only change its form and location. When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form.

The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form. Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.

Healthful Living p. 243.3

God is particular with healthy principles. One example in the Bible where God gave specific instruction to the children of Israel about healthy practices was in the wilderness, when one had to defecate he had to go outside the camp, dig a hole and cover it and in some cases burn it up.

Filth is a breeder of disease.—*The Review and Herald, February 4, 1896.* In regard to cleanliness, God requires no less of his people now than he did of ancient Israel. A neglect of cleanliness will induce disease.—*How to Live, p. 61.*

False science is one of the agencies that Satan used in the heavenly courts, and it is used by him today. The false assertions that he made to the angels, his subtle scientific theories, seduced many of them from their loyalty. (8T p. 290)

The field into which Satan led our first parents is the same to which he is leading men today. He is flooding the world with pleasing fables. (8T p. 290)

We are living in an age of great light; but much that is called light is opening the way for the wisdom and arts of Satan. Many things will be presented that appear to be true, and yet they need to be carefully considered with much prayer; for they may be specious devices of the enemy. *The path of error often appears to lie close to the path of truth, It is hardly distinguishable from the path that leads to holiness and heaven.* But the mind enlightened by the Holy Spirit may discern that it is diverging from the right way. After a while the two are seen to be widely separated. (8T p. 291)

In the 1800s and early 1900s two harmful forms of treatment used in ministering to the sick were.

- a. Bloodletting
- b. Use of tobacco for lung conditions

For bloodletting, a person would be cut and the blood drained for simple things such as a fever, to treat skin disorders, enlarged liver or spleen, gout, jaundice etc.

President George Washington had a strep throat and he was cut and given mercury, he died from heavy metal poisoning.

Bloodletting and mercury are two methods used in Eastern cultures, particularly the Ayurvedic treatments in Hinduism.

Mercury, in the Hindu's understanding, is "semen from Shiva" one of

their prominent gods. (Spiritualistic Deceptions in Health and Healing p. 97)

It was in the midst of these deadly methods of treating the sick that the Lord sent the messages of treating the sick with simple healthful and healing remedies.

In 1848 Ellen G. White received her first vision on health. In that vision she was shown that Tobacco, coffee and tea are harmful and dangerous to the human body.

In 1854 Ellen G. White received her second vision on health. The emphasis was on cleanliness in the home and body, and control of appetite and the use of whole grains. Reference was made to avoid refined flour and food from animal fat, such as lard.

In 1863 Ellen G White's third vision on health revealed that care of our health is not an option but a sacred religious duty.

Instruction was given to counsel the people to give up flesh foods as its use would promote disease and have an unfavourable influence on the mind.

December 10, 1871, I was again shown that the health reform is one branch of the great work, which is to fit a people for the coming of the Lord. (3T p. 161)

SATAN'S COUNTERFEIT HEALTH MESSAGE

Some eastern medicines may work because Satan has some power too. e.g. Moses threw his rod on the floor and it turned into a snake and the magicians were able to do the same.

Satan understands this message of health and its impact on us both physically, mentally and spiritually better than we do. His ultimate goal is to turn our loyalty and dependency away from God.

He has come up with a message that resembles the truth, a counterfeit to deceive us; his ultimate goal is to turn our loyalty and dependency away from God.

SPIRITUALISTIC DECEPTIONS

Outside of God's original plan for health and healing, the oldest continuous system of medicine is called *Ayurveda*.

Dating before 1700 B.C., this medical system was established by ancient sages who produced India's original system of meditation, yoga and astrology. *Ayurveda* has both a spiritual and practical basis.

The basis of all treatments in the Ayurvedic system is the balancing of the life energies within us. Meditation is a primary and fundamental tool in this balancing therapy, which uses diets, herbs, mineral substances and aromas as well.

Health and healing involves balancing energy.

COUNTERFEIT HEALTH METHODS OF SATAN:

- Iridology
- Acupuncture
- Reflexology
- Palates/Yoga
- Colonic cleansing
- Ionic foot baths
- Biofeedback

Iridology

An alternative method of making a medical diagnosis for the present, and predicting disorders in the future, is iridology.

A divination-like method which involves examining the iris of the eye, and inspecting the color, texture, and location of various pigment flecks in the iris.

Where does Iridology come from?

- Iridology can be traced to ancient Chinese astrological practices.
- Iridology was introduced to America in 1904. The most recent leader of iridology in America was naturopath Bernard Jensen (1908-2001) Jensen was not a scientist but a New Age Healer.
- In using iridology you need ask no questions, yet you can tell where pain is, what stage it is in, how it got there, and when it is gone. There is no truth to these claims, when put to the test.
- There are no standards to the charts, there are about 20 different charts, from which a practitioner may use.

Acupuncture

- Acupuncture is a Chinese physiology has astrology as its foundation. The Chinese describe the distribution of ch'i [life energy] that the energy comes close to the skin in various places and can be influenced in those areas to alter its flow.
- Needles are placed at different points to achieve a balance.
- Acupuncture works for some but not for others, could it be a placebo effect?
- Scientific research shows that the points in acupuncture are unknown to science; there is no benefit to organic disease, or infections. It gives no better results than hypnosis.

- Energy balancing techniques of Chinese traditional medicine are as follows:
- Meditation, Meditation in exercise
- Breathing exercises
- Qi gong
- Tai ch'i
- Martial arts of all types
- Diet
- Drugs
- Minerals
- Herbs, moxibustion, acupressure, acupuncture

Some might say, "but there was benefit for the migraine sufferer and drugs were not needed." If a practitioner of acupuncture is a believer in the Eastern thought or Western occultism and the patient has allowed him or herself to participate in this technique that comes from Eastern mysticism, is it not possible that the power of Satan can effect apparent benefits?

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. (2MCP p. 701)

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. (2MCP p. 701)

"Those who give themselves up to the sorcery of Satan, may boast of great benefit received; but does this prove their course to be wise or safe? What if life should be prolonged? What if temporal gain should be secured?...Will it pay in the end to have disregarded the will of God? All such apparent gain will prove at last an irrecoverable loss. We cannot with impunity break down a single barrier which God has erected to guard His people from Satan's power. (Conflict and Courage p. 219)

Reflexology

In 1913, an American doctor, William H. Fitzgerald initiated the method

of applying pressure to the localized areas of the body. In the 1930's, Eunice D. Ingham, carried it further by making it popular. She mapped out specific points on the feet and hands that were said to be sympathetic to specific organs and by rubbing those points, beneficial effects or cures could be accomplished. Doreen Baylay of England, called it reflexology.

- Reflexology is a variant of acupressure.
- There is no evidence that rubbing nerve endings would correct the abnormal function of tissues elsewhere in the body.

Yoga

“Yoga is a science as well as a method of achieving spiritual harmony through the control of mind and body. The asanas (yogic postures) and pranayama (breath control) are practices that not only help us to acquire perfect health, but also develop the inner force that enables a believer to withstand stressful situations with a calm and serene mind.” (Warrier, op. cit., p. 166)

- Meditation and yoga are fundamental tools of Hinduism for progressing to a higher spiritual plane, with the goal of leaving this life on earth and moving into the spirit world.
- In Ayurvedic medicine, meditation is fundamental to accessing the powers of the cosmos in order to bring increase and balance to the energies within the person.
- It is also a process, physically and mentally of trying to elevate the believed divine attributes within one's self and connect with the god of the cosmos, [Brahman], the ultimate Deity of Hinduism.
- Meditation whether for health or spiritual reasons, is a way of connecting with the spirit world.
- While in the West, yoga is used for exercise, and one may not contemplate on God in the yoga meditation. Instead they try to empty their minds of all thought, or concentrate on a single thought so as to achieve mental rest.
- The end result, however, is allowing Satan to control the mind.
- The Christian attitude is that of allowing God to direct his thoughts and life. He does not look inward in an attempt to attain oneness with god, but outward and upward to the Creator God.
- This is directly opposite to Ayurvedic principles. Can one take a fundamental act and practice, physical or mental, from a pagan religion and make it Christian? Yoga is not a safe practice because it seeks to blend one's own consciousness with universal consciousness. Proper breathing techniques can accomplish the same things as yoga would and you can stretch without yoga. In yoga meditation, you are asked to empty the mind. When this is done, Satan comes in.

Colonic Cleansing

Four dangers of Colonic treatment as described by John Hopkins:

- Bowels can become perforated by the tip of the rubber tube or too much pressure from the water can lead to life-threatening infections
- Allergic reaction to the nozzle on the tube that is inserted
- Imbalance of electrolytes, potassium level and sodium level since colonic, rinse away minerals that are normally absorbed into the blood stream from the intestines
- Infection can take place if the equipment used is not sterilized properly

Where did colonics come from? The Ayurveda (eastern religious practice) regards medicated enemas used to cleanse the colon, rectum, lumbar-sacral region and bones of excess energies, as the most important purification method of all, because of the importance of the large intestine in health and disease. The loosened doshas [yin-yang, rojā-tama] are believed to be washed out through the intestinal tract. (yin-yang = negative – positive energy force)

Question is; is this one of God's true methods of healing? Ellen White after visiting the treatment rooms of Paradise Valley Sanitarium in 1906 received a vision in the night that warned: **"There are men who make a specialty of treating the rectum, and some feel that they have been greatly benefited. But I have been instructed that this treatment, as well as many surgical operations, leaves with many a serious weakness. (Pamphlets 095 18.5) "... rather (let patients) be taught how to regulate the diet, so that the living machinery of the whole being will work in harmony. (Pamphlets 095 20.2)**

Ionic Foot Bath

Ionic footbath involves, placing a metal in a bucket with water and sea salt and soak feet in it to pull out toxins. The water turns different color depending on what organ is being cleansed. Also, foot patch has properties in it that turns brown when moisture hits it.

Are Ionic footbaths an option as a healing method?

YES **NO**

What does 2 Kings 1:2,3 say about seeking alternative methods?

And Ahaziah fell down through a lattice in his upper chamber that was in Samaria, and was sick: and he sent messengers, and said unto them, Go, enquire of Baalzebub the god of Ekron whether I shall recover of this disease.

But the angel of the LORD said to Elijah the Tishbite, Arise, go up to meet the messengers of the king of Samaria, and say unto them, Is it not because there is not a God in Israel, that ye go to enquire of Baalzebub the god of Ekron?

Are we seeking after God's true methods of healing, to see the violation to help one in need?

The eight laws of health are God's way help the body filter itself.

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place.

The skin, too, becomes inactive, Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result. (MH p. 154)

If we were to observe the eight laws of health, there would be no need for a quick detox.

Satan's way is a dependency on vitamins and herbs. God's way is a complete way. A way of life.

We should seek to get our vitamins from the food.

The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. CD p. 313.3

Raw Foods Diet

One of Satan's ways is to eat a large portion of raw food.

The raw food diet has its teachings in New Ageism, because they do not believe in harming the food itself, and the theory of live enzymes. Anything live, dumped into acid is broken down to be utilized. The mouth produces enzymes to break down food, so too the pancreas and the stomach, so why have additional help with live enzymes?

A young lady on a raw food diet experienced burning and frequent urination, she eventually went into a seizure and passed out. She was under-nourished, devoid of vital minerals, suffered from kidney failure, brain swelling from sever electrolyte imbalance and hyponutramia caused by too much water in the blood, resulting in dangerously low levels of sodium.

Two parts of the body that produces enzymes for digesting food are: a. Stomach b. Pancreas

All should learn what to eat and how to cook it. Men, as well as women, need to understand the simple, healthful preparation of food. (MH p.

Biofeedback

Biofeedback is considered the yoga of the West. It is based on the same principles as yoga of the East. The basic principle is the within “SELF” lies all the wisdom of the universe.

A SAFE METHOD OF HEALING

A special paper prepared by the Biblical Research Committee listed several sets of questions that needed to be answered as a person studies medical treatment methods to determine if they are spiritually safe.

1st set of questions:

- Where did the method come from, what is its source?
- Does it have any mystical roots?
- What other therapies is it often associated with?
- What did the founder believe?
- What is the life story of the founder or founders?

2nd set of questions:

- What company does this technique keep?
- Who uses it and what other therapies accompany its use?

3rd set of questions:

- What is the ultimate direction that the therapy is headed?
- Am I led toward Jesus Christ or away from Him?
- Do I still need Him as a Saviour, or have I become my own saviour?

4th set of questions:

- Does the treatment method follow known laws of physiology?
- Does it teach and direct the patient to seek to know and follow God's laws of health?

5th set of questions:

- Who receives the credit for healing?
- God the creator or Satan the created?

LESSON 17: DRUG THERAPY: CAUTIONS AND COUNSELS

DRUG THERAPY: CAUTIONS AND COUNSELS I

What is the philosophy taught in medical school? **“If you have an ill, I have a pill.”**

Jeremiah 8:22

[Is there] no balm in Gilead; [is there] no physician there? why then is not the health of the daughter of my people recovered?

Why is it that people become sick and find no restoration?

For thus saith the LORD, Thy bruise is incurable, and thy wound is grievous. There is none to plead thy cause, that thou mayest be bound up: thou hast no healing medicines. Jeremiah 30:12,13

The Holy Spirit is the medium of truth through which God will heal.

“Go up into Gilead and take balm, O virgin, daughter of Egypt: in vain shalt thou use many medicines, for thou shalt not be cured.” Jeremiah 46:11

And said, If thou wilt diligently harken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his **commandments**, and keep all his statutes, I will put none of these **diseases** upon thee, which I have brought upon the Egyptians: for I am the Lord that **healeth** thee. Exodus 15:26

Why is it that as a people we have become so sick?

There is none to plead thy cause, that thou mayest be bound up. Thou hast no healing medicine.

What is the medium through which God will heal the soul of the individual that is suffering from disease? **The Holy Spirit**

The physician who depends upon drug medication in his practice shows that he does not understand the delicate machinery of the human organism. He is introducing into the system a **seed** crop that will never lose its **destroying** properties throughout the lifetime. MM p. 229

For what sin does God hold us accountable for as hostility?

Indifference and neutrality in spiritual sickness.

“I was shown that more deaths have been caused by drug taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves.” 4 *Spiritual Gifts*, 133.

In 1994:, 246,000 persons were hospitalized and had serious adverse reactions which resulted in 106,000 deaths. Journal of AMA 1998

US Aid Today, Dec 1, 1998 reported that in 1997, 165,000 Americans died from bleeding stomach ulcers brought on by common medications known as NSAIDS.

I am instructed to say that God will have the medical missionary work **cleansed** from the tarnish of earthliness, and **elevated** to stand in its true position before the **world**. MM pg. 24

Story

Mary went to her Doctor for Arthritis pain.

She got medication for the pain which eased but her stomach did not feel well. So she got drugs for the stomach, which got worse over the years. However, the Arthritis did not go away but it was suppressed.

One day Mary showed up in emergency room. The x-rays revealed that she had a perforated diaphragm from a stomach ulcer. She had emergency surgery to sew it up and Mary lived.

Drugs do not cure disease, they only change the form. People seem to get better but it is illusionary. Give people drugs, and they will come back with more disease, and the doctors will give drugs for the other disease. Eventually they die.

God's purpose in committing to men and women the mission that He committed to Christ is to **disentangle** His followers from all worldly policy and to give them a work **identical** with the work that Christ did. MM p. 24

The mind is to be disciplined in men to be trained with God in ways that are not in harmony with inborn inclination. Be a learner in the school of Christ, every act, word, thought must be hand in hand with principles.

What is the only way of healing that heaven approves and why?

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 in the effect produced upon the system. 2SM 287.3

DRUG THERAPY: CAUTIONS AND COUNSELS II

The Lord will give to our sanitariums whose work is already established an opportunity to co-operate with Him in assisting newly established plants. Every new institution is to be regarded as a sister helper in the great work of proclaiming the third angel's message. God has given our sanitariums an opportunity to set in operation a work that will be as a stone instinct with life, growing as it is rolled by an invisible hand. Let this mystic stone be set in motion. 7T p. 59

What is a drug?

A drug is any chemical you take that affects the way your body works.

www.sciencemuseum.org.uk

e.g. Arsenic, opium, mercury, alcohol, caffeine, aspirin and nicotine

What will happen if we follow the health counsels and use only simple remedies? How often would we have to go to the doctor?

a. Recovery will be quicker.

b. Rarely; as often as we would need to go to a lawyer.

Why should institutions be established?

To do away with the drug medication and use God's remedies.

How often should we contemplate on God's agencies? **Daily**

What should we be teaching people about drugs? **Drugs do not cure disease.**

Why is it that sometimes it appears that disease is cured by the drugs?

Nature has sufficient vital force that health is restored in spite of the drug.

What is one of the reasons for health reform?

To help God answer the prayer for the sick because He could not do it while they are violating the laws of health.

God is looking for a faith response that brings **obedience that works and purifies the soul.**

What is promised to us if we obey the laws of health?

We will reap the reward of health in body and mind.

What is God's method to aid the healing process?

The herbs will bring 100 times more benefit than the drugs.

A healthy living condition in Christ – be a clean vessel.

What are the conditions for the Physician to be able to accomplish more than a minister in the pulpit?

He needs to be earnest, sincere and full of faith and the Holy Spirit – to be one with Christ.

As to drugs being used in our **institutions**, it is **contrary** to the light which the Lord has been **pleased** to give. The drugging business has done more harm to our world and **killed** more than it has helped or **cured**. The light was first given to me why institutions should be established, that is, sanitariums were to **reform** the medical practices of physicians. MM p. 27

LESSON 18: MEDICAL MISSIONARY WORK

THE END-TIME WORK

What is our great Commission?

But go rather to the lost sheep of the house of Israel. Matthew 10:6

Go to the lost sheep of Israel and say the Kingdom of heaven is at hand, heal the sick, cleanse the lepers, raise the dead and cast out devils – freely you have received, freely give. Then go and teach Matthew 28.

What are we to teach and preach, and what is our promise if we do so?

Teach the things we are commanded to do – the things that Jesus taught and baptize.

Jesus promises that he will be with us till the end.

Which is the warning for the last days?

The third angel's message Evg. P. 17

The gospel, the judgment, worship Him, keep the commandments of Jesus.

Your success in evangelism will depend upon **your knowledge and accomplishments, as your ability to find your way to the heart.** Evangelism p. 437

How do we meet men and women where they are?

Meet them in their pain, perplexities, and affliction.

Jesus spent more time preaching than anything else. True or **False**

During His ministry, Jesus devoted more time to healing the sick than to preaching. MH p.7

Why did Jesus choose the method of meeting their physical needs first?

The Saviour made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace. MHp.8

What was Jesus' method that will give us success in reaching others?

The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me." MH p.89

What is the example that we are to set for the world?

Constantly do good, feed the hungry, heal the sick. Any who comes for sympathy should never be disappointed. Like Christ the great medical

missionary, express the love of God, not to crush or judge or condemn, but to heal and save men and women from Satan's power.

What is Medical Missionary Work?

The Gospel Practiced

The Compassion of Christ Revealed

Follow Jesus, lift him up, help all that come, empty yourself.

We need to gain victory over **self** to be effective in God's service

We need to gain victory of pride in our heart and a domineering spirit.

MEDICAL MISSIONARY WORK

We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. CH p. 425

Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world.

To hide our light at this time is to make a terrible mistake. The message to God's people today is, "Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee." Isaiah 60:1 CH 425.1

Reform, continual reform, must be kept before the people, and by our example we must enforce our teachings. 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. CH p. 445

How does the Lord show us the truth?

We are to be revived and walk in the light of truth.

What kind of institutions did God plan for His church to start?

It is the purpose of God that a health institution should be organized and controlled exclusively by Seventh-day Adventists; ...It should stand forth with scientific ability, with a moral and spiritual power, and as a faithful sentinel of reform in all of its bearings... 4T p. 556

What was God's original plan for the workers in our institutions?

Minister to the people to their sin-sick souls and teach them how to sin no more, teach them of Jesus.

God's people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. They should know how to give simple treatments that do so much to relieve pain as well as remove disease. My Life Today p. 226

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. My Life Today p. 226

The Great Physician, the originator of medical missionary work, will bless all who thus seek to impart the truth for this time. CH p. 497

Why do we need Sanitariums now, why is there no miraculous healing like in Jesus' time?

That men and women work in harmony with God's laws both natural and spiritual arouse to their own responsibility learn how to take care of their bodies that they could prevent sickness.

What is the main purpose of having Sanitariums, placed where they had to stay for a long period of time?

They should be in many places as a memorial that they should be light to those who visit them. To get people ready for heaven. To save their souls. The best way to reach the classes is through the sanitariums.

Where were these institutions to be located?

Out in nature surrounded by fruit and land enough to grow food; and away from the cities.

How had God designed for physicians to work?

For the Church – not to work in private practice, not to work with unbelievers but work in company together doing the work according to God's plan.

EDUCATIONAL COUNSELS

Loma Linda should become an educational center for Medical Missionaries.

The Holy Spirit will lead and guide us if we are willing to be lead in health reform.

Physicians will become medical missionary evangelists.

Nurses and Physicians are to be educated in the Medical Missionary Work.

Those who do not hold diplomas as fully credited physicians, can work under physicians and do acceptable work without spending so long a time of study as has been thought necessary in the past.

The education that meets the world's standard is to be less and less valued by those who are seeking for efficiency in carrying the medical missionary work in

connection with the work of the third angel's message. Medical Manual p. 75

Missionary

What is the highest education that we can receive?

To learn how to be soul winners.

I am instructed to say that in our educational work there is to be no compromise in order to meet the world's standards. God's commandment-keeping people are not to unite with the world to carry various lines of work according to worldly plans and worldly wisdom. Medical Ministry p. 61

Our people are now being tested as to whether they will obtain their wisdom from the greatest Teacher the world ever knew, or seek to the God of Ekron. Let us determine that we shall not be tied by so much as a thread to the educational policies of those who do not discern the voice of God and who will not hearken to His commandments. Medical Ministry p. 61

What was God's plan for His children that wanted to go to medical schools?

That the credit should go to the God of Israel not to the God of Ekron. That Loma Linda will have its own training of doctors.

To those who have thought that the only way to success is by being taught by worldly men, and by pursuing a course that is sanctioned by worldly men, I would say, put away such ideas. This is a mistake that should be corrected.

It is a dangerous thing to bring into the work a spirit which the Word of God cannot sanction. There are to come to the physicians and to the teachers new ideas, a new understanding of the principles that must govern the medical work. An education is to be given that is altogether in harmony with the teachings of the Word of God.

There is a lack of faith in the power of God that leads our physicians to lean so much upon the arm of the law, and to trust so much to the influence of worldly powers... Christ was the greatest physician the world has ever known; His heart was ever touched with human woe. He has a work for those to do who will not place their dependence upon worldly powers.

"A time will come when medical missionaries of other denominations will become jealous and envious of the influence exerted by Seventh-day Adventists who are working in these lines."—*Loma Linda Messages*, 545

There is constant danger that those who labor in our schools and sanitariums will entertain the idea that they must get in line with the world, study the things the world studies, and become familiar with the things the world becomes familiar with. We shall make grave mistakes unless we give special attention to the searching of the word. Counsels to Parents, Teachers and Students p. 16

Why are we to study the history of education?

To better understand God's ideal plan for true education.

Those who regard as essential the knowledge to be gained along the line of worldly education, are making a great mistake, - one which will cause them to be swayed by individual opinions that are human and erring. To those who feel that their children must have what the world calls the essential education, I would say, Bring your children to the simplicity of the Word of God, and they will be safe. CT p. 18

What will happen with those that seek to secure the education of the world?

Those who seek the education that the world esteems so highly are gradually led father and father from the principles of truth, until they become educated worldings. At what a price have they gained their education! They have parted with the Holy Spirit of God. CT p. 15

We must not take what the world calls higher education and bring it to our schools or sanitariums and our churches. God is waiting on his people to see the vision and to rise up and recapture that which was lost.

What will happen with those that receive the Laodicean message?

They are exalting the standards and they are giving the straight testimony.

- What character traits are true health reformers to have?
- Most kind
- Humble
- Pitiful
- Compassionate
- Loving Christian people
- What would happen to the Church when true reform takes place?

The Church will be shaken. Every spirit not of the word is going to leave.

3rd ANGELS' MESSAGE I

We have come to a time where every member of the church should take hold of **the Medical Missionary work.**

The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths. CH p. 425

What are the sources where we can learn from as we prepare to be medical missionaries?

- The Bible
- The book of nature
- The book of God's experience (health books, botanical medicine, therapy books by our people)

- Make the life of Christ out study, then labor as He did and follow his example.
- The great storehouse of truth is the word of God, the written word, the book of nature and the book of experience in God's dealing with human life. COL p. 125

In search after truth they are to depend upon God, not upon human intelligences, the great men whose wisdom is foolishness with God. Through his own appointed channels the Lord will impart a knowledge of himself to every seeker. If the follower of Christ will believe His word and practice it, there is no science in the natural world that he will not be able to grasp and appreciate. There is nothing but that will furnish him means for imparting the truth to others. Natural science is a treasure house of knowledge from which every student in the school of Christ may draw. COL p. 125

As we contemplate the beauty of nature, as we study its lessons in the cultivation of the soil, in the growth of the trees, in all the wonders of earth and sea and sky, there will come to us a new perception of truth. And the mysteries connected with God's dealings with men, the depths of His wisdom and judgment as seen in human life – these are found to be a storehouse rich in treasure. COL p. 125

Who are we to accept for training?

The common people are to take their place as workers. Sharing the sorrows of their fellow men as the Saviour shared the sorrows of humanity, they will by faith see Him working with them. 7T p. 272

The great day of the Lord is near and it hasteneth greatly. Zeph 1:14

To every worker I will say go forward in humble faith and the Lord will go with you. But watch unto prayer. This is the science of your labor. The power is of God. Work in dependence upon Him, remembering that you are laborers together with Him. He is your Helper. Your strength is from Him. He will be your wisdom, your righteousness, your sanctification, your redemption. Wear the yoke of Christ, daily learning of Him His meekness and lowliness. He will be your Comfort, your Rest. 7T 272

The world is out of joint. As we look at the picture, the outlook seems discouraging. But Christ greets with hopeful assurance the very men and women who cause us discouragement. In them He sees qualifications that will enable them to take a place in His vineyard. If they will constantly be learners, through His providence He will make them men and women fitted to do a work that is not beyond their capabilities; through the impartation of the Holy Spirit He will give them power of utterance. 7T p. 271

What kind of people did the Lord choose as His co-laborers?

Men who have had an opportunity for limited education.

They were clad in the humble garb of fishermen; they were poor in worldly goods, but rich in the knowledge and practice of the truth, which in the sight of Heaven gave them the highest rank as teachers. They had not been students in the schools of the prophets, *but for three years they had been taught by the greatest Educator the world has ever known. Under His instruction they had become elevated, intelligent, and refined, agents through whom men might be led to a knowledge of the truth.* DA p. 809

Which is the talent that the Lord will hold us more accountable for?
Time – how we use our time.

3rd ANGELS' MESSAGE II

Thou hast a mighty arm: strong is thy hand, and high is thy right hand. Psalm 89:13

Mention the seven Reasons for which God has given the Health message to His people.

1. To glorify the name of God
2. To enhance God to honor, glorify and exalt his people
3. To lesson the suffering humanity
4. God is testing His loyalty and obedience of this people by every word
5. To enable God to answer the prayer of faith for the sick
6. It serves as an entering wedge for evangelism
7. To prepare a people for the second coming of Christ

The health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body. The law of ten commandments has been lightly regarded by man; yet the Lord will not come to punish the transgressors of that law without first sending them a message of warning.

Men and women cannot violate natural law by indulging depraved appetite and lustful passions, without violating the law of God. Therefore he has permitted the light of health reform to shine upon us, that we may realize the sinfulness of breaking the laws which he has established in our very being.

It is in love and pity to the race that he causes the light to shine upon health reform. He publishes his law and its penalties, in order that all may learn what is for their highest good. He proclaims his law so distinctly, and makes it so prominent, that it is like a city set on a hill. All intelligent beings can understand it if they will. None others are responsible.

To make natural law plain, and to urge obedience to it, is a work that accompanies the third angel's message. *Christian Temperance and Bible Hygiene p. 9*

Is there anything that God cannot do?

He designs that the great subject of health reform shall be agitated and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory. 3T p.162.1

The Lord speaks to us through our minds. Violation of health principles blocks our mind from receiving the messages from God. God wants to sanctify us with these truths and we would make it impossible from him to do so if we are not living in harmony with natural laws.

Why is it so important to subject the appetite and passions to the higher powers of the mind?

Like John the Baptist, one must be like a forerunner...

Be holy. He must be a temple for the indwelling Spirit of God. In order to fulfill his mission, he must have a sound physical constitution, and mental spiritual strength. Therefore it would be necessary for him to control the appetites and passions. DA p. 100

Those who receive the seal of the living God and are protected in the time of trouble must reflect the image of Jesus fully. EW p. 71.1

I saw that many were neglecting the preparation so needful and were looking to the time of "refreshing" and the "latter rain" to fit them to stand in the day of the Lord and to live in His sight. Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful preparation; therefore they could not receive the refreshing that all must have to fit them to live in the sight of a holy God. EW p. 71.1

Men and women are sealing their destiny every moment, every day.
The message of the Church of Laodicea is to - repent.

LESSON 19: BOTANICAL MEDICINE I AND II

BOTANICAL MEDICINE I

Each year more than 60m Americans use herbal remedies and other types of alternative medical care. More people seek help from alternative health care providers than from alternative health care practitioners.

Most telling of all, nearly 3 out of 4 patients who use alternative care will never tell their doctors about it.

Christ never planted the seeds of death in the system. Satan planted these seeds when he tempted Adam to eat of the tree of knowledge which meant disobedience to God. Not one noxious plant was placed in the Lord's great garden, but after Adam and Eve sinned, poisonous herbs sprang up.

In the parable of the sower the question was asked the master, "Didst not thou sow good seed in thy field? from whence then hath it tares?"

The master answered, "An enemy hath done this" (Matthew 13:27, 28). All tares are sown by the evil one. Every noxious herb is of his sowing, and by his ingenious methods of amalgamation he has corrupted the earth with tares.

Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest....

Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life and that they may have it more abundantly. We can with safety discard the concoctions which man has used in the past.

How much of the world's population use herbal medicine for their primary health care?

According to the world health organisation 4 billion people amounting to **80%** of the world's population use herbal medicine for their primary health care.

Why do people generally use botanical medicines?

People generally use botanical medicines because:

- Many have lost faith in main stream medicines especially if it has failed them in overcoming disease or brought harm to them.
- Simple economies: conventional health care is expensive.
- Many believe that anything natural is safer or better than a treatment produced in a lab or high technology.

- The herbal industry has developed a high profile in many developed countries through advertisements in television, magazines and internet.
- God is exalting natural remedies.

The Lord has provided **antidotes** for disease in simple plants, and these can be used by **faith** with no denial of faith...for by using the blessings provided by God for our benefit we are cooperating with Him. 2SM p. 289

He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.

The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication. 2SM p. 294.1

There are many simple **herbs** which if our nurses would learn the value of they could use them in place of **drugs** and find them very **effective**. 2SM p. 295

It would have been better if, from the first, all **drugs** had been kept out of our sanitariums, and 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. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science. And they would leave no **injurious** effects in the system. 2SM p. 291

More deaths have been caused by **drug-taking** than from all other causes combined.

Multitudes of **physicians**, and multitudes of **drugs**, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to **untimely** graves. 2SM p. 450.2

When was the use of herbs instituted and by whom?

The use of herbs were instituted **at creation by God**.

Give an example in the Bible where herbs were used for healing.

In the Bible where herbs were used for healing in **2 Kings 20:7 by Hezekiah in healing his terminal illness and a lump of figs was placed on his boil.**
God's Green Pharmacy by James Duke:

"There are some 300,000 higher plant species, that are all chemically distinct but fewer than 10% of them have been carefully screened for its medicinal or

toxic constituents. A really good herbalist might know between 1000 to 2000 species, but rarely would they know more.

There are simple herbs and roots that every family may use for themselves and need not call a physician any sooner than they would call a lawyer. 2 SM p. 279

Mention a few examples of drugs that come from herbs.

A few examples of drugs that come from herbs are:

- Aspirin (white willow bark) – to thin the blood and relieve pain
- Quinine (cinchona bark) – to treat malaria
- Digitalis (foxglove plant) – to strengthen the heart especially in congestive heart failure
- Axetil (western pacific yew) – to treat bacterial infections

List five reasons for use of drug medications in the world:

1. Standardization
2. Enhanced potency
3. Ease of administration
4. Widespread availability
5. Economic interest

In 1994 more than 2 million patients showed adverse effects from the use of drugs.

RADER Project 2005 - Reports on Adverse Drug Events Project account for as many as 100,000 deaths in the US annually.

Note that more than half of the most serious drug reactions were discovered 7 or more years after the drug was marketed. You would think that it had gone through trials that it was safe – but no.

What effect does antibiotics have on the body?

The nightmare of severe bacteria invades the colon so that it has to be removed or bacteria in the blood stream (sepsis) results in death.

2006 Antibiotics. Consultant Magazine Vol 46:10 Sep 1, 2006: What hath Antibiotics Wrought?

2007 Painkillers.

There is an ever increasing rate of fatality from the use of pain killers as the years increase.

2008 Q1

There were 20,745 adverse drug reactions reported to the FDA up 38% from the previous year. Of these, 4824 died in that 3 months.

That means assuming that 10% reported the adverse effects.

It is estimated that 192,000 Americans will loose their life each year by taking a pharmaceutical drug medication.

Remember that very little number of people actually reported.

This is in keeping with the counsels that more and more deaths will result from drug medication. Adverse drug reactions (ADRs)

Harmful, unintended reactions to medicines that occur at doses normally used for treatment are called adverse drug reactions (ADRs). ADRs are among the leading causes of death in many countries. Examples of ADRs

In emergency we may use a drug to buy time but do not make drugs your **friend** and say there is no problem with it. Then find a safer **alternative**.

BOTANICAL MEDICINE II

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. CH p. 261

STORY

Many times I have been applied to for advice as to what should be done in cases of sickness or accident, and I have mentioned some of these simple remedies, and they have proved helpful. 2SM p. 295.1

On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted **fever** while on the campground, and was taken to our school building near Melbourne, Australia. But she became so much worse that it was feared she could not live.

The physician, Dr. Merritt Kellogg, came to me and said, "Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours." I replied, "Send to a blacksmith's shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides."

The doctor hastened away to follow out my instructions. Soon he returned, saying, "Relief came in less than half an hour after the application of the

poultices. She is now having the first natural sleep she has had for days.” 2SM p. 295.2

What remedy is recommended in 2 SM p. 301 for coughs?

- a. 1 cup boiled **honey** add a few (8-10) drops **eucalyptus** oil and take 1 teaspoon every two hours.
- b. Warm foot bath with eucalyptus leaves.

What remedy is recommended in 2 SM p. 297 to quiet the nerves?

1 cup of tea made from **catnip**

Other teas: passion flower, sour sop, custard apple, sugar apple, valerian

What remedy is recommended in 2 SM p. 297 for congestion, sinus, cold and headache?

Put feet and limbs in a bath with a little mustard

What are some herbal remedies for Colds and Flus?

- Garlic
- Ginger
- Echinaeca
- Citrus fruit
- Goldenseal
- Elderberry
- Onion
- Charcoal (2 Tablespoons to 8oz water followed by 2 cups water)
- What are some herbal remedies for Bronchitis?
- Licorice (be careful if you have high blood pressure)
- Garlic
- English ivy
- Plantain

Name some blood cleansers

- Burdock, Red clover, Sheep sorrel

Name some Liver cleansers

- Dandelion, Milk thistle, Chicory root

Name some herbs to cleanse the kidneys

- Corn silk, Uva ursi, Parsley

Name some herbs to cleanse the lungs

- Mullein, Eye bright

LESSON 20: TO SELL OR NOT TO SELL THE LITERATURE EVANGELIST

HISTORICAL DEVELOPMENT OF COLPORTEUR MINISTRY

Begin to Print

At a meeting held in Dorchester, Massachusetts, November, 1848, I had been given a view of the proclamation of the sealing message, and of the duty of the brethren to publish the light that was shining upon our pathway. *Colporteur Ministry p. 1.1*

WHAT IS THE OBJECTIVE OF COLPORTEUR MINISTRY?

a. To Make the Truth Clear and Plain

Our publications have a most sacred work to do in making clear, simple, and plain the spiritual basis of our faith. *Colporteur Ministry p. 1*

b. To Call Men's Attention to the Living Truth

The great object of our publications is to exalt God, to call men's attention to the living truths of His word. God calls upon us to lift up, not our own standard, not the standard of this world, but His standard of truth. *Vol. 7 Testimonies for the Church, p. 151*

c. To Light the Whole World with Truth

Our publications should go everywhere. . . . There are many places in which the voice of the minister cannot be heard, places which can be reached only by our publications. *Colporteur Ministry, p. 4*

By the canvassing work the truth is presented to thousands who otherwise would never hear it. *Ellen G. White, Review and Herald, October 7, 1902*

The world is to receive the light of truth through an evangelizing ministry of the word in our books and periodicals. *Colporteur Ministry, p. 5*

d. To Prepare a People to Meet God

The publications sent forth from our printing houses are to prepare a people to meet God. . . . And in a large degree through our publishing houses is to be accomplished the work of that other angel who comes down from heaven with great power and who lightens the earth with his glory. *Vol. 7 Testimonies for the Church, p. 139, 140*

NATURE AND IMPORTANCE

A Sacred Work

The canvassing work should be considered as sacred, and those who have unclean hands and defiled hearts should not be encouraged to enter upon it.

The angels of God cannot accompany the unconsecrated to the homes of the people; therefore all those who are not converted, whose thoughts are corrupt, who will leave the taint of their imperfections upon everything they touch, should refrain from handling the truth of God. *Colporteur Ministry*, p. 29

A Work Second to None

The canvassing work, properly conducted, is missionary work of the highest order, and it is as good and successful a method as can be employed for placing before the people the important truths for this time. *Colporteur Ministry*, p. 6

Equal in Importance to the Gospel Ministry

Canvassers must go out into various parts of the country. The importance of this work is fully equal to that of the ministry. The living preacher and the silent messenger are both required for the accomplishment of the great work before us. *Ellen G. White, Review and Herald, April 1, 1880*

As Important as Preaching

The ministerial evangelist who engages in the canvassing work is performing a service fully as important as that of preaching the gospel before a congregation Sabbath after Sabbath. God looks upon the faithful evangelistic canvasser with as much approval as He looks upon any faithful minister. *Colporteur Ministry*, p. 45

Printed Message Remains

It is true that some who buy the books will lay them on the shelf or place them on the parlor table and seldom look at them. Still God has a care for His truth, and the time will come when these books will be sought for and read. *Colporteur Ministry* p. 150

And then she continued, "More than one thousand will soon be converted in one day, most of whom will trace their first convictions to the reading of our publications." *Colporteur Ministry*, p. 151

Supervised by Angels

Articles at the editor's office - ". . . angels of God . . .[supervise] the articles that were being published . . ." *The Publishing Ministry*, p. 60

Manuscript at the printing room - "The angels of God have supervision of the work. If the eyes of those who run the machinery could be opened, they would discern the heavenly guardianship." *The Publishing Ministry*, p. 60

The literature at the Literature Evangelist's hands - "Angels of heaven will accompany you, preparing the way." *Colporteur Ministry* p. 22 "Those who engage in this [canvassing] work . . . should place themselves where they can learn of Christ and follow His example. Angels are commissioned to go forth

with those who take up this work in true humility.” *EGW, Manuscript 81, 1908*

The literature at the customer’s bookshelves - “The same ministry of angels attends the books that contain the truth as attends the work of the minister.” *Vol. 6 Testimonies for the Church, p. 316*

SELECTION OF COLPORTEURS

Workers From Every Church

God calls for workers from every church among us to enter His service as canvasser evangelists...Every part of God's dominion is to be filled with His glory. What, then, is the church doing to enlighten the world, that from all parts of the earth a tribute of praise and prayer and thanksgiving may ascend to Him?-- *Letter 124, 1902.*

Missionary Standpoint

Since canvassing for our literature is a missionary work, it should be conducted from a missionary standpoint. Those selected as canvassers should be men and women who feel the burden of service, whose object is not to get gain, but to give light to the people. All our service is to be done to the glory of God, to give the light of truth to those who are in darkness. Selfish principles, love of gain, dignity, or position, should not be once named among us.— *Vol. 7 Testimonies for the Church, p. 317.*

“...Much care and wisdom must be used in selecting the workers as in selecting men for the ministry...” *Colporteur Ministry p. 26*

“...In all parts of the field canvassers should be selected, not from the floating element in society, not from among men and women who are good for nothing else and have made a success of nothing, but from among those who have good address, tact, keen foresight, and ability. ..” *Colporteur Ministry p. 28*

THE QUALIFIED COLPORTEUR

The Qualities of a Canvasser should be:

1. Wholly Surrendered to God 2. Fully Prepared 3. Exemplary in Dress and Deportment 4. Pleasing in Voice and Speech 5. Diligent in service 6. Given to much Prayer

Wholly Surrendered to God Q Colporteur Ministry p. 48.1

1. Humble and Teachable 2. Absolute Honesty 3. Purity of Life 4. No tampering with Sin 5. Avoid evil associates

Fully Prepared Canvasser

1. Have a knowledge of God’s word. 2. Know the books you sell 3. Be well cultured in heart and intellect 4. Constantly improving

Exemplary in Dress and Deportment

1. Avoid careless work
2. Enthusiastic and Energetic
3. Honesty and Integrity
4. Chaste, Meek and temperate
5. Exhibit Christian Courtesy and helpfulness

Pleasing in Voice and Speech

1. Speak clearly and distinctly
2. Words should be well chosen
3. Use simple language

Diligent in service

1. No place for indolence
2. Wholehearted Labor
3. Rise early, work industriously
4. Faithful to duty

Given to much Prayer

1. Pray for a deeper experience
2. Every difficulty a call to prayer
3. Praying with people and a song

THE FAR REACHING INFLUENCE OF OUR PUBLICATIONS**The Press God's Instrumentality**

The press is a powerful means to move the minds and hearts of the people. . . . The press is a powerful instrumentality which God has ordained to be combined with the energies of the living preacher to bring the truth before all nations, kindreds, tongues, and peoples. Many minds can be reached in no other way.-- *Christian Experience*, pp. 225-227. (1922)

IMPACT OF OUR PUBLICATION**Influence of Our Publications**

I have been shown that our publications should be printed in different languages and sent to every civilized country, at any cost. What is the value of money at this time, in comparison with the value of souls? . . . *Colporteur Ministry* p. 149.1

Books Taken From Shelves

It is true that some who buy the books will lay them on the shelf or place them on the parlor table and seldom look at them. Still God has a care for His truth, and the time will come when these books will be sought for and read. *Vol. 6 Testimonies for the Church*, pp. 313, 314. (1900)

A Thousand in One Day

God will soon do great things for us if we lie humble and believing at His feet. . . . More than one thousand will soon be converted in one day, most of whom will trace their first convictions to the reading of our publications.--*Review and Herald*, Nov. 10, 1885.

ENCOURAGEMENT
A Thousand Ways

Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish, and a plain path before their feet.--
Ministry of Healing, p. 481. (1905)

LESSON 21: PROPHETIC GUIDANCE

OBJECTIVE

An investigation on the role of the gift of prophecy as culminated in the life and ministry of Ellen G. White. Emphasis will be given on her role in the development of the Seventh-day Adventist Church, and the miracles that testify to her work.

THE HARMON FAMILY

Father: **Robert F. Harmon, Sr.** (1786-1866)

Mother: **Eunice Gould Harmon** (1787-1863)

Robert and Eunice had a large family of eight children.

1. **Caroline Harmon-Clough**(1812-1883) Married to a Methodist clergyman

2. **Harriet Harmon McCann**(1814-1870s)

Wife of a clergyman in Kansas.

3. **John B. Harmon**(1815-1883)

Businessman in Illinois

4. **Sarah Harmon-Belden**(1822-1868)

Married Stephen Belden in Aug 1851 Two children: Franklin and Lillian

5. **Mary Plummer Harmon Foss**(1823-1912) Married Hazen Foss' brother, Samuel Foss

6. **Robert F. Harmon, Jr.** (1825-1853)

Only brother to become Sabbatarian Adventist Died at the age of 28 from Tuberculosis.

7. **Elizabeth("Lizzie")N. Harmon Bangs**(1827-1891)

Caroline with niece Mary Clough

Ellen's fraternal twin

Married Reuben Bangs. She never accepted Ellen's gift.

8. **Ellen Gould White** (1827-1915)

She had her own struggles, weaknesses, strengths, and difficulties

Battled with disease and illnesses

EARLY LIFE OF ELLEN GOULD HARMON

Ellen's father was a farmer who also made hats. The entire family helped with hat-making.

They lived on a small farm near the village of Gorham, Maine. Later the father gave up farming and the family moved to Portland, Maine.

African Ancestry?

Some people have claimed that Ellen White had African American ancestry on the Gould side of her family. Supporting this claim is her facial features and research done by Elder C. E. Dudley. After some thorough research done regarding this claim, to the best of our knowledge we do not have any tangible proof of this and, as far as we can tell, her ancestry is only European Caucasian. The latest summary of the claims and research can be found in: Craig Newborn, article:

“ANCESTRY OF ELLEN G. WHITE” in the *Ellen G. White Encyclopedia (Review and Herald)*. James R. Nix, **“ELLEN WHITE’S RACIAL BACKGROUND”** in *“Ellen White and Current Issues” Symposium, Center for Adventist Research, Andrews University, volume 1 (April 4, 2005), pp. 30-45.*

“Her misfortune”

In 1836, at age nine, Ellen Harmon suffered a tragic accident, which, she later wrote, "was to affect my whole life" (LS p. 17). She was struck on the nose by a stone hurled by a classmate angry at some childish trifle. She was in a coma for three weeks. She said, "I was reduced almost to a skeleton." (LS p. 18)

Her father was on a trip when the accident happened, when he returned, he did not even recognize her, and this pained her heart terribly. Ellen was also physically disfigured for the rest of her life. "Every feature of my face seemed changed. The sight was more than I could bear. The bone of my nose proved to be broken. The idea of carrying my misfortune through life was insupportable. I could see no pleasure in my life. I did not wish to live, and I dared not die, for I was not prepared." (2SG p. 9)

School

During the next two years, Ellen tried to continue her education by attending school, but it was difficult, as she could not retain anything taught to her. Her strength also failed in her hands and she could not write.

On the advice of her teachers, she finally gave up school. It was the hardest struggle of her young life to give up hope of obtaining an education. She later attempted to get an education, however it took a great toll on her health and in June of 1842 she returned home. Ellen Harmon, at grade 3, never resumed formal schooling.

The Aftermath of the Accident

Some 50 years after the accident, she wrote: "that which for a time seemed so bitter and was so hard to bear, have proved to be a blessing in disguise. The cruel blow, which blighted the joys of earth, was the means of turning my eyes to heaven. I might never have known Jesus, had not the sorrow that clouded my early years led me to seek comfort in Him" (RH, Nov. 25, 1884; cited in 1Bio 30- 31).

THE PREACHING OF WILLIAM MILLER

In March of 1840, when I was 12 years old, William Miller visited Portland and gave a series of lectures on the Second Coming of Christ. Ellen and her family believed in the messages. Ellen was determined to claim the grace and salvation God offered.

Although she claimed the mercy of God, Ellen was confused and in great distress, because she did not feel the ecstasy that she thought would prove she had been accepted by God. She did not understand the simplicity of faith. Ellen believed that in being sanctified, she would have an electrify experience in her whole being.

The messages of an eternal burning hell that awaited those who did not accept the Lord, scared her so much that she was terrified by not feeling that overwhelming love of Jesus in her heart.

For weeks, at night, Ellen would kneel in prayer until morning, pleading with God to have mercy on her and to save her, from the fires of hell. To teach her what she must do to obtain salvation. One night she had a dream that Jesus was kind and he smiled at her. She then got the courage to talk to her mother about her fears.

Ellen's mother took her to Elder Stockman for advice. He then told her, "The very agony of mind you suffer is positive evidence the spirit of God is striving with you. The sinner, hardened in guilt, does not realize the enormity of his sin, and, as the Spirit of the Lord leaves him, he becomes indifferent and defiant. God does not take pleasure in burning people in hell as you imagined, instead of rejoicing in the destruction of His erring children, He longs to draw them to Himself. That is the message of the cross. You must believe that the hand of the loving Father is still holding you." With this thought, Ellen's mind was much relieved, and the wretched slavery of doubt and fear departed.

She promised God she would do all He required of her. Then she received the same impression that had troubled her before. She must bear public testimony.

An opportunity arose that very evening at a prayer meeting at her uncle's house.

God's plan for her life

To represent God required special preparation, which she had received during her time of wondering whether Christ had accepted her. When God decided she was ready, He began to reveal Himself to her in a more open way. Then one day while she prayed, she felt God's blessing come upon her "like the gentle dew," as she later described it. "A love for God greater than I had ever known before filled my heart. Even nature—the flowers and the trees and the animals—seemed more wonderful."

Acceptance of Christ

She was baptized by John Hobart in Casco Bay in Portland, Maine, and eagerly awaited Jesus to come again. *The day was windy and the water was freezing cold, but Ellen, insisted that she be baptized by **immersion** as her Lord. Elizabeth was baptized along with her.* Ellen referred to this as the happiest time of her life.

Preparing for Jesus' coming

Ellen was an earnest missionary worker, seeking to win her youthful friends and doing her part in heralding the Advent message. Ellen and her family eagerly worked and gave money to purchase tracts to spread the gospel of the second coming of Jesus on 22 October 1844.

- Shortly after her injury, Ellen, along with her parents, attended a Methodist camp meeting at Buxton, Maine, and there, at the age of 12, she was converted.
- Two years later, on June 26, 1842, at her request she and her sister Elizabeth were baptized into the Methodist church.

Many persons sold land and possessions to obtain money to spread the gospel. Lots of literature was distributed. Lots of meetings were held. They looked forward to the great day as they milked the cows for the last time, walked the fields for the last time, closed the gate for the last time. Then excitedly and prayerfully, they waited.

When that day came, they anxiously awaited and watched and prayed but evening came and still no sight of the little cloud in the distant sky. By 12 midnight, they all gave up the belief of Jesus' coming. It was heart-breaking, and Ellen, like many others cried relentlessly.

The keenness of the Great Disappointment that Jesus did not return to earth on October 22, 1844 was not lessened by Ellen's youth, and she, with others, studied the Bible and prayed earnestly for light and guidance in the succeeding days of perplexity.

The next morning 23 October, 1844, Hiram Edson and some friends were on their way to visit some members to comfort them. As they passed through Hiram's cornfield, he had a vision.

He came to understand that "the cleansing of the sanctuary" meant that Jesus was moving from the Holy Place to the Most Holy Place in the heavenly sanctuary, and not to the Second Coming of Jesus to earth. Edson shared what he believed he saw with many of the local Adventists. They were greatly encouraged by his account and prompted to study further.

A Special Work

God had a special purpose for Ellen Harmon's life. She would represent Him to the Seventh-day Adventist Church. In both the Old and New Testaments God communicated to specially chosen men and women called prophets. Since New Testament times, however, He had not chosen any particular person to bring His messages to the church over a long period of time. He spoke with men in other ways. But through the life of Ellen Gould Harmon—later Ellen G. White—He would restore the office of the prophet to the church.

JAMES SPRINGER WHITE

Born August 4, 1821, at Palmyra, NY the 5th of nine children.

Suffered from poor eyesight, which kept him out of school until the age of 19. Poor eyesight prevented him from obtaining much of an education, so he worked on the family farm.

At age 19 his eyesight improved and he enrolled in a local academy. His formal education consisted of a total of 29 weeks. He then earned a teaching certificate and briefly taught of an elementary school.

James White's religious experience

James was Baptized into the "Christian Connection" domination at age 16. The preaching of William Miller profoundly moved him and in September 1842 he decided to leave teaching and became a preacher.

He was successful in preaching the Millerite message: in the winter of 1842-1843. He was ordained to the gospel ministry in April of 1843. Prior to 1844, at Portland, Maine, Ellen came into contact with her future husband James who became convinced that her visions were genuine. James and Ellen worked together for several months, preaching the gospel and sharing her visions.

MARRIAGE AND FAMILY

Courtship

James and Ellen, became more acquainted on a trip to Orrington, Maine, where they both went to combat fanaticism. A courtship developed, but was allowed to mature only after both had assured themselves that the relationship had God's approval.

A year later James proposed.

Marriage

The simple ceremony was performed by a justice of the peace, Charles Harding, of Portland, Maine, on Sunday August 30, 1846. James later wrote:

We were married August 30, 1846, and from that hour to the present she has been my crown of rejoicing....It has been in the good providence of God that both of us had enjoyed a deep experience in the Advent movement....This experience

was now needed as we should join our forces and, united, labor extensively from the Atlantic Ocean to the Pacific ...

During the first few weeks following their marriage, James and Ellen gave earnest study to a 46-page tract published by Joseph Bates, in New Bedford, Massachusetts. The tract, entitled *Seventh-day Sabbath*, set forth the Biblical evidence for the sacredness of the seventh day.

Convinced that the views set forth were scriptural, they began to keep Saturday as the Sabbath. Some six months later, on April 3, 1847, Ellen White was shown in vision the law of God in the heavenly sanctuary, with a halo of light around the fourth commandment. This view brought a clearer understanding of the importance of the Sabbath doctrine, and confirmed the confidence of the Adventists in it. (*Early Writings*, pp. 32-35.)

James and Ellen had four sons:

1. **Henry Nichols**
2. **James Edson** (known as Edson)
3. **William Clarence** (known as Willie or W.C.) and
4. **John Herbert**

1. **Henry Nichols White** (1847-1863) Spent many of his early years with the Stockbridge Howland family. Commonly called the "Sweet singer". Died prematurely at 16 years of age, of pneumonia.

2. **James Edson White** (1849-1928) Known by his middle name (to differentiate him from his father). Missionary to former African American slaves in the southern United States (often at great personal endangerment, from violence at the hands of angry plantation-owners).

3. **William Clarence White** (1854-1937) Known affectionately as "Willie" After his father's decease, he served as counselor, business manager, and traveling companion to his mother, a task to which God had especially called him.

James and Ellen travelled a lot. At times they had to leave their boys and go out on the field without them. They would miss their children and long for times when they would be reunited as a family. Many times Ellen wrote to her boys, asking them to be good to their caregivers and to trust in Jesus their ever present help in trouble.

4. **John Herbert** (Sep 20, 1860 – Dec 14, 1860) John Herbert died of erysipelas (also known medically as "St. Anthony's Fire") at the age of three months.

Henry died of pneumonia at the age of 16 in 1863. When Henry was dying, he promised his Mother, not to worry, that she would meet him and his little

brother on the morning of the resurrection. Only Edson and William lived to adulthood.

Ellen, William, James, Edson

ACUTE PRIVATION IN THEIR HOME

In vision Ellen was "shown that the Lord had been trying us for our good, and to prepare us to labor for others; that He had been stirring up our nest, lest we should settle down at ease. Our work was to labor for souls; if we had been prospered, home would be so pleasant that we would be unwilling to leave it; trials had been permitted to come upon us to prepare us for the still greater conflicts that we would meet in our travels." (LS p. 105-106)

In the earliest days of their married life, they lived in the homes of others, such as the Harmon's home and Stockbridge Howland's home. They started housekeeping with borrowed furniture, but was determined to be financially independent.

MAKE KNOWN TO OTHERS WHAT I HAVE REVEALED TO YOU

The gift of prophecy

Two Millerites claimed to have had visions prior to Ellen White – William Ellis Foy (1818–1893), and Hazen Foss (1818?–1893), Ellen White's brother-in-law. Adventists believe the gift offered to these two men was instead passed on to Ellen White.

Seeing what really happened

Ellen White was shown many wonderful things. From the time she was 17 years old until she died 70 years later, God gave her approximately 2,000 visions and dreams.

The visions varied in length from less than a minute to nearly four hours.

Reading some of Ellen White's books you can see she wrote about some scenes and you can tell that she has seen them! She is describing just what is going on. In the older books she often says, "I was shown", or "I saw". The angels showed her what really did happen. If you read the story of Jesus' trial and death in *Desire of Ages*, you will know that she was watching it happen.

The vision experience

Ellen White described the vision experience as involving a bright light, which would surround her, and she felt herself in the presence of Jesus or angels who would show her events (historical and future) and places (on earth, in heaven, or other planets).

When she was about to be taken in a vision, she would repeat the words...
"Glory! Glory! Glory!"

When she was coming out of a vision she would describe the surroundings as, "dark, so dark", compared to the light of heavenly scenes. "After my first vision of glory, I could not discern the brightest light. It was thought that my eyesight was gone, but when I again became accustomed to the things of this world I could see again." *Sermons and talks Vol 1 p. 37* The transcriptions of White's visions generally contain theology, prophecy, or personal counsels to individuals or to Adventist leaders.

A humbling experience

This was the most humbling experience to Sis. White, after her first vision she said, "You will never have the least inclination to say, 'I am holy, I am sanctified.'...I have never dared to say, 'I am holy, I am sinless,' but whatever I have thought was the will of God, I have tried to do it with all my heart, and I have the sweet peace of God in my soul." *Sermons and talks Vol 1 p. 37*

First reported vision

Not long after the passing of time, in 1844, Ellen White reported her first encounter with having visions. "At this time I visited Sis. Haines at Portland, one of our Advent sisters, and in the morning we bowed around the family altar. It was not an exciting occasion, and there were but five of us present, all females.

Ellen in vision at prayer session

While praying the power of God came upon me as I never had felt it before, and I was wrapped up in a vision of God's glory, I seemed to be surrounded with light, and to be rising higher and higher from the earth. I turned to look for the advent people in the world, but could not find them, when a voice said to me, "Look again, and look a little higher." At this, I raised my eyes, and saw a straight and narrow path, cast up high above the world. On this path the advent people were traveling to the city, which was at the farther end of the path.

They had a bright light set up behind them at the beginning of the path, which an angel told me was the "midnight cry." [See Matthew 25:6.] This light shone all along the path, and gave light for their feet, so that they might not stumble.

If they kept their eyes fixed on Jesus, who was just before them, leading them to the city, they were safe. But soon some grew weary, and said the city was a great way off, and they expected to have entered it before. Then Jesus would encourage them by raising His glorious right arm, and from His arm came a light, which waved over the advent band, and they shouted "Alleluia!" Others rashly denied the light behind them, and said that it was not God that had led them out so far.

The light behind them went out, leaving their feet in perfect darkness, and they stumbled and lost sight of the mark and of Jesus, and fell off the path down into the dark and wicked world below.

Soon we heard the voice of God like many waters, which gave us the day and hour of Jesus' coming. The living saints, 144,000 in number, knew and understood the voice, while the wicked thought it was thunder and an earthquake.

When God spoke the time, He poured upon us the Holy Ghost, and our faces began to light up and shine with the glory of God, as Moses' did when he came down from Mount Sinai. The 144,000 were all sealed, and perfectly united. On their foreheads was written, "God, New Jerusalem," and a glorious star containing Jesus' new name. At our happy, holy state the wicked were enraged, and would rush violently up to lay hands on us to thrust us into prison, when we would stretch forth the hand in the name of the Lord, and they would fall helpless to the ground. Then it was that the synagogue of Satan knew that God had loved us who could wash one another's feet, and salute the brethren with a holy kiss, and they worshiped at our feet.

Soon our eyes were drawn to the east, for a small black cloud had appeared, about half as large as a man's hand, which we all knew was the sign of the Son of man. We all in solemn silence gazed on the cloud as it drew nearer, and became lighter, glorious, and still more glorious, till it was a great white cloud. The bottom appeared like fire; a rainbow was over the cloud, while around it were ten thousand angels, singing a most lovely song; and upon it sat the Son of man. His hair was white and curly, and lay on His shoulders; and upon His head were many crowns. His feet had the appearance of fire; in His right hand was a sharp sickle; in His left, a silver trumpet.

His eyes were a flame of fire, which searched His children through and through. Then all faces gathered paleness, and those that God had rejected gathered blackness. Then we all cried out: "Who shall be able to stand? Is my robe spotless?" Then the angels ceased to sing, and there was some time of awful silence, when Jesus spoke: "Those who have clean hands and pure hearts shall be able to stand; My grace is sufficient for you."

At this our faces lighted up, and joy filled every heart. And the angels struck a note higher and sung again, while the cloud drew still nearer the earth. Then Jesus' silver trumpet sounded, as He descended on the cloud, wrapped in flames of fire. He gazed on the graves of the sleeping saints, then raised His eyes and hands to heaven, and cried, "Awake! awake! awake! ye that sleep in the dust, and arise." Then there was a mighty earthquake. The graves opened, and the dead came up clothed with immortality.

The 144,000 shouted "Alleluia!" as they recognized their friends who had been torn from them by death, and in the same moment we were changed and caught up together with them to meet the Lord in the air. We all entered the cloud together, and were seven days ascending to the sea of glass, when Jesus brought the crowns and with His own right hand placed them on our heads. He gave us harps of gold and palms of victory. Here on the sea of glass the 144,000 stood in a perfect square.

Some of them had very bright crowns, others not so bright. Some crowns appeared heavy with stars, while others had but few. All were perfectly satisfied with their crowns. And they were all clothed with a glorious white mantle from their shoulders to their feet. Angels were all about us as we marched over the sea of glass to the gate of the city. Jesus raised His mighty, glorious arm, laid hold of the pearly gate, swung it back on its glittering hinges, and said to us, "You have washed your robes in My blood, stood stiffly for My truth; enter in."

We all marched in and felt that we had a perfect right in the city.

Here we saw the tree of life and the throne of God. Out of the throne came a pure river of water, and on either side of the river was the tree of life. On one side of the river was a trunk of a tree, and a trunk on the other side of the river, both of pure, transparent gold. At first I thought I saw two trees. I looked again, and saw that they were united at the top in one tree. So it was the tree of life on either side of the river of life. Its branches bowed to the place where we stood, and the fruit was glorious; it looked like gold mixed with silver.

We all went under the tree, and sat down to look at the glory of the place, when Brethren Fitch and Stockman, who had preached the gospel of the kingdom, and whom God had laid in the grave to save them, came up to us and asked us what we had passed through while they were sleeping.

We tried to call up our greatest trials, but they looked so small compared with the far more exceeding and eternal weight of glory that surrounded us, that we could not speak them out, and we all cried out, "Alleluia! heaven is cheap enough!" and we touched our glorious harps and made heaven's arches ring!

After I came out of vision, everything seemed changed; a gloom was spread over all that I beheld. Oh, how dark this world looked to me! I wept when I found myself here, and felt homesick. I had seen a better world, and it had spoiled this for me. (Christian Experience and Teachings of Ellen White p. 57-61)

The vision came after the disappointment of October 22, 1844, and assured the Advent believers of eventual triumph despite the immediate despair into which they had plunged.

Second and third visions

In February 1845, Ellen received a second vision which became known as the "Bridegroom" vision in Exeter, Maine.

Second vision

Included in the second vision, Ellen was given the following instruction: "The Lord gave me a view of the trial through which I must pass, and told me that I must go and relate to others what He had related to me. It was shown me that my labors would meet with great opposition, and that my heart would be rent with anguish, but that the grace of God would be sufficient to sustain me through all." (CET p. 65)

Third vision

Soon after, Ellen received a third vision where she reportedly saw the new earth, these visions "gave continued meaning to the October 1844 experience and supported the developing sanctuary rationale.

Public testimony

Fearing people would not accept her testimony, Ellen did not initially share her visions with the wider Millerite community. At a meeting in her parent's home she received what she regarded as confirmation of her ministry:

John Pearson, an elderly family friend who had looked upon Ellen's earlier vision as possibly from Satan, now tried to encourage and comfort the distressed young woman. Too exhausted and depressed to do anything, she just sat there, unable to pray. Her thoughts, however, joined her friends' prayers, and she realized that she would do anything possible to please God. She no longer had any fear about going out to speak to people.

In the middle of the prayers Ellen felt the mental depression that had plagued her for several days leave, and a brilliant light suddenly appeared in the room. Pearson, who had not knelt during the prayers because of his rheumatism-crippled legs, saw a glowing sphere of light flash toward Ellen's heart. "I saw it!" he exclaimed after she came out of the vision and regained her sight and hearing. "I saw it! I will never forget it. It has changed my whole being. Ellen, have courage in the Lord."

Ellen shares what happened

"While praying, the thick darkness that had enveloped me was scattered; a bright light, like a ball of fire, came towards me; and as it fell upon me, my strength was taken away. I seemed to be in the presence of Jesus and the angels. Again it was repeated, 'Make known to others what I have revealed to you.'"

In the vision she had seen several angels, and one of them had repeated the command, "Make known to others what I have revealed to you."

Her chance to fulfill it came quickly when she went with her brother-in-law to visit her sisters living in Poland, Maine, thirty miles away.

A bible test

Ellen met with much opposition for her visions, some thought her visions were of the Devil.

On one occasion, Mr. Thayer, the owner of the house, was not fully satisfied that her vision was of the devil, as Robbins declared it to be. He wanted it tested in some way.

He had heard that visions of Satanic power were arrested by opening the Bible and laying it on the person in vision, and asked Sargent if he would test it in this way, which he declined to do.

Then Thayer took a heavy, large quarto family Bible, which was lying on the table, and seldom used, opened it, and laid it upon Sister Ellen while in vision, as she was then inclined backward against the wall in the corner of the room.

Immediately after the Bible was laid upon her, she arose upon her feet, and walked into the middle of the room, with the Bible open in one hand, and lifted as high as she could reach, and with her eyes steadily looking upward, declared

in a solemn manner, the inspired testimony from God, or words of the same import.

While the Bible was thus extended in one hand, and her eyes looking upwards, and not on the Bible, she continued for a long time, to turn over the leaves with her other hand, and place her finger upon certain passages, and correctly repeat their words with a solemn voice.

Many present looked at the passages where her finger was pointed, to see if she repeated them correctly, for her eyes at the same time were looking upwards. Some of the passages referred to were judgments against the wicked and blasphemers, and others were admonitions and instructions relative to our present condition.

In this state she continued all the afternoon until near sunset, when she came out of vision. When she arose in vision upon her feet, with the heavy open Bible in her hand, and walked the room, uttering the passages of scripture, these men were silenced.

Last vision

On March 3rd, 1915 Ellen had her last vision, and Willie was called to write it down. Her burden was for the youth.

We should select for them . . . books that will . . . encourage them to sincerity of life, and lead them . . . to the opening . . . of the Word.

Her writings are valueless unless read. If Seventh-day Adventists will read them, they will find the thoughts of God given through the literary style of Ellen G. White. They will find a wonderful Christian life, one worthy of imitation. But most of all, they will find Jesus Christ.

SPEAKING IN PUBLIC

A problem with timidity

Maybe as a residual effect from her accident (which physically scarred her for life).

At age 17, she was commissioned to public ministry. Her reaction to spread the word: "I was exceedingly troubled. . . . My heart shrank in terror from the thought." (LS p. 69-70).

Ellen's problem with timidity

Reasons why Ellen was timid to share the messages were as a result of:

- (1) Poor health
- (2) "I was only seventeen years of age, small and frail"
- (3) "I was young and timid"

Speaking in Public

Once while in Portland, Maine, Ellen had an opportunity to speak at a small religious meeting. For the first five minutes her voice remained little more than a hoarse whisper. Then her speaking difficulty dramatically vanished, and she spoke clearly and strongly for nearly two hours. But when she finished, the soreness and difficulty in breathing returned and remained until the next time she spoke at a meeting.

Soon Ellen was giving her testimony in public meetings, some of which she arranged herself, and in her regular Methodist class meetings in private homes. The visions were not always accepted and some thought them to be mere tales, but Ellen continued in faith and prayed several entire nights for those that they would soon yield to Jesus.

More and more speaking appointments came. First she traveled throughout Maine, then to other parts of New England and to New York, and finally across the United States. Years later she journeyed and spoke in Europe and Australia.

Her voice strengthened until people claimed they could hear her distinctly outdoors at distances up to a mile without any kind of electronic amplification or loudspeaker system.

Audiences ranged from five to twenty thousand people, and she often kept their attention for hours.

An excellent speaker

Mrs. White obtained a reputation as an excellent speaker not only among Seventh-day Adventists, but among others as well.

Story

One day a young minister named A. J. Breed attended a large gathering held in Battle Creek, Michigan. Wanting to get a good seat in order to hear Mrs. White well, he went early and sat on the front row. As he waited for the meeting to start, a stranger came in and took the seat beside him. Glancing around a moment, he turned to Breed and asked, "I understand that Mrs. White will speak here today. Is that true?" The minister assured him that she would. "I have come all the way from Chicago to hear her," the man said.

The arrival of Mrs. White and several ministers on the platform ended his attempt at conversation. After the usual opening exercises Mrs. White stepped to the lectern. During the talk Breed noticed the stranger out of the corner of his eye. The man seemed extremely interested, sometimes leaning forward in his seat in concentration as he studied her movements and expressions.

When the meeting closed and the audience prepared to leave, the man from Chicago touched Breed on the shoulder and asked, "Could you tell me what school of elocution Mrs. White attended and where she learned public speaking?" "She has never attended any," the young minister told him. "But she must have. I can see the training in the way she speaks. It's obvious." Shaking his head, Breed insisted, "No, I'm sure she hasn't had any formal training in public speaking. In fact, she's had little formal education." He briefly described the accident and sickness that had plagued her childhood and prevented her from going to school.

The stranger's face mirrored disbelief. "I head an elocution school in Chicago," he said after a pause, "and I am positive someone has taught her public speaking. She did everything tonight perfectly. For example, we teach our students the best movements to make with their hands. When they step forward with their right foot, they use their right hand to make things balance. And that's what she did every time. Her breathing, her articulation—everything she did followed what we teach. I had hoped tonight to learn the name of the school she'd gone to."

Again Breed repeated that she had never had any formal training in public speaking. The man stared at the floor a moment, then commented, "There's only one thing I can say: If no human being taught her how to speak, then the angels must have, because she's an expert at it."

Besides sermons and talks at Adventist religious meetings, Ellen G. White also lectured widely on temperance. Until the end of her long life she used every opportunity to speak to the people about Christ's love and His teaching. But she did not aim her talks to large groups of people only. She tried to present

each sermon or lecture as if she had prepared it for each individual present, and her personalized talks had great impact.

Ellen White addressed many large audiences, the largest being a Sunday afternoon congregation at Groveland, Massachusetts, late in August, 1877, at which time 20,000 people heard her speak on the broad aspect of Christian temperance.

Her travels and labors during this period took her east and west and into the Pacific Northwest. She wrote incessantly, attended General Conference sessions, filled speaking appointments at camp meetings and in churches, appeared before temperance groups, and even filled appointments in town squares and state prisons.

Ellen White attended the General Conference session of 1888 in Minneapolis, Minnesota. In the following months she traveled and preached, seeking to unify the church on the doctrine of righteousness by faith.

WRITE OUT THE INSTRUCTION I GIVE YOU

Challenged to write

My active labors in this message began when I was sixteen years of age. At that time the word came to me, "Write out the instruction I give you for the people." I answered, "I can not write, Lord."

Because of the accident, which had nearly cost me my life, I had been feeble in health and unable to write, for my hand trembled so that I was forced after many efforts to give up the attempt to write.

"One night the angel of the Lord came to my bedside and said to me, "You must write out the things that I give you." "I said, "I cannot write." Again the command was given, "Write out the things I give you." I thought I would try, and taking up a lapboard from the table, I began to write, and found that I could trace the words easily."

"The Lord had wrought a miracle upon me. Since that time, I have written thousands of pages, and I continue to write at the age of eighty-one." *The General Conference Bulletin May 31, 1909 par. 8*

A question of influence on her writings

"He will tell you himself that it is I that present the situation to him... He does not seem to want to tell me anything about the Southern California meeting. Scarcely anything has he told me – only some points that he knows would not trouble my mind. He does not feel like opening things to me, but I come to him with manuscripts, and I tell him, This must be copied, and sent out just as quickly as it can be."

“Now I have light, mostly in the night season, just as if the whole thing were transacting, and I viewing it, and as I am listening to the conversation, I am moved to get up and meet it. This is the way it is, and then in the morning I tell him about it. Often he doesn’t say a word – not a word; but after a while, when I have written and written then he acknowledges that it is so... because he was there, but he did not tell me.”

“...I am up in the morning... before anyone else is up – at one o’clock, two o’clock, three o’clock and seldom ever after four, more often by three... I’ve been up, writing. I write out the presentations that the Lord has given me in the night season, and when, later on the morning, Willie comes in to see me, I have already written many pages.”

“Often the manuscript has been placed in the hands of one of my copyists, and is being written out, before he knows that I have written anything, or what I have written.” (9MR p. 189)

Testimonies for the Church

In 1855, Elder and Mrs. White, and those associated with them in the publishing work, arrived at Battle Creek, a conference was held to consider plans for spreading the Advent message. At the close of this general meeting a number of matters of importance to the church at large were revealed to Ellen White. These she wrote out and read to the Battle Creek church.

The church members recognized that this message would benefit all the groups of believers, so they voted that it should be published. In due time there came from the re-established press in December of 1855, a 16-page tract bearing the title, *Testimony for the Church* (*Testimonies*, vol. 1, pp. 113-126), the first of a series of writings that in 55 years totaled nearly 5,000 pages, as published in the nine volumes of *Testimonies for the Church*.

During the years 1865 to 1868, Elder White's poor physical condition led them to move to a small farm near Greenville, Michigan. There free from other pressing duties, Ellen White had opportunity to write, and she undertook the presentation of the conflict story as it had been shown to her more fully in further revelations.

In 1870, *The Spirit of Prophecy*, volume 1, was published, carrying the story from the fall of Lucifer in heaven to Solomon's time. Work with this series was broken off, and it was seven years before the next volume was issued.

A connecting link

From 1861 to 1881 Ellen White's prophetic ministry became increasingly recognized among Sabbatarian Adventists. Her frequent articles in the *Review and Herald* (now the *Adventist Review*) and other church publications were a unifying influence to the beginning church.

The writings of Ellen G. White

During her lifetime she wrote more than 5,000 periodical articles and 40 books; but today, including compilations from her 50,000 pages of manuscript, more than 100 titles are available in English.

She is the most translated woman writer in the entire history of literature, and the most translated American author of either gender.

Her writings cover a broad range of subjects, including religion, education, social relationships, evangelism, prophecy, publishing, nutrition, and management. Her life-changing masterpiece on successful Christian living, *Steps to Christ*, has been published in more than 140 languages.

“The writings of Ellen White are not a substitute for Scripture. They cannot be placed on the same level. The Holy Scriptures stand alone, the unique standard by which her and all other writings must be judged and to which they must be subject” (Seventh-day Adventists Believe . . . , Ministerial Association, General Conference of Seventh-day Adventists, Washington D.C., 1988, p. 227).

“The fact that God has revealed His will to men through His Word, has not rendered needless the continued presence and guiding of the Holy Spirit. On the contrary, the Spirit was promised by our Saviour to open the Word to His servants, to illuminate and apply its teachings” (The Great Controversy, p. vii).

In the early 1880s, the fourth and last volume of the *Spirit of Prophecy* series. The conflict story from the destruction of Jerusalem to the close of time was presented in this long-awaited volume. When it came from the press in 1884, the book was well received. An illustrated edition for house-to-house sale was published, carrying the title *The Great Controversy Between Christ and His Angels and Satan and His Angels*, and within three years 50,000 copies were sold.

Because *The Spirit of Prophecy*, volume 4, was called for in the European languages, Having visited the European states and seeing, experiencing and understanding more of the events of the Dark Ages, Ellen White felt she must write out more fully the controversy scenes involving places in Europe. The result was the book known today as *The Great Controversy*, first published in 1888.

Returning to the United States, Ellen White made her home at Healdsburg, California, there she worked on *Patriarchs and Prophets*, which appeared in the year 1890.

In addition to her many interests in the local work of the pioneer field of Australia, Mrs. White found time to write thousands of pages of timely counsel

that crossed the seas and guided denominational leaders. She also furnished articles weekly for the *Review*, *Signs of the Times*, and *Youth Instructor*.

Her heavy program in Australia greatly delayed her book work, and it was not until 1898 that *The Desire of Ages* was brought to completion and made its appearance. *Thoughts from the Mount of Blessing* preceded it by two years, and *Christ's Object Lessons* and *Testimonies for the Church*, volume 6, followed in 1900.

"Often I lay down my pen and say, 'Impossible, impossible for finite minds to grasp eternal truths and deep, holy principles, and to express their living import.' I stand ignorant and helpless. The right current of thought takes possession of my whole being and I lay down my pen, and say, 'O Lord, I am finite, I am weak and simple and ignorant. Thy grand and holy revelations I can never find language to express.'" – (Letter 90, 1896 p. 1, 3 (To W. O. Palmer, January 24, 1896) 9MR p. 268

THE PUBLISHING MINISTRY

Beginning to Publish

While at Rocky Hill, Connecticut, in the summer of 1849, James White began publication of *The Present Truth*, an eight-page semimonthly paper. The later numbers carried articles from Ellen White's pen setting forth prophetic views of the future of the church and sounding notes of warning and counsel.

The year 1851 marked the appearance of Mrs. White's first book, a paper-covered work of 64 pages entitled, *A Sketch of the Christian Experience and Views of Ellen G. White*. This early document and its *Supplement* (1854) are now found on pages 11-127 of the book *Early Writings*.

In March 1852, *The Advent Review and Sabbath Herald*, was going out to all parts of the field with good results, and it was making many converts. The cost of printing was going up all the time, and they had a hard time finding the money. James had studied how the papers might be placed on a more practical foundation, so he called a conference for some advice about the *Advent Review and Sabbath Herald*.

The members did not think it was right to have the literature turned out on the Sabbath at the commercial printers. They decided it was best to own and operate their own press; the only kind they could afford was a hand press valued \$600. With a loan from Hiram Edson, who had just sold his Port Gibson farm, the believers bought the press. The printing office was rented in Rochester, New York.

James White wrote many articles. Even when he was out on the road, whenever he stopped for lunch, he would use the top of his lunch pail or the top of his hat for a desk and write a little each day.

Today, there are 63 Publishing Houses printing in 372 languages! The *Youth's Instructor* periodical published in 1852 was a great success and in high demand.

Burdened and overworked

In 1854 James got gravely sick. It seemed that overwork and grief from the death of his sister Anna, and others had brought him down.

In February 1855 James wrote an editorial for the *Review*, that described his desperate situation. He worked 14 to 18 hours a day, he was burdened by the debts of the office, and he faced increasing rumors that he was made rich from the publishing house.

James wanted to be free of proprietorship of the printery. He thought the *Review* was a church paper, and the church should own it and bear the responsibilities.

To support 20 office workers and meet the demands of the paper, debt amounted to two to three thousand dollars.

A committee elected, editors and a finance committee to receive all funds, pay bills and set the prices.

The publishing house

In November, 1855, the Review and Herald Publishing Association, with the hand press and other printing equipment, was moved from rented quarters in Rochester, New York, to the newly erected building in Battle Creek, Michigan, so liberally provided by the Advent believers.

A power press and a Tabernacle

On April 10, 1857, Joseph Bates presided at a general conference of believers in Battle Creek where the following two decisions were made:

1. The demands for copies of the Review and Youth Instructor increased tremendously, and the hand press was insufficient. It was decided to purchase a power press at a cost of \$2,500.
2. To build a meetinghouse that was large enough for conferences to be held from time to time and big enough to seat three or four hundred people.

Planned giving

In January, 1859, John N. Andrews was asked to come from Iowa to lead a class in searching the Scriptures for a Bible-based system of finance for the emerging church.

They agreed that the tithing system is just as binding as it ever was in Old Testament times. Although they weren't talking about giving a tenth of their income, the Bible clearly requires us to give according to a system.

They don't want to enforce the ceremonial laws. They thought the word 'tithe' will scare the people. Besides, it's not an accurate term, since they weren't asking for a tenth.

John Loughborough suggested that they call it, Systematic Benevolence based on the tithing principle.

Sister Betsy

Sister Betsy, as the plan came to be known, suggested that each believer pledge from five to 25 cents a week according to his or her means. Also, five cents a week should be pledged for every \$100 worth of property owned. The *Review* counseled each company of believers to appoint a treasurer who would distribute the money to needy ministers. Slowly, ever so slowly, the idea of a centralized, formal church was growing.

THE SEVENTH-DAY ADVENTIST CHURCH

Ownership of Church property

In 1859, James raised the concern that people still recognized him as being responsible for the publishing office debts, since the body of believers was not a legal entity, any liability by the printing office would make him personally liable. If there should be a fire, it would be a total loss, and he could never cover it.

The church had gotten to a point where there was the need to incorporate and choose a name.

Choosing a name

Some members opposed the idea of choosing a name, saying it was Babylon, and the debate raged for six months.

The brethren assembled in Battle Creek on September 29, 1860 with Joseph Bates as chairman.

Elder White explained that he had been left as sole owner of the church's publishing property, and it was time that the church took over.

After three days of meetings, they finally reached an agreement on a proposed resolution: "We recommend to the conference the organization of a publishing association that may legally hold the *Review* office." This resolution was unanimously agreed.

The following day, they adopted a constitution to implement this resolution. The constitution settled details of organization and staffing.

Next Brother Brackett moved that a name be adopted, as they must have a name if they were to organize so as to hold property legally.

Bro. White indicated that very often when he met with friends, they asked him what the name of their people was; and it had been quite an embarrassment not to be able to give any.

David Hewitt then suggested that they moved to adopt the name Seventh-day Adventist, because it described their beliefs. That name was unanimously agreed.

Finally, Church organization

Ellen White supported her husband in the church's need for formal organization. The result was the organization of the Seventh-day Adventist Church in 1863.

HEALTH REFORM

As a group, Seventh-day Adventists are among the most health-and-fitness-oriented folks in the world. In the early days of the church, however, believers had no idea how to maintain their health. Even physicians were baffled with sickness and used means like bloodletting or poisons like mercury, opium or arsenic for medicine.

Early believers and health

They ate every thing: pork chops, lots of salt, pepper and seasoning, hot bread and butter, coffee, sugar, rich pies - so that when it is pressed down on the crust, the lard would squeeze out.

They did not know:

- That disease was a result of a cause.
- That diet affected health.

They thought that they could not control sickness any more than they could control the weather. That sickness was all ordered by God's hand, and they just had to accept His will.

The first vision on health

In the fall of 1848, Ellen had a vision. It confirmed the belief of many of the members that tobacco was bad for the body. She saw in vision that tobacco was a filthy weed, and that it must be laid aside. Unless it's given up, the one that uses it cannot be sealed with the seal of the living God.

Those who have been in the habit of using tobacco will have a struggle to leave it off, but they must not be discouraged.

Sitting in the audience was, Samuel Rhodes, and he asked the members to pray for him to overcome his smoking habit. He was cured of his craving, and never again used tobacco, although others continued to chew and smoke. The emphasis in these early years was on tobacco, tea and coffee.

The second vision on health

In 1854, Ellen White was given more light on health. I saw that God would have a clean and holy people. He doesn't consider an untidy, unclean person to be a Christian. And the houses of the saints should be kept tidy and neat, free from dirt and filth and all uncleanness.

Appetite must be denied. If we wish to keep well, we must take special care of the health God has given us. It's important to deny the unhealthy appetite. We must eat less fine food. Eat coarse, wholesome food—free from grease. Then we can ask God's blessing, and derive strength from our food.

In 1863, several of the overtaxed ministers had been forced to become inactive because of sickness.

The importance of health reform was greatly impressed upon the early leaders of the church; through the untimely death of Henry White at the age of 16, the severe illness of Elder James White, which forced him to cease work for three years, and through the sufferings of several other ministers.

The third vision on health

On June 6, 1863, in Otsego, Michigan at a prayer meeting, Ellen received another vision that lasted 45 minutes. She did not tell it right away. It was on health, but . . . so different . . . so strange. Two weeks later while visiting at the home of Dr. Horatio Lay, he asked her to share the vision. She was hesitant as much of the matter presented was so different from commonly accepted views that . . . she feared that she could not relate it in a manner so that it would be understood.

Dr. Lay insisted that she shared the message and they will see if it could be understood.

Ellen then told the vision:

*I saw that pain and sickness, in most cases, is simply nature trying to overcome the transgression of nature's laws. I saw that temperance means much more than just giving up liquor. It includes working and eating moderately. We shouldn't eat so much or so often. I was shown that there are serious dangers of contracting disease through eating meat. It was injurious to our health. I was shown that we shouldn't **ever** eat swine's flesh. I was shown that reform in*

*health matters is part of the Third Angel's message. We must have clear, healthy minds in order to understand the will of God, and strong bodies in order to do his bidding. Taking care of our health isn't just a good idea, **it is a sacred religious duty!***

The vision included information on the healthful benefits of water, sunlight and fresh air. James and Ellen were specifically told they had been wrong to exhaust themselves with extremely long hours of labor.

James was told to stop dwelling on the uncooperativeness of some of the other church leaders, that such a state of mind endangered his health.

That James and Ellen had a special work to arouse others to do their duty, to come out against intemperance. That they should wake up minds to the subject of health.

Responding to health reform

Immediately James and Ellen responded to the call and began having two meals a day at 7:00 am and 1:00 pm and they reduced meat from their diet.

Ellen was a great meat eater, and thought she had to have flesh food to prevent her frequent fainting spells. She especially hated bread, but she was determined to obey the instructions of the Lord.

Ellen did not like bread. One day at the dinner table, she attempted to eat bread, but found it difficult to eat. Ellen insisted and said out loud... "Stomach, you may wait until you **can** eat bread." "I'll eat simple food, or I won't eat at all."

After a few missed meals, Ellen could eat bread, even whole wheat bread, which they called graham bread.

Her fainting spells disappeared

Ellen rarely ate meat after that, and after the Brighton, Australia, camp meeting of 1894, she never ate it again.

Publishing the health visions

This revelation on June 6, 1863 impressed upon the leaders in the newly organized church the importance of health reform. For the next several months, Ellen was busy writing and publishing the instructions she had received. People who tried the health reform wrote enthusiastic reports to the *Review*, and after 1866, to the new *Health Reformer* magazine.

Reaping the joys of health reform

“I enjoy as perfect health as probably can be enjoyed in this mortal state. I would not return to my old habits of eating for any consideration . . . Elder Isaac Sanborn.”

“I believe the reform came up just in time to save me from becoming a complete wreck . . . M. E. Cornell.”

“My cough is better. I have gained in flesh, have more warmth in my system, and feel better prepared to endure another cold winter. . . Elder John Byington.”

“Bless God for the health reform! It has come as a messenger of mercy, strengthening the body, cheering the mind, and refreshing the spirit. . . Elder J. H. Waggoner.”

Extreme in health reform

Some took extreme measures in health reform. They deprived themselves of food, when there was nothing to substitute for meat, eggs, butter or milk. Sadly this resulted in sickness and death.

Sis. White spoke against such behaviors, saying that it would have been better to use these items rather than die of starvation. For example: The settlers on the western prairies had a limited variety of food, and almost no fruit. Ellen advised against pressing them further than they could go in health reform. She also would not bow to pressure to ban milk, salt and sugar, although she said it was best to keep them to a minimum.

In the months that followed, as the health message was seen to be a part of the message of Seventh-day Adventists, a health educational program was inaugurated. An introductory step in this effort was the publishing of six pamphlets of 64 pages each, entitled, *Health*, or *How to Live*, compiled by James and Ellen White. An article from White was included in each of the pamphlets...

Meatless meals shared

In 1865, the women of the Battle Creek church produced recipes for meatless meals, to be included in the first number of *How to Live*, a series of six pamphlets on health. One of the recipes was for graham gems, a kind of whole-wheat muffin, which became very popular.

Health institute

Ellen White expounded greatly on the subject of health and nutrition, as well as healthy eating and a balanced diet. At her behest, the Seventh-day Adventist Church first established the Western Health Reform Institute in Battle Creek, Michigan in September in 1866 to care for the sick as well as to disseminate health instruction.

Health system

Over the years, other Adventist sanitariums were established around the country. These sanitariums evolved into hospitals, forming the backbone of the Adventists' medical network and, in 1972, forming the Adventist Health System.

Meat eating in the sanitarium

At the Medical and Surgical Sanitarium in Australia in 1898, when the question was raised with regard to meat-eating in the sanitarium; it was advocated a diet without flesh foods should be served to the patients. To do otherwise would not be in accordance with our teachings on health reform.

Sanitarium menu

Not only was meat permanently off the menu at the sanitarium, but they agreed to serve no tea or coffee there and to avoid the harmful drugs so often used in medicine. Today there are 157 hospitals and 358 clinics.

NURSING AN INVALID HUSBAND

James White was never in robust health. Stricken with paralysis on August 16, 1865, he was hospitalized at "*Our Home on the Hillside*", a health reform water-cure institution operated by Dr. Jackson, at Dansville, New York.

Dr. Jackson provided a healthful, balanced diet of fruit, vegetables, nuts and whole-grain bread. But the doctor disapproved of prayer, and he prescribed activities we did not approve, such as dancing, card games and frequent visits to the theater.

Even though the Doctor insisted, James did not want to participate in those amusements. On the night of December 4, 1865, James was especially restless, and Ellen's earnest prayers brought no relief.

He was resigned to death, but Ellen believed God would heal him. As Ellen prayed, she became convinced to go home to Battle Creek.

On Christmas Day, 1865, Mrs. White received a vision during a prayer session in which she was shown that Adventists had not done enough to promote health reform, and should establish a health institution:

- (a) To promote proper cures for healing those already ill.
- (b) To teach prevention of illness through proper diet and other reforms.

Ellen White was also shown, "It seemed I was borne quickly from earth to heaven, where all was health, beauty and glory. I had an encouraging view of James' case. I was shown that Satan's purpose was to destroy my husband and bring him down to the grave. But through these earnest prayers, his power has been broken".

To hasten his convalescence they sold their home in Battle Creek, and relocated on a small farm purchased at Greenville, Michigan.

James White was most reluctant to engage in any exercise, because he had been converted to Dr. Jackson's erroneous theory of total mental and physical inaction in the recovery of health.

In the spring and summer of 1867, slowly James began to show an interest, and join in the garden work in a limited way. Soon he was getting better.

Although James White recovered from this stroke, he would experience about five strokes before his death 16 years later, in 1881, at the age of 60 (LS 248-249).

Rejection by the Battle Creek Church

By March, 1867, after an extended absence from Battle Creek, while Ellen White took care of her husband, she began to receive letters in Greenville "of a discouraging character" from some of the members of the Battle Creek church. They thought she should be serving the Church rather than be absent taking care of Bro. White.

"Grieved in spirit beyond measure, I remained at home, dreading to go anywhere among the church for fear of being wounded. Finally, as no one made an effort to relieve my feelings, I felt it to be my duty to call together a number of experienced brethren and sisters, and meet the [false] reports which were circulating in regard to us. Weighed down and depressed, even to anguish, I met the charges against me. . ." (1T 580-581)

Interpersonal problems

Interpersonal problems between James and Ellen over differences of opinion concerning the handling of their son, Edson: James took a very stern, "tough love," attitude, refusing to bail Edson out from the consequences of his spendthrift ways. Ellen, however, took a more tender, lenient, conciliatory attitude, which caused James to disagree and, at times, explode.

When James disagreed with Brethren it was sometimes difficult to keep his resolution. A growing church meant more leaders. It was natural that their decisions would sometimes be different from those James would have made—and unwelcomed to the man who had led out in the cause and invested his life's energy and resources in it. In May 1879, he had vigorously protested some decisions he considered unwise.

"I shall use the old head God gave me until He reveals that I am wrong. Your head won't fit on my shoulders. Keep it where it belongs, and I will try to honor God in using my own. I shall be glad to hear from you, but don't waste your

precious time and strength in lecturing me on matters of mere opinion". (Letter 66, May 16, 1876).

Commenting about Willie's involvement in the work in California, James said to Ellen: "He's siding with Butler and Haskell, Ellen. They leave me out of their consultations, doing everything in secrecy. They have no appreciation of the work I've done. And so many of the younger leaders have no sense of dedication to the cause".

To this Ellen reminded James, that he must remember that his labors were for God, not for the brethren. He should not dwell too much on the lack of human appreciation.

LITERATURE EVANGELIST MINISTRY

The man who could not preach

Early in the winter of 1880, James White approached Brother Richard and Sister Huldah Godsmark after church one Sabbath. He asked them to take in a young man who was interested in being a preacher. Bro. and Sis. Godsmark were to see if he was truly a preacher material. His name was **George King**.

For several months, George King studied, and practiced by preaching to empty chairs in the parlor. Often, Othniel, the son of Bro. Godsmark, woke in the early hours to hear him praying earnestly in his room. In the spring, Brother Godsmark arranged for George to preach a trial sermon in his home with another Sabbath-keeping family in attendance.

George King, stammered, the words:

"I-aim ta talk to ah this-er-afternoon about uh—about the truths of the-uh—the Third Angels' Message. This here is-er, um—a very important subject . . . excuse me!"

And with that George left the room, totally embarrassed and angry at himself, for he had practiced so hard.

Mrs. Godsmark, tried to encourage George, suggesting that he could be a fireside preacher, that he go into people's homes and preach to them. He could give away tracts, and talk to people wherever they are.

George was thrilled with the idea and immediately set his mind on it. With \$2 in his pocket for expenses, George set out Monday morning with his supply of tracts.

The Godsmark family were concerned when he didn't show up Friday evening, as arranged. But Sabbath morning when they went to church in Battle Creek...there was George singing away at the front of the Church.

When George, met with them, he exclaimed: "It was a success! I gave away lots of tracts and—listen to this!—I sold 62 cents worth!"

The work of the literature evangelist is more than a commercial enterprise. Its true aim is to spread the gospel, and it is this goal, which has made the program so successful. And it all started with a man who was certain God had called him to labor for souls.

Signs of the Times

An important vision was given to Ellen White on April 1, 1874, while in the West, at which time there was opened up to her the marvelous way in which the denomination's work was to broaden and develop not only in the western States but overseas. At that time tent meetings were opened in Oakland, California, and in connection with this public effort Elder White began the magazine, *Signs of the Times*.

Battle Creek College

In the dedication of Battle Creek College on January 4, 1875. As Ellen White stood before the group who had gathered from a number of states to dedicate the denomination's first educational institution, she related what had been shown to her the day before in a vision.

Vision of January 3, 1875

The picture she presented of the international work that must be accomplished by Seventh-day Adventists impressed the assembled workers and believers with the importance and need of the college. Among other things, she told of having been shown printing presses operating in other lands, and a well-organized work developing in vast world territories that Seventh-day Adventists up to that time had never thought of entering.

Much of Mrs. White's time was occupied in writing that part of the conflict story dealing with the life of Christ and the work of the apostles. This appeared in volumes 2 and 3 of *The Spirit of Prophecy*, in 1877 and 1878. Elder White was busily engaged in establishing the Pacific Press in Oakland, California, and in raising money to enlarge the Battle Creek Sanitarium and to build the Tabernacle in Battle Creek.

Fulfillment of a vision

When the Whites visited the new health institution near St. Helena, California, early in 1878, Ellen White exclaimed that she had seen those buildings and surroundings in the vision shown her of the broadening work on the West Coast. This was the third Pacific Coast enterprise she had seen in the 1875 vision, the others being the *Signs of the Times* and the Pacific Press.

THE LAST SUNSET V JAMES WHITE

James had resigned his connection with the college and sanitarium, but remained president of the Publishing Association and editor of the *Review*.

Through the winter of 1880-1881, he wrote numerous articles for the paper.

In the spring James and Ellen began to visit churches near Battle Creek, and even attended camp meetings in Iowa and Wisconsin. Often, they went to the grove on their property in Battle Creek, to pray. One day, while walking out in the grove, James suddenly stopped, he had a strong feeling that some change was about to take place in affairs that concern himself and Ellen.

James said: "I feel a sense of danger, an unutterable longing for the special blessings of God, an assurance that all my sins are washed away. I ask your forgiveness for any word or act that has caused you sorrow. There must be nothing to hinder our prayers. Ellen, everything must be right between us, and between ourselves and God."

On Wednesday, July 27th 1881, James began to feel quite ill. He had pains in his arms and legs and a headache.

During the next few days, James continued to complain of pains in his legs, and on the following Monday, he suffered a severe chill. By Tuesday, Ellen too became ill.

Doctor John Kellogg came to the house on the Wednesday and ordered them taken to the sanitarium. A horse-drawn hack was called, and they were tenderly placed in it on a mattress, where they laid side by side for the last time. Dr. Kellogg, diagnosed their illness as malarial fever and they were both in a life-threatening situation. Edson first rushed to their side. Then he sent a message for William about their parents' condition.

Ellen began to improve, but James got worse. Ellen was taken to the bedside of James, where she asked him if Jesus was precious to him, to which he responded, "yes". She then asked, "have you no desire to live?", James responded, "no". Dr. Kellogg labored throughout that night, while Ellen, Edson, Uriah Smith and others prayed in the stricken man's room.

At 10 o'clock the next morning, James was able to talk in short sentences, but by 1:30 p.m. he lapsed into a coma. Before the sun set that day, Sabbath, August 6th, 1881 at age 60, God's warrior breathed his last. A week later, prostrate with illness and grief, Sis. White was carried to the Tabernacle to speak at his funeral.

“When my husband was breathing out his life, I felt it would be selfish to throw my arms around him and detain him here. Now I take up my life’s work alone . . . I yield my precious treasure.

I look forward to that morning when the broken family will be reunited, and we shall see the King in His beauty . . . and we will triumph together around the great, white throne!”

Widowhood and loneliness

A Few Weeks After James White's Death. -- "I miss Father more and more. Especially do I feel his loss while here in the mountains. I find it a very different thing being in the mountains with my husband and in the mountains without him. I am fully of the opinion that my life was so entwined or interwoven with my husband's that it is about impossible for me to be of any great account without him" (Letter 17, Sept. 12, 1881).

James and Ellen had been married for 35 years. Sis. White many years later said, "His sympathy and prayers and tears I have missed so much, so very much. No one can understand this as myself. But my work has to be done" (Ms 227, 1902, cited in 3SM 67).

Sis. White on the question of Remarriage?

"Since twenty-one years ago, when I was deprived of my husband by death, I have not had the slightest idea of ever marrying again. Why? Not because God forbade it. No. But to stand alone was best for me, that no one should suffer with me in carrying forward my work entrusted to me of God and no one should have a right to influence me in any way in reference to my responsibility and my work in bearing my testimony of encouragement and reproof." (Ms. 227, 1902; cited in 3SM 66, 67)

EDUCATION

The Lord desires us to obtain all the education possible, with the object in view of imparting our knowledge to others. None can know where or how they may be called to labor or to speak for God. (COL p. 333)

Educate, Educate, Educate

Educate, educate, educate,” said the angel. “Give the people the truth. Lift up Jesus before them. Lead them in the path cast up for the ransomed of the Lord to walk in. Give them line upon line, and precept upon precept, here a little, and school of their own. there a little. (Sermons and Talks Vol. 1 p. 87)

Education system

The Seventh-day Adventist Educational Society was formed at last on March 11th, 1874. A board of trustees was appointed, and immediately made plans to erect a three- story building, which they hoped to have ready for the fall term.

Although it had not yet developed beyond a secondary school, the name chosen for the institution was Battle Creek College.

In 1881, the Seventh-day Adventists in California had decided they needed a school of their own.

Pacific Union College

Shortly after the death of her husband in 1881, Ellen White, with her son, William, was instrumental in starting and nurturing a liberal arts college at Healdsburg, California, now in operation at Angwin as Pacific Union College.

In 1895, a few months after Edson White and the *Morning Star* crew first reached Vicksburg, Mississippi, the General Conference decided to start a school for African Americans in the South.

Church membership was only 20,000 worldwide, and financial resources were strained, so the school was forced to be mostly self-supporting. The school operated year-round to make maximum use of the farm and the other industries. Many of the first students came from the schools established in Vicksburg and Yazoo City.

The General Conference originally purchased 360 acres of farmland known as Beasley estate in Huntsville, Alabama for \$8,000 in 1895.

Oakwood Industrial School

When classes started at Oakwood Industrial School on November 16th, 1896, the students shared a single copy of the reading textbook. Other conditions were equally primitive. The diet consisted mostly of beans boiled without seasoning, cornbread and pumpkin.

Emmanuel Missionary College

Emmanuel Missionary College was to be definitely parochial instead of secular. E. A. Sutherland intended the institution to be a training school for missionaries, and for that reason, he emphasized that only mature students, ready for advanced education, were expected to attend. School opened in the village of Berrien Springs on October 30th, 1901, with 40 to 50 students.

Classes were held from 7 a.m. till noon, and manual labor in the afternoon. Everybody worked. Each member of the faculty headed a work group. Some picked and canned fruit, some tended the farm animals, and others cleared brush—but everyone did something.

The mortgage was paid off by June 1902. Because Ellen White donated the income from *Christ's Object Lessons*, the school was sometimes referred to as “the college in the country built by a book.”

This was in accordance with the Lord's instructions, to donate the book for the special purpose of releasing the school from debt. (PH 158)

Ellen White, also provided inspiration and support for Loma Linda University, in Southern California, with its famous medical center and schools of medicine, dentistry, nursing, public health, pharmacy, etc.

She was deeply involved in founding and maintaining a chain of medical institutions across North America, with the St. Helena Hospital and Health Center among the first. Others include Glendale Adventist Medical Center (near Los Angeles), Paradise Valley Hospital (San Diego), and Loma Linda University Medical Center. A large hospital in Los Angeles is named in her honor; the White Memorial Medical Center.

MEDICAL MISSIONARY WORK

A most effective instrument

God works by means of instruments, ...he uses the gospel ministry, medical missionary work, and the publications containing present truth to impress hearts. When connected with other lines of gospel effort, medical missionary work is a most effective instrument by which the ground is prepared for the sowing of the seeds of truth, and the instrument also by which the harvest is reaped. (A place called Oakwood p. 72)

Simple remedies

"While working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstances for his help as needed in clearing the land.

I said to him, 'Go to the place where you have been burning the timber, and get some charcoal from the eucalyptus tree, and pulverize it, and I will dress your hand.' This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work." (PH p. 144)

I write these things that you may know that the Lord has not left us without the use of simple remedies which when used will not leave the system in the weakened condition in which the use of drugs so often leave it. Soon there will be no work done in ministerial lines except medical missionary work. (CH p. 533)

TRAVELS TO EUROPE

Views on Europe

I was shown that many in Northern Europe had embraced the truth through reading. Their souls were hungering for light and knowledge when some tracts or papers came into their hands, and they were represented to be as reading.

The wants of their souls were met, the Spirit of God softened and impressed their hearts; tears were in their eyes, and sobs... came from burdened hearts. They knelt with the leaflets in their hands, and with earnest prayer besought the Lord to lead them and help them to receive the light as it was from him. Some surrendered themselves to God. Uncertainty was gone; and as they accepted the truth upon the Sabbath of the fourth commandment, they felt that they were indeed standing upon the Rock of Ages. (RH, February 6, 1879 par. 6)

For some time the General Conference had been asking Mrs. White and her son, W. C. White, to visit the European missions. As she prepared for the journey, it seemed to those close to her that her physical condition would make the trip impossible. Obedient, however, to what seemed duty, she embarked on the journey, was given the necessary health, and spent the time from the fall of 1885 to the summer of 1887 in the European countries.

As they rode to the publishing house, Ellen, who had just completed *The Great Controversy*, couldn't help but wonder if the Reformers had visited some of the very castles and other buildings she was looking at.

The Waldensian valleys

From Basel, Switzerland, then the headquarters of the church's European work, Mrs. White made trips to England, Germany, France, Italy, Denmark, Norway, and Sweden. Of particular interest to her were two trips to the Waldensian valleys in Italy, where she visited places she had seen in vision in connection with the Dark Ages and the Reformation.

Another vision fulfilled

Both in Basel, Switzerland, and Christiana (now Oslo), Norway, Ellen White recognized the printing presses as those shown her in the vision of January 3, 1875, when she saw many presses operating in lands outside North America.

"I had a vision in Battle Creek, about 10 years ago in 1875. I was shown presses running in many countries, printing periodicals, tracts and books on present truth. I didn't know the names of the countries, but I knew I'd recognize the presses when I saw them."

Tact in presenting the Sabbath truth

Following a statement made by Sis. White, Bro. Albert Vuilleumier, asked the following question: When we are presenting the Advent message in new fields, should we introduce the Sabbath first?

Sis. White's response was, "We should be especially careful not to arouse prejudice. We should begin where we agree with our hearers. Start with practical godliness, devotion and piety...just like Paul. He did not tell the Jews first about Christ's life and death. He began with the Old Testament prophecies of the Messiah and then showed how those prophecies had been fulfilled.

And then, when we do present the Sabbath, we must be sure to do so with tact and love. I have been shown that souls right here in Europe have been turned away from the truth because of a lack of tact and skill in presenting it."

The counsel given by Ellen White to European church workers meant much in the establishment of right policies and plans.

ELLEN IN AUSTRALIA

Australia

On January 4, 1875, at the dedication of Battle Creek College, Ellen White related a vision she had received the day before. She was shown that progress had been made in the Scandinavian countries because of literature and tracts sent from America She couldn't remember all the countries, except one: The angel said, "Australia."

Australia's beginning

In Australia, the work began small, with bible study and spreading literature, the work grew. One day Brothers M.C. Israel and J.O. Corliss from America were out giving away tracts, but they were very discouraged when no one will even take the free tract. And even when someone does take a tract, they just glance at it and drop it in the gutter. It was so discouraging.

As they were about to leave, Pastor Corliss, annoyingly stuck a tract in a spike on a fence in front of a house, hoping that maybe someone would be curious enough to read it.

When W. H. B. Miller, the owner of the house arrived, he saw the tract and took interest in it. The title read, "Which day do you keep, and why?" as he scanned through, he noticed . . . the Fourth Commandment . . . seventh day . . Saturday! . . Then he thought that the topic was a good subject for his next month's debate at the Mutual Improvement Society. He would take the position of the tract, that Saturday is the Sabbath. He was so excited about the topic.

Together, W. H. B. Miller and J. H. Woods, his friend, tracked down the source of the Sabbath leaflet, and invited Pastor Corliss to attend their debate. At the end of the evening, Corliss spoke to the group about prophecy. He was invited back the next week, and after his talk, Mrs. Romero rose to her feet. She then explained that for years she had been troubled because her church kept Sunday rather than the seventh day, as the Bible commanded. She endorsed all that was said by Pastor Corliss, and committed to keep the very next Sabbath. Mrs. Romero was the first woman to join the church in Australia. Seventeen people joined the church, including, after some reluctance, Mr. Wood's fiancée.

Miller and Woods eventually became ordained ministers who gave years of faithful service—and all because of that one tract stuck up on the spike of an iron fence. By 1891, church membership down under had reached 700. In March the General Conference voted that a Bible school be opened in Australia. It also voted to invite Ellen White and her son, Willie, to go to that field. Ellen celebrated her 64th birthday on the voyage. In the early morning of 8 December 1891, the party arrived in Sydney, where they were met by A. G. Daniells and his wife, Mary.

Assistants accompanying Sis. White were: Elder George Starr and his wife, Nellie, Emily Campbell, Fannie Bolton, Marian Davis, and her niece May Walling.

Prior to the Australia visit, Sis. White was working on the book, *The Life of Christ* and she had to delay its writing to make the trip, so she expected to be there for just two years. Her presence in Australia was much appreciated by the new believers, and her messages of counsel regarding the developing work contributed much to firmly establishing denominational interests in this southern continent. Here again, on her visit to the church's publishing house, Mrs. White recognized printing presses as among those shown her in vision in January, 1875.

Not long after her arrival Ellen White saw clearly the urgent need for an institution of learning in Australia, that Seventh-day Adventist youth might be educated in a Christian environment, and thus workers be trained for service at home and in the island fields.

A home in Australia

On January 3rd, 1892, Ellen set out in the summer heat on a house hunt, although she had begun to suffer from malarial fever and inflammatory rheumatism.

She found a nine room house which was able to accommodate her and her helpers.

Sickness in Australia

Ellen planned to go to the New Zealand conference in April of that year but she never made the trip. She suffered such pain in her hips and spine so much that she could not sleep for more than two hours at a time. On more than one occasion when she was to speak to the believers in Melbourne, she had to be carried into the hall, and occasionally she was forced to speak from an easy chair.

Eventually she had to give up speaking appointments altogether.

- Ellen's pains got worse until she was bed-ridden, the doctors said that she would never walk again.
- At first she was so discouraged because life seemed full of anxiety, suffering, and pain, but then as she thought about to book to write with not much time, her spirits buoyed up and she was not so despondent.
- The next day, Sis. White was happier, she thought that perhaps God allowed the suffering to come to her just so she could write on the life of Christ. The book was too long neglected. As she prayed, she felt her Saviour close beside her, and she remembered that He had never failed her.
- In late September 1892, Ellen moved to the warmer, drier climate of Adelaide, South Australia, and her health began to improve.

The physicians who said she would never walk again were proven wrong when, in December, she was able to climb the stairs by holding onto the banisters. Her attitude during these 11 months of terrible illness can be summed up by her own words.

“My Saviour seemed to be close. I felt His presence in my heart, and I was thankful. These months of suffering were the happiest of my life, because of the companionship of my Saviour.”

In response to her many strong appeals, The Australasian Bible school was on St. Kilda Road in Melbourne on August 24th, 1892, with Pastor Lemuel J. Rousseau as principal. The school operated in rented quarters for two years, but during this time earnest written and oral appeals from Mrs. White pointed out that God's plan called for the school to be located in a rural environment.

The First Union Conference

In order that the developing work **in** Australia might be properly administered, in 1894 the territory was organized into a union conference, the first union conference in Seventh-day Adventist history.

One who had a part in the administrative work in the newly organized union conference was Elder A. G. Daniells.

Elder A. G. Daniells

Elder A. G. Daniells, who, with his wife, had been sent to New Zealand in 1886 as a missionary. His association with Mrs. White, and his adherence to her counsels as he met the growing administrative problems of the field, helped to prepare him for the greater work entrusted to him when, after the General Conference session of 1901, he was chosen president of the General Conference.

On December 13th, 1892, Ellen White attended the closing exercises of the first term of the Australasian Bible School on Kilda Road in Melbourne. Bro. N. D. Faulkhead, treasurer of the publishing house, attended the school board meeting that followed. Faulkhead was a member of several secret societies, and had refused to leave them in spite of the urging of his fellow believers. He was surprised when, after the meeting, Willie informed him that Sis. White was waiting down the hall to talk to him.

Story

Sis. White told him that she got a 50 page testimony she had written when she first arrived in Australia a year ago. She had it in an envelope to mail to him and his wife, but a voice said to her, "Not yet, not yet, they will not receive your testimony."

Earlier, Brother J. H. Stockton had asked Faulkhead how he would respond if Ellen White had a testimony telling him to leave the lodges. Faulkhead had replied that such a message would have to be mighty strong. Now he listened in amazement as Ellen, often using Masonic language, read to him of things she could not possibly have learned from any human source.

She told of seeing him make small donations to the church and large ones to the lodges. She told him where he sat in meetings, and more . . . And then I heard you addressed as "Worshipful Master." I saw scenes of drinking and carousal at the lodge meetings, especially after you had left.

*"My dear Brother Faulkhead, unless you sever every tie that binds you to these associations, **you will lose your soul**. I cannot relate all that was given me, but .."*

Startled, Faulkhead exclaimed, "Sis. White, do you know what you just did? You just gave me the sign of a Knight Templar—a secret sign."

Sis. White said, she did nothing unusual. She, did not know anything about the sign, it was a movement she saw her guide in the vision make. Her burden was that he understood the impossibility of being both a Freemason and a wholehearted Christian.

Bro. Faulkhead, went pale as Sis. White again made another sign, this time one that is known only to the highest order of Masons. He had just entered that rank,

and the sign was shown to him, a sign that's held in the strictest secrecy. No woman on earth could know it.

Sis. White recalled, her attending angel made a movement at that part of her vision, but wasn't aware she had repeated it.

Humbly and in tears, Faulkhead replied, "I accept every word of your testimony. I'm a member of five lodges, and three others are under my control. I'll attend no more of their meetings, and shall close my business relations with them as fast as possible. I'm so glad you didn't send me that testimony, for then it wouldn't have helped me. But those secret signs you've made have convinced me your testimony is from God." Sis White prayed, and Faulkhead prayed, as a man wrestling for his soul.

He had to walk seven miles to his home. That night he sang and shouted praises of God. The next day at the conference meeting in Melbourne, he had his Freemason papers in his pocket. He was about to deliver them to the men in authority, and tell them that he would no longer serve in any capacity in their lodge. He wanted to see the brethren and share his joy that he was converted. The next day the Holy Spirit was in the minds, and there were many confessions made. Bro. Faulkhead spoke and all felt that he as truly converted. 5 MR p. 148, 149

A new School

At the first camp meeting in Australia, January 1894, a major consideration of the new conference was the training school. The Australasian Bible School had served well, but it was time to establish a permanent facility. The General Conference voted \$2,000 to help in this endeavor.

Locating a site for the new school

Sis. White suggested they should build a school in the country, and develop an Adventist settlement there. In that way, some of those who were suffering in those hard times could make a living farming.

In mid-March, members of the site selection committee, visited a certain Brettville Estate on Dora Creek, near Morisset and Cooranbong, in New South Wales.

Story

A Committee was set up to look for property in Cooranbong, among them was Pastor Stephen McCullagh. He had a terrible cough. As they were about to set out on the trip, the company paused to ask God's blessing. Sis. White was impressed to pray for Ps. McCullagh, she prayed sincerely asking the Lord, to bless, heal and strengthen Brother McCullagh, to ease the affliction of his lungs and throat.

Immediately, Ps. McCullagh's cough stopped, his lungs were clear and he could breathe freely without pain.

Sis. White, looked at this signal blessing as a sign that God was with them, that they were in the right place and the company felt so encouraged to go out on the search.

Part of the committee to view the proposed land for the Avondale school went ahead, leaving Sister White to make the journey with Elder and Mrs. G. B. Starr. On the train she told the Starrs of her dream in which she and they were standing on the piece of property, looking it over, and came upon a neat-cut furrow about one quarter of a yard deep and two yards in length.

She saw two of the brethren, who had grown up with the Iowa type of rich, deep soil, standing by the furrow and saying, 'This is not good land; the soil is not favorable.' As they spoke these words Sister White was told by One who had often given her counsel, 'False witness has been borne of this land,' and He explained the value of the different strata in the soil and their use.

"In due time she and her party arrived at Cooranbong, and they looked over the estate without reaching a decision that day. The next morning, May 25, 1894 the group scattered out to examine further the various parts of the property. The Starrs and Sister White walked over the place and came upon a spot where a neat-cut furrow had been plowed one quarter of a yard deep and two yards in length.

As they stood there looking at the turned-up soil, two brethren came upon them from different directions. On seeing Sister White they remarked, 'This is not good land; the soil is not favorable.'

"Sister White then told them of her dream and of the fulfillment. With this evidence and evidence of the presence and the power of God as seen in the healing of Brother McCullagh, they decided to take the place, and made a down payment."

The new School

When God clearly indicated His approval of the property, the Avondale Estate was secured. Then, to give encouragement to those in this pioneer enterprise, Mrs. White purchased a good-sized lot nearby and made her home near the new school. This school, God indicated, was to be a pattern of what Adventist educational work should be.

Australia's first camp meeting

The first camp meeting in Australia, was opened January 5th, 1894, in North Brighton, a suburb of Melbourne. Lots of people not of our faith were interest in the meetings. A most profound impression was made on the city of

Melbourne. The leading topic of conversation everywhere was the camp meeting, and appeals to hold meetings in communities all around were made.

Mrs. Press, the president of the Women's Christian Temperance Union in Australia enjoyed Sis. White's messages and asked to meet with her.

Mrs. Press wanted to see Sis. White to ask her a question. She wanted to know why Sis. White would eat meat if she claimed to be a vegetarian.

Ellen White responded by saying that she did not eat meat as a rule . . . but sometimes had it when she traveled . . . and some of those in her household had meat occasionally.

Mrs. Press earnestly asked Sis. White, to please, think about it, to take an all-out stand to banish all meat from her table as her influence in this matter would be tremendous.

Sis. White promised to think about it very seriously as she had not been at all happy about using meat or allowing it to be served in her home.

Mrs. Press was one of more than 100 people who joined the church as a result of the Brighton camp meeting and follow-up meetings in nearby towns.

From that time on, Ellen White banned all meat from her table and diet.

The Avondale School

To help provide cash for establishing the training school, Ellen bought 40 acres of the estate at Cooranbong, and in August 1895, the 67-year-old woman visited the property with Emily Campbell and Ella.

They lived in tents while Ellen made arrangements to plant orchards and build a home, and went in search of cows.

On the summery Christmas Day in 1895, Ellen's working family moved into the new house, Sunnyside. With a loan from the Wessels family, building at last began on the school and on October 1st, 1896, Ellen laid the first brick of the women's dormitory.

The Cooranbong building project was completed. Sara McEnterfer raised money to buy a bell for the institution, and Avondale School opened on schedule April 28th, 1897—with two students.

The enrollment quickly grew to 62 pupils, most of them academy age. The dream had come true at last; the Australasian Union had a training school.

Model of the Avondale school

The school curriculum covered:

- an agricultural farm
- trained in cooking
- housework
- dressmaking
- bookkeeping
- correct reading and pronunciation

The educational advantages of our school, Avondale College, are to be of a distinct order. This school farm is God's lesson book. Those who till the soil and plant and cultivate the orchard are to make the application of nature's lessons, and bring these lessons learned into their actual spiritual experience. (11MR p. 177)

Medical Work in Australia

As soon as the educational work was well begun at Avondale, appeals were made for establishing a medical missionary program. To this Ellen White not only gave strong moral support but contributed liberally of her limited means to help make a sanitarium possible. In fact, almost every church built and every line of endeavor inaugurated during the nine years of Mrs. White's residence in Australia benefited from her financial encouragement.

There were many brethren who lost their jobs because they could not work on the Sabbath. They went to Sis. White's home seeking food, medical attention, or shelter.

Willingly she opened up her home, serving many. This kindness was extended to non-believers, who sought medical attention. Through this ministry, many souls accepted bible truth and Jesus into their lives.

Health work

From the beginning of evangelism in Australia and New Zealand, Adventists lectured on the dangers of alcohol, tobacco and the abuse of foods.

One result of this emphasis on health was that late in 1896 the Health Home was established in Sydney, under the direction of Brother and Sister Semmens. The health work was growing. The periodical, *Herald of Health*, was launched in Melbourne in 1898.

In July of that same year, the Health Home, in the Summerhill suburb of Sydney, changed its name to the Medical and Surgical Sanitarium of Summerhill. Ellen insisted that the medical missionary work must be largely self-supporting.

The Desire of Ages

Ellen's attention was everywhere. She even took care to demonstrate how the wild Australian cows, through kind treatment, could be made gentle enough to come at her call.

In December 1898, she rejoiced to receive printed copies of her long-delayed book on the life of Christ. The Pacific Press had named the book *The Desire of Ages*.

AFRICAN AMERICAN OUTREACH

The Morning Star

In 1891 Ellen White appealed to church leaders to begin educational and evangelistic work on behalf of the Black race in America's South. Three years later, her son, James Edson White, built a Mississippi River steamboat, named the "*Morning Star*" and used it for about a decade as a floating mission for Blacks in Mississippi and Tennessee.

Support for work in the South

In 1895 and 1896 she wrote articles in the "Review and Herald" continuing to urge that efforts be made for Blacks in the South, and from time to time she sent messages of counsel and encouragement to workers in that field.

Oakwood College

She gave strong support to the establishment of Oakwood College, in Huntsville, Alabama, which was founded for the purpose of educating young African- Americans.

In 1904 she gave a speech to its students and teachers, declaring, "It was God's purpose that the school should be placed here."

Support for work in the South

Throughout the remaining years of her life, she maintained a deep interest and concern for the church work among Blacks in the southern States.

RETURN TO THE UNITED STATES

One day in 1900 Ellen White surprised her family and associate workers by telling them that divine instruction had come to her in the night that she must return to America. From the standpoint of the work in Australia it seemed a most inopportune time for her leave, but One whose eye watches His church enterprise as a whole and looks into the future, knew well the need of her presence in the United States during the crisis that would fill the early years of the new century.

ELMSHAVEN

Victorian Home Where Angels Sang

Elmshaven Story

Leaving Australia, where she had labored for nine years, Ellen White, her son, William, and his family, and her editorial assistants, arrived in San Francisco in September 1900.

On the ship *Sis*, White wondered where her next home would be, but she did not worry about it much, for later she wrote, "When I was on the vessel crossing the Pacific, on the way from Australia to America, the angel of the Lord said to me, 'I have a refuge for you.'"

She was 72 years of age, with several future books in mind, and she favored being close to the Pacific Press, then in Oakland.

After several days of house hunting, she was persuaded to go to the Rural Health Retreat in St. Helena to rest and visit with old acquaintances.

She shared her house hunting perplexity with one friend, a Mrs. Ings, who told her that the Robert Pratt home was available.

Hastening to visit it, Ellen White found the seven-room home on a knoll near the middle of the property (reduced by that time to 60 acres). The land stretched from rich river-bottom land on the west to the mountains on the east and well up the steep hillside.

The land, the completely furnished residence and the farm buildings were available for \$5,000. Ellen White credited God with providing a property so well adapted to her needs, and she quickly signed papers giving her immediate possession. With her staff, she moved in on October 16, just 25 days after docking in San Francisco.

"This is a most beautiful location," she wrote to a friend. "The surroundings are lovely." She described ornamental trees from various parts of the world, flowers, shrubs, extensive orchards, etc.

Behind the house to the east was "the farmer's cottage," which, with a little adaptation, could be turned into an office building. Beyond this was a barn and stable, completely stocked with livestock and equipment. Several springs at the foot of Howell Mountain would supply water. There were also several good building sites that could be used for homes for her staff.

Overjoyed, Ellen White wrote to friends: "It is like stepping out of our ['Sunnyside'] home in Cooranbong [Australia] into one already prepared for use, without any care on our part." (Letter 146, 1900)

The property had been known as the "Robert Pratt Place," but Ellen White needed a new name to put at the top of the thousands of letters and documents that would flow from this new home and office. Someone proposed "Shady Elms," for there was a row of elm trees in front of the house. "Elmshaven" appeared in the heading of a letter written a few days later, and "Elmshaven" it has remained.

In her later years, Ellen White often used the first chapter of 2 Peter upon which to base her sermons, emphasizing the importance of Christian progress and obedience. In connection with this text she sometimes remarked, "We work by addition, but the Lord by multiplication."

The bedroom furnishings

Ellen White's bedroom was furnished with walnut pieces characteristic of 1900. The bed which she used had a high "Eastlake" headboard. The table, bureau, dressing stand and wash stand have marble tops. It was a comfortable, well-lighted room.

She loved marble-top furnishings, as she had them in Australia. When she saw those in her new home, she praised the Lord for supplying even her taste and desires.

Blessings of the new home

Besides the home and grounds, the Elmshaven Estate contained seventeen acres of fruit trees, three acres of pasture, two acres of garden, ten acres for hay, plus five acres of hilly land where a large spring was located.

In the family orchard near the house were apple, pear, peach, cherry, plum, nectarine, fig, walnut, and olive trees. The prune orchard alone contained two thousand trees. There was also a large vineyard. The barn could stable six horses and at least two cows.

This was the home God had indicated would be in readiness for Sis. White. Here she could gather her workers together and without delay continue the preparation of her books.

Visions at Elmshaven

According to Ellen White, her sleep here was often broken a little after midnight, and sometimes before, as the Lord spoke to her in visions while her mind was free from cares and surrounding influences. Seldom did she remain in bed after a vision. She usually dressed and, with kerosene lamp in hand, walked down the long hall to her writing room to record what she had seen.

She would pass the doors of the two sleeping rooms of her helpers, one on either side of the hall, and the bathroom at the far end on the left. Then she

would go to her writing room and spend about five hours writing the vision or other messages.

She reported an extraordinary experience in this bedroom on the night of March 2, 1907: angels sang for her and a voice spoke to her saying, "Fear not; I am your Saviour. Holy angels are all about you." She says she thought she was in heaven and that her work was done. And she wondered, "Is this indeed heaven? Am I one of God's little children and shall I always have this peace?" The Voice replied, "Your work is not yet done." - Testimonies, Volume 9, pages 65, 66.

Office activities

Office activities included caring for the day-to-day correspondence and the copying of the handwritten sheets found each morning, either in a neat pile by Ellen White's writing chair, or in writing books with blank, lined pages.

After Mrs. White's editing, the communications were copied and sent out or placed on file for future use. There was also the preparation of articles for church papers such as Review and Herald, Signs of the Times, Youth's Instructor and others, often drawn from the manuscripts and letters of counsel. Several secretaries and assistants were needed to carry the work.

Carriage rides

After spending four or five hours writing, and if the day was pleasant, Ellen White would go for a morning carriage ride with Sara McEnterfer.

On these trips she would enjoy nature or visit nearby families, taking fruit or clothing to them. Other activities included evening family worship, singing favorite hymns around the organ.

Elmshaven Press

As Ellen White's twin grandsons, Henry and Herbert, were in their middle teens, she purchased a small printing press and encouraged them to learn the trade. A portion of the fruit shed was partitioned off and turned into a printing office. Known as the "Elmshaven Press," it was soon a thriving job-printing business.

Elmshaven labors

During her life at Elmshaven, Ellen White spent the 15 remaining years of her life in book preparation, writing, personal labor, and travel.

Sis. White wrote about 60 religious books, including nine volumes she penned in the upper writing room.

The Elmshaven Complex in 1915 included:

1. Ellen White Residence
2. Tank House
3. Office, Library and Manuscript Vault
4. Cottage
5. Barn and Carriage Shed
6. Farmer's Cottage
7. Cottage of William C. White Property
8. Fruit-dipping Shed, Well and Windmill
9. Prune Orchard
10. Vineyard
11. Family Orchard
12. Hay Land
13. Fruit Shed

Today, the home is furnished much as it was when Ellen White lived and worked here. In fact, many of the furnishings belonged to her, and still sit where she placed them. Elmshaven is owned and maintained by the Seventh-day Adventist Church, but is open to the public. Whether you are interested in architecture, antiques, church history, or just want to see how some people lived 100 years ago, you are welcome to enjoy the peaceful environment of Elmshaven.

THE GREAT CONFERENCE OF 1901

While visiting Chicago sometime during the year of 1901 Ellen experienced her first automobile ride.

General Conference session of 1901

No sooner was she well settled at St. Helena, California than she received a call to attend the General Conference session of 1901 in Battle Creek, Michigan.

At this important meeting she boldly called for a reorganization of the work of the Seventh-day Adventist General Conference, that the expanding interests of the church might be fully provided for.

Condition of the Church in 1901

The church had too many associations; for the Sabbath schools, the medical work, home missionary interests, and they were all independent of the General Conference.

Much of the time one hand did not know what the other hand was doing. And often worked at cross purposes.

The worst case in point was that of the publishing houses. They appeared to no longer be denominational organizations as the employees devoted much of their

time to commercial printing of novels, wild west stories, books on sex and hypnosis.

This commercial printing often meant denominational work was neglected.

In addition, some of the workers demanded exorbitant wages, and others, who were dedicated, became discouraged. Sales of denominational books dropped drastically.

Not that the situation was all bad, of course. The work of the gospel was still going forward, both in the US and abroad.

Missionaries were sent out around the world, however, by three different church organizations, with the result that too often those missionaries did not receive sufficient funds for living expenses.

On April 1, the day before the conference opened, a meeting was held in the college library. The room was packed, and Elder Daniells invited Ellen White to speak to the group. She emphasized the need to guard against “kingly power” on the part of a few, and appealed for broad representation. She condemned “sharp dealings” in the publishing houses, and restated the need for the medical and gospel branches to work together.

The Great Conference

The next day, April 2nd, 1901, the General Conference session opened.

When G. A. Irwin concluded his presidential address, Ellen White stepped to the podium.

“Greater strength must be brought into the managing force of the Conference. God has not put any kingly power in our ranks to control this or that branch of the work. The work has been greatly restricted by the efforts to control it in every line. Here is a vineyard presenting its barren places that have received no labor. And if one should start out to till these places in the name of the Lord, unless he should get the... ..permission of the men in a little circle of authority he would receive no help. But God means that His workers shall have help. If a hundred should start out on a mission to these destitute fields, crying unto God, He would open the way before them... If the work had not been so restricted... it would have gone forward in its majesty.

It would have gone in weakness at first, but the God of heaven lives, the great Overseer lives... There must be a renovation, a reorganization; a power and strength must be brought into the committees that are necessary.” (General Conference Bulletin, 1901, LS p. 386)

Then President, G.A. Irwin stood to speak: “Thank you, Sister White. These are certainly very plain words that we have listened to.

I take it that the reorganization means a change in our method of procedure. Now is the time to break loose from these things, and to make a new start. So I again ask, what is the pleasure of the conference at this time?” Then A.G.

Daniells moved a motion, that the usual rules and precedents be suspended, and that a general committee be appointed which shall do such work as necessarily must be done in forwarding the work of the conference, and preparing the business to bring before the delegates.

After earnest discussion, a season of prayer, and encouragement by Ellen White, Daniells' motion was carried unanimously. The 75-member Committee on Counsel, as it was called, immediately began its task. A subcommittee on organization was appointed, with W. C. White as chairman.

Willie White suggested they consider the plan followed by Elder A. T. Robinson in Africa. He told the Committee, that he and Elder Daniells opposed it at first for Australia, but when they tried it, they found it extremely effective. Instead of having many separate, independent associations, each with its own set of officers, they organized the Sabbath school, religious liberty work, etc., into departments within the conference. They then formed union conferences, such as was done in Australia? The Committee unanimously agreed to this proposed plan.

A.G. Daniells, responded to the proposal to form union conferences, by presenting a memorial* from the Southern district to the delegates, requesting that its three conferences and six missions be organized into a union conference. It was moved and seconded to accept the memorial. The Committee agreed, and welcomed the Southern Union as the first union conference in the denomination. [*A memorial is a statement of facts; often with a petition that something be done, sent to a governing body, official, etc.]

Ellen White, informed the body that from the light given to her by God, there should have been, years ago, organizations such as were then proposed. Robert Kilgore was elected the first president of the Southern Union.

In addition, the world field was divided into 12 union conferences, including six in North America, five in Europe and the Australasian Union. The reorganization also provided that the General Conference Committee would be composed of representatives from the various lines of work in different parts of the world, would replace existing boards and committees, would be expanded to 25 members, and would include the presidents of the union conferences. History was made, and the General Conference of 1901 would henceforth be known as "The Great Conference."

"The Lord God of Israel will link us all together. The organizing of new conference is not to separate us. It is to bind up together. The conferences that are formed are to cling mightily to the Lord, so that through them He can reveal His power, making them excellent representations of fruit bearing" (Ellen White, General Conference Bulletin 1901)

New Headquarters

Two years later the offices of the General Conference and the work of the Review and Herald Publishing Association were moved from Battle Creek, and in harmony with Mrs. White's counsel that they should be near the East Coast, they were established at Takoma Park, Maryland, a suburb of Washington, D. C.

At this juncture Mrs. White left her California home and moved to Takoma Park.

For about five months she carried on her work there. Mrs. White's presence at the denominational headquarters helped establish confidence in the decision to move east.

Late in 1905 *The Ministry of Healing*, a book dealing with the healing of body, mind, and soul, came from the press. *Education* had been published in 1903, and two volumes of the *Testimonies for the Church*, volumes 7 and 8, were issued in 1902 and 1904, respectively.

During her stay in Washington, Mrs. White encouraged church workers in southern California to secure property for a sanitarium in Loma Linda, and she called for the opening of medical missionary educational work on the Pacific Coast.

During the next few years Ellen White frequently interrupted her book work for trips to Loma Linda to encourage the workers there, and to the Paradise Valley Sanitarium near San Diego, which she had helped to establish in 1903.

The General Conference session of 1909

At the age of 81 Mrs. White traveled again to Washington, attending the General Conference session in 1909. At the conference she spoke a number of times in a clear, firm voice. After this meeting, in fulfillment of a long-felt desire in her heart, she visited her old home city of Portland, Maine. There she again bore her testimony in that historic place where her work had had its beginning 65 years earlier.

This was her last trip to the eastern states, and it made a lasting and vivid impression on the many Seventh-day Adventists who heard her speak or who met her at the General Conference session.

Returned to Elmshaven

Realizing that her remaining days were few, when Ellen White returned to Elmshaven she intensified her efforts to bring out a number of books presenting essential instruction to the church.

Testimonies for the Church, volume 9, was published in 1909.
In 1911 *The Acts of the Apostles* appeared...

...In 1913 *Counsels to Parents and Teachers* was issued. In 1914 the manuscript for *Gospel Workers* was finished and sent to the press. The closing active months of Mrs. White's life were devoted to the book *Prophets and Kings*.

THE LAST SUNSET - ELLEN G. WHITE

Ellen White spent the final years of her life in Elmhaven, her home in Saint Helena, California. During her final years she would travel less frequently as she concentrated upon writing her last works for the church.

Ellen's fall

Often as Ellen moved about Elmhaven, her helpers could hear her singing, "The Better Land," an old Advent hymn written in 1845.

On Sabbath, February 13th, 1915, she was entering her study when she tripped and fell. An x-ray revealed that she suffered an intra scapular fracture of the left femur - a broken hip.

The caregivers

Sara McEnterfer, May Walling (her niece), both trained nurses and Mrs. Hungerford from the St. Helena Sanitarium nursing staff took care of Sis. White. A hospital bed was sent to Elmhaven to make her as comfortable as possible.

Last sickness

She suffered very little pain that usually accompanies such injury.

Mrs. White was buoyed up by the same faith and hope and trust that had characterized her life experience in the days of her vigor.

To her nurse, Sara, Sis. White said: "Jesus is my blessed Redeemer, and I love Him with my whole being." "I see light in His light. I have joy in His joy, and peace in His peace. I see mercy in His mercy, and love in His love." "If only I can see my Saviour face to face, I shall be fully satisfied." (LS p. 443)

In an interview to another, she said: "My courage is grounded in my Saviour. My work is nearly ended. Looking over the past, I do not feel the least mite of despondency or discouragement. I feel so grateful that the Lord has withheld me from despair and discouragement, and that I can still hold the banner. I know Him whom I love, and in whom my soul trusteth." (LS p. 443)

Referring to the prospect of death, she declared:

"I feel, the sooner the better, all the time that is how I feel – the sooner the better. I have not a discouraging thought, nor sadness... I have nothing to complain of. Let the Lord take His way and do His work with me, so that I am refined and purified; and that is all I desire. I know my work is done; it is of no

use to say anything else. I shall rejoice, when my time comes, that I am permitted to lie down to rest in peace. I have no desire that my life shall be prolonged.” (LS p. 444)

That statement was followed by a prayer: “Heavenly Father, I come to Thee, weak, like a broken reed, yet by the Holy Spirit’s vindication of righteousness and truth that shall prevail. I thank Thee, Lord, I thank Thee, and I will not draw away from anything that Thou wouldst give me to bear. Let Thy light, let Thy joy and grace, be upon me in my last hours, that I may glorify Thee, is my great desire; and this is all that I shall ask of Thee. Amen. (LS p. 444)

One Sabbath day, only a few short weeks before she breathed her last, she said to her son William: “I am very weak. I am sure that this is my last sickness. I am not worried at the thought of dying. I feel comforted all the time, that the Lord is near me. I am not anxious. The preciousness of the Saviour has been so plain to me. He has been a friend. He has kept me in sickness and in health.” (LS p. 444, 445)

The comfortable office on the second floor of her room was most favorable for her caregivers to take care of her. Her old writing chair was transformed into a reclining chair in which she spent most of the time. From this room she was able to get much sunlight and see the beauties of nature.

Precious gems

Close beside her chair, on a table, were kept several of the books she wrote. She would often handle and look over, seeming to delight in having them near. Like an affectionate mother with her children, so was she with those books during her last sickness.

“I appreciate these books as I never did before, they are truth, and they are righteousness, and they are an everlasting testimony that God is true.” She rejoiced in the thought that when she could no longer speak to the people, her books would speak for her. (LS p. 445)

A song in my heart

During the earlier weeks of Ellen’s illness, her voice was lifted in song. The words often chosen were:

“We have heard from the bright, the holy land, We have heard, and our hearts are glad; For we were a lonely pilgrim band, And weary and worn, and sad. They tell us the pilgrims have a dwelling there No longer are homeless ones; And we know that the goodly land is fair Where life’s pure river runs.”

“We’ll be there, we’ll be there in a little while, We’ll join the pure and the blest; We’ll have the palm, the robe, the crown, And forever be at rest.”

Last counsel to grandchildren

"The Lord is very good to us, and if we follow on to know the Lord, we shall know that His going forth is prepared as the morning. If there is any question in your minds in regard to what is right, look to the Lord Jesus, and He will guide you. We should bring every plan to the Lord, to see if He approves it. Remember that the Lord will carry us through I am guarding every moment, so that nothing may come between me and the Lord. I hope there will not. God grant that we may all prove faithful. There will be a glorious meeting soon. I am glad that you have come to see me. May the Lord bless you. Amen." (LS p. 447)

Last counsel for all Youth

Her heart went out in loving solicitude for making wise selections of matter for the youth to read. "We should advise the young, to take hold of such reading matter as recommends itself for the upbuilding of Christian character. The most essential points of our faith should be stamped upon the memory of the young.

They have had a glimpse of these truths, but not such and acquaintance as would lead them to look upon their study with favor. Our youth should read that which will have a healthful, sanctifying effect upon the mind. This they need in order to be able to discern what is true religion. There is much good reading that is not sanctifying.

Now is our time and opportunity to labor for the young people. Tell them that we are now in a perilous crisis, and we want to know how to discern true godliness. Our young people need to be helped, uplifted and encouraged, but in the right manner, not, perhaps, as they would desire it, but in a way that will help them to have sanctified minds.

They need good, sanctifying religion more than anything else. I do not expect to live long. My work is nearly done. Tell our young people that I want my words to encourage them in that manner of life that will be most attractive to the heavenly intelligences." (LS p. 448)

Nearing the end

For several days prior to her death, she had been unconscious much of the time, and toward the end she seemed to have lost the faculty of speech and hearing. The last words she spoke to her son, William, were: "**I know in whom I have believed.**" (LS p. 449)

THE END

The end came on Friday, July 16, 1915, Ellen G White was at her home in Elmshaven, in the sunny upper chamber where she had spent so much of her time during the last happy, fruitful years of her busy life. ***She fell asleep in Jesus as quietly and peacefully as a weary child goes to rest.***

The first funeral service

A funeral service was held at Elmshaven, California on Sunday July 18, 1915 at 5:00 p.m. nearly five hundred friends and neighbors attended.

The second funeral service

A memorial service was held on the morning of Monday July 19, 1915 at Richmond, California, where the annual camp meeting was being held, and this was on the way to Battle Creek where her body was being taken. Over a thousand friends attended.

The third funeral service

On Sabbath 14 July, 1915 a funeral service was held at the Tabernacle in Battle Creek. Friends, members, community citizens, presidents and executive officers of conferences attended.

Her body lay in state in front of the rostrum for two hours before the start of the service. Seating accommodation of 3,500 was filled and over 1000 persons were on the outside. Laying in state – Ellen Gould White

The funeral service – Battle Creek

The choir sang a song:

Asleep in Jesus! Blessed sleep, From which none ever wake to weep! A calm and undisturbed repose, Unbroken by the last of foes!

“Asleep in Jesus! Soon to rise, When the last trump shall rend the skies! Then burst the fetters of the tomb, And wake in full, immortal bloom!”

Prayer was offered by Elder M. C. Wilcox. The funeral address was presented by Elder A. G. Daniells, President of the General Conference. Elder S. N. Haskell gave a discourse. The grave side interment was presented by Elder I. H. Evans. Last scripture was taken from John 11 and 1 Corinthians 15

Sabbath July 24, 1915, Sis. White was laid to rest by the side of her husband, the late Elder James White, and two children, in the Oak Hill Cemetery, Battle Creek, Michigan, there to await the summons of the Life-giver.

“We may sleep, but not forever, There will be a glorious dawn; We shall meet to part, no never, On the resurrection morn.

From the deepest caves of ocean, From the desert and the plain, From the valley and the mountain, Countless throngs shall rise again.”

LESSON 22: INTRODUCTION TO MASSAGE

The work of Christ in cleansing the leper from his terrible disease is an illustration of His work in cleansing the soul from sin. The man who came to Jesus was “full of leprosy.” Its deadly poison permeated his whole body. The disciples sought to prevent their Master from touching him; for he who touched a leper became himself unclean. But in laying His hand upon the leper, Jesus received no defilement. His **touch** imparted life-giving power. The leprosy was cleansed. DA p. 266

The first rule in massage therapy is:

do not touch someone if you are stressed out.

In preparing our hands for a massage what are some techniques that we can follow:

- a. **Stretch arms, fan hands inward, fan outward**
- b. **Thumb – rotate each thumb inward and outward**
- c. **Stretch arms – clinch fingers and without moving any other finger stroke thumb in and out counting 1,2,3**
- d. **Stretch arms – interlock fingers and stretch thumb downward**
- e. **Coordination – closed fist hit into palm and accelerate**

Give four forms of coordination:

1. **Closed fist hit into open palm and accelerate**
2. **Massage each finger, start with thumb from tip all the way to the base**
3. **Open wide each finger and stretch each with the web of your index and thumb**
4. **Shake finger out quickly**

Swedish massage therapists use five basic strokes, which anyone can learn and use on themselves and others.

1. Effleurage (stroking);
2. Petrissage (muscles are lightly grabbed and lifted);
3. Friction (thumbs and fingertips work in deep circles into the thickest part of muscles);
4. Tapotement (chopping, beating, and tapping strokes); and
5. Vibration (fingers are pressed or flattened firmly on a muscle, then the area is shaken rapidly for a few seconds)

Deep muscle techniques usually involve slow strokes, direct pressure or friction movements that go across the grain of the muscles. Massage therapists will use their fingers, thumbs or occasionally even elbows to apply the needed pressure.

When massaging a patient, you need to use your strength and not your weight.
True or **False**

Natural means used in accordance with God's will brings about **supernatural** results. We ask for a **miracle** and the Lord directs the mind to some **simple** remedy.

Among the first things to be aimed at is correct position, both in **sitting** and in **standing**.

When posture is poor, it can be reflected in a number of health problems, such as backaches, headaches and joint pain.

Name one of the ways animals utilize massage?

When they lick their wounds; they cleanse and massage at the same time.

The sequence of the massage is: **light, deep, deeper**

Name two conditions that can be helped by massage:

- **Whiplash**
- **Constipation**

Give a list of the physical benefits of massage?

- it increases metabolism**
- speeds healing**
- relaxes and refreshes the muscles**
- improves the detoxifying function of the lymphatic system**
- helps to prevent and relieve muscle spasms**
- improves circulation in general of the blood and the lymph thereby improving oxygen and nutrients to the cells**
- effective in pain management: arthritis, labor and delivery, or pinch nerve**
- Good for:**
 - **Fatigue**
 - **Tension**
 - **Stimulating muscle and immune system**
 - **Relaxing**
 - **Renews energy**
 - **Reduces mild hypertension**

Why is it important to ask the patient how they feel during the massage?

To make sure that they are comfortable and that you are not too firm.

Name one of the best ways to identify how the patient is responding to the massage?

ASK: how does it feel?

Describe the stress zone area (muscles)?

Neck, shoulder blades, upper back

Why is it important to watch for the intensity of the manipulations towards the lower back?

There is a need to be cautious about the kidneys – go gently over that area

There is a difference between a therapeutic massage and a medical massage.

True or False

Name five of the contraindications for a massage?

1. **Abnormal body temperature**
2. **Acute infectious disease (eg. Malaria, Type 4 Diphtheria, Influenza)**
3. **Anything that ends with “-itis” especially if it is red, hot or inflamed**
4. **Osteoporosis**
5. **Varicose veins (if there is a clot in the wall of the vein it can be moved)**

Give a few physiological effects of massage on the body?

- **Increase metabolism**
- **Speeds healing**
- **Relaxes and refreshes the muscles**
- **Helps to prevent and relieve muscle cramps**
- **Improves circulation of the blood and oxygen to the cells**
- **Effective in pain management**
- **Muscle Spasms**
- **Headaches**
- **Improve and reduce fatigue, tension**
- **Stimulate muscle and immune system**

Is there a special way to begin a massage?

Always start in the **same** location on the body. Start **soft** and end **soft**.

In all the massage methods, the **technique** is the same. We are looking for the **best** technique to obtain the **best** results.

The room should be **warm, low lighted, and conducive to a quiet, peaceful atmosphere.**

Once you make contact with the person, never **leave** them untouched.

List in order and explain the manipulations for a massage as demonstrated on the tape:

- a) **Manipulation:** The nerve stroke. (play the harp): stroke from shoulder to back to other shoulder and count 1, 2, 3

- b) **Posterior Effleurage:** glide upward gently from the waist up to the shoulder – applying some pressure at the shoulder
- c) **Ona friction:** use side of the hand at the little finger in a circular motion. Start at the top back and go all the way to the buttocks
- d) **Palm friction:** open palm rub in circular motion all over back count 1, 2, 3 in rows
- e) **Petrissage:** pencil grip at shoulder blade – pressure in thumb and move hand back and forth – kneading in the neck area gentle but firm 1,2,3
- f) **Saw massage:** grip right wrist with left hand – saw over shoulder blade go slow, keep some rhythm and pressure
- g) **Petrissage and Deltoids:** upper arm rhythm 1, 2, from up to down – go deeper
- h) **Pencil grip:** with heel of palms rub in to upper shoulder and back – rhythm 1, 2
- i) **Rake:** 1, 2, 3 at the upper ribs at back near shoulder bone from under arm to back

Explain three types of Tapotements:

- a. **Hacking – use two edges of the ring and tiny fingers – use tips in a diagonal direction**
- b. **Cupping – 1, 2, cup hands, starts at shoulder and move up and down the back to other shoulder. Go gently over kidneys**
- c. **Beating – fist hands and beat lightly bounce off.**
- d. **Knuckle stroke – bend the fist petrissage with two finger (not hand) start at neck base and go all the way down the spine then come back up use both hands at the shoulders - go deep.**

To end, reverse from **deep** to **light**. End with nerve stroke **gently**.

What is the duration of a chair massage for a health expo?

5 minutes

Real-life scenario: Imagine that you are at a Health Expo and you are in charge of the REST BOOTH. You realize that there are no professional chair massage chairs. Are there some simple tools you can use, or would you skip the 5-minute chair massage?

Use a normal chair and two pillows one on seat and other for head and shoulder.

Why is massage an effective outreach tool in reaching out to others?

It brings about a peaceful feeling that can allow one to listen to the Word.

TO TREAT OR NOT TO TREAT?

Counsels to Physicians and Medical Missionaries and all Gospel Workers

Delicate treatments should not be given by male physicians to women in our institutions. Never should a lady patient be alone with a gentleman physician, either for special examination or for treatment. Let the physicians be faithful in preserving delicacy and modesty under all circumstances. CH p. 364.1

In our medical institutions there ought always to be **women of mature age and good experience** who have been trained to give treatments to the lady patients. **Women should be educated and qualified just as thoroughly as possible to become practitioners in the delicate diseases which afflict women**, that their **secret parts should not be exposed to the notice of men**. There should be a much larger number of lady physicians, educated not only to act as trained nurses, but also as physicians. It is a most horrible practice, this revealing the secret parts of women to men, or men being treated by women. CH p. 364.2

Women physicians should utterly refuse to look upon the secret parts of men. Women should be thoroughly educated to work for women, and men to work for men. Let men know that they must go to their own sex and not apply to lady physicians.

It is an insult to women, and God looks upon these things of commonness with abhorrence.....Women may do a noble work as practicing physicians; but when men ask a lady physician to give them examinations and treatments which demand the exposure of private parts, let her refuse decidedly to do this work. CH p. 364.4

In the medical work there are dangers which the physician should understand and constantly guard against. Truly converted men are the ones who should be employed as physicians in our sanitariums.

Some physicians are self-sufficient and consider themselves able to guard their own ways; whereas if they but knew themselves, they would feel their great need of help from above, a higher intelligence. CH p. 364.5

Some medical men are unfit to act as physicians to women because of the attitude they assume toward them. They take liberties until it becomes a common thing with them to transgress the laws of chastity. Our physicians should have the highest regard for the direction given by God to His church when they were delivered from Egypt. Who can be safely trusted?

This will keep them from becoming loose in manners and careless in regard to the laws of chastity. All who live by the laws given by God from Sinai may be safely trusted. CH p. 365.1

LESSON 23: INTRODUCTION TO HYDROTHERAPY

In the Saviour's manner of healing there were lessons for His disciples. On one occasion He anointed the eyes of a blind man with clay, and bade him, "Go, wash in the pool of Siloam.... He went his way therefore, and washed, and came seeing." John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies. Desire of Ages p. 824

God's miracles do not always bear the outward semblance of miracles. Often they are brought about in a way, which looks like the natural course of events. When we pray for the sick, we also work for them. We answer our own prayers by using the remedies within our reach. **Water, wisely applied, is a most powerful remedy.** As it is used intelligently, favorable results are seen. God has given us intelligence, and He desires us to make the most of His health-giving blessings. SDA 7 Bible Commentary p. 938

There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use of simple home treatments. MH p. 237

History of Hydrotherapy

The Use of water in treatment of disease is as old as the practice of medicine. As early as 450 BC it was used extensively in the Romans Baths.

Definitions in Hydrotherapy:

- **Derivative** – a measure for drawing blood or lymph from a particular part by increasing the blood or lymph in another part.
- **Revulsive** – usually pertains to the application of heat followed by a brief application of cold.
- **Contraindicate** – suggest that a course of action should not be used in a particular case.
- **Interaction** – an action that has an effect on another.
- **Sedative** – an agent which describes the vital activities to below par. It is usually conducive to relaxation and sleep.
- **Stimulant** – increases vital activities above par. The body is aroused to unusual activities. The vital activities are increased, but to a higher degree than usual, either above the present or above the normal function of that particular tissue or organ. There are various degrees such as mild, moderate, and marked.
- **Inflammation** – a condition in which there are redness, heat, swelling and pain, the four cardinal signs of inflammation. There are several processes combined to produce inflammation; it may be caused by an infection such as by germs and their toxins or by bruising, chemical irritation, or strain of the part as in overworked muscles.

- Heat tends to collect the inflammation into a pus pocket when applied. If the body resources are so stimulated that the inflammation is reduced or scattered without collecting pus into an abscess there will be less tissue destruction. Pus is formed from dead tissue products, edema fluid, white blood cells, and sometimes germs.
- Any time pus collects it is best to drain the pus from the tissues to promote quick healing. If the pus is not drained, it will need to be reabsorbed into the circulation, a slow process.
- **Vasoconstriction** – an agent that causes the diameter of the blood vessels to get smaller – used in strained ankle to prevent blood congestion to cause pain
- **Vasodilator** – an agent that causes the diameter of the blood vessels to get larger Water temperatures
- “All gospel workers should know **how to give simple treatments that do so much to relieve pain and remove disease.**” Ministry of Healing p.146

Temperature	Celsius	Fahrenheit
Painfully hot	42.8° - 46° C	110° – 120° F
Very hot	40° - 42.8° C	104° - 110° F
Hot	38° - 40° C	100° - 104° F
Neutral	34.4° - 37° C	94° - 97° F
Warm	34° - 38° C	92° - 100° F
Tepid	27° - 34° C	80° - 92° F
Cool	21° - 27° C	70° - 80° F
Cold	13° - 21° C	55° - 70° F
Very cold	0° - 13° C	32° - 55° F

GENERAL EFFECTS OF HEAT

- Vasodilation
- Improves oxygen delivery from the red blood cells
- Increases Heart rate
- Increases respiratory rate
- Increase body temperature
- Increase the number and the mobility of the white blood cells.

HOT FOOT BATH

Some indications (warnings) for a hot footbath?

- Shorting colds or influenza
- Headache
- Chest congestion
- Decreases internal congestion anywhere
- Stop nose bleeds
- Pelvic cramps
- Toothache
- Fatigue
- Nervous tension
- Fever

Some precautions for a hot footbath?

Loss of sensation in extremities e.g. if someone is paralyzed, unconscious, diabetic or have poor circulation

What equipment will you need for a hot footbath?

- Hot kettle
- Pitcher for ice water
- Bucket deep enough to cover feet 3 – 8 inches above the ankles
- Wash cloths
- Face towel
- Towel
- Blankets
- Sheets
- Bath thermometer useful
- Brown paper bag
- Plastic bag to protect flow

Steps for doing a hot footbath:

1. Place plastic bag to protect the floor
2. Towel on top of the plastic bag
3. Place bucket with hot water on top of towel
4. Cover chair with blanket all the way to the floor so that it can cover the bucket
5. Add a sheet on top of the blanket
6. Fill container with ice water and two wash cloths and set near the work area
7. Get patient to sit
8. Explain treatment to patient
9. Before patient put feet in water, start with a prayer
10. Carefully place feet in cold water
11. Always have your hand at the side of the feet between the feet and the

water

12. Ask patient if water is too hot... If too hot, add a little cold water
13. Wrap the sheet around the patient covering the bucket
14. Next wrap the blanket around the patient covering the blanket
15. Wait for patient to start sweating then add cold compress to the forehead
16. You can also add a cold compress to the neck
17. Let patient sit for 20 minutes
18. Give patient water to drink
19. Keep adding hot water to maintain temperature
20. Always place your hand to the side of the feet to test temperature yourself and mix the water
21. Ask patient if he/she is okay
22. Always check on the cold compress to keep it cold
23. To end – remove blanket then sheet
24. Raise the feet pointing up and pour cold water over feet
25. Dry the feet especially in between the cold
26. Let patient rest for 30 minutes to 1 hour
27. Note that if patient cannot sit for a long time, it may be done while lying down.

FOMENTATIONS - The most effective remedy in relieving pain.

Fomentation – the application of a hot wet cloth or towel to any part of the body. It is very effective and can be used to treat a variety of diseases. Each hot application needs to be followed by a cold application.

General revulsive - The use of fomentations with a hot footbath.

Benefits for Fomentations

1. It increases circulation
2. Fights germs
3. Increase white blood cell counts
4. Removes body waste
5. Relieves pain in the nerves, muscles, joints, internal organs
6. Relieves congestion of internal organs by drawing the blood to the skin surface
7. Relieves congestion in colds, pneumonia, bronchitis, asthma
8. To heal internal organs
9. Soothing and relaxing
10. Arthritis pain
11. Stress
12. Cerebral congestion
13. Indigestion
14. Colon pain (colic)
15. Suppression of urine
16. Constipation
17. Sluggish liver
18. Menstrual pain
19. Inflammation and toxicity of kidneys

20. Acne
21. Hernia
22. Edema
23. Muscular contraction
24. Tetany – nervous disorder-spasms of extremities with numbness and tingling
25. Tic – spasmodic muscular condition
26. Alcoholism and drug addiction
27. Delirium – a state of mental confusion and excitement
28. Heat stroke
29. Diabetes
30. Bell's palsy
31. Meniere's disease
32. Torticollis
33. Collapse or shock to the spine
34. To lower body temperature (use with cold mitten friction)

Special notes

1. If this treatment is used for congestion of lungs or other organs, make 5 exchanges instead of 3, use a cold compress to the head and a hot foot bath
2. If the person's heart rate rises to 120 beats per minute, apply an ice bag over the heart.
3. If this treatment is used for nervous states such as insomnia and nervous tension, use fomentations at a warm temperature instead of hot for 6-10 minutes, omit the cold rub.
4. To relieve spasm, use fomentations – 3 rotations.
5. Chronic inflammatory condition: 5-10 minutes 3 rotations every 2-3 hours.

“Natural means used in accordance with **God's will**, brings about **supernatural results**. We ask for a miracle, and the Lord directs the mind to some **simple remedy**.” 2 Selected Messages p. 346

LESSON 24: REVERSING HIGH BLOOD CHOLESTEROL

WHAT IS CHOLESTEROL?

Cholesterol is a fat-like, wax-like substance found in the blood. It is found in all cellular structure.

Cholesterol is considered to be both a hero and a villain because, while we cannot live without it; in excessive amounts, it can kill us. The blood cholesterol level is the single most important factor in determining a person's risk for heart disease, the nation's number one killer. p.118, Health Power
The American Heart Association (AHA) says that, an ideal cholesterol level is less than 200mg%; however, according to the Framingham Heart Study, individuals with a cholesterol level of 150mg% or below are yet to have a heart attack.

SYMPTOMS OF HIGH CHOLESTEROL?

Some major symptoms of Cholesterol include:

- coronary artery disease
- arteriosclerosis (hardening of the arteries)
- high blood pressure
- change in vision
- chest pain
- xanthelasma
- poor circulation
- low extremity pain in hands and feet
- slow wound healing
- neuropathy
- erectile dysfunction
- diabetes *as insulin production is reduced because of cholesterol buildup in the beta cells of the pancreas*

FUNCTIONS OF CHOLESTEROL

In our body, Cholesterol is responsible for producing all of our hormones including our sexual hormones, such as Estrogen, Progesterone and Testosterone.

Cholesterol is also responsible for our production of Vitamin D, for making bile in the liver, Adrenaline - the "fight or flight" hormone, reducing stress, plus over two hundred other functions in the human body

CAUSES - WHERE IS CHOLESTEROL FOUND?

- Cholesterol and diet
Cholesterol is manufactured in the liver and provides all the cholesterol the body needs. When we ingest additional cholesterol in our diet it causes our blood cholesterol to go up.

**Anything that has a liver, comes from that of a liver, related to
that of a liver, has a face or a mother,
or if it is a mushroom, will have Cholesterol.**

Animal products are the largest source of fat in the diet and the only source of cholesterol.

Cholesterol is found **ONLY** in animal foods. **Plant based foods do not contain cholesterol.** It's as simple as that. - **p. 119, Health Power**

To SUMMARIZE:

- Cholesterol is ONLY found in animal and flesh foods (chicken, fish, pork, beef, lamb, shrimp, turkey, lobster, crab, milk, butter, eggs, ice cream, cakes, chocolate, etc).
- Plant-based foods: grains, fruits, nuts and vegetables contain no cholesterol.
- However, if you excessively use plant-based that is high in fats and oils, the liver will need to produce more cholesterol to produce bile salts in order to breakdown the high fat meal. Avocado, coconut, and nuts do not contain cholesterol. These can be used in moderation but do not overdo with them.

Non-dietary causes of Cholesterol

- Drug induced cholesterol, which comes as a side effect from a drug medication
- Hereditary tendencies, genes that increase the production of cholesterol
- Spiritual issues, which can bring on varied sickness and disease
- Stressful life, as more cholesterol is produced to make stress hormones

CHOLESTEROL VALUES

High-density lipoprotein (HDL) is a lipoprotein that transports cholesterol in the blood; composed of a high proportion of protein and relatively little cholesterol; high levels are thought to be associated with decreased risk of coronary heart disease and atherosclerosis. (*American Heart Association & Framingham Study*) **HDL** for **males** should be 40mg/dL and above (75mg/dL and above it protects the heart). HDL for **females** should be 50mg/dL and above

Low-density lipoprotein (LDL) transports cholesterol in the blood; composed of moderate amount of protein and a large amount of cholesterol; it also decides the rate at which cholesterol is deposited on the arterial walls. **LDL** for both **male and female** is usually less than 130mg%, however for optimal health it should be less than 90mg% (**once the LDL levels gets above 180mg% it begins to attach itself to the arterial wall**).

Triglycerides are a type of lipid found in your blood. It is stored in your fat cells when unused calories are not required right away and later provides your body with energy in between meals. You should aim to get your triglycerides below 150mg%.

Total cholesterol. High cholesterol level is a major predictor to heart disease. You should aim for less than 150mg% for optimal health

DIET FOR REVERSING HIGH CHOLESTEROL

High fat and high protein foods from animal sources will elevate blood cholesterol whereas a diet low in fat, high in fiber and plant-based protein is essential in lowering blood cholesterol levels. The following cautions should be implemented if you are serious about lowering your blood cholesterol level. Cheating on the dietary and lifestyle changes once in a while will delay the full reversal of calcium plaque in your arteries.

- **Animal protein:** Cut out all flesh foods (including fish, chicken, turkey, beef, meat, pork, and all crustaceans: shrimp, lobster, crab, conch, etc.) as well as their by-products including **Dairy** (eggs, cheese, milk, butter, ice-cream, shakes, sausages, etc.). If you so desire to use milk, non-harmful milks can be made from a variety of nuts, grains, and legumes (i.e. almonds, cashews, organic soy etc.) and these will be free from saturated fats and cholesterol. *See us for recipes for nuts and grains drinks and bean loaves, which can be found in the following cookbooks: It's All Good, Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.*
- **Fats:** Fried foods, butter, lard, margarines, hydrogenated oils, as well as highly processed foods should be eliminated from the diet, and all free oils even the good ones like olive or coconut oil should be avoided while cooking.
- **Plants:** Use freely and increase your intake of fresh plant-based foods as they contain no cholesterol and in many ways help reduce the amount of cholesterol made by the body. Legumes, carrots, roots, tubers, especially broccoli, avocado, walnuts, pecans, almonds and pistachios contain phytosterols and are helpful to reduce cholesterol levels.
- **Fiber:** Use more fiber-rich foods such as whole grains: brown rice, oats, beans, leafy vegetables and fresh fruit. **Oats** are excellent for lowering cholesterol. Use fresh fruit preferably to drinking fruit juice. **Carrots, apples** and white the inner layer of **citrus** rind is high in fiber pectin, which is excellent in lowering cholesterol. Eating the fresh fruit provides individuals with the essential fiber needed for regularity in bowel movement while juice is robbed of that essential fiber.
- **Whole-wheat flour** should be eliminated from your diet as studies show that wheat increases the small LDL particles in the blood, thereby increasing your cholesterol level.

- All forms of **Beans** and **Whole Grains**. This is essential in providing proteins, a high fiber diet as well as causing the muscles to relax.
- **Refined items**: ALL refined, processed foods should be eliminated from the diet, including, white breads, flour, sugar, or rice. The body needs the fiber from the whole grain items. In addition, if you do use processed foods read the labels and avoid any food with cholesterol in its ingredients.
- **Water**: At least 8 glasses (64oz) of water should be drunk each day. 16oz – 32oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.
- **Caffeine** – eliminate coffee, tea, black, white, chai tea, lipton iced-tea.
- **Sugar** – eliminate all refined and artificial sugar and sweeteners or beverages and food containing sugar.
- **Artichokes** helps to lower cholesterol therefore include in your diet regularly
- **String beans** helps to lower cholesterol use 3/4 to 1 cup daily
- **Flaxseed** take 2 tablespoons freshly grounded daily
- **Lecithin granules and Sesame seeds** 1-2 tablespoons daily. This is useful for dissolving cholesterol in the blood. (cholesterol/ diabetes/high blood pressure)
- **Olives** - eat 7 olives daily.
- **Pumpkin Seeds** (1/4 cup or handful with each meal)

LIFESTYLE FOR REVERSING HIGH CHOLESTEROL

Making the following lifestyle changes will lower cholesterol and decrease cardiovascular risk.

- **Avoid smoking and drinking alcohol.** Smoking and alcohol consumption increases the risk of heart disease. If you currently smoke or drink, you need to stop immediately.
- **Reduce excess weight.** Studies show that reducing weight even by 5 – 10 percent can significantly reduce cholesterol levels. Avoid snacking and lower excess calories.
- **Exercise.** Moderate walking everyday for one continual hour is essential for lowering cholesterol and reducing obesity. In fact, studies show that the benefit of walking is greater than running when reversing heart disease, including high cholesterol.
- Check the **medications** you may be using, as high cholesterol is a common side effect in some medications.
- All **meals** should be eaten on a regular schedule, 7 days a week with no more than a 30 minutes time difference in the schedule. Meals should be eaten at least 5-6 hours apart.
- **Bedtime** should be before 10:00p.m. Research shows that going to bed after 10:00p.m. continually for two weeks increases blood glucose, hypertension, and cholesterol levels.

- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. **Vitamin D also reduces the thickening of the arterial walls, thereby reducing cholesterol build-up in the arteries.**

In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage of supplemental vitamin D or the equivalent of 10,000iu daily for 7 days, then you can resort to the 5000iu daily. (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat soluble vitamin).

Here is another option: If there is a chronic deficiency in vitamin D, It would be recommended to use as much as 10,000iu daily for 3 months

HERBAL RECOMMENDATIONS FOR REVERSING HIGH CHOLESTEROL

- **Garlinase** 2 tablets twice a day with each meal (cholesterol/diabetes/high blood pressure) or **4 cloves of fresh garlic** daily.
- **Gymnema Sylvestre** 2 tablets twice a day with each meal (cholesterol/diabetes)
- **GTF Chromium** (1 tablet twice a day with each meal or use brown rice daily)
- **Linden tea** steep/draw 2 tablespoons in 32oz of hot water and drink daily (unsweetened)
- **Red Yeast Rice and add CoQ10 if you have high blood pressure**
- **Hibiscus Tea** steep/draw 7 flowers in 32oz hot water and drink daily (lowers blood pressure, cholesterol, diabetes)

- **Kelp or Dulse** 2 tablespoons, two times daily in water daily or use **Seaweed Cure, Kombu**
- **High cholesterol levels** occur in low thyroid conditions, **hypothyroidism** and unusually **low cholesterol levels** may be a sign of **hyperthyroidism**. A slow thyroid may lead to slow liver function and decreased metabolism of cholesterol.
- **Guggul** elevates HDL and lowers LDL - 2 teaspoons 2 times daily in 1 glass of water, 30 minutes before meals
- **Ashwagandha Tea** 2 tablespoons steeped for 3 hours in 32 oz of hot water daily or just sprinkle over your food daily
- **Lemon water** - 16 oz of water to 1 lemon. However for cleaning up the plaque in the artery use 8 oz of water to 1 lemon. When ingesting lemon, use a straw to prevent your teeth enamel erosion.

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 40 minutes to 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 40 minutes to 3 hours.
- For combinations: bring water to a boil then add hard parts first and boil for 15 minutes followed by adding delicate parts and draw/steep for 40 minutes to 4 hours.
- Drink as water through the day.

LESSON 25: REVERSING HYPERTENSION

“One Nation Under Pressure”

WHAT IS HYPERTENSION?

Hypertension is defined as a systolic blood pressure reading (the top number) consistently over 130, and/or a diastolic (the bottom number) reading of 85 or above. Based on the Framingham Health Study, for **optimal health, the level is less than 120/80**.

Blood pressure is the force of blood flow inside your blood vessels. When you check your blood pressure, you are given two numbers, such as 130/80 mmHg (one-thirty over eighty).

Both numbers are important:

- The first number is the pressure as your heart beats and pushes blood through your blood vessels. This is the "systolic" pressure.
- The second number is the pressure when your vessels relax between heartbeats. This is the "diastolic" pressure.

When your blood moves through your vessels with too much force, your heart has to work harder and this can cause you to have high blood pressure.

Hypertensives are three times more likely to have a heart attack, five times more likely to develop heart failure, and eight times more likely to suffer a stroke than people with normal blood pressure. *Health Power p.40* It also raises your risk for diabetes, eye problems, and kidney disease.

There are two types of Hypertension. Primary and Secondary.

Primary hypertension is not caused by other diseases whereas Secondary hypertension can be caused by chronic kidney disease, tumor growth, diabetes or other conditions.

Blood Pressure Chart

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
NORMAL	Less than 120	and	Less than 80
Pre-hypertension	120-139	or	80-89
HIGH			
Stage 1	140-159	or	90-99
Stage 2	160 -179	or	100-109
EXTREMELY HIGH			
Stage 3	180-199	or	110-119
DANGEROUSLY HIGH			
Stage 4	200 and above	over	120 and above

SYMPTOMS

Is Hypertension A “Silent Killer”?

Medically, hypertension is called a “Silent Killer” because it is deadly and is said to have no early significant symptoms. However, this is not true. There are always signs of disease, we just are usually not listening to what our bodies are saying.

WHERE TO LOOK	WHAT TO LOOK FOR
Heart	Racing, palpitations, irregularity, pain
Kidneys	Aching lower back, changes in urine color or smell, urination patterns, night sweats
Hands	Slight swelling at the fingertips, signs of poor blood flow, water retention, tingling
Legs and Feet	Swelling, signs of poor blood flow, water retention, aching or tingling, varicose veins
Head	Headaches, light-headedness, dizziness, ringing in ears, blurry vision
Bowels	Constipation, bloating or gas
Lifestyle	Sedentary, stressful, financial or family issues, illness, remorse, guilt, unconfessed sin
Testing	

In severe cases of High Blood Pressure when symptoms do appear, they may include:

- Feeling confused or other neurological symptoms
- Nosebleeds
- Fatigue
- Chest pain

Although a few people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms typically don't occur until high blood pressure has reached a severe – even life-threatening – stage.

CAUSES

Certain traits, conditions, and habits—known as risk factors—can raise your risk for High Blood Pressure. Some major causes are:

Tumor growth.

Tumor growth on the adrenal gland increases adrenalin and this causes inflammation in the arteries.

Chronic Kidney disease.

Kidneys help to regulate blood pressure. When the kidneys are affected, the blood pressure can increase. If the kidney filters less water it increases the pressure in the arteries.

Diabetes.

Diabetes adversely affects the arteries, predisposing them to atherosclerosis (hardening of the arteries). Atherosclerosis can cause high blood pressure, which if not treated, can lead to blood vessel damage, stroke, heart failure, heart attack, or kidney failure. www.webmd.com/hypertension-high-blood-pressure/guide/high-blood-pressure retrieved 20-Jan-12

Increased cortisol.

While cortisol hormone is good to give us the energy we need. Too much cortisol causes inflammation in the arteries, which will lead to an increase in blood pressure. Staying awake after 10:00pm can cause an increased cortisol.

High salt intake.

While sodium is essential for body metabolism, too much sodium can cause body tissues to hold water. This swelling causes the blood pressure to rise.

Low potassium intake.

Potassium helps balance the amount of sodium in your cells. If you don't get enough potassium in your diet or retain enough potassium, you may accumulate too much sodium in your blood.

Overweight.

High blood pressure is twice as common in adults who are overweight than in those who are of a healthy weight.

Narrowed or plugged arteries.

If the arteries are narrowed, the blood will move through your vessels with too much force. Therefore, your heart has to work harder when blood pressure is high.

Lack of exercise.

People who are inactive tend to have a higher heart rate. The higher your heart rate, the harder your heart must work with each contraction — and the stronger the force on your arteries. www.mayoclinic.com

Low Estrogen.

Estrogen helps to keep the blood vessels flexible and to modulate other

hormone activities that can contribute to regulating high blood pressure. As levels of estrogen decrease, a woman's risk of developing high blood pressure increases.

Smoking.

Nicotine in cigarette smoke causes large and small blood vessels to narrow and become hard, resulting in reduced blood flow to the rest of your body.

Alcohol.

Too much alcohol can raise your blood pressure to unhealthy levels.

Caffeine.

Caffeine is stimulating and elevates the blood pressure.

Stress.

High levels of stress can lead to a temporary, but intense, increase in blood pressure.

Too little vitamin D.

Vitamin D may affect an enzyme produced by your kidneys that affects your blood pressure. Getting vitamin D from sunlight will allow your blood vessels to expand thus increasing efficient blood flow and lowering blood pressure.

****You can also get High Blood Pressure from the use of drug medication.****

DIET

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) Meats are high in sodium; contain hypoxanthine (caffeine) and increases cholesterol, which narrows or clogs the arteries, thus increasing the blood pressure. If one so desires to use milk, non-harmful substitutes can be made from a variety of nuts (i.e. almonds, cashews, etc.) ***Recipes for nuts, grains, bean loaves and more can be found in the following cookbooks: Ten Talents, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.***
- **Fried foods**, highly processed foods, and all free oils should be avoided and/or eliminated from the diet.
- **Sugar, artificial sweeteners** should be eliminated from the diet
- ALL refined and **white** bread, flour should be eliminated from the diet. The body needs the fiber from the whole grain items.
- Avoid **excessive use of Tyramine** foods (aged, fermented, spoiled- e.g. meats, pork, cheese, chocolate, caffeine teas, alcohol beverages, overripe avocados, overripe bananas, overripe bread fruit) it is a stimulant and will

elevate the blood pressure. In addition, when the diet is high in Tyramine, be careful with the use monoamine oxidase inhibitors such as antidepressant medications: Nardil, Marplan, Zelapar or Eldepryl or herbs such as syrian rue, ayahuasca, passion flower, nutmeg, turmeric and kava as this combination can cause a hypertensive crisis.

- Avoid **alcohol**, vinegar, apple cider, nutmeg, cinnamon, hot peppers, remember anything that stimulates will elevate.
- Eating **fresh fruit** daily (3-5 servings) is preferable to drinking fruit juice. Eating the fresh fruit provides the body with the essential fiber need for regularity; juice is robbed of that essential fiber.
- Increase **fresh vegetables** daily (3-5 servings) as this would increase potassium and lower blood pressure. Other foods high in potassium are, black strap molasses (do not use if you have Diabetes), soybean, nuts, bananas.
- Increase **potassium** levels with the use of beans – kidney, lentil, garbanzo, black or pinto are great sources.
- Use **nuts, seeds, peas, and beans**. All forms of **Beans** and **Whole Grains**. The body converts the amino acid in these foods called L-Arginine into nitro oxide, which relaxes the blood vessels. Also a handful of walnuts or almonds are excellent in lowering high fat in the meal.
- Use **pink Himalayan sea salt** with potassium, iodine and trace minerals.
- At least 8 glasses (64oz) of **water** should be drunk each day. 16oz to 32oz (2 – 4 glasses) of warm water should be taken before breakfast, one of which can have 1 tablespoon of lemon juice to 1 glass of water – always use a straw when drinking lemon juice to protect the enamel of your teeth.
- Drink water 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale yellow to clear.

LIFESTYLE

- Exercise is very essential to good health and blood circulation. Walking is superior to other forms of exercise as the entire body is in motion. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week.
- Go to sleep before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. In addition, the later you go to bed the greater the risk of increasing your blood pressure as too much cortisol is released in the body.
- Sleep is important in preventing high blood pressure and heart problems. The sleep producing hormone, melatonin, is released around 9:00pm and this gives the body restful sleep at night. Also, for every hour of sleep before midnight, the body doubles the amount of rest received.

Testimony: *We had a chance to work with a Health Leader at one of the local churches and his Blood Pressure was running 181/104*

and we put him on the plan and in one day his Blood Pressure dropped to 117/77. We found out that this gentleman was going to bed between 1:00 am – 2:00 am nightly for the last 3 weeks and this was the main cause of the increased pressure. So we had him go to bed by 9:00 pm and the pressure dropped with a good night's rest.

- Carefully read labels and select items low in salt, sodium and soda.
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten at least 5-6 hours apart.
- **Vitamin D** - when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.

When the sun hits the skin, it produces **nitric oxide** which **dilates the blood vessels** and lowers the blood pressure.

In treating disease, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

If you live in a warmer climate please use the natural sunlight (45-90 minutes daily between the hours of 9:00am – 3:00pm). (high blood pressure/MS/diabetes/cholesterol/all bone problems/colon and breast cancer).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000iu per week for 8 weeks of supplemental vitamin D (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat soluble vitamin).

Here is another option: If there is a chronic deficiency in vitamin D, I would recommend as much as 10,000iu daily for either 3-4 months, then you can resort back to the 5000iu daily.

HERBAL REMEDIES

- **Garlinase** 2 tablets twice a day with each meal (high blood pressure/cholesterol/diabetes) or 4 cloves of fresh garlic twice daily.
- **Flax seed** take 2 tablespoons freshly grounded daily
- **Pumpkin seed** take a handful of pumpkin seeds with meals daily (unsalted)
- **Lecithin** granules 1-2 tablespoons daily
- **Cornsilk** and/or **Parsley** - 1 handful of organic cornsilk in 32oz of hot water. Steep for 40 minutes to 3 hours and drink as water daily. Use treatment for 90 days then one month off then repeat until condition is resolved.
- **Linden tea** one handful in 32oz hot water. Steep for 40 minutes to 3 hours and drink as water daily. (unsweetened)
- **Hibiscus tea** steep 7 flowers 32oz hot water. Steep for 40 minutes to 3 hours and drink as water daily. (unsweetened)
- **Bayleaf** (7 leaves steeped 32oz hot water for 40 minutes to 3 hours and drink as water daily) *unsweetened*
- Other leaves: Soursop, Avocado, Breadfruit
- **Blackstrap Molasses** take 2 tablespoons daily if you are not **Diabetic**

HYDROTHERAPY

HOT FOOT BATH - USE WHEN THE BLOOD PRESSURE IS HIGH

- Submerge feet in a container with warm water
- Gradually increase heat and soak for 20 minutes
- Wrap the body with a sheet to protect the heart and kidneys - this helps to bring down blood pressure and there is no risk of cardiac collapse or kidney damage
- Place an ice cold rag on the forehead to keep the head cool

HOT ARM BATH

USE WHEN THE BLOOD PRESSURE IS EXTREMELY HIGH

- Submerge both arms at the same time in a container with warm water
- Gradually increase heat for effectiveness and soak for 20 minutes
- Place an ice cold rag on the forehead
- Wrap the body with a sheet to protect the heart

LESSON 26: REVERSING DIABETES: TYPE II

WHAT IS DIABETES TYPE II?

Diabetes Type II occurs when the body becomes unable to handle glucose (sugar), which builds up to dangerous levels in the blood.

Usually when we eat food, the food is digested and the complex carbohydrate part is broken down into simple sugars, most of which is glucose. Glucose or blood sugar enters the blood stream. The body requires a certain amount of glucose for short-term energy for immediate use, but the excess is stored in the liver or muscles as long-term energy/glycogen for use at a later time. The Pancreas produces Insulin. Insulin is responsible for ushering blood glucose from the blood into cells to be stored as energy. However, in Diabetes Type II, the insulin does not do its work resulting in an excess of glucose in the blood stream.

According to the Centers for disease control and prevention (2000), disrupted glucose metabolism can lead to long-term health risks such as: heart disease, stroke, high blood pressure, blindness, kidney disease, amputation, dental disease and death.

Normal Level	Pre-Diabetes Level	Diabetes Level
<ul style="list-style-type: none">• levels range from 65-99 mg/dl (3.6-5.5 mmol/liter).	<ul style="list-style-type: none">• fasting blood sugar levels ranges from 100-125 mg/dl (5.6-6.9 mmol/liter) after an 8 hour fast.	<ul style="list-style-type: none">• a diagnosis of diabetes is usually made when a blood sugar test is consistently above 126 mg/dl (7.0 mmol/liter) after an 8 hour fast.

There are two categories of diabetes:

- **Water Diabetes** (Diabetes Insipidus – bland or insipid urine) known as:
Central, Nephrogenic, Gestational, Dipsogenic
- **Sugar Diabetes** (Diabetes Mellitus – honey-sweet urine) known as:
Type 1, Type 1.5, Type 2 and Type 3 (Alzheimer's disease)

SYMPTOMS

The classical symptoms of diabetes type II are:

- polydipsia (excessive thirst),
- polyuria (excessive passage of urine), and
- polyphagia (excessive hunger).

Other symptoms include but aren't limited to: weakness, fatigue, tingling sensation in extremities, blurred vision, dry and itchy skin, unusual weight loss and darkness on body folds of neck, arms etc and both sides of cheeks (Acanthosis Nigricans).

CAUSES

Studies conducted by James Anderson, M.D., Professor of Medicine at the University of Kentucky concluded that a strong relationship to fat—both fat in the diet and fat on the body causes diabetes. The disease is rare in areas of the world where fat intake is low and obesity uncommon.

- **p. 53, Health Power**

Diabetes Type II is 65% high-fat diet—fat in the diet and fat on the body. Excessive fat and high protein intake in the diet from animal sources will promote diabetes. Foods high in fiber, whole, plant-based foods will protect against diabetes.

DIET

- **Animal Products** are the highest source of fat in the diet. Avoid all flesh and its by-products (cheese, ice cream, milk, butter, etc.). If one so desires to use milk, non-harmful milks can be made from a variety of nuts (i.e. almonds, cashews, etc.) **Recipes for nuts, grains, bean loaves and more can be found in the following cookbooks: It's All Good, Ten Talents, Seven Secrets, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3.**
- **Fats.** Especially for diabetics, it is important that you have natural plant-based fats (almond butter, nuts, olive oil on bread) at the end of a meal, to sustain the glucose levels until the next meal. However, do not overdo on these fats.
- **Fiber.** All Refined items, such as white rice, white bread, etc. cause a rapid increase and decrease in blood sugar levels and therefore should be avoided. Use more complex carbohydrates found in whole foods, which also contain more fiber such as whole grains, brown rice,

oats, barley, beans, leafy vegetables and fresh fruit. Studies show that dietary fiber supplements did not have the same effect as plant-based whole foods diet. This also applies to lowering total cholesterol levels.

- **Sweeteners.** There should be no free use of any natural or artificial sweeteners (honey, splenda, agave nectar, sweet n'low etc.). It is important also to stay away from dates and all dried fruits as sugar content is high. Avoid all forms of juices, whether natural or processed. Research shows that 1 tablespoon of grape juice elevates the blood sugar by 10 points. So when an individual drinks 1 glass of grape juice, this will elevate the glucose level by an additional **160** points.
- **Caffeine and alcohol.** Please stay away from all alcohol (vinegar), green tea, chai tea, black tea, sweet tea, lipton iced tea, coffee, decaf tea, white tea.

Testimony: There was a diabetic gentleman who was on the Plan and in a matter of two days was able to decrease 30 units of insulin from his normal dosage. A couple days later, a traumatic situation arose, and he was so stressed that his glucose went above 200 points. He decided he was going to put his problems in the Lord's hands and not to stress excessively about his problem. When he made that decision, his glucose levels actually started to decrease. Guilt, worry, an unforgiving spirit and resentment—these are things that weigh the soul down.

LIFESTYLE

- Exercise: **PLEASE NOTE: Before starting an exercise regimen, consult your physician.** It has been shown that 1 hour of continual walking, is essential to reversing Diabetes Type II. **As a diabetic, when you go walking, you must take a whole fruit with you.** If you experience any symptoms of low blood sugar (headache, trembling, lightheadedness, anxiety, nausea, etc.) then you can start to eat that fruit to increase the blood sugar levels. If you feel that you cannot walk for one hour straight, just start walking as much as you can.
- Every hour of continual walking is equivalent to 20 units of insulin. If you want to double the amount of insulin in the body, walk for 1 hour twice a day. Once the diabetes is reversed, the walking can be broken up into maintenance walks of two thirty-minute sections.
- Fat buildup around the cells prevents sugar from entering the cells thus leaving too much sugar in the blood stream. Note: It is very important to walk casually 15 to 30 minutes after each meal as this

will help to break down the fat around the cells as well as prevent the sugar level from spiraling after a meal.

- Water dilutes sugar. Upon awakening, drink at least 16oz. to 32oz. of warm water. A diabetic should drink enough water until the urine is clear. (Even if they are urinating excessively). The best way to bring the water in is gradually, not all at once.
- It has been proven that proper breathing and deep breathing techniques help in the lowering of the blood pressure—which goes hand in hand with the treatment for diabetes.
- Bedtime should be before 10:00p.m. Research shows that going to bed after 10:00 p.m. at night continually for two weeks elevates blood glucose, hypertension, and cholesterol levels.
- Nature's process of healing and up building is gradual, and to the impatient it seems slow. But, nature, untrammelled, will do her work wisely and well. (MH p.44)
- Also keep the stress levels to a minimum, don't let your stress take control of your life.
- **If at night/morning your blood sugar level drops below 80mg%, eat a piece of fruit (orange); otherwise only two meals --breakfast and lunch-- per day are more desirable than three. If your blood sugar level is less than 140mg% be cautious when taking the medication; because your blood sugar levels can drop below the normal ranges.**

PLEASE MAKE SURE YOU CONSULT YOUR PHYSICIAN, BEFORE FOLLOWING THESE INSTRUCTIONS.

THIS PROGRAM WORKS EXTREMELY FAST, SO THE UTMOST CARE SHOULD BE TAKEN IN FOLLOWING THIS PROGRAM.

HERBAL RECOMMENDATIONS

- **Gymnema Sylvestre:** 2 tablets twice a day with each meal
- **GTF Chromium:** 1 tablet twice a day with each meal
- **Flaxseed:** 2 tablespoons freshly grounded daily (diabetes/high blood pressure/ cholesterol/memory)
- **Garlinase:** 2 tablets twice a day with each meal (diabetes/cholesterol/high blood pressure) or 4 cloves of fresh garlic daily.
- **Hibiscus Tea:** steep 7 flowers in 32oz of water and drink daily (lowers blood pressure, cholesterol, diabetes)
- **Pumpkin seeds:** 1 handful daily
- **Lecithin granules:** (dissolves fat/diabetes/high blood pressure/cholesterol)
- **Artichokes**

- **String beans**
- **Prickly pear**
- **Vitamin B12** supplement daily (10mg)
- All forms of **Beans and Whole Grains**
- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 1 ½ to 2 hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest. Vitamin D deficiency in type II diabetes is a direct cause as its deficiency increases insulin resistance. Therefore, it is important that your vitamin D level is sufficient. Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with Natural Sunlight then you are fine.) The 25-hydroxy vitamin D test is the most accurate way to measure how much vitamin D is in your body. Once you know your level, if you need to increase it, you may consider taking 5000iu daily of vitamin D3 supplement until your levels are back in line. For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D3 with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**
If you live in a warmer climate please use the natural sunlight (90-120 minutes daily between the hours of 9:00am – 3:00pm).
PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D3.
Here is another option: If there is a chronic deficiency in vitamin D, it would recommended that you take as much as 10,000iu daily for either 3-4 months, then you can revert to the 5000iu daily.

Warning!

What should you do if your blood sugar level is dropping?

- 1. Please contact your Health Care Provider so that they can make the necessary adjustments to your medication.**
- 2. Also eat some fruit so that the blood sugar level can rise back to normal levels. Try not to eat a candy to get it backup as this will increase the blood sugar levels too high.**

LESSON 27: MENTAL HEALTH

Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. 5T p.444

But few realize the power that the mind has over the body. A great deal of the sickness which afflicts humanity has its origin in the mind and can only be cured by restoring the mind to health. 3T p. 183

All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed. MH p. 128.1

Tryptophan

Tryptophan is a raw amino acid needed in order for serotonin to be produced

Serotonin is a neurotransmitter that regulates many functions, including mood, appetite, and sensory perception. Sunlight enhances Serotonin which converts into melatonin hormone that gives restful sleep

Foods High in Tryptophan include: Pumpkin seeds, Tofu, Black-eyed peas

Water is essential in maintaining mental health.

Hot and cold contrast bath. This raises neurochemicals in the brain thus one feels better. It internally reduces dehydration. 80% to 85% of the brain is water.

Studies have shown that most people constantly are partially dehydrated; as a result, their brain is working considerably below its capacity and potential. It has become a practice to regard a "dry mouth" as a signal of water which the body needs, it is further assumed to be well-regulated if the sensation of "dry mouth" is not present. A dry mouth is the *last* outward sign of extreme dehydration, however. Damage occurs to the body at a persistent lower level of hydration. Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated.

Signals of dehydration can be any of the following symptoms:

- Heartburn, stomachache
- Non-infectious recurring or chronic pain

- Low back pain
- Headache
- Mental irritation and depression
- Water retention (ironic but true!)

Our thoughts affect: Behaviour, Body and Feelings

The Bible contains comforting words to help us with our thoughts?

Great peace have they which love thy law: and nothing shall offend them. (Ps. 119:165

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Isaiah 26:3

...as thy days, so shall thy strength be. Deuteronomy 33:25

Studies show that **worry** (a spiritual/emotional cause of disease) causes all the symptoms of orally administered steroids, which include muscle wasting, changes in weight, and poor healing.

Many are in psychiatric hospitals because they suffer from **guilt** (a spiritual/emotional cause of disease).

Benefits of fresh air for the mind include breathing properly for getting blood to brain and improved respiration to control anxiety attacks.

Older people who exercise three or four times a week have a decreased risk of Alzheimer's.

Children who play vigorously for 30 – 40 minutes a day are better able to organize their school work, do math and do class projects.

Exercise causes neurogenesis in the hippocampus, which is the regeneration of brain cells.

The Hippocampus is the first part of the brain that deteriorates with Alzheimer's. Study in Loma Linda shows that regular eaters of meat including poultry and fish are at twice the risk of *Dementia* than vegans.

Diseases that have plaques in the brain involve an accumulation of beta-amyloid proteins, which are formed through an abnormal process, or involve prion proteins that attach to cells within the brain. The plaques can also form as part of an autoimmune process that attacks the body instead of foreign substances – Curcumin in turmeric can help with deplaquing.

Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden...

...As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings. MH p. 264, 265

Studies show that children in classroom with windows opened, learn better.

Exercise in the open air should be given as a life-giving necessity. And for such exercise, there is nothing better than the cultivation of the soil.

Nature is good for the mind (Vit G – nature). Children who get more vitamin G have lower stress levels, more success in school and fewer ADHD symptoms.

Attention deficit hyperactivity disorder (ADHD) is a condition that robs children of their ability to focus and pay attention.

Kids with ADHD are fidgety and easily distracted. This makes it difficult to stay "on task," whether it's listening to a teacher or finishing a chore.

The National Institute of Mental Health estimates that 3% to 5% of kids have ADHD, but some experts believe that figure could be as high as 10%.

Two hours of sleep before midnight is worth more than **four** hours of sleep after midnight.

Neuroscientists now believe sleep is not only crucial to brain development, but is also necessary to help consolidate the effects of waking experience – by converting memory into more permanent and/or enhanced forms.

Sleeping problems are almost always involved in mental disorders, including depression, schizophrenia.

Identify one law of the mind related to mental health?

Idleness Weakens Brain Power.--The reason the youth have so little strength of brain and muscle is because they do so little in the line of useful labor. 2MCP p. 383

Disruptors to the frontal lobe.

- The frontal lobe houses our will and self-control.
- We need to guard it from becoming suppressed.

Therefore, to protect your frontal lobe it is best to avoid TV, Loud rock music, novel reading.

It is the duty of every person, for his own sake and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. MH p. 128

All...should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed. (MH p. 128)

DIET

- Eliminate all flesh and its by products from your diet
Meat contains arachadonic acid, a substance that impairs optimal functioning of the brain center for wisdom, judgment, and foresight.
- Eliminate all fried foods
- Eliminate all highly processed foods
- Eliminate caffeine, vinegar, chocolate, sugar, refined products
- Remove anything that is white in the diet unless it occurs naturally white (i.e. white potatoes)
- Gluten intolerance is largely linked to mental problems: eliminate all foods with the minutest amount of toxic gluten such as: wheat, rye, barley, spelt, kamut, white flour, pasta, tart, bun, bread, sweetbread, bake, roti, doubles, beer, malt, etc
- Increase **fiber-rich foods** such as whole grains, brown rice and beans.
 - *Carbohydrates are the main fuel for the brain.*
- Increase consumption of **fresh fruits and vegetables**
- Increase **water** intake
- Foods that are high in omega-3 and can help with depression?
- Increase **Omega 3** (flax seed, walnut, green leafy, olives/olive oil)
- **Flax seed and Chia seeds** combined - take 2 tablespoons freshly grounded daily
- **Oats water** drink 32oz oats in water daily (if you are allergic to oats, avoid this remedy)
- **Lecithin granules** 1-2 tablespoons daily
- Increase **iron** (beet, pistachios)
- Increase **folates** (beans, wheat germ, spinach, lettuce)
- Increase **magnesium** (beans, pumpkin seeds, almonds)
- Increase **calcium** (sesame seed)

- Calcium, which is directly related to IQ, is also important to melatonin production, which gives restful sleep.

LIFESTYLE

- Avoid smoking, tea drinking and drinking alcohol
- Reduce excess weight – feel good about yourself
- Exercise daily (helps to develop brain cells)
- Breathe properly for getting blood to brain
- Set meal times
- Go to bed before 10:00pm nightly
- Get adequate sunlight
- Get adequate **sunlight** for 45 minutes to 1 ½ hours daily
- **Vitamin D** – take 20,000iu daily for the first 7 days then 10,000iu for one month

HERBAL TREATMENTS

- Catnip – 2 tablespoons to 4 cups of water
- Valerian – 2 tablespoons to 4 cups of water
- Passion Flower – 2 tablespoons to 4 cups of water
- Chamomile Flower – 2 tablespoons to 4 cups of water
- Multivitamin such as VM 100 Complete

Instructions for preparing teas

- Hard parts of the plant such as: roots, seeds, rhizome or bark: **BOIL** for 15 minutes, and then draw for 40 minutes to 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then **DRAW/STEEP** for 40 minutes to 3 hours.
- For combinations: bring water to a boil then add hard parts first and boil for 15 minutes followed by adding delicate parts and draw/steep for 40 minutes to 4 hours.
- Drink as water through the day.

HEAL AND SEAL THE GUT

Intestinal permeability can cause neurological issues. Ensuring that you have a healthy gut flora is helpful in preserving good mental health.

- Use a **multi-strain Probiotic** - **Bio-Kult** (14 strains) – use 1-3 capsules per meal
- Digestive enzymes - **TriEnza** –use 2 – 3 capsules per meal
- **Get adequate Hydrochloric acid** - **NuTriVene Betaine HCl with Pepsin** - Use 2-3 Capsules per meal.

LESSON 28: REVERSING DEPRESSION

By the year 2020 Depression will be the 2nd largest killer after Cardiovascular Disease.

WHAT IS DEPRESSION?

It's natural to feel down sometimes, but if that low mood lingers day after day, it could signal depression. Major depression is an episode of sadness or apathy along with other symptoms that lasts at least two consecutive weeks and is severe enough to interrupt daily activities.

Depression increases the risk for:

- Strokes
- Heart disease in men
- Death from cancer
- Death from pneumonia
- Suicide (2nd leading cause of death among college students)
- Diabetes

There is a link between diabetes and depression. If depression is not addressed in people with diabetes it may impede the healing process with diabetes and the reverse is also true.

- Seasonal Affective Disorder (SAD)
- If your mood matches the season – sunny in the summer, gloomy in the winter – you may have a form of depression called seasonal affective disorder (SAD).
- Place a blue light box at side of eyes not in front - use for 30 minutes per day
- Bipolar Disorder
 - Research has found that antidepressants are LESS EFFECTIVE than placebos in treating bipolar disorders
 - Studies show that regularity does more than medication for Bipolar disorder e.g. eating and sleeping at regular times

SYMPTOMS OF DEPRESSION

- Persistent, sad, anxious or empty mood
- Loss of interest or pleasure
- Difficulty concentrating or making decisions
- Poor appetite or too much appetite – eating too much or too little
- Recurrent thoughts of death or suicide
- Fatigue and Decreased Energy
- Feelings of worthlessness or excessive guilt
- Increase agitation or increased slowness
- Poor sleep or too much sleep
- Postpartum - "baby blues"

WHEN CAN A DIAGNOSIS OF DEPRESSION TAKE PLACE?

- If you are experiencing **five** or more of these classical signs, psychologist would say you are experiencing major depression
- If **less** than five, you would be told it is a mild form of depression
- Males reflect depression in the form of irritation or anger
- Females show sadness and tiredness
- Females suffer more from depression because of hormonal issues, the imbalance between estrogen and progesterone. Progesterone is needed to make the happy hormones. e.g. emotional depression and postpartum depression after pregnancy

COMMON CAUSES OF DEPRESSION

- A prominent theory is altered **brain** structure and **chemical** function.
- Hormonal imbalance
- Improper Thyroid function
- High Stress

Chemicals called **neurotransmitters** become unbalanced. What pushes these chemicals off course? Stress of a **traumatic** event, such as losing a loved one or a job or physical abuse

Other triggers could include:

- Biology
- Genetics
- Gender
- Age
- Health conditions
- Trauma and grief
- Changes and stressful events

MEDICATIONS AND SUBSTANCES

Standard Conventional Treatment

Medicines like **Prozac, Zoloft, Paxil, Celexa, Xanax, Wellbutrin**, etc.

Talk Therapy - this makes one feel better but not actually get better. (*Dr. Magna Parks*)

- Antidepressants are less effective than placebos in treating bipolar disorder. (New England Journal of Medicine)
- 1 in 4 people treated with antidepressants are not clinically depressed at all, but are dealt with some mental repercussion of a recent emotional blow (death, divorce, job loss, etc.) *Gwen Olsen. Confessions of a Rx Drug Pusher*

Natural Remedies

Improving the Mind, Body and Soul for Eternity

“It cannot be too often repeated that whatever is taken into the stomach affects not only the body but ultimately the mind as well” . (MCP vol. 1 pg. 235)

Definition of Disease

Disease is an effort of nature to free the system from conditions that result from the violation of the laws of health (PATH p. 37 / MH p. 44)

What are the Laws of Health?

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. (MH p. 44)

NUTRITION FOR DEPRESSION

- 2 tablespoons of grounded Flax seed each morning (keep refrigerated) or 2 tablespoons flax seed oil
- 2 tablespoons Lecithin granules
- Magnesium (bran, pumpkin seeds, almonds)
- Fava beans – produces L-dopa that aids in depression
- Include plain baked potatoes and continue with the fruits and vegetables

Carbohydrates and Depression

- Oat water from toasted rolled oats can help depression (soak for 15-20 minutes). Oat is stabilizing and invigorating.

Folates

- A water soluble B Vitamin. Needed in production of red blood cells, wound healing, building muscles, maintenance of the nervous system and for every function that requires cell division. (beans, wheat germ, spinach, lettuce)

What is Tryptophan?

Tryptophan is a raw amino acid needed in order for serotonin to be produced.

Foods High in Tryptophan:

- Omega-3 – flax seed
- Iron - teas/vinegar can deplete iron
- Increase iron intake from foods such as: fenugreek, dried spirulina, blackstrap molasses, soybean, sesame, bran, lentils
- Magnesium (bran, pumpkin seeds, sesame almonds)
- Folates – beans, wheat germ, spinach, lettuce
- Baked potatoes
- Lots of fruit and vegetables

What to avoid?

- Avoid the use of energy drinks, chocolate, caffeine is addictive
- Avoid the use of smoking and alcohol

Water for Depression

- At least 8 glasses (64oz) of water should be drunk each day. 16oz – 32oz of warm water should be taken before breakfast.
- Drink water 15 - 30 minutes before the meal or 2 hours after the meal.
- Please drink water until the urine is pale yellow to clear and to prevent mild dehydration

LIFESTYLE

Sunshine and Depression

- Resets the biological clock
- Problem falling asleep?
- Problem staying asleep?
- Problem with sleep?
- Endorphin effect of UVB on the skin.
- Serotonin is a neurotransmitter that regulates many functions, including: mood, appetite, and sensory perception
- During the day sunlight causes serotonin to increase and melatonin to decrease. The brain uses serotonin to increase alertness and it helps to create a feeling of happiness.
- At night serotonin changes to melatonin.
- Vitamin D and Depression
Studies have linked low levels of vitamin D to depression among older men and women. One possible explanation is that lack of vitamin D causes the parathyroid gland to produce more hormones. Low levels of vitamin D and higher levels of parathyroid hormone have been linked to depression severity.
- Working in the dirt helps improve serotonin levels in the brain.
- Avoid birth control pills, steroids and diet pills.
- Be careful with Medication side effects. *Over 200 medicinal drugs are reported to cause depression.*
- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day, seven days per week or for 1 hour a day.

HOT AND COLD SHOWERS (CONTRAST SHOWER)

- 3 minutes hot, followed by 30 seconds cold
- Use for 6 months then adhoc - This raises neurochemicals in the brain (serotonin, dopamine, norepinephrine)

“A balanced circadian rhythm-maintained through practical lifestyle habits, such as regular sleep patterns and consistent daily routines-helps patients to avert new manic or depressive episodes longer than

therapy focused on regulating their mood symptoms and medications.”
Monitor on psychology 2008

Problem falling asleep and staying asleep? Get sunshine 10:00am to 2:00pm

- **Light-skinned individuals: 15 – 30 minutes daily**
- **Dark-skinned individuals: 45 minutes to 1 ½ hours daily**
- Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. (7MR 224.3)

Spend time daily reading the Bible. Studies show that spirituality helps recovery from depression. Depression is lower among those that have some form of intrinsic religion. (*American Journal of Psychiatry* 1996)

The influence of pure, fresh air is to cause the blood to circulate **healthfully** through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the **mind**, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces **sound**, sweet sleep.-- (T., V. I, p. 702)

HERBAL RECOMMENDATIONS

- 2 tablespoons **Maca powder** (boil)
- 2 tablespoons **Catnip** (draw)
- 2 tablespoons **Chamomile** (draw)
- 1-2 teaspoons **Kelp** – sprinkled on food daily
- **Herbal Iron** supplement (not to be taken with meals)
- **Ginkgo biloba** 40 – 80 mg daily 3 times daily – this improves circulation and helps protect neurons against toxins
- **Gotu kola** - reduces mental fatigue

These herbal combinations can be used with good results

- **St. John;s Wort** – 2 Tablespoons
- **Passion Flower** – 2 Tablespoons
- **Valerian root** – 2 Tablespoons - reduces depression caused by anxiety but this can make you sleepy
- **Siberian Ginseng** – 2 Tablespoons
- **Ginkgo** – 2 Tablespoons
- **St. John's Wort** – 2 Tablespoons

TRUST AND DEPRESSION

Studies shows that spirituality helps recovery from depression. Depression is lower among those that have some form of intrinsic religion. (*American Journal of Psychiatry* 1996)

An atheist psychologist once said, "prayer helps with depression recovery because it focuses the mind on things to be grateful for in life."
(Seligman, Martin *How to Change your Mind*)

However courageous and successful a man may be in the performance of a special work, unless he looks constantly to God when circumstances arise to test his faith he will lose his courage. *RH, October 16, 1913 par. 5*

Why does God allow trials to come to us?

God wants you to be cheerful, free, happy, and trustful, ready to say with Paul, "Our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal; but the things which are not seen are eternal."

Your trials are God's workmen; and if borne with patience, they will prepare you for a recompense of reward. Therefore you should be of good courage under them. *(20 MR p. 134.4)*

**You have to talk faith, You have to live faith,
You have to act faith, that you may have an Increase of faith.
(Faith and Works p. 78.2)**

Talk and act as if your faith is invincible. *Christ Object Lessons p. 146.5*

LESSON 29: DRESS REFORM

Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God. 1 Corinthians 10:31

The sinless pair wore no artificial garments; they were clothed with a covering of light and glory, such as the angels wear.

It was said of Adam, that **“He was of lofty stature and perfect symmetry. His countenance bore the ruddy tint of health and glowed with the light of life and joy.** Adam's height was much greater than that of men who now inhabit the earth. Eve was somewhat less in stature; yet her form **was noble, and full of beauty.** (PP 45:3).

“And they were both naked, the man and his wife, and were not ashamed.” (Gen 2:25). They were perfect, not only in physiology, but spiritually, as well. **“The sinless pair wore no artificial garments; they were clothed with a covering of light and glory, such as the angels wear.** So long as they lived in obedience to God, this robe of light continued to enshroud them.” (PP 45:3). They were clothed with “the light of God.” (COL 310:4).

“And the eyes of them both were opened, and they knew that they were naked.” Gen. 3:7

As they looked at themselves, at each other, they were, for the first time, aware that they had no covering. The light, the precious light, was gone.

Does it matter how we dress?

What does God say in the OT?

Blue border on garment - to distinguish them from the nations around them, and to signify that they were God's peculiar people and to help them remember to be obedient and not go after the world. Numbers 15:38-41

Women should not dress like men, or men like women for God saw this as an abomination. Deuteronomy 22:5

Isaiah 3:16 – 24 - God is displeased with the jewelry and hats and all manner of clothing for pride and display

God had commanded the children of Israel to have a ribbon of blue in the border of their garments, upon which was embroidered words of the law, which expressed in short the ten commandments, to remind them of

their duty to love God supremely, and to love their neighbors as themselves. (RH 3/4/73).

What does God say in the NT?

God is concerned about what we wear – modest clothes, without flirtation, fancy hairstyles and jewelry, or unnecessary adornment. 1 Timothy 2:9,10

God is more concerned about our characters, and we are more attractive to Him if we are righteous in our behaviour. 1 Peter 3:3,4

From the beginning garments have represented character. Revelation 19:8

Is God still interested in what we wear?

“The people of God are not now required to have a special mark placed upon garments. But in the New Testament we are often referred to ancient Israel as examples. If God gave such definite directions to his ancient people in regard to their dress, will not the dress of his people in this age come under his notice? Should there not be in their dress a distinction from that of the world? Should not the people of God, who are his peculiar treasure, seek even in their dress to glorify God? And should they not be examples in point of dress, and by their simple style rebuke the pride, vanity and extravagance of worldly, pleasure-loving professors? God requires this of his people. Pride is rebuked in his word.” 2SM 473-4

An Overview of the Dress Question at the time of Ellen White

Fashion at the time of Ellen White

- Hoops, corsets, long skirts trailing in the dirt
- Corsets laced tight to compress waist- actually displacing the organs. These extreme fashions promoted much disease...
- Bare shoulders and arms while body heavily dressed- also promoted disease.
- Awkward, extravagant, unhealthful!

The Pants Question

In many cultures from the far distant past down to our own time there have existed cults and rites which required men and women to dress in the clothing of the other sex in connection with some religious practice. Sometimes they not only dressed as the opposite sex, but had to live as if of that gender.... Cross-dressing was used to ward off the evil eye or demons. (Adonis, Attis, Osiris; 256)

God said there is to be a “plain distinction” between the dress of men and women, and when the distinction is blurred and obliterated, there is “confusion and great increase of crime.”

Homosexuality was one of the major sins of Sodom from which comes the word we associate with the practice of homosexuality, sodomy.

Ellen White “Vision”

In the vision at Otsego, Michigan, on June 6, 1863, Mrs. White was given the message for our people on dress reform.

The reform dress of the 1860's consisted of a dress with a full skirt attached to a blouse and over this a sack or jacket was worn. Underneath was a pair of pants, cut full, and gathered onto a band about the ankles. The waist was attached by buttons to a top which allowed the shoulders to carry the weight of the pants. The skirt, pants, and sack were to be of the same color, with the skirt length about nine inches from the floor. The main reason for the pants was this:

There is not one woman in a thousand who clothes her limbs as she should. Whatever may be the length of the dress, their limbs should be covered as thoroughly as are the men's. This may be done by wearing lined pants, gathered into a band and fastened about the ankle, or made full and tapering at the bottom; and these should come down long enough to meet the shoe. The limbs and ankles thus clothed are protected against a current of air.

If the feet and limbs are kept comfortable with warm clothing, the circulation will be equalized, and the blood will remain pure and healthy because it is not chilled or hindered in its natural passage through the system. (1T 461).

The American Costume

In wide contrast with this modest dress is the so-called American Costume, resembling very nearly the dress worn by men. It consists of a vest, pants, and a dress resembling a coat and reaching about halfway from the hip to the knee. This dress I have opposed, from what has been shown me as in harmony with the word of God; while the other I have recommended as modest, comfortable, convenient, and healthful. (1T 465:1)

“God designed that there should be a plain distinction between the dress of men and women, and has considered the matter of sufficient importance to give explicit direction in regard to it FOR THE SAME DRESS WORN BY BOTH SEXES WOULD CAUSE CONFUSION AND GREAT INCREASE OF CRIME.” (1T 460)

No influence if American costume is worn to present the 3 angel's message...

Dress reform is a test - Tested for loyalty – pride cherished in heart T4 639.3

The Bloomer Costume

In the midst of this fashion worship, a few voices were heard calling for change. In Seneca Falls, New York, Elizabeth Cady Stanton began a

dress reform movement after her cousin visited her home wearing harem-like pants topped by a skirt, which reached a little below the knee.

This dress was to become known as the Bloomer Costume and was made high sport of. Those who adopted and wore this costume were mainly those who were pushing for women's rights; some spiritualists also adopted the costume. Subjected as it was to derision and jokes, it lasted only a few years but paved the way for the acceptance of modern pantsuits on women. Ellen White did not sanction nor approve of this dress; indeed she warned Seventh-day Adventist's not to adopt it.

“Those who feel called out to join the movement in favor of women's rights and the so-called dress reform might as well sever all connection with the third angel's message. The spirit which attends the one cannot be in harmony with the other. The Scriptures are plain upon the relations and rights of men and women. Spiritualists have, to quite an extent, adopted this singular mode of dress. Seventh-day Adventists, who believe in the restoration of the gifts, are often branded as spiritualists. Let them adopt this costume, and their influence is dead. The people would place them on a level with spiritualists and would refuse to listen to them.” (1T 457:3).

A reformation in women's dress was needed, but the Bloomer Costume was not the answer.

Skirts and Dress Lengths

Does God consider the length of the skirt important?

In the last half of the 1960's, a London fashion designer named Mary Quant introduced the **miniskirt** into fashion, because, as she said at the time, she liked to go to bed with a man in the afternoon and didn't want to take her clothes off. This is one fashion, which was openly declared to have sprung from immoral desire, and for nearly a decade it was nearly impossible to find anything else on the clothing racks. Now it is thirty years later, and once again fashion is pushing the miniskirt onto women.

In June 1863 Sis. White was given a vision in which three groups of ladies passed before her.

1st group ... fashionably long, street-sweeping skirt – too long

2nd group ... extreme short dress that did not reach the knee – too short

3rd group ... dress length was proper, modest and healthful. *RH 1867*

The length of the dress was not given to her in inches, but in all cases it “cleared the filth of the street and sidewalk a few inches under all circumstances, such as ascending and descending steps, etc”

Ellen White and other ladies in Michigan put on their reform dress and the length was measured. It ranged from eight to ten inches from the floor, they then settled on a uniform length of nine inches from the floor.

1T 461

The "Reform Dress"

- (1) Made by a precise or definite pattern
- (2) From 8-10 inches from the floor
- (3) High neck, arms and legs covered. The latter by lined, full pants tapering at the ankle; reaching below the "short dress."
- (4) It was loose-fitting so as not to reveal the woman's form [top or bottom]
- (5) It was healthful and modest
- (6) Inexpensive, and made of durable material
- (7) Convenient
- (8) Raised much prejudice
- (9) This dress was discarded. Instructions were given later not to promote the short dress with long pants unless we had the word of the Lord for it. The Reform Dress was not accepted and so a Less-Objectionable Dress was allowed.

The "Less-Objectionable Dress"

- (1) Made by no definite pattern or style.
- (2) No precise length given but was longer than the "short dress" and avoided the mud of the street. Approximately ankle length; the dress meets the shoe or ankle or boot.
- (3) It was modest, covering the arms; with a loose-fitting jacket to cover the upper front body.
- (4) It was healthful. Lined pants or under pants were worn underneath the skirt to keep the legs at an even temperature without being exposed. The dress covered the pants completely. It was also loose-fitting, not revealing the woman's form (top or bottom).
- (5) Inexpensive and durable material
- (6) Convenient most of the time.
- (7) Raised less prejudice.
- (8) This would forever put the subject of dress lengths to rest as far as the Testimonies were concerned.

Factors to consider in the length of woman's dress

- Where does your dress reach when sitting down, when bending over, when reaching overhead?
- Is too much of the body being left exposed when you sit, bend, stoop, or reach? In this, as with the slit skirts, many falter ignorantly, not realizing how much of the body is actually being exposed to the world.

Does length also apply to men's clothing?

Moses was instructed to make, as part of the priests' clothing, breeches which were "to cover...from the loins even unto the thighs." Ex. 28:42
David said the Lord "taketh not pleasure in the legs of a man." Ps. 147:10

Dress for Health

Perfect health depends upon perfect circulation. Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and the region over the heart, where is the greatest amount of heat.... Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course....The result is, habitually cold feet and hands. 2T 531

Dressing improperly causes disease

“Satan is constantly devising some new style of dress that shall prove an injury to physical and moral health; and he exults when he sees professed Christians eagerly accepting the fashions that he has invented. The amount of physical suffering created by unnatural and unhealthful dress cannot be estimated. Many have become lifelong invalids through their compliance with the demands of fashion. Displacements and deformities, cancers and other terrible diseases, are among the evils resulting from fashionable dress.” 4T 634-5

One of the Least Known Secrets of Health!

When the ARMS and LEGS are left bare, they become colder than the body. This causes the blood to stay more in the central body and head.

“In order to maintain equal circulation, there should be an equal distribution of clothing, which will bring equal warmth to all parts of the body. The limbs that are the farthest from the vital organs, should be more thoroughly protected with warm coverings.

The extremities should be carefully guarded from cold and chilliness by an additional amount of clothing. It is impossible for women to have, habitually, chilled limbs and cold feet, without some of the internal organs being congested.” HR 5/72.

When the extremities, which are remote from the vital organs, are not properly clad, the blood is driven to the head, causing headache or nosebleed; or there is a sense of fullness about the chest, producing cough or palpitation of the heart, on account of too much blood in that locality; or the stomach has too much blood, causing indigestion. 2T 531:2

“The limbs were not formed by our Creator to endure exposure, as was the face. The Lord provided the face with an immense circulation, because it must be exposed. He provided, also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body.

They should be so thoroughly clothed as to induce the blood to the extremities. Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course. 2T 531-2

The body must maintain its temperature at an ideal level in order for it to properly carry out its various functions. Information that the body is cold is received through the central nervous system sensing apparatus as a threat to the body’s safety. If the body becomes thoroughly chilled,

its various functions are seriously slowed or depressed. Respirations and pulse are less rapid. Toxic waste products accumulate in the tissues. The circulation is profoundly affected. *Home Remedies by Agatha Thrash and Calvin Thrash.*

The limits of tolerance of body temperature have a range on both the low and high sides from about 77° to 111°. At 110° to 111°, the individual loses consciousness. At 112° there are irreversible protein denaturation that occur in most body cells. There is also a typical response of the body and mind while the temperature is falling below normal. As the temperature falls, the person loses consciousness at about 92°. There is often cardiac fibrillation at 82°, with death invariably at 77°. *Israeli Journal of Medical Science 12:759-764. 1976*

Women's Diseases

Much of the feebleness which is suffered by women is the result of improper clothing of the extremities. Congestion of the pelvic organs can lead to cervicitis, dysmenorrhea, cervical polyps and malposition of the uterus.

During pregnancy the placenta may not get a sufficient circulation of blood. As a result of a sluggish exchange of blood, the development of the fetus may be retarded.

Vitality is expended unnecessarily to supply heat that is lost with insufficient clothing. Usually, proper dress also demands warm underclothing. Absorptive cotton for underclothing, not synthetic fabrics, are often required to meet all the various needs of the body.

Other Organs

If the breasts are more warmly clothed than the extremities, the resulting increased temperature makes them susceptible to various diseases, from inability to nurse one's infant, to cystic disease and various tumors.

The normal temperature of the breast is several degrees below that of the surrounding skin. Mammary thermograms show an increased breast temperature in breast cancer and many benign lesions.

The use of brassieres and extra padding for the breasts is a fairly modern practice and not at all healthful. The susceptibility to viral infections is greatly increased if the extremities are not kept warmly clad at all times.

Clothing of Infants and Children

Disease has been transmitted from parents to children, from generation to generation. Infants in the cradle are miserably afflicted because of the sins of their parents, which have lessened their vital force. Their wrong habits of eating and dressing, and their general dissipation, are transmitted as an inheritance to their children. 3T 140.1

Chilling of the baby's extremities may cause congestion in the abdomen, where even a tablespoon of extra blood may distressfully crowd the

organs. If the baby is also wearing clothing with tight bands, either around the abdomen or thighs, the stage is set for colic.

Children are the heritage of the Lord, and they should be trained and disciplined to form characters that the Lord can approve.

In order to follow the fashions, mothers dress their children with limbs nearly naked; and the blood is chilled back from its natural course and thrown upon the internal organs, breaking up the circulation and producing disease. 2T 532:1

...especially of the lungs and brain. 2SM 467

Children's clothing need not be, and should not be, fashionable, but plain and simple. RH 12/5/99

Men

Men's pants that are too tight in the crotch endanger the delicate testes. Their injury from compression and excessive heat has been compared to receiving a certain quantity of X-radiation.

How to Keep Cool - Dressing against the heat

Protect the skin from the direct rays of the sun with loose, cotton clothing that fully covers the arms and the legs. In countries where the weather is very hot, clothing is loose fitting and covers the body well.

Use breathable material such as:

Cotton

Wool

Silk

Linen

Bamboo

Do not use:

Polyesters

Nylons

Choose light colors that reflect the heat and thus keep the body cool.

Wearing long sleeves, in summer and winter, prevents the "alarm reaction" of the adrenals. This alarm causes a vigorous adjustment in the nervous system and the sensation of extreme overheating if even a light sleeve is worn (add-in warm weather.) The reaction is characterized by an intolerance to covering the arms. It is an adaptation response of the nervous system to the stress of chilling.

Keep the head cool while in the sun by wearing a hat, avoiding the midday sun when possible, and by drinking plenty of water to promote free sweating.

Eat lighter foods, emphasizing fresh fruits and vegetables. Heavy or sweet foods, fatty foods, or high protein foods cause much heat production.

Water. Perspiration can be promoted by drinking plenty of water. The skin and the lungs, which are the natural temperature controls of the

body, can be much more efficient when an abundance of water is taken in.

Do you want to shed a holy influence upon all?

“Why is it so hard to lead a self-denying, humble life? Because professed Christians are not dead to the world. It is easy living after we are dead. But many are longing for the leeks and onions of Egypt. They have a disposition to dress and act as much like the world as possible, and yet go to heaven, such will have no excuse...

Many dress like the world to have an influence. But here they make a sad and fatal mistake. If they would have a true and saving influence, let them live out their profession, show their faith by their righteous works, and make the distinction great between the Christian and the world. I saw that the words, the dress, and actions should tell for God...

Then a holy influence will be shed upon all, and all will take knowledge of them that they have been with Jesus. Unbelievers will see that the truth we profess has a holy influence, and that faith in Christ's coming affects the character of the man or woman. If any wish to have their influence tell in favor of the truth, let them live it out, and thus imitate the humble Pattern.” MYP 127

When shopping for clothing these are the standards which the clothing, or fabric if one is sewing, should meet:

1. good quality
2. durability
3. suited for service
4. warmth
5. Protective (covering the limbs)
6. suitable and becoming colors
7. not expensive
8. appropriate length

What is Modesty

Perhaps the best definition we can give for modesty is a list of synonyms from a thesaurus:

humility, lack of boastfulness, humbleness, restrained behavior, plainness, freedom from vanity restraint, lack of self-importance, simplicity, reasonableness.

“The love of dress endangers the morals and makes woman the opposite of the Christian lady characterized by modesty and sobriety. Showy, extravagant dress too often encourages lust in the heart of the wearer and awakens base passions in the heart of the beholder.” 4T 645:2

In another place she calls the worldly fashions “demoralizing” and says that many women will stoop to dishonesty, theft, and even “sell their virtue, to be fashionably dressed.” RH 10/31/71

“Fashions do not always come from heaven. Neither do they always come from the pure, the virtuous, and the good.” RH 4/14/68

Tight Clothing

Tight clothing is any article of clothing which shows and clearly defines the form.

Clothing should fit well, but not so well that underwear lines are visible, or even worse, that anatomical features of the feminine, or the masculine, form are plainly visible and clearly defined.

Tight clothing for Men

Tight pants, Shorts, Brief swimming trunks, Unbuttoned shirts, Low-cut shirts, Muscle shirts

Tight clothing for Ladies

Buttons at front should be loose not tight, Sweaters, Clingy fabrics, Straights skirts

Women with Large behind/torso should be covered with a jacket over skirt:

- Any bands that impede the circulation, leave a mark on the skin, or prevent entirely free motion of an extremity, are unhealthful.
- The most healthful clothing is suspended from the shoulder, rather than from tight bands around the waist.
- Care should also be used at such trouble areas as the neck, ankles, knees, thighs, and wrists.
- Test your clothing by lifting your arms straight up. The clothing should move upward with the arms.

What about Necklines and Sleeves that should be considered for modesty?

Neckline: Low-cut neck, V-neck, Sweetheart neckline, Boat neck, Scooped neck: *a woman's cleavage may be seen when standing, but it is especially noticeable if she bends over or leans forward.*

When trying on clothing to check for problems with sitting and bending, it would be good to also check necklines by leaning forward in front of the mirror and looking at what others see from that angle.

Sleeves: Thin Straps, strapless, Sleeveless, Short cap sleeve, halter tops, Loose, full sleeve not gathered in a band, and Butterfly sleeves

Each of these sleeve styles leaves a woman's arm and underarm bare.

The underarm is directly in line with the bust and often portions of the undergarments and provocative flesh areas can be seen.

Sheer Clothing: This is designed to display the body. Avoid see-through clothing (nettings, weaves)

Slacks: Slacks are a man's clothing, which can also show form and shape of the woman when sitting.

Tight Clothing: This is reveals shape and form; large bust women need to be careful clothing is not tight or fitted; avoid revealing curves and form; avoid sweaters or clinging materials, wear loose material that stands out from the body.

The Good Woman

My sisters, there is need of a dress reform among us. 2SM 473.1

As we see our sisters departing from simplicity in dress, and cultivating a love for the fashions of the world, they (we) feel troubled. By taking steps in this direction they (we) are separating ourselves from God and neglecting the inward adorning... They (we) should not feel at liberty to spend their (our) God-given time in the unnecessary ornamentation of their (our) clothing. How much better might it be employed in searching the Scriptures, thus obtaining a thorough knowledge of the prophecies and of the practical lessons of Christ. 4T 628.3

In that day the Lord will take away the bravery of their tinkling ornaments about their feet, and their cauls, and their round tires like the moon, the chains, and the bracelets, and the mufflers, the bonnets, and the ornaments of the legs, and the headbands, and the tablets and the earrings, the rings, and nose jewels, the changeable suits of apparel, and the mantles, and the wimples, and the crisping pins, the glasses, and the fine linen, and the hoods, and the veils. Isaiah 3:18-23

Proverbs 31: 30,31: Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised. Give her of the fruit of her hands; and let her own works praise her in the gates.

Who can find a virtuous woman? For her price is far above rubies. The heart of her husband doth safely trusteth in her so that she shall have no need of spoil. She will do him good and not evil all the days of her life. She seeketh wool and flax, and worketh willingly with her hands. She is like the merchants' ships; she bringeth her food from afar. Proverbs 31:10-14

She riseth also a while it is yet night, and giveth meat to her household, and a portion to her maidens. She considereth a field, and buyeth it: with the fruit of her hands, she planted a vineyard. She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good: her candle goeth not out by night. She layeth her hands to the spindle, and her hands hold the distaff. Proverbs 31:15-19

She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy. She is not afraid of the snow for her household: for all her household are clothed with scarlet. She maketh herself coverings of tapestry; her clothing is silk and purple. Her husband is known in the gates when he sitteth among the elders of the land. She maketh fine linen and selleth it; and delivereth girdles unto the merchants. Strength and honor are her clothing; and she shall rejoice in time to come. Proverbs 31: 20-25

She openeth up her mouth will wisdom and her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children rise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuous, but thou excellest them all. Proverbs 31: 26 -29

But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God a great price. For after this manner in the old time, the holy women also, who trusted in God, adorn themselves, being in subjection unto their own husbands: even as Sarah obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement.

In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array. 1 Timothy 2:9

God has bidden us wear the richest dress upon the soul.

But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light. 1 Peter 2:9

I know that, whatsoever God doeth, it shall be forever: nothing can be put to it, nor anything can be put to it, and God doeth it, that men should fear before Him. That which hath being is now; and that which is to be has already been; and God requireth that is past. Ecclesiastes 3: 14,15

The Wicked Woman

She is loud and stubborn; her feet abide not in her house: Now is she without, now in the streets, and lieth in wait at every corner. Proverbs 7:11, 12

Hats

Our sisters should clothe themselves with modest apparel. They should dress with simplicity.

Your hats and dresses need not the extra trimmings that are put upon them. You are to be clothed with modest apparel, with shamefacedness and sobriety. Give to the world a living illustration of the inward adorning of the grace of God. Let our sisters dress plainly, as many do, having the dress of good material, durable, modest, appropriate for this age, and let not the dress question fill the mind. (Ev 273:1)

When hats (and bonnets) are worn today, ...they should be neat, modest, orderly, and suitable to the occasion and location.

The Painted Lady

“Consider the lilies of the field, how they grow; they toil not, neither do they spin: and yet I say unto you, That even Solomon is all his glory was not arrayed like one of these.”

"Curls and cosmetics are all in requisition to enhance the beauty of 'the human face divine;' but what is the result? Youth's roses only flee the faster — old age will creep on apace; rouge cannot hide its wrinkles, nor can it make any face beautiful. HR 10/71

What about Jewelry?

"True refinement does not find satisfaction in the adorning of the body for display. The Bible teaches modesty in dress.....This forbids display in dress, gaudy colours, profuse ornamentation. Any device designed to attract attention to the wearer or to excite admiration is excluded from the modest apparel, which God's Word enjoins. Self-denial in dress is a part of our Christian duty. To dress plainly and abstain from display of jewelry and ornaments of every kind is in keeping with our faith." CG 423

Swimming, Swimwear and Gymwear

Swimwear leaves very little to the imagination on either male or female. People wearing bathing suits will do and say things they would not do anywhere else under any other circumstances. The behavior becomes lewd, vulgar, and licentious.

Fash·ion

[fash-uhn]

—noun

1.a prevailing custom or style of dress, etiquette, socializing, etc.: *the latest fashion in dresses.*

2.conventional usage in dress, manners, etc., esp. of polite society, or conformity to it: *the dictates of fashion; to be out of fashion.* (dictionary.com)

Corsets

There are many errors in the present style of female dress. It is injurious to health, and, therefore, sin for females to wear tight corsets or to compress the waist... They are dissatisfied with nature's arrangements, and in their earnest efforts to correct nature, and bring her to their ideas of gentility, they break down her work, and leave her a mere wreck. 2SM 473.1

These [corsets] have a depressing influence upon the heart, liver, and lungs. The health of the entire system depends upon the healthy action of the respiratory organs. Thousands of females have ruined their constitutions, and brought upon themselves various diseases, in their efforts to make a healthy and natural form unhealthy and unnatural. 2SM 473.1

Fashion rules the world; and she is a tyrannical mistress, often compelling her devotees to submit to the greatest inconvenience and discomfort.... Satan triumphs that his devices succeed so well, and

Death laughs at the health-destroying folly and blind zeal of the worshipers at Fashion's shrine. 4T 634.2

But I say unto you, that whosoever looketh at a woman to lust after her commiteth adultery with her already in his heart. And if thy right hand offendeth thee, pluck it out, and cast it from thee: for it is profitable for thee for one of thy members to perish, and not that thy whole body should be cast into hell. Matthew 5:28-29

The love of dress endangers the morals and makes woman the opposite of the Christian lady characterized by modesty and sobriety. Showy, extravagant dress too often encourages lust in the heart of the wearer and awakens base passions in the heart of the beholder. God sees that the ruin of the character is frequently preceded by the indulgence of pride and vanity in dress. He sees that the costly apparel stifles the desire to do good. 4T 645.2

Oniomania (from Greek *onios* = "for sale," *mania* = insanity) is a medical term for the compulsive desire to shop and is more commonly referred to as compulsive shopping, compulsive buying, shopping addiction or shopaholism. Another common version of this syndrome is credit card addiction, also known as compulsive credit card use. *wiki.com*

Should women dress like men?

There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible and to fashion their dress very much like that of men, but God pronounces it abomination.....God designed that there should be a plain distinction between the dress of men and women, and has considered the matter of sufficient importance to give explicit directions in regard to it; for the same dress worn by both sexes would cause confusion and great increase of crime. CG 427

In this style of dress God's order has been reversed and His special directions disregarded.

"The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God." Deuteronomy 22:5:

God would not have His people adopt this style of dress. It is not modest apparel, and is not at all fitting for modest, humble women who profess to be Christ's followers. God's prohibitions are lightly regarded by all who advocate doing away with the distinction of dress between males and females. The extreme position taken by some dress reformers upon this subject cripples their influence. 1T 459.8

a·bom·i·na·tion

[uh-bom-uh-**ney**-shuhn]

-noun

1. anything abominable; anything greatly disliked or abhorred.

2. intense aversion or loathing; detestation: *He regarded lying with abomination.*

3. a vile, shameful, or detestable action, condition, habit, etc.

—**Synonyms**

2. hatred. 3. corruption, depravity. (*dictionary.com*)

Shoes

High heels can cause curvature of the spine and improper posture. Heels should be sturdy and not shaky. Heels should be broad and stable enough so that if you had to run for your life you will be able to do so.

Satan is constantly devising some new style of dress that shall prove an injury to physical and moral health; and he exults when he sees professed Christians eagerly accepting the fashions that he has invented. The amount of physical suffering created by unnatural and unhealthful dress cannot be estimated. 4T 634.4

Feet need protection during the winter and summer, wet and dry, hot and cold. Podiatrists have these suggestions for protecting your feet:

1. In wet weather wear water resistant boots and shoes that are plenty roomy and are thick soled. Make sure that the boots are plenty loose around the calf of the leg and have no pointed toes or high heels.

2. Wear two pairs of socks in cold weather and be sure they are of natural, not synthetic fiber. Cotton or wool is best. Leg warmers increase the heat in the legs, but panty hose and tights should be avoided. These garments generally have a synthetic fiber content and are tight and constrictive. Avoid hose which must be held up with garters or a girdle which also constrict blood flow.

3. Socks should be ½ inch longer than the foot and without seams if possible.

4. Shoes should be of natural rather than synthetic materials, leather instead of plastic. Leather gives and conforms to the foot, it also breathes.

Millions suffer from corns, calluses, bunions, hammertoes, blisters, ingrown toenails or just plain aching feet.

Moreover the Lord saith, because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and mincing as they go, and making a tinkling with their feet: therefore the Lord will smite with a scap the crown of the head of the daughters of Zion, and the Lord will discover their secrets parts. Isaiah 3:16,17

God says, "Zion women are stuck-up, prancing around in their high heels, making eyes at all the men in the street, swinging their hips, tossing their hair, gaudy and garish in cheap jewelry." The Master will fix it so those Zion women will all turn bald— Scabby, bald-headed women. The Master will do it. Isaiah 3:16, 17 (The Message)

The more means persons expend in dress, the less they can have to feed the hungry and clothe the naked; and the streams of beneficence, which

should be constantly flowing, are dried up. Every dollar used unnecessarily deprives the spender of a precious opportunity to do good. 4T 645.3

Every dollar saved by denying one's self of useless ornaments may be given to the needy or may be placed in the Lord's treasury to sustain the gospel, to send missionaries to foreign countries, to multiply publications to carry rays of light to souls in the darkness of error. 4T 645.3

Dress for the Sanctuary

God of heaven... is honored or dishonored by the apparel of those who officiate in His honor. Instructions to Moses for priestly garment was for GLORY and for BEAUTY. Exodus 28:2 to give a sense of holiness of God and sacredness of His worship and purity of those in His presence. GW 173.2

The priests were not allowed to enter the sanctuary with their shoes on their feet; for the particles of dust cleaving to them would desecrate the holy place. They were to leave their shoes in the court before entering the sanctuary, and also to wash their hands and their feet before ministering in the tabernacle or at the altar of burnt-offering. Thus was constantly taught the lesson that all defilement must be put away from those who would come into the presence of God. – GW 173.3

The influence of the **minister** who is careless in his dress is **displeasing** to God. They are to set an example that will help men and women to reach a high standard. – GW 174.2

FASHION AND THE THIRD ANGEL MESSAGE

"Those who feel called out to join the movement in favor of woman's rights and the so-called dress reform might as well sever all connection with the third angel's message. The spirit which attends the one cannot be in harmony with the other. The Scriptures are plain upon the relations and rights of men and women. Spiritualists have, to quite an extent, adopted this singular mode of dress. Seventh-day Adventists, who believe in the restoration of the gifts, are often branded as spiritualists. Let them adopt this costume, and their influence is dead. The people would place them on a level with spiritualists and would refuse to listen to them. 1T 457.3

For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins. **Hebrews 10:26**

Were they ashamed when they had committed abomination? nay, they were not at all ashamed, neither could they blush: therefore they shall fall among them that fall: at the time that I visit them they shall be cast down, saith the LORD. **Jeremiah 6:15**

And he said unto them, Ye are they which justify yourselves before men; but God knoweth your hearts: for that which is highly esteemed among men is abomination in the sight of God. **Luke 16:15**

God's loyal people are the LIGHT of the world, and the SALT of the earth. And they (we) should ever remember that our (your) influence is of value. Were they (we) to exchange the extreme long, for the extreme short dress, they (we) would, to a great extent, destroy their (our) influence. Unbelievers, whom it is their (our) duty to benefit, and seek to bring to the Lamb of God, would be disgusted. Many improvements can be made in the dress of females in reference to health, without making so great a change as to disgust the beholder. 2SM 478.2

God has been testing His people.

He allowed the testimony concerning dress to become silent, that our sisters might follow their own inclination and thus develop the real pride existing in their hearts.

It was to prevent the present state of worldliness that the reform dress was recommended.

Many scorned the idea that this dress was necessary to preserve them from following the fashions; but the Lord has permitted them to prove that pride was cherished in their hearts, and that this was just what they would do. It is now shown that they (**WE**) needed the restriction which the reform dress imposed. 4T 639.3

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever. **1**

John 2:15-17

But as for me, I will come into thy house in the multitude of thy mercy: and in thy fear will I worship toward thy holy temple. **Psalms 5:7**

LESSON 30: LIFESTYLE ASSESSMENT FORM

Address the cause and say a prayer of faith.

I saw that the reason why God did not hear the prayers of the saints more fully was that he could not be glorified in doing so while violating the laws of health. And I also saw that he designed the health reform and the Health Institute to prepare the way for the prayer of faith to be fully answered. Faith and good works should go hand in hand in relieving the afflicted among us and fit them to glorify God here and be saved for the coming of Christ. (CD p.25)

CHURCH AFFILIATION: Why is it important to know what church affiliation they belong to?

- If person is an SDA, then reference can be made to Spirit of Prophecy.
- If person is religious, then reference can be made to Trust in God.

HOW LONG HAVE YOU BEEN A MEMBER? How would you change your consultation when dealing with a new Adventist over a long-standing member?

New members would now be learning and have to learn to drop off certain habits – you would need to explain changes in more detail and exercise patience with them.

LIST ANY HEALTH CONCERNS YOU HAVE: If someone is just concerned about one aspect (such as physical) would you just focus on that aspect to the neglect of others?

- Focus on the one aspect.
- If physical, then focus on that.
- If person open up more, then address other areas.
- Note too that sickness can result from emotional or spiritual issues.

WHEN DID YOU LAST CONSULT A PHYSICIAN? If someone hasn't seen a physician for several years and has some serious health concerns what does that tell you?

- If the person is sick and have not visited the physician, find out why. The person may also not be careful nor diligent about their health.
- If the person is seeing a physician, he may be on medication or have a present condition or diagnosis.
- The person may have a diagnosis but not being treated.

PLEASE LIST ANY SURGERY THAT YOU HAVE HAD: If someone has had an organ removed (such as their gall bladder) how would that affect his or her health?

- The gall bladder stores bile salts, so person may not be able to properly digest fats and oils.
- If tonsils or appendix are removed, the person would not be able to produce Vitamin B12, which is essential to the blood.
- Those who had surgery on specific parts of the small intestine or stomach are also prone to B12 deficiency if they do not take B12 supplements.

- How do Vegetarians get Vitamin B12?

Vitamin B-12, also called **cobalamin**, is a water soluble vitamin with a key role in the normal functioning of the brain and nervous system, and for the formation of blood.

How do Vegetarians get Vitamin B12?

- In grains, fruits, vegetables and nuts are to be found **all the food elements that we need.** CD p. 313 a. 484
- The simple grains, fruits of the trees, vegetables have **all the nutritive properties necessary to make good blood.** This a flesh diet cannot do. CD p. 322 a. 513
- The Lord intends to bring His people back to live upon simple fruits, vegetables and grains.

How much vitamin B12 do we need per day?

- We need only 2mcg to 2.5mcg of vitamin B12 per day.
- 1 teaspoon of B12 would be enough to meet the needs of 100 people for their entire lives.
- Researchers are not finding any plant food with large amounts of vitamin B12.

Is eating flesh the answer to getting vitamin B12?

Humans are from the animal kingdom. Animals get Vitamin B12 from the food they eat. Just as the animals get it from the plants, so too humans can get it from the plants.

- In addition, the body produces all the vitamin B12 it needs. At night the gut produces vitamin B12 and it is deposited in the mouth. Upon awaking in the morning, a drink of water will allow the B12 to be recycled in the body.
- Vitamin B12 is special, because the body can store it for up to 20 years in the liver.

Deficiency in Vitamin B12 can cause:

- Pernicious anemia
- Nervous disorders
- Difficulty of absorption of vitamin B12 from the intestinal tract.
- Numbness or tingling in the arms and legs
- Weakness
- Loss of balance

Vitamin B12 is produced by a bacteria and it is destroyed by:

- **Alcohol** - anyone using Alcohol, it kills bacteria and so kills the B12 bacteria.
- **Eating and drinking together**, and **eating in between meals**, produces acid in the stomach and destroys B12 bacteria.
- **Vinegar** - in ketchup, mayonaise etc. This will kill the B12 bacteria
- **Apple cider vinegar**
- Baking powder found in pastries, etc. causes the PH in the stomach to be high, which prevents protein from being absorbed.
- There is a protein called the intrinsic factor which is required for B12 to be absorbed.

- Alkaline water – if the stomach is too alkaline it makes it difficult for protein to be absorbed.
- Listerine contains 26.6% alcohol, it kills 99.99% bacteria and this will destroy vitamin B12.
- Dr. A. Muzafar, a Swiss researcher found vitamin B12 in soybean, barley and spinach, and that when grown organically, the amount of B12 was significantly higher. (Neil Nedley, Proof Positive p.491, 492)
- Spirulina: sea vegetable, is excellent in vitamin B12 (Plants Encyclopedia Vol 1, pg 276.)
- Some Nutritional Yeast also contains B12.
- Supplemental amount would be 10mcg per day.

WHAT DISEASES HAVE YOU BEEN DIAGNOSED WITH? Someone has been diagnosed with a disease that you have not even heard of before, would you advise him or her to go to someone else, what would you do? Consider the following:

- Research the disease, as you may not be familiar with too many.
- Ask what are you doing about the illness?
- Is person on medication?

ARE YOU PRESENTLY EXPERIENCING ANY OF THE FOLLOWING:

Dizziness, Fainting, Nausea, Pain, Heart palpitations, Fatigue, Headaches, Memory loss, Insomnia, Difficulty breathing, Numbness, Clammy skin, Cold hands or feet, Constipation, Diarrhoea, Indigestion/Acid Reflux, Cold/Flu, Blurred vision, Swelling anywhere, Parasites/Worms, Bad body odor, Excessive sweating, Hair loss, Fever, Infections, Bleeding, Weight loss, Weight gain, Sexual dysfunction, Anemia

Attention to the various symptoms can help in linking cause and effect.

DO YOU SUFFER FROM ANY OF THE FOLLOWING EMOTIONAL/MENTAL DISORDERS: Please look up the clinical definitions of these disorders.

Depression, Chronic anxiety, Bipolar, Co-dependency, Manias, Schizophrenia, Phobias, Obsessive compulsive disorder, Neurosis

Depression

A depressive disorder is a syndrome (group of symptoms) that reflects a sad and/or irritable mood exceeding normal sadness or grief. More specifically, the sadness of depression is characterized by a greater intensity and duration and by more severe symptoms and functional disabilities than is normal.

Chronic anxiety

Chronic anxiety disorder is the term that many people apply to what is known in the mental health field as “**generalized anxiety disorder**” (GAD).

Bipolar

Bipolar disorder, also called manic depression, is a mental illness that is characterized by severe mood swings, repeated episodes of depression, and at least one episode of mania.

Co-dependency

Codependency involves a habitual system of thinking, feeling, and behaving toward ourselves and others that can cause pain. Codependent behaviors or habits are self-destructive.

Manias

An abnormally elevated mood state characterized by such symptoms as inappropriate elation, increased irritability, severe insomnia, grandiose notions, increased speed and/or volume of speech, disconnected and racing thoughts, increased sexual desire, markedly increased energy and activity level, poor judgment, and inappropriate social behavior.

Schizophrenia

Schizophrenia is a chronic, severe and debilitating mental illness. It is considered one of the psychotic mental disorders and is characterized by symptoms of thought, behavior, and social problems.

Phobias

A phobia is defined as the unrelenting fear of a situation, activity, or thing that causes one to want to avoid it.

Obsessive compulsive disorder

Obsessive-compulsive disorder (OCD) is a type of anxiety disorder primarily characterized by repetitive obsessions (distressing, persistent, and intrusive thoughts or images) and compulsions (urges to perform specific acts or rituals).

Neurosis

Neurosis is a class of functional mental disorders involving distress but neither delusions nor hallucinations, whereby behavior is not outside socially acceptable norms.

The term essentially describes an "invisible injury".

WHAT SPECIFIC CONDITION WOULD YOU LIKE THIS CONSULTATION TO ADDRESS: What would you evaluate if this were left blank?

The person may not tell you everything, but based on health law violated, we can tell what sickness the person has.

MARITAL STATUS: Someone has been married 3 times and they are only 40 years old, how may this information help you in evaluating their assessment?

- Person is emotionally unstable or have ailments because of bad marriages.
- Health is spiritual so a situation such as unequally yoked, can lead to sickness and disease.

WEIGHT AND HEIGHT: The person you are consulting is a woman who is 5 feet four inches and weighs 210 pounds, what should be her ideal body weight for average bone density?

- Person is overweight.

- Ideal weight for men: allow 100lbs for 5ft of height
 - For each additional inch = 6lbs
 - Therefore the ideal weight for a man 5ft 10in = 160lbs
- Ideal weight for women: allow 106lbs for 5ft of height
 - For each additional inch = 5lbs
 - Therefore the ideal weight for a woman 5ft 4in = 126lbs

SEDIMENTATION RATE:

Sedimentation rate is defined as:

The rate at which red blood cells settle out in a tube of blood under standardized conditions; a high rate usually indicates the presence of inflammation in the body.

- Men should be between 0 and 15
- Women should be between 0 and 20
- Be cautious with higher rates as it indicates inflammation in the body.

BLOOD PRESSURE:

Blood pressure is defined as:

pressure exerted by the blood against the walls of the blood vessels, especially the arteries. It varies with the strength of the heartbeat, the elasticity of the arterial walls, the volume and viscosity of the blood, and the person's health, age, and physical condition.

BLOOD PRESSURE: Someone has a blood pressure of 120/100, is that a good Blood pressure, and if not why?

- BP should be less than 120/80, anything over this figure, a diagnosis can take place and it is linked to pre-stage 1 and 2 hypertension.

Someone has a blood pressure of 130/80, would you say that is healthy?

- No. Any number above 120/80 is a cause for concern.

GLUCOSE:

A monosaccharide sugar found in plant and animal tissues.

Glucose is essential for energy production in animal cells. It is transported by blood and lymph to all the cells of the body, where it is metabolized to form carbon dioxide and water along with ATP, the main source of chemical energy for cellular processes.

GLUCOSE: A person you are consulting has their glucose tested at 170mg/dL postprandial, would you say that is higher than it should be?

- Healthy glucose range is between 65 and 99mg/dL
- For a Postprandial test which is 2 hours after a meal; the normal should be less than 140mg/dL

Someone's fasting blood sugar is 45mg/dL, would that concern you, and what would you do about it?

- This person's blood sugar level is too low.
- Let that person eat a fruit.

CHOLESTEROL: Someone has a LDL level of 100, and a HDL level of 80, what does this tell you?

HDL Definition

A lipoprotein that transports cholesterol in the blood; composed of a high proportion of protein and relatively little cholesterol; high levels are thought to be associated with decreased risk of coronary heart disease and atherosclerosis.

HDL Levels

- **males** 40mg/dL and above (75mg/dL and above it protects the heart)
- **females** 50mg/dL and above

LDL Definition

A lipoprotein that transports cholesterol in the blood; composed of a high proportion of protein and relatively high cholesterol; high levels are thought to be associated with increased risk of coronary heart disease and atherosclerosis.

LDL Levels

- **male and female** less than 130mg/dL
- for optimal health less than 90mg/dL
- (once the **LDL** levels gets above 180mg/dL it begins to attach itself to the arterial wall)

You are asked in a consultation “How can I lower my cholesterol levels, what would you tell the person?”

- Our body produces sufficient Cholesterol for what we need.
- Eliminate all flesh and its by-products from the diet.
- Reduce excessive amounts of fats and oils.
- Reduce stress.
- Walk 60 minutes each day.
- Get sufficient sunlight which will lower the cholesterol level.

TRIGLYCERIDES: Under what level should the triglycerides be?

Triglycerides

It is a glyceride occurring naturally in animal and vegetable tissues; it consists of three individual fatty acids bound together in a single large molecule and important energy source forming much of the fat stored by the body.

The body converts excess calories, sugar and alcohol into triglycerides, a type of fat that is carried into the blood and stored in fat cells throughout the body.

Aim for values less than 150mg/dL

PULSE RATE: number of heartbeats per minute

Baby (1yr) 100 - 160 bpm

(1 – 10) 60 – 140 bpm

(11 – maturity) 60 – 100 bpm

PLEASE LIST ALL MEDICINES OR PILLS YOU ARE CURRENTLY TAKING: Someone comes to you with a big bag of pills and look like they could have a heart attack, what caution should you exercise?

- Look at the medication and check out the side effects which may contribute to the person’s ill health.
- Go to WebMD to search for medication side effects.

Someone asks you whether they should take their medicines that were prescribed by the doctor or not, what would you tell them?

- We do not take people off their medication.
- Put them on the plan.
- Let them go to their Doctor to share what we advised; and as they improve, the Doctor will decide upon the medication.

PLEASE LIST ALL SUPPLEMENTS AND / OR HERBS THAT YOU ARE TAKING: Someone comes to you with many supplementations and yet they do not know if they are even deficient, what advice would you give them?

- Over supplementation lowers the body's immune system.
- Men who take supplements have a high incidence of prostate cancer.
- Have person test their nutrient levels.
- Consume the whole foods and let the foods build up the body.
- Plants can die from too much nutrients.

Women aged 55 to 69 who took multivitamins, vitamins B₆, and folic acid, as well as minerals iron, magnesium, zinc, and copper increased their risk for death. - Iowa Women's Health Study Oct. 2011

TURN TO THE EIGHT LAWS FOR FURTHER DETAILS

LESSON 31: COOKING SCHOOL

Cooking schools are eagerly anticipated as persons get excited just thinking about the new dishes, great taste and learning a new recipe or skill.

It can also turn out to be successful or devastating if it is not planned properly. It requires hard work and putting your best forward.

In addition it allows you to teach and encourage individuals to eat healthy and show them that healthy food can taste sumptuous.

The following guidelines are aimed at helping you to Plan, Prepare and Deliver a fabulous cooking class.

Planning

- The first thing to do when planning a cooking school is to decide on the class theme. A cooking class needs a theme rather than a random collection of recipes. Good themes are classes structured around similar ingredients. e.g. breakfast, lunch, bread, deserts etc.
- Choose four to six recipes to demonstrate. These may be breakfast or dinner or combinations of both.
- Choose recipes that are not too difficult to make, that are tasty and what you know people will enjoy.
- Five winning recipes you would want to demonstrate at a cooking school are: Oat burgers, Simple mayonnaise, Granola, or Cashew milk
- To cater for different ethnic backgrounds, you may use local recipes but done in a healthy way.
- Plan your lessons in advance and organize yourself for each lesson.
- Never leave preparations for the last minute, as this will be evident in your lessons.
- Sort out the dishes, cutlery, equipment you will require for the lesson, and organize them in your kitchen/dining room on the previous day or well in advance before the lesson begins.
- Ensure you have enough knives, pots, pans, food storage containers, mixing bowls etc.
- Depending upon where you are teaching your class, you may need to bring burners, a skillet, a toaster oven and all cooking utensils. Talk to the manager of the location before you plan your class to make sure all of your recipes are feasible.

Prepping

- Prepare beforehand. The attendees don't have to see you chop ten onions, cook rice or cook dry beans from scratch. Do any prep work

you can beforehand. If you are baking something, bake enough samples at home to share in case something goes wrong with the oven.

- Invest in a high-end blender or a Vitamix which will last for long-term use. This will also make preparation and demonstration time quicker.
- If you choose to prep on site, allow 3 to 4 hours ahead to allocate for prepping depending on the amount of recipes you are demonstrating.
- In prepping, put all the ingredients for each recipe in a zip lock bag and carefully label it e.g. All-star American Cheese demo. If possible slip a copy of the recipe in the bag for double-checking.
- Practice your recipes. Despite how many times you have used your recipes in the past, practice at least once before your class. Check the measurements for the demonstration set of ingredients.
- Prep only dry ingredients, not liquids. Any liquid should be kept in a bottle.
- To make garlic salt, use three part of garlic powder to one part of sea salt.
e.g. 3 tablespoons garlic powder + 1 tablespoon sea salt
- Always wash your nuts and seeds before use as there is no guarantee whether these items were packaged in a sanitary environment.
- More difficult ingredients to find should be bought beforehand, as they may not be readily available near the site.
- If an ingredient is not easily available, leave it out or use an appropriate substitute. e.g. substitute almond for cashew in a milk recipe or peanut butter for almond butter.
- Vanilla increases gastric juices in the stomach and like other extracts it usually has alcohol in it.
- Carob chips are an excellent substitute for chocolate in recipes. However, do ensure that it does not have hydrogenated oil in it.
- Arrange for the purchase of sample cups, plates, spoons and napkins for serving.

Delivering

- Appear professional with proper utensils, head covered, apron and gloves.
- Keep work area sanitary and wash your hands often.
- Keep kitchen helpers in your kitchen and avoid visitors as much as possible.
- The kitchen cannot be a thoroughfare. Keep all doors closed.
- Avoid taking phone calls or talking unnecessarily over the food.
- Organize your class. Think carefully about the order in which you present the recipes so you don't accidentally save the long-cooking recipes for the end of the class. Put such recipes at the start of the class so you can fill any lags in time while things are cooking. e.g. If you need to serve burgers from the demo, show that recipe early so that it can go ahead to be baked and be ready for serving with the meal.
- Think about any tips you would give a novice cook to achieve success

with your recipe.

- Provide vital information that will make the final effect of the meal perfect.
- Tell of the nutritional benefits of the dishes.
- Teach useful tips such as how to improvise when you run out of certain ingredients, how to improve the taste of a dish, how to cut down on expenses for gourmet meals, etc.
- Engage the audience; you may even encourage a student volunteer up front with you as you demonstrate the recipes.
- As you are teaching; talk about what you are doing.
- If you're teaching a class themed around family recipes, tell family stories.
- If you have your own recipes, to save time, type them up so that each student can easily replicate the recipe at home. Hard copies or email may be made available.
- If you use recipes from cookbooks, display the books while you teach the recipes. Do not print copies of recipes from cookbooks for distribution.
- Have food ready before hand to show for display and to serve to the audience.
- Do not let the audience serve themselves because you may run out of samples.

With these cooking school tips and experience over time, you are all geared up for a superb cooking classes.

**LESSON 32: MINISTRY OF HEALING - Textbook: Ministry
of Healing by Ellen G. White**

**LESSON 33: COUNSELS ON DIET AND FOODS - Textbook:
Counsels on Diet and Foods by Ellen G. White**

LESSON 34: EXCERPTS FROM SERVING GOD'S PURPOSE IN OUR GENERATION

By Bill Beckworth

Chapter 1 – Thank You, Bookmen

"The publishing branch of our cause has much to do with our power." C.M., p. 148. The reformer Martin Luther said of the press, "A drop of ink will make a million think."

The literature evangelist ministry is unique to our church. At any time of the day, someone somewhere on this planet is selling our books. As we draw closer to the end of time, God is calling special individuals to enter this important work full time. There is no other ministry in our church where one person can reach so many people with the gospel in such a permanent and powerful way as with the printed page.

Chapter 2 – Jesus Our Example

Jesus is our example in everything, including salesmanship!

When you preach a sermon, do you have an introduction that warms the people up?

Do you have a body to your thoughts? Do you try to give the congregation a conviction to do the Lord's will and create in them a desire to follow the Lord? Do you then call the people to some kind of action at the close of your sermon? Do you ask for a decision? If you do these things, then you have made a great sales presentation.

Every professional sales book lists five steps of a sale. There may be some that will combine parts three and four. But these four or five steps are a part of every sales course taught. They are attention, interest, conviction, desire and close.

READ JOHN 4:7-42

Step 1. Attention (John 4:7,8) A woman of Samaria came to draw water: Jesus said to her, 'Give Me a drink.' For His disciples had gone away into the city to buy food."

Step 2. Interest (John 4:10-12) Then the women of Samaria said to Him, 'Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water? Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?

Step 3. Conviction (John 4:13-15)

The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.

Step 4. Desire (John 4:16-24)

The woman saith unto him, Sir, I perceive that thou art a prophet. Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where men ought to worship.

Step 5. Action (Close of the Sale) (John 4:25-29)

The woman then left her waterpot, and went her way into the city, and saith to the men, Come, see a man, which told me all things that ever I did: is not this the Christ?

What was the result of this sale? (John 4:39-42)

And many of the Samaritans of that city believed in Him because of the word of the woman who testified.

Chapter 3 - Attitude

“For as he thinketh in his heart, so is he...” Proverbs 23:7 Attitude has more to do with success in any field than does aptitude. Attitude follows accomplishments but many times individuals gain success with the right, good attitude not a bad one.

If attitude is so important, why is it that so many are lacking in this area?

Because sin abounds on this planet many people may not appreciate your work when you first meet them.

In this closing work of the gospel there is a vast field to be occupied; and, more than ever before, the work is to enlist helpers from the common people. Both the youth and those older in years will be called from the field, from the vineyard, and from the workshop, and sent forth by the Master to give His message. Many of these have had little opportunity for education; but Christ sees in them qualifications that will enable them to fulfill His purpose. If they put their hearts into the work, and continue to be learners, He will fit them to labor for Him. CM p. 21

How can we develop right attitude?

Set goals so that you will understand where you are and where you need to improve. Awake positive. When you get up in the morning greet the day with positive will rejoice and be glad in it.

Do not listen to or repeat gossip or negative talk.

Leviticus 19: 14 Thou shalt not curse the deaf, ... but shalt fear thy God: I [am] the LORD. Ellen White has a counsel on this also. "He (Satan) stands by to excite the mind and make the most of the advantage gained. He knows that all this gossip and talebearing and revealing of secrets

and dissecting of character separates the soul from God. It is death to spirituality and a calm religious influence.” MCP p. 779

Praise other people and God audibly. If we truly wish to believe something, we should tell it to ourselves audibly, rather than thinking it silently.

Listen. A good attitude enables one to listen to others.

Four ways to be a more effective listener:

1. Make eye contact. Making eye contact shows you are really interested in what the other person have to say. They are the most important person in the world for the time you are with them.
2. Acknowledge their main points with statements like; “I agree with that,” that’s a good point,” “you are right,” “that is interesting,” “a smile or nod of the head.” Acknowledge their point with an open ended question using either the words, how, why, what, when or where in your question.
3. Restate what they have said occasionally. Especially when a statement is made that will make a point you want to bring up later in your presentation.
4. Use positive body language. Face the prospect and sit erect. Sitting erect shows you are alive and interested in them. Never lean back in a chair and never sit with your arms crossed.

Health.

The state of the mind has largely to do with the state of the body. CF p. 375 The brain needs good food and fresh supply of oxygen continually. If we eat the proper food, get the proper exercise and get adequate rest, then we stand a much better chance of having a positive attitude.

If you are going to sell yourself, you need good health. A radiant happy, healthy person attracts people. All of us enjoy being around somebody who is healthy and enthusiastic.

Cleanliness.

If you feel comfortable, if you feel clean, if your clothes are clean and your grooming appears neat and clean, you will definitely have a better attitude. When you leave in the morning and you have had a good shower, have on a clean shirt, your pants or skirt look pressed, your shoes are shined, your tie is tied correctly and your hair is groomed, it just makes you feel like you’re going to have a good day. You are ready!

Dress.

The clothes, the dress that you wear, not only will affect the attitude of other people about you, but it will affect your own attitude about other

people. It is better to buy good quality clothes that fit well and wear longer. They make you look like a successful person. People do not like to deal with failures. They like to deal with successful people. Do all within your means to look successful.

Image consultants tell us that when people look at you, there are a few main areas where they will look as they size you up. For men: the color of your shirt, your tie and your shoes. For ladies: the hair, the neckline, the hemline and the shoes. In selling yourself, the way that you dress will say a great deal about how people perceive you.

Knowledge.

If you know your product you have more confidence. Read something from the books that you sell. Knowledge of your material will make you a specialist. Memorize your canvass. Plan how you start, what you are going to say, how you finish and how you close. Know more about your books than the time allotted for the canvass.

People's needs.

We must pray to God that He will give us the wisdom of knowing how to meet the needs of people with a few words in the short time that we are in front of them. There are times that you will meet someone who is in need of a saving word and angels will attend you while you visit and God will tell you what to say.

Prayer.

Prayer will give to the voice persuasive power. GW p. 510 Pray that each day God will give you the spiritual armor described in Ephesians 6:12-20.

Work.

Work and pray, work and pray. CM, p. 81 Prayer can never take the place of duty. COL, p. 143 Prayer is so very important but after we've prayed, we must go to work. The secret of success is the union of divine power with human effort. CM, p. 106

One of the best remedies for depression whether financial or mental is work. If you have problems, work, if you have difficulties at home, work. If you don't have the amount of sales you want, work. God can only bless those who work. Hard work gives us a feeling of security. A person who does not work hard, seldom has a positive attitude.

Overcome Fear.

Fear is False Evidence Appearing Real. One way to overcome fear is by claiming Bible promises. Those who work for God will meet with discouragement but the promise is always theirs; 'Lo I am with you

always even to the end of the world'. Matthew 28:20. God will give a most wonderful experience to those who will say I believe thy promise and I will not fail nor become discouraged. CM, p. 115

Keep a Sense of Humor.

People who can laugh at their mistakes and mishaps enjoy their work and other people much more. They know the direction they are going and have developed a healthy self-image. He that is of a merry heart has a continual feast. Proverbs 15:15 NKJV. Remember that the sun always shines brighter in the morning just after the darkest hour.

Chapter 4 – Sell Yourself First

When you represent the Lord in a home, the Holy Spirit will begin to teach the hearts of the people and they will see something in you that they do not see anywhere else.

What are some things that can help us sell ourselves first?

Character. Every soul is surrounded by an atmosphere of its own, - an atmosphere, it may be charged with the life-giving power of faith, courage, and hope, and sweet with the fragrance of love. Or it may be heavy and chilled with the gloom of discontentment and selfishness, or poisonous with the deadly taint of cherished sin. By the atmosphere surrounding us, every person with whom we come in contact is consciously or unconsciously affected. CM, pp. 67, 68.

Be Punctual. Many seem to find it difficult to be on time. This costs sales and souls. Being late shows disrespect for those waiting and is a sign of disorganization. A sure way to loose a sale is to be late.

Love the People. If we're going to sell ourselves, we must love others. Sometimes we meet people who have some unlovely traits. You must look at people through the eyes of Jesus. If someone says something to you that hurts your feelings when you are at the door or in the home, remember that you are Christ's ambassador and they did not say it to you – they said it to Jesus. Never take negative statements personally. You are Christ's ambassador.

Many of us have sold books to people and later saw those people baptized. At the time we were making the presentation, we may have wondered whether we were wasting our time. But because we were Christ's ambassadors, we made a full presentation, and God blessed our effort. Love finds a way. Love will open doors and hearts. CM, p. 55

Courtesy and Cheerfulness. The very first thing that you say when you

step into someone's home, because you are there at their invitation, is "thank you". Courtesy in human relations is like oiling the machinery. It keeps down the friction. Literature evangelists should be the most courteous people in the world. You only have 20 seconds to make the first impression. Smile even if at time you do not feel like it.

Know your business. "Our very prayers should be, Lord, help me to do my best. Teach me how to do better work. Give me energy and cheerfulness. Help me to bring to my work the loving ministry of the Savior." MH p. 474 There is no substitute for knowing.

Be observant. Find something in their home or on their person that will help you pay them a sincere compliment. The single greatest urge of a human being is the desire to be appreciated.

Jesus ... made Himself familiar with their interests and their occupations, that He might gain access to their hearts. MH, pp. 24, 25 Remember every person you meet is wearing an invisible badge that says, "Please make me feel important today".

Show interest. 1 Corinthians 9:20-22 Living Bible (LB)

When I am with the Jews I seem as one of them so that they will listen to the Gospel and I can win them to Christ. When I am with Gentiles who follow Jewish customs and ceremonies I don't argue, even though I don't agree, because I want to help them. When with the heathen I agree with them as much as I can, except of course that I must always do what is right as a Christian. And so, by agreeing, I can win their confidence and help them too. When I am with those whose consciences bother them easily, I don't act as though I know it all and don't say they are foolish; the result is that they are willing to let me help them. Yes, whatever a person is like, I try to find common ground with him so that he will let me tell him about Christ and let Christ save him.

Chapter 5 – The Approach

The grass withereth, the flower fadeth: but the word of our God shall stand forever. Isaiah 40:8

Information

When you've sold yourself and the perspective customer trusts you, the sale is one-third made, and you haven't even shown a book yet.

Success is 75 percent preparation. In warfare, they say successful battles are thought out before they are fought out.

The more information that you have about prospects when you call on

them, the more likely you are to make sales. When getting referrals, find out much about the prospect as possible. The sweetest sound in the world is hearing our name. Knowing your prospect's name will give your power.

The acronym "FORT" is something that you should memorize and get with every referral. FORT means: Family name Occupation Religion Time they are home. These four pieces of information will help you make better use of your time and make many more sales.

When canvassing, it is always a good idea to have two pens. A Literature Evangelist without a good pen, is like a bear hunter going hunting with only a little stick. You never know when a pen will run out of ink. You should also have a note pad.

Action at the Door

Some literature evangelists' make their sales at the door. However, people will most likely let you in if you expect to get in. not much is sold at the door but if you want a large sale you need to be in the home to set the people at ease. One survey in America said that only one person in three hundred will buy a large set of books at the door. If you get in and sit down and talk with the prospect, you should be able to sell one out of three.

There is character in a knock. When you approach the house knock five or six times, starting with a light rap and making it harder with each knock.

When you knock at the door and the people answer, you should take a step back to disarm them, letting them know that you are not trying to force your way in.

What is said at the door is usually better if it's brief and to the point. It is also important to give your name. People want to know who you are.

Sometimes people say at the door, "Look, I'm so busy". Your response to them is, "I'm busy also. That will help me to be brief". Or you can say, "My visit is brief and if you could allow me five minutes, only your interest will keep me longer". Once you say that, you keep your word and do not take more than that five minutes unless they are interested.

Another successful point is to keep eye contact. Look them directly in the eye and not your head up and down and smiling. Often you would get the same response from the prospect, as you ask positive questions. You will find that there is real power in this eye contact and your nod.

Remember that angels attend you, and God wants you to share this

message with as many people as possible. Knowing that angels are with us, we have nothing to fear.

Expect success

According to your faith, be it unto you. Matthew 9:29

Behind every door, there is a need. There's a problem and you have books to help with the needs and problems.

Get in step with the people

If they are moving in a certain direction, move with them. Do not argue with them or go head-on with some idea that they may present. Approach them at an oblique angle. Try finding something for which you can pay them a sincere compliment. Find a common ground to connect and take it from there.

Point out the need

In many cases when the canvasser makes known his business, the door of the heart (or mind) closes firmly; hence, the great need of doing his work with tact and in humble, prayerful spirit. CM, p. 63

You must be tactful and point out the need. Use your prospectus to illustrate the signs of the times, the challenges of television, divorce and drugs and how these affect the family. You may want to carry a local newspaper article to point out the need by some great headline that has made the news in your city.

As you show parts of your book always point with a pen, not your finger. Point with your pen to what you are reading or to the picture, you want them to look at. The point of your pen is like a magnet, and their eyes will follow your pen.

Visual aids

Visual aids are vital. Display your books and spread them out so they can see how big they are and how many you have.

Remind the mother as you spread out all of your books, "Mothers of today have the biggest job in the world, but we have the very best tools in the world to help you."

Now the man whom we looked at a little while ago was fearful, preoccupied and didn't need anything. Suddenly, this man is aware of his need. He likes you. He senses his need and you have not yet shown him all of your books. He is already one-half sold.

Chapter 6 – The Presentation

I once heard a speaker say, "Good luck is when preparation meets opportunity, and bad luck is when lack of preparation meets opportunity."

"Salesmanship is the science of creating in the prospect's mind a desire or a want that only the possession of your product will satisfy." The Greek philosopher Aristotle, said that people are influenced by three things: they are influenced by ethos, pathos and logic.

Ethos is what people think of you personally. They like you if you are friendly, informed, and courteous.

Pathos is that which reaches and raises the emotions: pity, sorrow, love, fear, pride. Dale Carnegie wisely observed, "When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion."

Logic will tell people what they ought to do. You must have the ethos, you must appeal to the pathos, but you must have solid logic to support what you say.

The following are the steps to a good presentation:

Get the Family Together

It is very difficult to sell a husband if the wife is not sitting beside him where both can see and appreciate the benefits of your presentation.

Display Your Books Well

Remember people learn 75 percent from the sense of sight, the rest from feeling and hearing. It is best not to let the prospect take the book from your hand until you are ready to make your close. If the prospect is looking at a book and you are trying to show another book, you will not have full attention.

Speak clearly

Be certain to enunciate your words clearly. Say them in a distinct manner what will be understood by the prospect.

I promise you this, if you will read from the Bible and from your books aloud for fifteen minutes each day, you will be amazed at how it will help your speaking ability.

When you speak, let every word be full and well rounded, every sentence clear and distinct to the very last word. Many as they approach the end of a sentence lower the tone of the voice, speaking so indistinctly that the

force of the thought is destroyed. Words that are worth speaking at all are worth speaking in a clear, distinct voice, with emphasis and expression. But never search for the words that will give the impression that you are learned. The greater your simplicity, the better will your words be understood.” CM p. 71

Read aloud or speak into a tape recorder or video camera and play it back. Don’t be discouraged when you first hear your voice recorded but continue practicing, and you will see improvement. Ask someone else, to listen and make suggestions. Good speech is more precious than gold.

Betterton, the celebrated actor gave a reason for his powerful effect on the audience... it all lies in the power of enthusiasm. “We on the stage speak of things imaginary as if they were real; and you in the pulpit speak of things real as if they were imaginary.” EV, p. 179

We are not to cringe and beg pardon of the world for telling them the truth: we should scorn concealment. Unfurl your colors to meet the cause of men and angels. Let it be understood that Seventh-day Adventists can make no compromise. In your opinions and faith there must not be the least appearance of waverings: the world has a right to know what to expect of us.— *Manuscript 16*, 1890.

If you’re going to be successful, you must be enthusiastic. Act as if your faith is invincible and it will be. We gain faith as we take action.

Being continually enthusiastic and upbeat can be you, if you choose to be. Everyone likes to work with this type of person, and customers like to do business with people who believe in what they are doing.

Ask questions

Ask the right questions and you get the right answers. Jesus often answered questions with questions. If someone asks you, what happens when a man dies? You may be full of answers but you may say, “that’s a very good question, why do you ask?” you may give an answer but it would be better if you can leave a book on it rather than give a whole bible study.

Third Party Selling

We use a story of a third party when answering objections and also in our presentation. Mention a visit to the home of someone with whom you thing the prospect may identify. You can tell how a third person used these books to help their children.

If the person have lots of books you may say, “I have all these books, but

The Bible Story books are the most used books in my home.
Give an example of how to use the books. How they saved someone's life.

Keep Your Presentation Spiritual

Keep your presentation Christ-centered and the Lord will bless. When you speak of the Lord in loving terms, angels will draw near and the Holy Spirit will come in to speak with the people.

In your presentation, use the name of Jesus often. "No sooner is the name of Jesus mentioned in love and tenderness, than the angels of God draw near to soften and subdue the heart." CM p. 112

If your presentation follows the guidelines in this chapter, your close will be easy. The man we looked at earlier has changed his mind about your product. Now with a smooth close that makes it easy for him is to say "yes", he will have your truth filled books in his home.

Chapter 7 – The Close

"...Not by might, nor by power, but by my spirit, saith the Lord of Hosts."
Zechariah 4:6

If you are going to close right, you must start right. The close really started when you first knocked on the door. But it is a very important step of the sale.

Knowing how to ask the people to buy is often the key to whether you'll make a sale or not.

How can closing a sale be made easier?

You should have had four or five key points in your presentation. As you come to the end and ask for the order, review each of these points for no more than thirty seconds. You want your main selling benefits fixed in their mind again just before you ask for the order.

Exalt the Value

God calls upon His people to act like living men and not to be indolent, sluggish, and indifferent. We must carry the publications to the people and urge them to accept, showing them that they will receive much more than their money's worth. Exalt the value of the books you offer. You cannot regard them too high. CM, p. 85.

Show the people the value compare it to other publications, novels, electronic gadget, which costs more and the information is not true and do not help the family at all.

People will later on be glad that we urged them to buy. Throughout

eternity they will be thankful that we gave them a sanctified nudge to make the right decision.

One man said that he bought a television dish, which only brought the devil into his home, and he had spent \$4,000 for it. He said, "You need not 35 channels on the television. If this would just save one of my children from getting involved in an abusive relationship or to avoid the temptation of drugs, it would be worth many times what I'm spending on them.

Introduce Bible Readings for the Home book as a book every home should have. Say, "If I had to get rid of all of my books and could only keep one, it would be Bible Readings". Emphasize on the "could only keep one". Little words can be powerful.

Never say to a prospect, "Do you want to buy this set of books?" instead say, "If you were to get these today, how would you take care of this, on an easy payment plan or would you take care of it all at once with a cheque?" now be silent after this close point to give the customer time to respond. Listen to what is said, maybe she needs to hear another benefit. If she says "yes she will get it on the plan", immediately begin to fill out the contract asking her for details line by line.

Most folks make major decisions on minor points People will buy a house because of a small feature one house has over another. So finding one small benefit can be helpful. This is true in all kind of sales. Salespeople ask for a decision on minor items moving the prospect toward the bigger decision and signing an agreement. We move people toward an eternal decision.

It is always better to see one interested family at a time rather than large numbers. When you have more than one family, concentrate on the interest you came to see first. Get a closure on that individual or family and then turn to other interested parties.

Talk and act as if your faith is invincible CM, p. 115 Talk and act positively. Positive speech goes against humanity's sinful negative inclination. People are more likely to be positive if we are.

Many people who buy our product or any other product, may get what is called buyer's remorse after the purchase.... Reassure them as you leave that they have made the right decision and that the Lord is going to bless them with this material in their home. Be sure to thank them for their business.

You may tell a little child before you leave: "you know you are very

fortunate to have parents who will get these books for you. Not every home sees the importance, you should hug your mother and thank her for getting these.” Many times children respond and parents feel better that they have made the right choice.

At times you may make a suggestion of a time to see someone, and they may have a different time. ... if somebody wants to see you at a particular hour, even if that is inconvenient to you, still be there, for that’s the Lord’s appointment.

Never take the first “no” Don’t quit closing when you still have an interest. Many times persons are thinking about getting the book but needs a little more convincing. Pray and ask the Lord to give you the words to impress the heart.

The best time to close a sale is the first time you make a presentation. Each time you come back and talk to the prospect, the chances of closing your sale diminishes. Surveys by some workers show that only 5 to 10 percent every buy on call books. This time could be spent seeing someone else. You may go back if the person made a partial deposit or you were unable to see the spouse.

“When persons who are under conviction are not brought to a decision at the earliest period possible, there is a danger that the conviction will gradually wear away...” Evan. p. 28

The man we looked at earlier has become your friend. He likes and trusts you. He sees his need and understands the eternal benefits your produce will give him and his family. You started right so your close is easy.

Chapter 8 – Answering Objections

Remember, people do not buy facts or features no matter how accurate they are. People buy the benefits that those facts will bring to them. You must be able to paint the benefits so that they can see them in their mind’s eye. After you have stated the facts, ask yourself “so what?” and be sure to answer that question. e.g. Fact: the Bible Story books cover the entire Bible.

Benefit – these beautiful volumes cover the entire Bible narrative, which means they just make the Bible come alive and make it so much more understandable for your child. One mother said, “I never knew so much about the Bible until I got these for the children.”

Fact – Bible Readings has 4,000 questions and answers. Benefit – Bible Readings has over 4,000 Bible questions and answers which means

almost any topic that you want to study can be found here in an organized way.

You should look for needs in the conversation and be able to identify how what you have can benefit and meet those needs.

Remember, every nod of agreement or little yes makes the big yes at the close that much easier. Apart from stating the benefit, try to use a third party's story. Your prospect may be able to see himself in the experience of another person.

When closing a sale, if you see that you are going to crash, make another circle with another benefit before closing again. Sometime, it may be that you need to put the books aside and listen to the prospect talk about her interests. You may be dealing with an individual who do not like making decisions quickly. This set the person at ease, then as you circle back with a closing, you may be able to refer to the discussion and identify a need.

Try to find out what the real objection is: Treat the person's objection with respect, no matter how ridiculous it seems to you. Look directly at the person when answering the objections. Remain spiritually calm and pleasant, above all, do not argue. Keep your third party story brief but applicable to the objection. Bring the conversation back to a closing question.

"Whenever a book is presented that will expose error, Satan is close by the side of the one of whom it is offered and urges reasons why it should not be accepted." CM p. 115

In answering objections, we must always be in the attitude of prayer. "But a divine agency is at work to influence minds in favor of the light. Ministering angels will oppose their power to that of Satan. CM p. 115

If we remember these three words: feel, felt, found, we can use them any time in answering objections.

1. Feel – I understand how you feel
2. Felt – Others felt as you when I first presented these
3. Found – but this is what they found

Objection: I want to think it over. Your response: I understand who you feel. May I ask you a question? "other than price, is there anything that will keep you from making a decision today?"

Objection: Could you come back later Your response: I understand how

you feel. Let me ask you a question. “On a scale of 1-10, where are you when it comes to investing in these today?” Should the person say he’s about three, ask what will it take to move your up the scale to seven or eight? Smile and listen carefully, they will give you the answer to what is really holding them back.

When you can’t think of an answer to the objection, you can simply ask the question, “Why?” or “Does it really matter?”

Psychologist tells us the most important thing we can do for our children other than hugging them is to read to them.

Chapter 9 – Remembering Names

Remembering names is a real asset in Christian Salesmanship and Leadership. Nothing makes people feel more important than being called by their name.

How to improve memory? Let the more important passages of Scripture be committed to memory, though if at first the memory be defective, it will gain strength by exercise. CD p. 512

All minds are not naturally constituted alike. We have varied minds; some are strong upon certain points and very weak upon others. These deficiencies, so apparent, need not and should not exist. If those who possess them would strengthen the weak points in their character by cultivation and exercise they would become strong. 3T p. 33

The use of figures and symbols caused the lessons give to be more firmly fixed in the memory. PP. p.592

Here are some suggestions for remembering names”

- Hear the name and pronounce it correctly. Let the name make an impression on your mind. Repeat it and spell it if you have to and pronounce it correctly.
- Associate that name with something. Visualize that name or draw a picture in your mind. Associate it with someone or something you are already familiar with.
- Repetition – try repeating the name several times in the conversation. This will give you an opportunity to pronounce it several times.

Names are important to Christ. God knows you by name. M. L. p. 291
Each believer’s name is graven on the palms of his hands. F. E. p. 273

If God emphasizes my name, why should I not do my best to remember the name of those I hope to win for His kingdom?

Chapter 10 – Your Goals and God’s Providence

God gives opportunities, success depends upon the use made of them.
PK p. 486

Lay all your plans before God, to be carried out or given up, as His providence shall indicate. Accept His plans instead of your own, even though their acceptance requires the abandonment of cherished projects. Thus the life will be molded more and more after the divine example; and the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” Philippians 4:7 7T p. 44

“The secret of success is the union of divine power with human effort”
CM, p. 106

Make it a habit to depend on God in everything you do. Forming habits is helpful in accomplishing goals. If you want to change a habit in your routine do it for 18 working days and it will become a habit. Repetition becomes automation or habit. Persistence, discipline, faithfulness, enthusiasm, consistency, diligence and hard work are not inherited. These are a gift from God and if we take action they will be strengthened.

Goals help us to be organized and save time. If you are going to be goal oriented you need to be a list maker. Goals fixed in our thoughts help us stay motivated. Motivation produces discipline. Discipline produces habits Habits produce goals accomplished.

If you want to change a habit in your routine do it for 18 working days and it will become a habit. “Success in any line demands a definite aim. He who would achieve true success in life, must keep steadily in view the aim worthy of his endeavors.” ED, p. 252

The balance of family and work has always been a challenge even in Ellen White’s day. “It is Satan’s regular employment to hinder the work of God... he makes it appear to the mind of the worker that some trifling matter at home is a great importance, and demand his immediate presence. The eye of the worker not being single to the glory of God, he leaves the work unfinished rushes home... stitch after stitch is dropped, never to be taken up again. This pleases the enemy he gives his hand full of trouble...if possible to keep him away from the work altogether. Evan, pp. 654, 655

When you meet your goal, celebrate. Reward yourself and your family when you reach your goals. Buy them a gift or do something they would like.

Our work is mostly a seed-sowing work, but there are many who are to

be reaped now. The closer we get to the end of time, the more we will see of this.

Set well thought-out goals that are realistic, but that will push you to the new growth.

Chapter 11 – Why Publish?

"God has ordained the canvassing work. The canvassing work, properly conducted is missionary work of the highest order." 6T p. 313

And as long as probation continues, there will be opportunity for the canvasser to work... Until in heaven is spoken the word, "It is finished," there will always be places for labor, and hearts to receive the message. 6T p. 478

The printed word is the most permanent form of witness. When electricity fail or email, satellites, internet, radio waves fail, the books remains. It may sit on shelves or in boxes for years, but "the time will come when these books will be sought for and read" CM p. 150

A Great Controversy sold many decades ago by a literature evangelist, was given to Dr. Raymond Browning in Greenwood, Mississippi. He was told that this book had a lot of history and he might enjoy it. It seems that this individual who had the book didn't really want it. The doctor did. He read it and came under conviction. He found the Voice of Prophecy radio program, which also taught the Sabbath truth and started the Bible correspondence course. Today he is a very active Seventh-day Adventist Church member. How many other did this book influence through the decades? Countless.

Books are organized and say the same thing no matter how many times you read it. It may sit there until the reader is ready to know what it says and may be more receptive to the information then. At that time it can give convicting messages with a response you may not have seen before.

There is recreative power in God's word. For the word of God is living and powerful and sharper than a two-edged sword. Hebrews 4:12

The creative power that called the worlds into existence is in the word of God. ED p. 126

God hath dealt to each man a measure of faith. Roman 12:3 We need to exercise this faith daily and depend upon God to be our guide and lead us to success. As we walk with him through the highs and lows we see his consistent unconditional love and power to come through for us every

time even when it seems like we are against the wall. Many individuals through the years who came into the literature ministry have developed into dynamic and powerful witnesses for the Lord.

People need people. The human connection is still the most important. It is the human link to whom we talk, who can empathize with us, who can pray with us, eat, laugh, cry when we do and can love us. Literature evangelists are God's agents from reaching many as you knock from door to door and visit so many homes more than any other department in the Church.

Conclusion

It is true that some buy the books and lay them on the shelf ...The time will come when these books will be sought for and read. 6T, p. 313

More than a thousand will be converted in one day, most of whom will trace their first conviction to the reading of our publications R&H Nov 10, 1885

Not until we get to Heaven will we know of the far-reach of the seeds sown by the books we have sold and gave. Let it be said of us as in Psalms 24:6 "This is the generation of them that seek him, that seek this face."

LESSON 35: COLPORTEUR MINISTRY - *Textbook: Colporteur Ministry by Ellen G. White*

LESSON 36: HELP IN DAILY LIVING - *Textbook: Help in Daily Living by Ellen G. White*

LESSON 37: PROJECT GUIDELINES

OVERVIEW

Working on a project and being part of a team is a rewarding experience, that is exciting and spiritually life-changing.

Understanding the Dos and Don'ts when on a project and living with others, are vitally important thereby making the experience a pleasant one for all.

The following guidelines will prove to be beneficial when applied.

ON THE ROAD

Requirements for training

Determine and confirm destination and duration of training (specific dates).

Trainee is responsible for their own proper research on destination to become familiar with the place, customs and culture.

Trainee is responsible for determining the best form of transport to get to the destination.

For foreign assignments – Trainee must check for own passport, flight, visa, vaccination requirements, etc. and ensure that all criteria are met before purchase of ticket or travel.

Be sure to take along with you your Bible and devotional reading, appropriate clothing, kitchen apron, towel(s), your own laundry detergent, soap and other personal items.

Bring your own durable water bottles, as water may be purchased in bulk.

Housekeeping

Do not touch food in the refrigerator unless you have received permission from your team leader.

Do not use any facilities, appliances, linen or toiletries without approval from your team leader.

Where meals are prepared for everyone, it is expected that all will partake. Trainees must not prepare their separate meals, thereby using up additional ingredients.

Bathrooms

Bathrooms must be kept clean on a daily basis (no hair in bathtub, garbage taken out, and water wiped up).

No long showers (20 minutes is the maximum time for baths)

After use of bathroom and toilets, ensure that you clean up and leave it clean for the next user.

Housekeeping Duties

Cleanliness is not only healthy but spiritual. The house needs to be cleaned daily before the Team leaves.

Each individual should receive a duty and is required to execute it promptly.

There may be times where you see something that needs doing, do not wait to be asked. Please volunteer and do it – this reflects on the entire team as well as demonstrate brotherly kindness.

Maintain and keep your personal space tidy.

You may be assigned to cook or help with cooking. Please be responsible and prompt with this duty and do not wait to be called.

Living with others

During sleeping hours, do not disturb others with loud singing or reading. Let private devotion be private, not turning on lights, or making noises etc.

Note that you may need to compromise certain habits to accommodate others you live with.

Respect the personal property of others. Do not use their items without their permission.

All lights should be turned off during the day.

If you are the last person to leave the home, do check the windows and doors to ensure that the home is secured.

While we may become comfortable with teammates, rudeness or making fun of others is unacceptable behavior. Special care should be made to be respectful at all times to your assigned team leader and others in the home.

Departure after the project

Our aim is to leave the home cleaner than you met it. Therefore, vacuum, sweep and mop the floor. Double-check so that no items are forgotten.

In the bedrooms, wash bedspread, sheets and towels. Make up bed and leave

the room spotlessly clean.

Remember to say a thank-you to the kind people that allowed you to stay in their home.

ON BECOMING A MISSIONARY

The Role of Management

- To give instruction of duties and assignments to the Trainee.
- Make decisions regarding Trainee matters (consultations, readiness for presentations, tasks, etc)
- Give Trainee necessary resources and materials.
- Prays with and mentors Trainee.
- Troubleshooting and problem solving.
- Takes care of program or training costs.
- All general expenses for trip (printing, food, advertisement, rentals, etc.)
- The Trainer reserves the right to run background checks on Trainees.
- To help Trainees develop their potential.

Follow up programs Any programs, seminars/consultation leads that come out of any seminar done by Trainer needs to be turned over to them.

Representing the Trainer If per chance, an individual presents at any program representing the Trainer, the teaching needs to be taught in accordance with the Trainer's school of thought.

Finances Trainee would:

- Organize and cover own travel expenses for arriving at specified location.
- Pay a small fee for food (US\$10.00/day) before project begins.

Donations and Sales Any donations or financial contribution given at seminars, or to the home that is designated for the work belongs to Trainer even if it is specified to a particular individual. Donation envelopes and brochures may be given out and all receipts should be handed in to the Trainer.

Refrain from handling finances with clients or writing contracts without previous instruction.

Punctuality

Punctuality for worship sessions or meetings will be appreciated and expected. Please bring along your bible for worship.

Please ensure that you awake in good time, to get all that you need to get done so that you will be punctual for activities.

Behavior

In front of clients, church members or anyone outside of team:

No messing around with teammates. Don't joke around with the people/guest too much.

Please do not spend extra time with members of the team/home that are of the opposite sex.

Do not listen to any music that is not in accordance with the principles we teach.

Avoid discussing finances or book prices or any disagreement or displeasure with regard to programming or otherwise. Deal with these matters in private or at the home in a meek way.

Maintain poise, tact and decency at all times.

While you are on a project you are required to adhere to all of the laws of health that is practiced and taught to the best of your knowledge and ability.

In all your dealings, you are expected to act with integrity, fairness and respect to the Team Leaders and Team Members at all times.

Avoid confrontations at all times.

Attitude

If you are aggravated and annoyed, keep the matter to yourself until it is time to discuss team improvement issues.

Do not unduly question or oppose leadership in front of team or clients. Approach the leader at a later time in a private setting to discuss your concerns.

Any information discussed by the team is kept strictly confidential. Failure to comply with this can mean your discontinuance on the project.

All contracted individuals need to comply with rules and regulations set forth by the

Trainer

The Trainer reserves the right to make proper decisions.

Trainees are not to mislead clients by making decisions or relaying wrong information - PLEASE REFER ANY QUESTIONS OR CONCERNS to team leader.

You may be asked to go beyond the call of duty to better serve the Community.

Please comply cheerfully – someone’s life may be saved.

Dress

Be modestly dressed and properly covered at all times. No shorts, jeans, tank tops, tight clothing, bodily exposure etc... (Long skirts and long sleeves are required).

Men’s Attire: button-up shirts or business attire. No jeans or sagging trousers for presentations or consultations.

Duties on the project

Duties assigned may be given according to skills, qualifications or talents listed in application.

Duties assigned will be given where there is a need. In each duty assigned there is a greater lesson to be learned - it is all training.

Communication – with team leaders

Know that Team leaders may not always be available as they may have other responsibilities.

Check with Management first to see when they are free so you can speak with them.

Seek advice from Spirit of Prophecy and the Bible. Ask questions if you don’t have the full picture.

Communication – with team

There will be an agenda for the program which you will be required to follow. You will receive information as to what the schedule for the day’s. Duties and responsibilities for the day will be announced at team briefings.

Communication – with family and friends

Refrain from communicating with family and friends during work hours as this may be distracting to you. Remember that you are in “training school” and time is of the essence.

Early morning, mealtime, digestive walk time, and before bedtime are suggested times for such communications.

Communication – with clients

Refer to management if matter is anything beyond a simple inquiry.

Make it a **rule not to enter into discussions that you don’t have enough information on**. Silence is golden on many issues – remember that false information, can cause harm.

Communication – Internet

Internet may be available only when household and business duties are completed.

Cooking School

Management manages the cooking school. Refer to cooking school manual for management information. Trainee duties - no prepping until you have gained further experience. Trainee role is to assist as requested in cooking school. Follow all instructions carefully.

Lectures

Do not ask questions during lectures. Remember that you are with the Team and persons will be looking at you for guidance or think that you should know better, therefore, reserve all questions for discussing back at the home.

Take notes of all that is being said as there is always something new to learn at lectures.

If you have any questions with regard to sources or teaching refer to management.

There will be duties specified for preparing tables, media needs, etc. so always be willing to assist and work as a Team.

Do not encourage conversations with clients or members while presentations are conducted.

As much as possible, Trainees are to remain seated while a lecture is in progress. Lead by example.

Remember that listening to lectures is an excellent learning experience. You will observe how to present a particular topic, what are possible questions the audience will ask and how to handle them, and lots more.

LESSON 38: ANATOMY AND PHYSIOLOGY 101

Question 1

I will praise thee; for I am **fearfully** and **wonderfully** made: **marvellous** are thy works; and that my soul knoweth right well. (Psalms 139:14)

Question 2

So closely is health related to our happiness that we cannot have the latter without the former. A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance, that among the studies selected for childhood, **physiology** should occupy the first place.

How few know anything about the structure and functions of their own bodies, and of nature's laws! Many are drifting about without knowledge, like a ship at sea without compass or anchor; and what is more, they are not interested to learn how to keep their bodies in a healthy condition and prevent disease. (Counsels on Health, 38)

Study that marvelous organism, the human system, and the laws by which it is governed. {Christian Temperance and Bible Hygiene 120.3}

Question 3

What is digestion?

The process of breaking down the food you consume into molecules that can be absorbed into or pass through the body. The body uses these broken-down molecules to make new cells and provide energy.

Question 4

Our bodies are constructed from what we eat; and in order to make **tissues** of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful. Poor cookery is wearing away the life energies of thousands.

More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned. (Christian Temperance and Bible Hygiene p.48)

Question 5

The digestive tract, also known as the gastrointestinal (GI) tract, starts at the mouth, continues to the esophagus, stomach, small intestine, large intestine (commonly referred to as the colon) and rectum, and ends at the anus. The entire system — from mouth to anus — is about **30** feet.

Question 6 - MOUTH

Digestion begins with chewing

Chewing starts the five digestive fluids: **saliva, gastric juice, bile, pancreatic juice, and intestinal juice** to flow.

- The peristaltic waves which move the food along the digestive tract also begin to move.
- The saliva softens the food and transforms some of the starch into sugar.
- The longer the food is chewed the more completely the starch is digested, and the larger the amount of gastric juice produced in the stomach in readiness to digest the food when it arrives.
- Proper chewing and tasting of the food permits the nerves of taste to judge the quality of the food and to regulate the intake to suit the needs of the body.
- Proper chewing also helps to preserve the teeth by giving them the exercise they need.

Question 7

The BENEFIT DERIVED FROM FOOD does not depend so much on the quantity eaten as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed as on the **length of time** it remains in the mouth. (CD 107)

After the food is broken down, your tongue pushes the food into the back of your mouth, where it goes to the esophagus. This muscular tube, that is connected to the stomach, helps food travel down to the stomach.

Question 8

Stomach: The average human adult stomach holds about **8.5 cups** of food

- Gastric Juice
- Gastric juice is composed mainly of pepsin, an enzyme that breaks down proteins, and hydrochloric acid. It also contains sodium chloride and potassium.
- Hydrochloric acid triggers the release of pepsin and kills bacteria
- Gastric acid has a pH between 1.5 to 3.5, but usually closer to 2.

What is Low Stomach Acid?

Low stomach acid is when there is inadequate acid in the stomach to digest food.

- Causes of Low Stomach Acid
- Drinking water too close to a meal
- Eating and drinking
- Use of baking powder, baking soda, alkaline water
- Aging
- Adrenal fatigue
- Alcohol consumption
- Bacterial infection

- Chronic stress
- Medication side effects

Question 9

Consequences of Low Stomach Acid

1. Proteins cannot be properly broken down into amino acids.
2. Food sits too long in the stomach and it putrefies instead of being properly digested
3. Bad breath
4. Lack of Nutrients
 - Depression
 - Hair loss and brittle nails
 - Anemia (B12 and Iron)
5. Imbalanced gut flora
 - Pathogenic and food borne bacteria, usually killed by the low stomach pH, can make their way into the intestines
 - Leaky gut and therefore create food allergies
 - Example of diseases caused by imbalanced gut flora: allergies, acne, arthritis, headaches, autoimmune disease, depression, and attention deficit disorder
6. Digestive infections, such as H. pylori, a bacteria that causes some ulcers
7. Constipation, bloating, gas and belching.

With inadequate acid, food sits in the stomach and decays instead of being properly digested

- Low stomach acid leads to heartburn and acid reflux
- Your risk for low Stomach acid is higher if you do not have enough beneficial bacteria in the intestinal tract, you consume a lot of antacids and you are over 45 years.

When the contents of the stomach are not acidic enough a little valve called the pylorus does not open and the contents of the stomach don't pass from the stomach into the small intestine.

The stomach needs to get rid of its contents so it tries moving it in the other direction up into the esophagus. Even though the stomach contents are not acidic enough, they are still acidic and that acid burns the esophagus producing heartburn.

Question 10

Very little absorption takes place in the stomach.

- Gastric digestion changes the food and prepares it for the action of the digestive fluids of the **small** intestine where it is absorbed.

Question 11

- The stomach takes in the food, then churns it and breaks it into tiny particles called **chyme**. This is done to mix the gastric juice with the food.

Question 12

- After an hour or two the chyme is then released in **small** batches (tablespoons) into the small intestines.
- This continues, for about **four** hours until the stomach is empty.

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food.{CD 106.4}

Question 13

What can delay the stomach from emptying in 4 hours?

- Eating in between meals
- Meals too close together
- Overeating
- Irregularity
- Drinking and eating
- 1 Corinthians 14:33 God is not the author of confusion.
- 1 Corinthians 14:40 Let all things be done decently and in order.
- Ecclesiastes 3:1 To every thing there is a season, and a time to every purpose under the heaven:
- Do you want to strengthen your mind?

The mind does not wear out nor break down so often on account of diligent employment and hard study, as on account of eating improper food at improper times, and of careless inattention to the laws of health.... Diligent study is not the principal cause of the breaking down of the mental powers. THE MAIN CAUSE IS IMPROPER DIET, IRREGULAR MEALS, AND A LACK OF PHYSICAL EXERCISE. IRREGULAR HOURS FOR EATING AND SLEEPING SAP THE BRAIN FORCES. {CD 122.5}

After food sits in the stomach, the food, now chyme moves into the small intestine. As food travels into the small intestine, the liver and the pancreas break down the chyme with the enzymes they have made.

The LIVER makes an enzyme called BILE. Bile is used to break down fats. The pancreas makes enzymes that break down starches, proteins, and fats.

THE LIVER

- The greatest worker organ in the

- Human body

The liver is an organ that is located in the upper right hand side of the abdomen, mostly behind the rib cage. The liver of an adult normally weighs close to three pounds.

The liver is such an important organ that we can survive only one or two days if it shuts down. If the liver fails, your body will fail, too.

- The liver is the only internal organ that can regenerate.
- The liver can function even when up to 75% of it is diseased or removed by surgery.
- Our poor liver can take a lot of damage, before it starts complaining. We don't notice until it is severely hurt.

Question 14

List three functions of the Liver

- After the food has been broken down in the small intestines, most of it is carried to the liver, where the process of digestion is completed.
- The **liver breaks down nutrients from food, to produce energy when needed and stores vitamins, minerals, and sugars.**
- The liver also acts like an **inspector** to examine the digested food and remove hurtful material that may be in it, like alcohol, pepper, and other irritating substances.
- Clears the blood of waste products, drugs and other poisonous substances.
- Controls the production and removal of cholesterol.
- Helps regulate hormones
- The liver produces many important substances, especially proteins that are necessary for good health. For example, it **produces proteins** like albumin (a protein that carries other molecules through the blood stream), as well as the **proteins that cause blood to clot properly.**
- The liver helps **purify the blood** by changing potentially harmful chemicals into harmless ones. The sources of these chemicals can be outside the body (for example, medications or alcohol), or inside the body (for example, ammonia, which is produced from the break-up of proteins; or bilirubin, which is produced from the break-up of hemoglobin).
- The liver **removes chemicals from the blood (usually changing them into harmless chemicals)** and then either secretes them with the bile for elimination in the stool, or secretes them back into the blood where they then are removed by the kidneys and eliminated in the urine.
- We live in a society that is literally full of toxins everywhere you look, it is becoming more and more difficult for your liver to keep up with the growing number of toxins you encounter on a daily basis.
- Toxic chemicals are in your...
- Meat, non organic food
- Soaps, shampoos, and conditioners
- Toothpaste, deodorant, and other personal hygiene products
- Makeup
- Cleaning products

- Carpet
- Car
- Water
- Plastics
- and the list goes on...

Toxic chemicals are in your...

- Your liver must get rid of these toxins through bile -- with the help of your gall bladder. If overloaded, your liver has a harder time getting these toxins out through your bile - and ultimately, some of the toxins will be stored in the fat in your liver.
- The toxins that do get released in bile may be equally or more toxic than the original toxins from your liver - causing inflammation of your bile ducts and slowing down bile flow. This slowdown creates a vicious cycle of more intracellular toxicity.

Question 15

Give two factors that can hurt your liver

- Poorly digested food
- Too much sugar (high fructose corn syrup)
- Processed food
- Heavy metals like mercury, PCB, and lead
- An abundance of bad bacteria in your stomach can damage your stomach lining, allowing bacterial toxins to permeate your gut wall and enter your liver
- What can hurt your liver
- These contribute to a toxic liver and could put you at risk for NAFLD, or Non-alcoholic Fatty Liver Disease.
- Disease caused by an inherited genetic disorder
- Response to infection with virus or
- Disease resulting from autoimmune attack

Question 16

Name 3 Signs of an Unhealthy Liver

- Chronic fatigue
- Acne
- Sinus problems
- Allergies
- Mood swings
- Migraines
- Low vitamin D level
- Non-alcoholic fatty liver disease
- Non-alcoholic fatty liver disease
- NAFLD occurs in people who do not drink excessive amounts of alcohol and so alcohol is not the cause.
- People with NAFLD have a higher chance of developing type 2 diabetes, heart attack and stroke.

- Other liver disorders are quite common and can worsen.
- Non-alcoholic fatty liver disease
- Simple fatty liver

Excess fat build up in liver cells

- Non-alcoholic steatohepatitis

Excess fat in the liver cells that causes inflammation

- Non-alcoholic fatty liver disease
- Fibrosis

Scar tissue that forms within the liver.

- Cirrhosis

A serious condition where normal liver tissue is replaced by a lot of fibrosis. The structure and function of the liver are disrupted. This can lead to liver failure

Question 17

Name two Liver cleansers

- Milk thistle seed
 - helps with the detoxification of poisons such as alcohol, **regeneration of damaged liver tissue, stimulation of bile production**, and improved digestion.
- Dandelion
 - **stimulates bile flow from the liver, and is often used to help fight fatty liver, cirrhosis**, estrogen dominance, and even acne.
- Organic **TURMERIC** - This yellow root—a cousin of ginger—is a **powerful liver protector and even liver cell regenerator**. It not only helps stimulate enzymes responsible for **flushing out toxins** (including known carcinogens) from the body, but UCLA research found that turmeric is capable of combating the effects of carcinogens.
- **Peppermint** - isn't just for fresh breath. This herb **stimulates bile flow and relaxes bile ducts**, helping to break down fats. It also helps reduce bad cholesterol, which makes the liver's job of filtering toxins easier. Peppermint also inhibits blockages in the kidney and gallbladder and calms the stomach for optimal digestion.

Question 18

Name two blood cleansers

- **Red Clover** – blood purifier, prevents cancer, great for balancing female hormones, menopause, osteoporosis and bronchitis
- **Burdock Root** - cleanses both blood and liver, great for treating cancer and diabetes
- **Castor oil pack**
The hot packs are to be placed directly over the liver to **stimulate circulation, detoxification, and healing**. Keep on for 30 mins to 1 hour
- **Activated Charcoal**

taken internally or applied over the liver will **remove toxins in the blood and help support the liver** in its work of detoxifying the blood.

Proper Digestion and Healthy Liver

- Good digestion is essential to a healthy liver. It keeps your liver from being overloaded.
- Combine your food properly - poorly combined foods create toxins in your body and some of these toxins are by-products of fermentation (sugar), yeast and other pathogens used as a food source.

Neonatal Jaundice - Story

“It’s one thing to believe, and to practice some remedy on oneself. It is something else again to care for a child. When Nathan, our firstborn, came along, he was somewhat jaundiced. The yellow-orangish appearance of his skin and eyes was due to the build up of bilirubin, a bile pigment that was not being properly metabolized. For various reasons, the liver sometimes does not kick into gear at birth, as it should have with Nathan.

*Out he went into the sun for a daily sunbath. Charcoal has also been credited with lowering bilirubin levels. But, since babies are only designed to swallow at birth and not chew, **we mixed some activated charcoal powder in a bottle of water and let the particles settle out. We then poured this slurry water off into a baby bottle and popped that into his mouth. After a couple of days, and several ounces of slurry water later, he was a healthy ruddy pink.**”*

CharcoalRemedies.com page 27

Question 19

What two hormones does the pancreas produce to regulate the amount of sugar in the blood? **Insulin and glucagon** ('glü-kə-gän)

Glucagon raises the concentration of glucose in the bloodstream. Its effect is opposite that of **insulin**, which lowers the glucose concentration.

SMALL AND LARGE INTESTINES

Question 20

Where does the major part of the digestive process take place? **In the small intestine**

Question 21

SMALL INTESTINE: The chyme then moves through the small intestine.

- The small intestine is about **21 to 22** feet long in an average adult.
- There are little finger like shaped linings on the wall of the small intestine. These are called villi.
- **Villi** is used to help absorb nutrients for the body. There are 5,000,000 villi.

The food material, which passes through the intestine, may be regarded as the soil out of which the body grows. The villi are the rootlets, which suck up the nourishment by which the body is developed and maintained.

Question 22

LARGE INTESTINE: The chyme is then passed to the large intestine also known as the colon.

- The colon is about **4 to 6** feet in length and **2** inches in diameter.
- The three parts of the colon: the **ascending** colon, the **transverse** colon, and the **descending** colon.

Whatever remains of the food, once it has been through the processes of mixing, conversion and absorption carried out in the stomach and small intestine is passed into the large intestine. Any remaining nutrients are removed and the result is feces.

- The colon disposes the unusable food remnants and the excretory waste matters which enter the colon from the blood.
- Feces is the unwanted leftovers from food, combined with cellulose (roughage which is indigestible, found in foods like vegetables and bran), dead blood cells, bacteria, fatty acids and mucus used to help move the feces through the large intestine.
- The feces contain billions of bacteria.
- Regular Bowel Movements

Prevent toxins from accumulating and recirculating in the bloodstream.

Constipation can also increase your risk of hemorrhoids or fecal impaction, in which your stool must be removed manually.

Improving Bowel Movement

Warm Lemon Water

- Squeeze the juice of 1 lemon into 1 cup of warm water
- The citric acid in lemon juice acts as a stimulant for your digestive system, and can also help flush out toxins and undigested material that may have built up along the walls of the colon.
- Olive Oil and Lemon Juice
- 1 tablespoon of olive oil
- 1 teaspoon of lemon juice (optional)

Directions

In the morning consume one tablespoon of olive oil. It works best on an empty stomach.

Olive oil and Water

- 2 tablespoons of olive oil
- 2-4 cups of warm water
- Ingest olive oil followed by warm water

- Improving Bowel Movement

Fiber Rich foods

- Fiber cannot be digested. It acts like a sponge and draws water from its surroundings, making it swell, which softens stool and adds bulk to it, which in turn helps it pass.
- Beans, apricots, whole grain bread, berries, broccoli, plums, pears, apples, nuts, potatoes
- 2 tablespoons freshly ground flaxseeds
- Improving Bowel Movement
- Regularity in eating
- Get checked for hypothyroidism, especially if you're a woman over 40.

Constipation is one of the hidden symptoms of hypothyroidism.

- Improving Bowel Movement
- Drink plenty of water
- Water adds fluid to the colon and bulk to stools, making bowel movements softer and easier to pass. Because the colon needs water to do its job, dehydration can be a major cause of constipation.

Try squatting

- sitting on the toilet prevents the rectum from straightening out and opening
- Put your feet on a child's stepping stool when sitting on the toilet, to raise your knees higher than your hips. (Squatty Potty, squatting platform that fits around your toilet)
- Regularity
- Regulating the timing of when you go to the bathroom will regulate your bowel movements as well. Set aside about 15 minutes anywhere from 1-3 times a day, and take your time, even if nothing happens. Make sure you stay relaxed, and eventually your body will catch on.
- Improving Bowel Movement
- Don't ignore the urge to go
- The longer you hold it in, the more water is absorbed from the stool, and the harder it becomes. Your body also only sends the signal to have a bowel movement for a certain amount of time,
- If you consistently ignore the urge to have a bowel movement, eventually you may stop feeling the urge.
- Improving Bowel Movement
- 3 tablespoons of Castor oil
- ¼ cup of lemon juice
- This should be done on a day when you will be free the following day. Drink lots of water to be hydrated.
- Improving Bowel Movement
- 1 tablespoon of Psyllium Husk Powder
- ½ cup of water

Shake well and drink before it gets thick. Do 2-3 times a day.

- Also take 2 Senna Capsules every other day

Question 23

The diseased stomach will find relief by **exercise**. (Testimonies for the Church 2:530)

Exercise is important to digestion, and to a healthy condition of body and mind. (Testimonies for the Church 2:413)

1 hour of walking each day. This helps stimulate circulation and intestinal function, causing your bowels to move properly.

Question 24

Morning exercise, in walking in the free, invigorating **air** of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. (Healthful Living 130)

Question 25

Stomach, liver, lungs, and brain are suffering for the want of deep, full inspirations of **air**. (Testimonies for the Church 2:67)

Choose to stay happy.

Sadness deadens the circulation in the blood vessels and nerves, and also retards the action of THE LIVER. It hinders the process of digestion and of nutrients and has a tendency to dry up the marrow of the whole system. (UL 102.3)

- Romans 15:4, 13
- For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.
- Now the God of hope fill you with all joy and peace in believing that ye may abound in hope, through the power of the Holy Ghost.

LESSON 39: GLUTEN, LEAKY GUT, AND GMO

Satan's Most Destructive Device

Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat, and other things given by God as food, and would convert them into poisons, which would ruin man's physical, mental, and moral powers, and so overcome the senses that Satan should have full control. (Counsels for the Church 101.5)

Wheat: Modern vs. Ancient

- Biblical time Einkorn wheat has: **14** chromosomes
- Emmer wheat and Durum wheat has: **28** chromosomes
- Modern wheat has: **42** chromosomes

Modern Wheat

- Wheat is currently not genetically modified or genetically engineered
- Wheat is selectively bred for traits
 - Taste, texture, rise, high-yielding, drought-tolerant
- Its genetics, biochemistry, protein composition, and other components are different
- 18-24 inches high with long seed head compared to four-and-half-foot ancient wheat
- More than 30% less nutritious in its natural unrefined state than ancient wheat
- Contains very high levels of a super starch called amylopectin A, which is super fattening. This is how we get big fluffy bread, biscuits and cinnamon rolls
- Contains a new protein called gliadin, which stimulates appetite in most people.
- Celiac disease has quadrupled in last 40 – 50 years
- Now contains glia-alpha9, likely to trigger the celiac response
- Contains more gluten than the wheat in 1940s and 50s
- High Glycemic Index (Glycemic index is a measure of how high blood sugar goes 90 minutes after eating)
 - Very few foods are above 70:
 - Dates
 - Figs
 - Gluten-free foods (cornstarch, rice flour, tapioca starch, potato starch)
 - Whole wheat (71)
 - White flour (69)
- It's important to realize that the wheat we mostly consume today is not the same as it was 60 years ago.

- The plants that wheat is made from are not all the same.
- There are different breeds of wheat... just like there are many different breeds of dogs (a Chihuahua is very different from a German Shepherd, for example).

Wheat withdrawal may cause:

- Fatigue
- Depression
- Nausea
- Unable to exercise
- Headache

What is Gluten?

Gluten (the Latin word for “glue”), is a protein composite found in numerous grains.

Gluten, used in baking gives bread dough its elasticity and baked goods their fluffiness and chewiness.

It is a complex mixture of two proteins that is not digestible

Which grains contain gluten?

- Wheat
 - Durum
 - Semolina
 - Spelt
 - Triticale (wheat and rye)
 - Kamut
- Rye
- Barley

Wheat gluten contamination is typically present in other foods due mainly to modern processing and storage methods:

- Oats
- Soy Flour
- Buckwheat Flour
- Corn Products
- Corn Starch
- Personal Care Products
- Processed Foods
- Vitamins
- Medication

How may gluten affect the body?

- Intestinal Permeability (leaky gut)

- Wheat contain a protein called gliadin, which has been shown to increase zonulin production which contributes to leaky gut
- Leaky gut is a condition that occurs due to the development of gaps between the cells (enterocytes) that make up the membrane lining your intestinal wall. These tiny gaps allow substances such as undigested food, bacteria and metabolic wastes that should be confined to your digestive tract to escape into your bloodstream. Once the integrity of your intestinal lining is compromised, and there is a flow of toxic substances "leaking out" into your bloodstream, your body experiences significant increases in inflammation.
- Inflammation
- Autoimmune Disease
- Allergies or Food Intolerance

What is the main site of gluten damage?

The nervous system

- Studies have found associations between gluten sensitivity and disorders in every major part of the nervous system, including the brain, the spinal cord, and the nerves that extend into the arms and feet.

What is Celiac disease?

Celiac disease is a genetic autoimmune disorder that damages the lining of the small intestine and interferes with absorption of nutrients from food. The damage is due to a reaction to eating gluten, which is found in wheat, barley, rye, and possibly oats.

What is non-celiac gluten sensitivity?

- Non-celiac gluten sensitivity has been coined to describe those individuals who cannot tolerate gluten and experience symptoms similar to those with celiac disease but yet who lack the same antibodies and intestinal damage as seen in celiac disease.
- Non-celiac individuals without wheat allergy do have symptoms after gluten ingestion
- When gluten was removed from the diet, their symptoms stopped
- Individuals with non-celiac gluten sensitivity have a prevalence of extra-intestinal or non-GI symptoms, such as headache, "foggy mind," joint pain, and numbness in the legs, arms or fingers. Symptoms typically appear hours or days after gluten has been ingested, a response typical for innate immune conditions like non-celiac gluten sensitivity.

People with gluten sensitivity cannot eat gluten grains.

Not even a microscopic amount of gluten should be ingested as it will trigger an adverse reaction and sometimes a medical emergency.

- Gluten sensitivity was found in patients with headaches, ADHD, depression, dementia, movement disorders and schizophrenia
- 80-year old woman improved cognitive function with a gluten-free diet
- Brain fog or difficulty in thinking was more prevalent in NCGS persons by 35% compared to 5% or 10% in celiac persons. (*Journal of Clinical Gastroenterology 2010*)

Celiac and Non-Celiac Symptoms of Gluten sensitivity

- | | |
|--|----------------------------|
| • bloating, gas and/or abdominal pain | • delayed growth |
| • hard to flush, bulky or loose stools | • missed menstrual periods |
| • diarrhea or constipation | • fractures or thin bones |
| • fatigue | • iron deficiency/ anemia |
| • itchy skin rash | • infertility |
| • tingling or numbness in hands and feet | • depression |
| • discolored teeth or loss of enamel | • osteoporosis |
| • canker sores | • type 1 diabetes |
| • joint pain | • thyroid disease |
| • irritability or behavior changes | • juvenile arthritis |
| • significant unexplained weight loss | • irritable bowel syndrome |
| • poor weight gain | • intestinal cancer |
| | • down syndrome |
| | • dermatitis |

Gluten and Blood Vessels

1. Gluten is eaten
2. There's sensitivity to gluten.
3. The body then, makes antibodies to the gluten.
4. The body sees the gluten as a foreign protein, a foreign object, an invader.
5. The body responds by inflammation, oxi-dative stress, or autoimmune dysfunction in the blood vessels.

A paper in the Medical Journal Circulation showed when there were antibodies to transglutaminase, one of the markers in a blood test for celiac disease, that those antibodies can also affect the inside lining of the blood vessels.

Inflammation and Heart Attacks

A non-gluten combination of sugar and protein in wheat called wheat germ agglutinin increases whole body inflammation. This is not an autoimmune reaction, but can be just as dangerous and cause heart attacks.

Gluten Sensitivity and Cholesterol

1. Gluten is eaten
2. There's sensitivity to gluten.

3. The response of the body is to produce a lipoprotein that tries to capture and isolate that offending gluten, and get it out of the body .
4. The response to that is the cholesterol, the LDL can go up, the HDL can go up or go down, or the HDL becomes dysfunctional.

How Does Your Gut Flora Influence Your Health?

- Promote digestion
- Absorption of nutrients
- Synthesize certain vitamins (for example, vitamin K and biotin)
- Support the speed of the contractions of the muscles in the intestinal system
- Metabolism
- Energy production
- Fight harmful bacteria
- Stimulate the immune system

“When the gut flora becomes abnormal, the immune system simply cannot be normal. Autoimmunity is born in the gut.” - Dr. Campbell-McBride

Analogy

- The health of the soil determines the health of the roots and the plant
- The health of the human gut determines the health of the person
- Your gut lining looks like plant roots (villi, enterocytes, microvilli)
- Our gut flora is our soil

Every leaf depends on healthy roots

The tree cannot be healthy if the roots are not healthy

The body cannot be healthy if the gut is not healthy

How Gut Flora is damaged

- Poor diet
- Promotes the growth of bad bacteria and yeast to grow
- Damages the delicate ecosystem in the intestine
- Medications, antibiotics, antacids, steroids, non-steroid anti-inflammatory drugs like aspirin, Ibuprofen, naproxen
- Oral contraceptives destroy beneficial bacterial flora in the gut leaving it vulnerable to colonization and dominance from pathogenic strains such as Candida, Streptococci and Staphylococci among others.
- Infections
- Chronic low-grade infections or gut imbalances with overgrowth of bacteria in the small intestine, yeast overgrowth, parasites, or even more serious gut infections
- Stress
- May alter the gut nervous system, cause leaky gut and change the normal bacteria in the gut
- Hormone imbalances

- Dietary toxins
- Undetected gluten intolerance, celiac disease, or other food allergies
- Man-made chemicals
- Lack of digestive enzyme function

A reduction of beneficial gut bacteria can lead to:

- | | |
|----------------------------|----------------------|
| • Digestive problems | • Allergies |
| • Acid reflux | • Eczema |
| • Heartburn | • Acne |
| • Irritable bowel | • Autoimmune disease |
| • Bloating | • Arthritis |
| • Constipation | • Headache |
| • Diarrhea | • Depression |
| • Colitis | • Attention deficit |
| • Yeast infections | • Leaky Gut |
| • Urinary tract infections | |

Disease-causing Pathogens

- When antibiotics and unhealthy food is digested it is converted into toxic substances thus causing diseased Pathogens.
- These are absorbed through the gut lining and distributed around the body, where they cause disease.

Improperly Digested Proteins

- Food proteins resemble the proteins in our own bodies
- Antibodies develop against these
- Antibodies mistakenly attack the body's proteins
- Autoimmune disease develops

Autoimmune conditions

- Rheumatoid arthritis
- Osteoarthritis
- Multiple Sclerosis
- Neuropathy
- Psoriasis
- Lupus

When the gut flora is compromised, intestinal permeability is a real factor which can contribute to disease

Whatever happens in the gut does not stay in the gut but gets out to other parts of the body.

Immune System's First Response

- Inflammation
- Toxins from the digestive tract can attach to collagen in joints
- Immune system no longer recognizes the structure of your collagen and attacks it
- Inflammation develops

Gluten sensitivity can cause toxicity to the brain.

- Avoid things that hurt your brain (gluten)
- Avoid processed foods, bad fats and excessive sugar and salt

Inflammatory diseases of the Brain

- Alzheimer's
- Multiple sclerosis
- Parkinson's

Toxicity in the Brain

- Autism
- ADHD
- Dyslexia
- Dyspraxia
- Depression
- Schizophrenia
- Epilepsy (buildup of toxins in the brain)
- Seizure
- Migraines

Gut Bacteria and Autism

- Instead of the digestive system being a source of nourishment for autistic children it becomes a major source of toxicity.
- These pathogenic microbes inside their digestive tract damage the integrity of the gut wall.
- So toxins and microbes flood into the bloodstream of the child, and get into the brain of the child.
- That usually happens in the second year of life in children who were breast fed because breastfeeding provides a protection against this abnormal gut flora. In children who were not breastfed, the symptoms of autism can

develop in the first year of life. *(Dr. Natasha Campbell-McBride, Gut and Psychology Syndrome)*

Lower Level of toxicity and Child's Brain

The child may not become autistic. But may be:

- Hyperactive
- Develop attention deficit without hyperactivity
- Dyslexic
- Oppositional and defiant

(Dr. Natasha Campbell-McBride, Gut and Psychology Syndrome)

Gut the “Second Brain”

- Your gut and your brain actually work in tandem, each influencing the other. This is why your intestinal health can have such a profound influence on your mental health, and vice versa.
- It cannot be too often repeated that whatever is taken into the stomach affects not only the body, but ultimately the mind as well. {CG 460.5}

Treating Autoimmunity

Heal and seal the gut lining:

- Avoid Irritants
- Drive out pathogenic microbes and replace them with beneficial microbes
 - Probiotics, Slippery Elm, Olive Leaf
- Sunlight (Vitamin D)
- Exercise
- Water
- Proper Rest

Foods to Increase

- Artichokes
- Asparagus
- Bananas
- Blueberries
- Chicory
- Garlic
- Leeks
- Onions
- Garlic
- Cabbage
- Bilberry
- Flaxseed

Testing for Gluten Sensitivity

- The anti-gliadin test is the primary test
- Transglutaminase antibodies
- Anti-endomysial antibodies
- Endoscopy (NCGS)
- Biopsy (NCGS)

****Gluten-free Diet** (To heal and seal the gut most people would **need to avoid gluten for 6 – 12 months** then you may return to grains that has gluten **except modern wheat**, but can use the following types of wheat: spelt, emmer, einkorn, kamut, and other ancient wheat.

Grains that contain gluten:

Wheat, barley, rye and triticale (a wheat / rye hybrid)

Gluten free grains:

- Amaranth
- Buckwheat
- Corn
- Millet
- Quinoa
- Rice
- Teff
- Sorghum
- Oats*

*Oats are naturally gluten-free, but are frequently contaminated with wheat during growing or processing. Several companies (Bob's Red Mill, Cream Hill Estates, GF Harvest (formerly Gluten Free Oats), and Avena Foods are currently among those that offer pure, uncontaminated oats.

GMOs can cause people to become more reactive to gluten.

Two main categories of GMOs:

- Roundup-ready
- Bt toxin

Roundup Ready Crops

- Crops genetically modified to be resistant to the herbicide Roundup.
- Genes from bacteria are forced into the DNA of plants.

Why do crops need to resist Roundup?

- When a Roundup brand herbicide is sprayed on the plant, it is absorbed and goes throughout the plant's tissues.
- Once inside the plant, the herbicide grabs onto essential nutrients and reduce their availability.
- The plant is then not able to efficiently utilize the nutrients essential for plant growth and life
- After treatment, the plant gradually wilts and turns yellow. Then, as the plant tissue deteriorates, it turns brown. At the same time, the plant's roots decompose. Ultimately, the entire plant dies.

Glyphosate

- Glyphosate is the active ingredient in Roundup
- Roundup toxin kills beneficial gut bacteria
- Sprayed on crops before harvest
- Non-GMO crops are also sprayed with glyphosate
- Wheat, rye, barley, lentils, corn, citrus, sweet potatoes
- Dries down the crops to make harvest easier
- Penetrates the food portion of crop

GMO Crops:

- Soy 94% (oil, milk, bean)
- Corn 88% (oil, meal, starch, corn) not popcorn
- Cotton seed (oil)
- Canola (oil)
- Sugar beets (sugar)
- Alfalfa (hay)
- Papaya (most of Hawaiian crop; approximately 988 acres)
- Zucchini and Yellow Summer Squash (approx. 25,000 acres)

Roundup as a Hormone Disruptor

- Estrogen and testosterone gets disrupted
- Female animals had more testosterone
- Male animals had more estrogen
- Feminizing the males
- Females become more masculine

Roundup and Vitamin and Mineral Absorption

- Roundup was originally used to clean minerals off the insides of pipes
- It binds to minerals and make them unavailable for digestion
- Affects absorption of calcium cobalt, vitamin B12, manganese, magnesium
- **Reduce the uptake and efficiency of**
 - Iron by 50%
 - Manganese by 80%
 - Zinc by 80 to 90%

GMO and Digestion

- In Monsanto GMO Soybean study
- Seven-fold increase in trypsin inhibitor
- The body would reduce its production of trypsin
- Less able to digest proteins

Effects of GMOs in Mice

- Damage to testicle cells, pancreatic cells and liver cells
- Kidney problems
- Increase in tumors, 80% of the female rats had tumors of the breast
- Reduction of enzymes needed to digest starches and proteins
- Intestinal damage

de Vendômois JS, Roullier F, Cellier D, Séralini GE. A Comparison of the Effects of Three GM Corn Varieties on Mammalian Health. Int J Biol Sci 2009; 5(7):706-726

Effects of GMOs in Animals

- Infertility
- Immune problems
- Accelerated aging
- Insulin regulation
- Changes in major organs and the gastrointestinal system

Effects of GMOs in humans

- GMOs may contribute to suppressed digestive capacity
- Excess undigested proteins putrefy
- More leaky gut
- Inflammation
- Autoimmune disease
- Food allergies

- Linked to autism and cancer
- Diarrhea
- Irritable bowel syndrome
- Constipation
- Bloating and gas
- Gut pain

Warning from FDA Scientists

Scientists at the Food and Drug Administration (FDA) had warned about all these problems even in the early 1990s. According to documents released from a lawsuit, the scientific consensus at the agency was that GM foods were inherently dangerous, and might create hard-to-detect allergies, poisons, gene transfer to gut bacteria, new diseases, and nutritional problems. They urged their superiors to require rigorous long-term tests.

<http://www.biointegrity.org/list.htm>

On May 19th 2009, the American Academy of Environmental Medicine (AAEM) called on "Physicians to educate their patients, the medical community, and the public to avoid GM (genetically modified) foods when possible and provide educational materials concerning GM foods and health risks."

<http://www.aaemonline.org/gmopost.html>

What happens to patients when they stop eating GMOs?

Gastrointestinal disorders go away

- Irritable bowel
- Crohn's disease
- Bloating
- Gas
- Gut pain
- Constipation
- Diarrhea

Animals also got better on Non-GMO Diet

- Chronic diarrhea disappeared in two days
- Ulcers that were killing animals disappeared completely.
- Gastrointestinal problems resolved
- Immune system strengthened

Bt toxin

A gene from soil bacteria called Bt (*Bacillus thuringiensis*) that produces the Bt-toxin. It's a pesticide; it breaks open the stomach of certain insects and kills them.

How Bt toxin works

- Bt has to be eaten to cause mortality.

- The Bt toxin dissolve in the high pH insect gut and become active.
- The toxins then attack the gut cells of the insect, punching holes in the lining.
- The Bt spores spill out of the gut and germinate in the insect causing death within a couple days.

Bt toxin

- Gene taken from soil bacteria and inserted into GMO foods
- These foods are registered pesticides
- Bt toxin is found in every cell of the plant
- Bt toxin on human cells was tested and published in a study in 2012 in the Journal of Applied Toxicology. They found that Bt toxin poked little holes, causing leakage in human cells, which researchers say is similar or exactly the way it kills insects.

Bt toxin and Babies

Sherbrooke University Hospital study found Bt toxin in the blood of 93% of pregnant women and 67% of non-pregnant women that were tested

- Found Bt toxin in the cord blood
- It survived digestion through the stomach
- As a result, there was hole-poking toxin in the blood of humans and unborn fetuses

Effects of Bt toxin

- Intestinal permeability by poking holes in human cells
- Gastrointestinal disorders
- Decreased digestive capacity
- Microbial imbalances of gut bacteria
- Immune system problems
- Behavioral problems

Eat a corn chip with Bt toxin gene

- Gene may end up in your gut bacteria and continue to function
- Bt toxin could be produced 24/7 in your gut

Look for products verified as Non-GMO or Organic

What foods should be avoided?

GMO Foods:

- Soy
- Corn
- Cotton
- Canola
- Sugar beets

- Alfalfa

Results of switching to Organic

- Some patients get better within days
- Allergies and asthma disappear
- Gastrointestinal disorders disappear
- Co-factors: patients also switch to organic, reduced processed foods and eliminated gluten and/or dairy
- Going organic is best

LESSON 40: MENU PLANNING & FOOD COMBINATIONS MADE EASY

Knowledge in regard to how we shall eat, and drink, and dress, in reference to health, must be gained. *Health Reformer, October 1, 1872 par. 13*

Disturbance *of the stomach* is created by improper combinations of food; fermentation sets in; the blood is contaminated and the brain confused. CD 110.6

Our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful.

Poor cookery is wearing away the life energies of thousands. More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned. {CH 116.3}

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition.

The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue. MH 295.1

Those foods should be chosen that best supply the elements needed for building up the body. MH 295.2

The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three. CD p. 173.267

The stomach may be so educated as to desire food eight times a day, and feel

faint if it is not supplied. But this is no argument in favor of so frequent eating. CD p. 175.271

Regularity in eating is of vital importance. There should be a specified time for each meal. At this time, let every one eat what the system requires, and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. CD p. 179.282

After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food.

Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness. CD p. 179.283

Let the students have the third meal, prepared without vegetables, but with simple, wholesome food, such as fruit and bread. CD p.178.280 Meals should be eaten at least three hours before bedtime.

Biblical References of a Two-Meal Plan And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook. 1 Kings 17:6

I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the Lord your God. Exodus 16:12

Diet and Childhood

It is important then that the mother, while nursing her infant, should preserve a happy state of mind, having the perfect control of her own spirit. By thus doing, the food of the child is not injured, and the calm, self-possessed course the mother pursues in the treatment of her child has very much to do in molding the mind of the infant.

Infants have been greatly abused by improper treatment. If it was fretful, it has generally been fed to keep it quiet, when, in most cases, the very reason of its fretfulness was because of its having received too much food, made injurious by the wrong habits of the mother. More food only made the matter worse, for its stomach was already overloaded. CD p. 228.342

The first education children should receive from the mother in infancy should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health, and that

should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three.

Irregularities in eating destroy the healthy tone of the digestive organs, and when your children come to the table, they do not relish wholesome food; their appetites crave that which is the most hurtful for them.

Children are also fed too frequently, which produces feverishness and suffering in various ways. The stomach should not be kept constantly at work, but should have its periods of rest. Without it children will be peevish and irritable and frequently sick. CD p. 229.345 Condiments and Spices

Botanical Families: *Zingiberaceae*: cardamom, ginger, turmeric

Myrtaceae: all spice (*Pimenta*), clove *Solanaceae*: cayenne peppers, chili peppers *Myristicaceae*: nutmeg and mace *Piperaceae*: peppercorns, white pepper, black pepper. Condiments, so frequently used by those of the world, are ruinous to the digestion. CD p. 339.555

Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane. The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. CD p. 341.562

Drawbacks of Spices: They irritate the stomach. Pepper on the stomach = same effect as aspirin Effects: reddening and increase of gastric secretions; and tiny hemorrhages or significant bleeding.

Spices together with certain medications and alcohol predispose the body to gastritis and gastric hemorrhage. They produce allergies: facial, itchy nose, sneezing, coughing, digestive pain, abdominal pain, anal discomfort. - *Encyclopedia of Foods and their Healing Power Vol. 1 p. 339*

Tea and Coffee

Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in the degree that it elevates above par, it will exhaust and bring prostration below par. Tea and coffee drinkers carry the marks upon their faces. The skin becomes sallow, and assumes a lifeless appearance. The glow of health is not seen upon the countenance. CD p. 421.733

Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee and the narcotics, opium and tobacco. These hurtful indulgences must be given up, not only one but all; for all are hurtful, and ruinous to the physical, mental, and moral powers, and should be discontinued from a health standpoint. CD p. 421.734

Tea, coffee, and tobacco, as well as alcoholic drinks, are different degrees in the scale of artificial stimulants.

Those who use tea, coffee, opium, and alcohol, may sometimes live to an old age, but this fact is no argument in favor of the use of these stimulants. What these persons might have accomplished, but failed to do because of their intemperate habits, the great day of God alone will reveal. Those who resort to tea and coffee for stimulation to labor, will feel the evil effects of this course in trembling nerves and lack of self-control. Tired nerves need rest and quiet. Nature needs time to recuperate her exhausted energies. But if her forces are goaded on by use of stimulants, there is, whenever this process is repeated, a lessening of real force. For a time more may be accomplished under the unnatural stimulus, but gradually it becomes more difficult to rouse the energies to the desired point, and at last exhausted nature can no longer respond.

The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils, for they wear away the life forces. Tired nerves need rest and quiet instead of stimulation and overwork.

Caffeine is a toxic alkaloid It easily penetrates every cell in the body, particularly those of the nervous system. It is very stimulating to the nerves. It affects the function of the brain, the heart, the stomach and the kidneys. It is eliminated through the urine between 3 and 6 hours after it is ingested. It is not accumulated in the body. *Encyclopedia of Foods Vol. 1 p. 370*

Effects of sugar Sugar clogs the system. It hinders the working of the living machine. CD p. 327.527 Increase in fats and cholesterol in the bloodstream contribute to: Diabetes, Hypertension and cardiovascular diseases, Obesity, Sugar destroys the cells of the walls of blood vessels, Sugar causes plaque buildup in the arteries, Increased energy and irritability. Increased heart rate, insomnia, tremors, Malnutrition, Depresses the immune system, Decreases serotonin which a neurotransmitter of the brain that prevents depression and promotes sleep, Increases the severity of pre-menstrual syndrome, Lowers the threshold for pain,

Sugar is linked to eight different types of cancers: Colon cancer, Rectal cancer, Breast cancer, Ovarian cancer, Uterine cancer, Prostate cancer, Kidney cancer, Cancers of the nervous system, Use natural sweeteners such as: Honey, Maple Syrup, Dates, Raisins, Molasses, Banana or Cane Juice. Large quantities of milk and sugar eaten together are injurious. They impart impurities to the system.

To cure **cheese** and make them ready for the table, it goes through a process of enzymatic coagulation using rennet, usually of animal origin from calves or

pigs. In addition, it needs to ferment for days or years. Parmesan needs to mature for a year or more, cheddar cheese takes from three months to twelve months and forms chemical substances such as tyramine and histamine, which are hypertensives and can elevate the blood pressure. Some matured cheese is cured using molds. EFHP Vol. 1 pp. 210, 211

The large amount of microorganisms per gram in matured cheeses decomposes their nutrients into irritating and toxic substances. This can lead to headaches, eczema, allergies, arterial hypertension or cardiac arrhythmia. EFHP Vol. 1 p. 211

Olives may be so prepared as to be eaten with good results at every meal. The advantages sought by the use of butter may be obtained by the eating of properly prepared olives.

The oil in the olives relieves constipation; and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drug. As a food it is better than any oil coming secondhand from animals. CD p. 359.615. The oil in olives is a remedy for constipation and kidney diseases. CD p. 360.616

The use of soda or **baking powder** in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable. CD p. 342.565

Bread which is two or three days old is more healthful than new bread. Bread dried in the oven is one of the most wholesome articles of diet. CD p. 317.497
Fine-flour bread cannot impart to the system the nourishment that you will find in the unbolted- wheat bread. The common use of bolted-wheat bread cannot keep the system in a healthy condition. You both have inactive livers. The use of fine flour aggravates the difficulties under which you are laboring. CD p. 320.504

For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions. CD p. 320.505

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. CD p. 380.617

The simple grains, fruits of the trees, vegetables have all the nutritive properties necessary to make good blood. This a flesh diet cannot do. CD p. 322.513

Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. CD p. 363.619. Roots: cassava, dasheen, edoes, white potato, sweet potato, jicama. Note that these are permissible to be eaten with fruits.

What are **phytates**? Phytates are the salts of phytic acid; it is the storage form of phosphorus in the plant. Where can we find phytates? The bran or hull of Grains (200 - 800 mg/100 g); Beans; Nuts and seeds; Tubers; and trace amounts in certain Fruits and Vegetables like berries and green beans.

Phytates (ip6 or Inositol hexaphosphate) provide us with antioxidants and are anticarcinogenic. Humans, however, can tolerate a small amount of phytic acid per day in the amount of 100 mg to 400 mg. *Tannenbaum and others. Vitamins and Minerals, in Food Chemistry, 2nd edition. OR Fennema, ed. Marcel Dekker, Inc. New York, 1985, p. 445*

Phytic acid is the principal storage form of phosphorus in many plant tissues, especially in the bran or hull of grains, beans, nuts and other seeds. It contains the mineral phosphorus tightly bound in a snowflake-like molecule. In humans and animals with one stomach, the phosphorus is not readily bioavailable.

Phytic acid combines with calcium, magnesium, copper, iron, and zinc in the intestinal tract to block their absorption into the body. ^{*} In this form, the compound is referred to as phytate. **Fallon, S and Enig M Ph. D, Nourishing Traditions, 2003 New Trends Publishing, Washington, DC p 452*
The problem comes when we consume more than conservative amounts in the diet.

Balancing the Meal - Meals should be balanced by not having too many phytate-rich foods at one meal. For example, a meal consisting of grains, legumes, and nuts if not in right proportions or not properly prepared can be more than what the body can handle. The phytate levels will be too high thereby causing an adverse effect in the body. As a result, it would be wise to prepare phytate-rich foods properly and to combine them with foods that are rich in nutrients such as zinc, calcium, iron and magnesium to mitigate the mineral-depleting effects of phytic acid. Example: The effect of phytates in whole wheat bread, rice or oatmeal affects say calcium absorption; therefore, calcium rich food such as tahini butter, spinach or blackstrap molasses can be used when using these phytate-rich foods.

Positive Effects of Phytates Antioxidant: When phytates combine with iron, which behaves like a free radical of intense oxidizing action, they prevent an excess of this mineral from harming the intestinal lining. **Anticarcinogenic:** All foods containing phytic acid have cancer-preventative properties. **Negative Effects of Phytates** If phytates in foods are not properly controlled (as in nuts, seeds, tubers, fruits and vegetables) or destroyed (as in grains and legumes), they inhibit the absorption of proteins, starches and minerals such as zinc, calcium, iron and magnesium. Mal-absorption of these nutrients results in deficiencies.

Phytase. An enzyme that co-exists in plant foods that contain phytic acid. It is the enzyme that neutralizes phytic acid and releases phosphorus. Not all grains contain enough phytase to eliminate the phytate, even when properly prepared. <http://www.westonaprice.org/food-features/living-with-phytic-acid> For example, corn, millet, oats and brown rice do not contain sufficient phytase to eliminate all the phytic acid they contain. It is for this reason that proper food preparation is important to lower the phytic acid content. <http://www.westonaprice.org/food-features/living-with-phytic-acid>

Wheat contains fourteen times more phytase than rice, and rye contains over twice as much phytase as wheat. Therefore, wheat and rye can be used in combination with other phytate-rich foods for breaking down phytic acid. All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutritive properties separated from it. CD p. 321.506

Phytase and Ruminant animals - Ruminant animals that produce large amounts of phytase have no trouble to digest phytate rich foods. e.g. Cows, Sheep, Goats Their four-compartment stomach is designed for digesting coarse plant matter.

Phytase and Non-ruminants - Non-ruminant or monogastric animals, such as humans, dogs, and pigs have a simple single-chambered stomach. They produce far less phytase necessary for the breakdown of phytic acid in foods. How can Phytase be destroyed during food preparation?

- Phytase is destroyed by steam heat at about 176 degrees Fahrenheit in ten minutes or less.
- In a wet solution, phytase is destroyed at 131-149 degrees Fahrenheit.
- BUT phytase can help to destroy phytic acid and we need it. How to break down Phytates? Soaking, heating, fermenting as in bread making, and sprouting can destroy phytates. However, the method of destroying phytates in grains or legumes that we recommend is low, slow consistent heat for several hours. Grains used for porridge or “mush” should have several hours’ cooking. CD p. 314.489 Several: more than two but not many. (New Oxford American Dictionary) Mush: thick porridge, especially made of cornmeal (New Oxford American Dictionary) Therefore, all grains

(including legumes) should be cooked for at least 3 hours. This is required to break down the phytic acid and other toxins in the bran which if not destroyed prevent the absorption of copper, zinc, calcium, iron, magnesium, protein and starches. Ready to use grains - So-called "steam-cooked" grains, advertised to be ready for use in five or ten minutes, require a much longer cooking to properly fit them for digestion. They are simply steamed before grinding, which has the effect to destroy any low organisms contained in the grain. Bicarbonate of soda and lime is (sic) added to help dissolve the albuminoids. Sometimes diastase is added to aid the conversion of the starch into sugar. There is nothing in this preparatory process that so alters the chemical nature of the grain as to make it possible to cook it ready for easy digestion in five or ten minutes. According to *Science in the Kitchen*; All grains, with the exception of rice, and the various grain meals, require prolonged cooking with gentle and continuous heat, in order to so disintegrate their tissues and change their starch into dextrine as to render them easy of digestion.

How to Minimize Phytic Acid Even the so-called "steam-cooked" grains, advertised to be ready for use in five or ten minutes, require a much longer cooking to properly fit them for digestion. These so-called quickly prepared grains are simply steamed before grinding, which has the effect to destroy any low organisms contained in the grain. They are then crushed and shredded. Bicarbonate of soda and lime is added to help dissolve the albuminoids, and sometimes diastase to aid the conversion of the starch into sugar; but there is nothing in this preparatory process that so alters the chemical nature of the grain as to make it possible to cook it ready for easy digestion in five or ten minutes. An insufficiently cooked grain, although it may be palatable, is not in a condition to be readily acted upon by the digestive fluids, and is in consequence left undigested to act as a mechanical irritant. *Science in The Kitchen by Mrs. E. E. Kellogg, A. M. 1893 p 55*

Since hasty preparation will not suffice for the grains, they cannot be conveniently cooked in the morning in time for breakfast. This difficulty may be obviated by cooking the day previous, and reheating....*Science in The Kitchen by Mrs. E. E. Kellogg, A. M. 1893 p 56*

According to the given table, brown rice has 1,250 mg of phytic acid per 100 edible grams of dry weight. Therefore, we strongly disagree with the view presented by *Science in the Kitchen* that brown rice does not require prolonged cooking. Because of its high level of phytic acid, brown rice needs to be thoroughly cooked.

Cooking Brown Rice

Method 1

- Bring to a boil 3 cups of water and 1 teaspoon of salt.
- Add 1 cup of rice and bring to a boil again.
- Lower heat and let simmer on low heat for at least 3 hours.

Cooking Brown Rice Method 2 Toast rice in oven at 170° - 200° for 2 1/2 hours, then store for later use when it will be cooked on low heat for at least 30 minutes.

Cooking Brown Rice Method 3 7 cups water 3 cups rice 1 teaspoon sea salt Place all ingredients in a baking dish and bake at 300 degrees for 3 hours. Be sure to watch how fast the rice is cooking and turn the temperature down if cooking too fast. Cover with a foil and remove 30 minutes before the 3 hours is finished.

Cooking Oats Old fashioned oats should be cooked slowly for at least 3 hours to make sure that all the starch is broken down. □Preparation: Toast oats in oven at 170° - 200° for 2 1/2 hours; then cool and store for later use when it would be cooked for another 30 minutes in another meal

Cooking Beans 5 1/2 cups water 2 cups beans (any kind) 1 tablespoon onion powder 1 tablespoon garlic powder 1 tablespoon Italian seasoning 2 teaspoons sea salt 1 teaspoon cumin 1 medium fresh onion diced small 6 cloves of garlic (or as many as you like) Place first 7 ingredients in a crock-pot and cook for 6 – 8 hours. Add fresh onion and garlic after first 2 to 3 hours of cooking.

Benefits of Legumes Rich in protein and fiber Packed with Vitamins B1, B2, B6, niacin, and folates (Nervous system and Skin) Reduce cholesterol and triglyceride levels Combat iron-deficiency anemia due to rich content of iron, copper, zinc, and other trace elements Antidiabetic: Low glycemic index. Reduce the need for insulin in diabetics. Key in preventing diabetes Lower the risk of gallstones because they promote elimination of bile salts through the feces. High in potassium and low in sodium (Hypertension) Summary on Preparation of Phytate-rich Foods All grains and legumes should be cooked for three hours or more on low, slow consistent heat.

Nuts and Phytic Acid Seeds and nuts can be used raw, but consideration must be given to temperate consumption of these foods. Nuts contain both polyphenols and phytic acid that inhibit the absorption of iron. We are counseled that “care should be taken, however not to use too large a proportion of nuts.” CD p. 363.619

Research shows that adding ascorbic acid [vitamin C] significantly counteracts phytate inhibition from phytic acid in wheat^{*}. Therefore, it is important to use vitamin C rich foods daily to allow the body to absorb iron from our foods. * *Iron absorption in man: ascorbic acid and dose-dependent inhibition. American Journal of Clinical Nutrition. Jan 1989. 49(1):140-144.*

Sister White speaks to the value of including vitamin C in the diet through a description of her own habits: In the morning, take lemon and water. drink nothing between meals unless it be occasionally some lemon and water. (21 MR 290.6)

Adventist Health Study 1 shows that eating nuts at least 5 times a week reduced the risk of heart attack by 50%. Nuts are rich in L-arginine (Relaxes blood vessels, making them more flexible and less prone to blood clots)

Omega-3 fatty acids (Decreases cardiovascular disease and cancer risk. Helps with depression.)

Excellent source of soluble fiber (Colon health, lower cholesterol and glucose levels. Vitamin E and B vitamins Packed with minerals (manganese, potassium, calcium, iron, magnesium, zinc, fluoride and selenium.)

How to Incorporate Nuts - A handful of nuts at the end of the meal. Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. CD p. 363.619

Roots: cassava, dasheen, edoes, white potato, sweet potato, jicama. Note that these are permissible to be eaten with fruits. Care should be taken, however, not to use too large a proportion of nuts. CD p. 363.619

I have been instructed that the nut foods are often used unwisely, that too large a proportion of nuts is used, that some nuts are not as wholesome as others. Almonds are preferable to peanuts; but peanuts, in limited quantities, may be used in connection with grains to make nourishing and digestible food. CD p. 364.4

Why was man permitted to eat flesh food? After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years. CD p. 373.639

When flesh food is discarded, its place should be supplied with a variety of grains, nuts, vegetables, and fruits that will be both nourishing and appetizing. MH p. 316

Hypoxanthine and other similar substances, such as inosinic acid and guanylic acid, are present in meat. They have a chemical structure similar to that of caffeine in coffee or the theobromine in cocoa, with similar effects. For example: They are central nervous system stimulants that produce a sensation of vitality and energy, which in many cases is simply a feeling. They are addictive, meaning that use must be continued in order to avoid withdrawal symptoms.

Hypoxanthine explains the stimulating effect of meat and its capacity to create a certain level of addiction, which manifests itself when meat is given up abruptly. *Encyclopedia of Foods and their Healing Power Vol. 1 p. 283*

Why unhealthful food is so popular? Satan sees that he cannot have so great power over minds when the appetite is kept under control as when it is

indulged, and he is constantly working to lead men to indulgence. Under the influence of unhealthful food, the conscience becomes stupefied, the mind is darkened, and its susceptibility to impressions is impaired. CE 180.3

Fruits and Vegetables

Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay. More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of. CD p. 309.469

If you can get apples, you are in a good condition as far as fruit is concerned, if you have nothing else.... I do not think such large varieties of fruit are essential, yet they should be carefully gathered and preserved in their season for use when there are no apples to be had. Apples are superior to any fruit for a standby that grows. CD p. 312.478

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. MH p. 300

Coarse vegetables

Tea and coffee, fine-flour bread, pickles, coarse vegetables, candies, condiments, and pastries fail of supplying proper nutriment. Many a student has broken down as the result of using such foods. Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet. ED p. 204

Old and very coarse vegetables take long to digest and can cause indigestion. Examples of coarse vegetables: Broccoli stemmed, cauliflower, carrots, beets, artichoke, celery stalk, rutabagas root, turnips root, radish, Brussels sprouts, asparagus, fennel stalk, cassava, jicama, yam, dasheen, potatoes, edoes. The proper preparation of these foods is important. Therefore, low, slow, steaming, cooking, baking will help to reduce the coarse effect in these food items.

Coarse vegetables need to be thoroughly cooked to make them palatable and digestible, as well as to release the nutrients from the cellulose fiber.

Vegetables should be cooked until they are perfectly tender but not overdone. Many cooks spoil their vegetables by cooking them too long, while quite as many more serve them in an underdone state to preserve their form. Either plan makes them less palatable, and likely to be indigestible. *Science in The Kitchen by Mrs. E. E. Kellogg, A. M. 1893 p 56*

The heat breaks down the plants' thick cell walls and aids the body's uptake of vitamins and minerals that are bound to those cell walls. The vitamins and minerals are embedded in a complex mass of fiber called cellulose, a carbohydrate that is difficult for the human body to digest.

Some vegetables, such as, carrots, spinach, asparagus, and cabbage when cooked supply more antioxidants, such as carotenoids and ferulic acid, to the body than they do when raw.

Agricultural and Food Chemistry, 2008, 56 (1), pp 139–147

The proper preparation of these foods is important. Therefore, to make these vegetables tender and more digestible, low, slow, steaming, cooking, baking will help to reduce the coarse effect. For medicinal purposes, it is better to juice these items rather than eat them raw.

The stomach is closely related to the brain; and when the stomach is diseased, the nerve power is called from the brain to the aid of the weakened digestive organs. When these demands are too frequent, the brain becomes congested. When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. At mealtime cast off care and anxious thought; do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings. CD p. 109.175

What is a fruit? And God said, Let the earth bring forth grass, the herb yielding seed, [and] the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so. Genesis 1:11. The seed is within itself. Seeds are on the inside: Apples, Oranges, Bananas, Kiwi, Watermelons, Honeydew, Melons, Cantaloupes, Pears, Grapes, Peach, Nectarine, Grapefruit, Tangerines, Pineapples, Mangoes, Papaya, Pomegranate, Cherries, Carambola, Sapodillas, Sour Sop, Sugar Apples, Raisins, Prunes, Currants, Apricots, Dates, Figs, Pineapples, Cranberries, Pears, Peaches, Star Fruit, Blueberries, Raspberries, Blackberries, Lemons, Limes

Tomatoes, Cucumbers, Avocadoes, Bell pepper (red, orange, yellow), Olive green or black), Pumpkin, Squash, Zucchini, Eggplant, Plantain, Strawberry, Bodi, String beans

Fruits are produced from flowers on the plants and trees. Flowers are pollinated and these fertilized flowers turn into fruits.

Different types of fruits *Simple Fruits*: These fruits are produced by flowers containing one pistil, the main female reproductive organ of a flower. *Aggregate*

Fruits: These fruits are developed from flowers which have more than one pistils. They consist of mass of small drupes that develops from a separate ovary of a single flower. *Multiple Fruits*: These fruits are developed not from one single flower but by a cluster of flowers. *Accessory Fruits*: These fruits are developed from plant parts other than the ovary.

What is a Strawberry? Wherever fruit can be grown in abundance, a liberal supply should be prepared for winter, by canning or drying. Small fruits, such as currants, gooseberries, strawberries, raspberries, and blackberries, can be grown to advantage in many places where they are but little used, and their cultivation is neglected. CD p. 311.476

The strawberry is, in technical terms, an aggregate accessory fruit, meaning that the fleshy part is derived not from the plant's ovaries but from the receptacle that holds the ovaries. Each apparent "seed" (achene) on the outside of the fruit is actually one of the ovaries of the flower, with a seed inside it. In both culinary and botanical terms, the entire structure is considered a fruit. Achenes contain a single seed that nearly fills the pericarp, but does not adhere to it. In many species, what we think of as the "seed" is actually an achene, a fruit containing the seed. The seed-like appearance arises from the fact that the wall of the seed-vessel hardens and encloses the solitary seed so closely as to seem like an outer coat.

Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect." You should understand that every organ of the body is to be treated with respect. In the matter of diet, you must reason from cause to effect. CD p. 112.190

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another. CD p. 112.188

My appetite left me some time before I went to the East. But now it has returned; and I am very hungry when mealtime comes. My thistle greens, nicely cooked, and seasoned with sterilized cream and lemon juice, are very appetizing. I have vermicelli-tomato soup one meal and greens the next. CD p. 324.522

Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change. The cook should tax her inventive powers to vary the dishes she prepares for the table, and the stomach should not be compelled to take the same kinds of food meal after meal. CD p.109.177

The meals should be varied. The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with greater relish, and the system is better nourished, when the food is varied. CD p. 112.188.3

There should not be many kinds at any one meal, but all meals should not be

composed of the same kinds of food without variation. Food should be prepared with simplicity, yet with a nicety which will invite the appetite. CD p. 110.178
The variety of food at one meal causes unpleasantness, and destroys the good which each article, if taken alone, would do the system. This practice causes constant suffering, and often death. CD p. 110.181

It would be much better to eat only two or three different kinds of food at a meal than to load the stomach with many varieties. CD p. 110.179

Where is the first place we have seen this word “kind”? And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their **kind**, and every winged fowl after his **kind**: and God saw that [it was] good. Genesis 1:21

And God said, Let the earth bring forth the living creature after his **kind**, cattle, and creeping thing, and beast of the earth after his **kind**: and it was so. Genesis 1:24 And God made the beast of the earth after his **kind**, and cattle after their **kind**, and every thing that creepeth upon the earth after his **kind**: and God saw that [it was] good. Genesis 1:25

And the earth brought forth grass, [and] herb yielding seed after his kind, and the tree yielding fruit, whose seed [was] in itself, after his **kind**: and God saw that [it was] good. Genesis 1:12

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Genesis 1:29

After sin, plants were introduced to the diet, Genesis 3:18, says, “Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; in the sweat of thy face shalt thou eat bread...”

Seeds: Different, but the Same! Grains are the seeds of grasses. Examples include: wheat, corn, oats, and rice Beans are the seeds of legumes. Examples include: peas, lentils, soybeans, and chickpeas. Nuts are the seeds of trees. Examples include: walnuts, hazelnuts, and pecans. And seeds are seeds. Examples include: sesame seeds, poppy seeds, and sunflower seeds. Cut any of these things in half and you will find the same basic structure inside. Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. PATH p. 95

Variety, of food eaten at meals should be done over a course of time, not at the same meal, “It would be much better to eat only two or three different kinds of food at a meal than to load the stomach with many varieties.” CD p. 110. It is

better to eat a variety of foods but within the same family. Where there are a variety of foods but within the same family, the stomach treats it as one kind. It is recommended that a meal has TWO or THREE combinations of food kinds.