

Heal Us

What does God desire for us? 3 John 1:2 To be in health

Is this just a kind thing the God wishes for us? 1 Corinthians 3:16-17 No. It is serious.

- Our bodies are not ours to do as we'd like. They are God's.

But isn't the doctor's wise about this stuff? 1 Corinthians 3:18-19 Nope. Their wisdom is foolishness to God.

What does it cover? 1 Corinthians 10:31 Food and drink primarily but a whole lot more.

What is going to be one of the greatest controlling influences at the end of time? Revelation 18:23 Sorceries

- We see it in the movies with drawing people to Harry Potter, magic, and much more and it is world wide
- But that is actually not the only application for the Greek word for SORCERIES is PHARMAKEIA, which gives us pharmacies.

What is God's insight regarding drugs for ailments and such?

- You should avoid the use of drugs and carefully observe the laws of health. If you regard your life you should eat plain food, prepared in the simplest manner, and take more physical exercise. Each member of the family needs the benefits of health reform. But drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease. {5T 311.1}
- A physician is sent for, who prescribes some drug, which gives present relief, but does not cure the disease. It may change the form of disease, but the real evil is increased tenfold. Nature was doing her best to rid the system of an accumulation of impurities; and had she been left to herself, aided by the common blessings of heaven, such as pure air and pure water, a speedy and safe cure would have been effected. {RH, September 5, 1899 par. 2}
- A great amount of good can be done by enlightening all to whom we have access, as to the best means, not only of curing the sick, but of preventing disease and suffering. The physician who endeavors to enlighten his patients as to the nature and causes of their maladies, and to teach them how to avoid disease, may have up-hill work; but if he is a conscious reformer, he will talk plainly of the ruinous effects of self-indulgence in eating, drinking, and dressing, of the overtaxation of the vital forces that has brought his patients where they are. He will not increase the evil by administering drugs till exhausted nature gives up the struggle, but will teach the patients how to form correct habits, and to aid nature in her work of restoration by a wise use of her own simple remedies.--C. T., p. 121. {HL 248.1}

*** This does not mean **abandon** your medications. Such can have a harmful effect as well.

*** The goal is to live as healthy a life as possible and have the **physician reduce** the need for the drugs.

*** The eventual goal is to depend upon simple remedies and be in good health for if we go into the **time of trouble** depending upon medications, when we cannot buy or sell, just where will we get those drugs?

*** And if we do not have access to those drugs, what **character will be revealed** through instant withdrawal at that time?

What are those simple remedies?

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. {MH 127.2}

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. 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 127.3}

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. 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. 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 128.1}

- When these are out of balance, we then have health problems.
- Sure, environment that we cannot control will have a negative impact despite following the principles, like a coalminer probably will develop lung cancer no matter what.

Those simple principles have been turned into an acronym... NEW START.

Nutrition

Satan has his foods that weakens the body, God has His which strengthens the body. Are we being deceived?

- Leviticus 11 is clear that God's garbage disposals ought not to be eaten.
- Genesis 1:29 is the perfect diet
- Even though clean meats have been provided for food in the Bible, Acts is clear in stating that no blood should be found in the meat (Acts 15:20, 15:29, 21:25).
- 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. It would not do the injury that milk and sugar do. Sugar clogs the system. It hinders the working of the living machine. {2T 368.4}
- Causes the body to be sluggish
- The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear. Heart disturbances, inflammation, and many evils are the result of such kind of treatment, and not only are the bodies affected, but the morals, the religious life, are affected. {2MR 143.3}

Exercise

- The brain is the citadel of the being. Wrong physical habits affect the brain and prevent the attainment of that which the students desire--a good mental discipline. Unless the youth are versed in the science of how to care for the body as well as for the mind, they will not be successful students. Study is not the principal cause of breakdown of the mental powers. The main cause is improper diet, irregular meals, a lack of physical exercise, and careless inattention in other respects to the laws of health. When we do all that we can to preserve the health, then we can ask God in faith to bless our efforts. {CT 299.2}
- But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. The mind is diverted from self to the beauties of nature. The less the attention is called to the stomach, the better. {TSDF 126.4}
- There are many amusements that excite the mind, but depression is sure to follow. Other modes of recreation are innocent and healthful; but useful labor that affords physical exercise will often have a more beneficial influence upon the mind, while at the same time it will strengthen the muscles, improve the circulation, and prove a powerful agent in the recovery of health. {ST, October 23, 1884 par. 4}

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- Physical exercise is a precious blessing for both mental and physical ailments. Exercise, with cheerfulness, would, in many cases, prove a most effective restorer to the complaining invalid. Useful employment would bring into exercise the enfeebled muscles, and would enliven the stagnant blood in the system, and would arouse the torpid liver to perform its work. The circulation of the blood would be equalized, and the entire system invigorated to overcome bad conditions. {HR, January 1, 1871 par. 4}

Water

- " In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drank freely, it helps to supply the necessities of the system and assists nature to resist disease. " {MH 237.1}
- "The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened. Instead of increasing the liability of cold, a bath, properly taken, fortifies against cold, because the circulation is improved, and the uterine organs, which are more or less congested are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained." {Testimonies for the Church, vol. 3, pp. 70, 71 (1871)}.

Sunlight

- The sunlight may fade the drapery and the carpets, and tarnish the picture frames; but it will bring a healthy glow to the cheeks of the children. {MH 275.3}
 - The opposite is depression so sunlight fights depression.

Temperance

- Usually associated with giving up alcohol
- Eating too much of a good thing is still bad
- In many cases the faintness that leads to a desire for food is felt because the digestive organs have been too severely taxed during the day. After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals, and most persons who give the plan a trial will find that two meals a day are better than three. {MH 304.1}

Air

- Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite,

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renders the digestion of food more perfect, and induces sound, sweet sleep. Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature. Of course he should be careful not to sit in a draft or in a cold room when weary, or when in a perspiration. {CTBH 104.2}

Rest

- Irregular hours for eating and sleeping sap the brain forces. {CD 122.5}
- Sleep, nature's sweet restorer, invigorates the weary body, and prepares it for the next day's duties. {1T 395.1}

Trust In God

- Under stress of circumstances, because you did not exercise faith, and reveal trust in God, you have made grave blunders. {SpM 63.3}
- Do you rely on man's inventions or God's ways?
- If we only move upon God's Word when we have all the answers, all the assurances, then it is no longer trust in God but self.
- The main issue throughout the desert experience was the lack of trusting God. We may not need water or food or other things that they murmured and complained to Moses about, but we have many other things we are unsure of trusting in God for, especially the future.
- "Faith is a mightier conqueror than death. If the sick can be led to fix their eyes in faith upon the Mighty Healer, we shall see wonderful results. It will bring life to the body and to the soul."--MH 62 (1905).