

FILE NO. 7

**Research
and
Discovery On:**

**The Sanctuary
and
Natural Remedies**

METHOD 7

THE SANCTUARY AND NATURAL REMEDIES SUGGESTED METHOD:

- The purpose of this file is to show how to use some very effective natural remedies.
- In order to learn and appreciate their positive effect and the way to use them, first read the Biblical and Bible Companions references on the 8 Doctors: [8 Laws of Health](#) and view the video on their Assistants: [6 Natural Remedies](#). (See corresponding reference pages in File No. 7 in this manual p. 6-38)
- Read the reference books for further information.
- To help yourself or others, use the:
 - [Addiction 10 Days Cleansing Program](#)
 - [10 Days Lifestyle Program for Depression and Everyday Stress](#)

FILE NO. 07

THE SANCTUARY AND NATURAL REMEDIES

IT IS WRITTEN:

"If thou wilt diligently hearken 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.

"Purge me with hyssop, and I shall be clean." Psalm 51:7

"Then flew one of the seraphim unto me, having a live coal (charcoal) in his hand, which he had taken with the tongs from off the altar: and he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged." Isaiah 6: 6, 7.

"For Isaiah had said, Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover." Isaiah 38:21.

"And as Jesus passed by, he saw a man which was blind from his birth... As long as I am in the world, I am the light of the world. 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. And said unto him, Go, wash in the pool of Siloam. He went his way therefore, and washed, and came seeing." John 9:1, 5-7.

FILE NO. 07

THE BIBLE COMPANIONS: DEFINITION OF SICKNESS:

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system." Ministry of Healing, p. 127.

"We have the sanction of the word of God for the use of remedial agencies. Hezekiah, king of Israel, was sick, and a prophet of God brought him the message that he would die. He cried unto the Lord, and the Lord heard His servant and sent him a message that fifteen years should be added to his life. Now, one word from God would have healed Hezekiah instantly; but special directions were given, "Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover." Isaiah 38:21

On one occasion, Christ anointed the eyes of a blind man with clay... 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." Ministry of Healing, p. 232-233.

"It is the lack of harmonious action in the human organism that brings disease...The different parts of the body, especially those remote from the heart, should receive a free circulation of blood."
Mind, Character and Personality, p. 374.

NATURAL REMEDIES EXPLANATION: (See corresponding File No. 7
reference pages 17-38)

These studies should be combined with viewing the videos.

1. [Clay](#)
2. [Charcoal](#)
3. [Hydrotherapy I](#)
4. [Hydrotherapy II](#)
5. [Herbs & Plants](#)
6. [Fasting](#)
7. [Massage](#)

FILE NO. 07

File No. 07 - Appendix of Studies

STUDY: [The 8 Laws of Health](#) (See File 07 p. 6-16)

STUDY: [Addiction 10 Day Cleansing Program](#) (See File 07 p. 39-41)

STUDY: [10 Days Lifestyle Program for Depression and Everyday Stress](#)
(See File 07 p. 42-49)

STUDY: [Explanation of the Six Natural Remedies: Clay](#)
(See File 07 p. 18-19)

STUDY: [Explanation of the Six Natural Remedies: Charcoal](#)
(See File 07 p. 20-22)

STUDY: [Explanation of the Six Natural Remedies: Hydrotherapy I](#)
(See File 07 p. 23-24)

STUDY: [Explanation of the Six Natural Remedies: Hydrotherapy II](#)
(See File 07 p. 25-27)

STUDY: [Explanation of the Six Natural Remedies: Herbs & Plants](#)
(See File 07 p. 28-32)

STUDY: [Explanation of the Six Natural Remedies: Fasting](#)
(See File 07 p. 29-32)

STUDY: [Explanation of the Six Natural Remedies: Massage](#)
(See File 07 p. 33-38)

REFERENCES:

It Is Written, The Bible

The Bible Companions: E. G. White, Author

The Ministry of Healing, p. 127, 232-233

Mind, Character and Personality, Chapter 39

FILE NO. 07

8 Laws of Health

TEST TO WARN
THE PEOPLE

Trust in God



Exercise



Sunshine



Temperance



Water



Air



Rest



Nutrition FRUIT NUTS VEG GRAIN



TRUST IN GOD

BENEFITS:

1. Peace of mind in whatever state we are in
2. Strengthens the immune system

QUANTITY:

Unlimited

CONCERN:

Not enough

SPIRITUAL ANALOGUE:

God's dependability

"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." Isa. 40:31.



EXERCISE

BENEFITS:

1. Tones muscles and blood vessels, changing them from weak and flabby tissue to strong and firm tissues, often reducing blood pressure
2. Strengthens heart
3. Improves digestion
4. Increases efficiency of lungs and number of blood cells
5. Imparts added protection against sickness
6. Better sleep
7. Think more clearly; strengthen the will
8. Build endurance
9. Helps control body weight

QUANTITY:

1. Balanced amount each day
2. Walking is the best form

CONCERN:

1. Immediately after eating, hinders digestion
2. Excessive may be harmful

SPIRITUAL ANALOGUE:

Exercise living faith

"The just shall live by faith" Hab. 2:4



SUNSHINE

BENEFITS:

1. Lowers heart rate and blood pressure
2. Strengthens the heart
3. Increases oxygen content of the blood
4. Decreases blood cholesterol
5. Increases white blood cells
6. Vitamin D is produced by sunlight

QUANTITY:

Six inch square of face or hands for about one hour each day

CONCERN:

Too much especially when on a high fat diet may lead to skin poisoning or cancer

SPIRITUAL ANALOGUE:

The Savior is the Sun of righteousness

"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings." Malachi 4:2.



TEMPERANCE

BENEFITS:

Keep everything at a safe, balanced level

QUANTITY:

Unlimited but not to extremes

CONCERN:

Not enough

SPIRITUAL ANALOGUE:

Spiritual discernment

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



WATER

BENEFITS:

1. Cleanses tissues
2. Aids circulatory systems
3. Transports nutrients and wastes
4. Increases elimination of the mucous membrane of the intestinal tract which is an important organ of secretion
5. Cleanses blood; aids waste and repair
6. Many diseases of mankind would not exist if people drank adequate amount of water

QUANTITY:

1. Drink 1 hour before and after meals; otherwise it may affect the digestion
2. Drink 2-3 quarts daily
3. Room temperature is the best - not too cold, not too hot

CONCERN:

1. More than 3 weeks without water leads to death (>20% body loss)
2. Not enough water causes toxins and diseases to accumulate and develop within the body
3. Cold water tends to slow down the emptying time of the digestive track

SPIRITUAL ANALOGUE:

Born of water and of the Holy Spirit

"Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God."

John 3: 5.



AIR

BENEFITS:

1. Helps fill lungs with oxygen and purify the blood
2. Trillions of cells need air to remain healthy
3. Negatively charged ions in open air good for the body and brain
4. Purifies, destroys or renders inactive bacteria, viruses and other harmful substances

QUANTITY:

1. Plenty of fresh country air is the best
2. Essential for life
3. Breathe deeply (diaphragm out when inhaling through the nose; diaphragm in when exhaling through the mouth)

CONCERN:

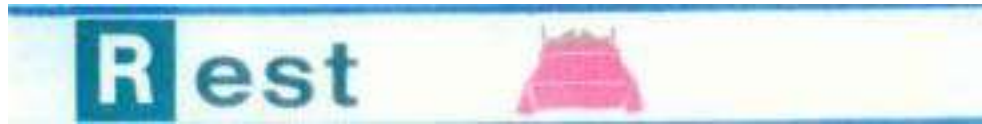
1. Insufficient air can affect the brain and all parts of the body
2. Heavily polluted air impairs health
3. After 4 minutes, death occurs (brain damage)

SPIRITUAL ANALOGUE:

Prayer

"Let every thing that hath breath praise the LORD. Praise ye the LORD."

Psalm 150: 6



REST

BENEFITS:

1. Decreases muscle tension
2. Increases natural hormones which act as a tranquilizer

QUANTITY:

1. 7 to 8 hours of sleep is recommended
2. Optimum hours include 9:00-12:00 p.m.
3. Have regular hours for bedtime

CONCERN:

1. Plenty of fresh air must circulate in the bedroom
2. Sleeping too soon after eating (wait 3-4 hours)

SPIRITUAL ANALOGUE:

The people of God may rest in Him.

"There remained therefore a rest to the people of God." Hebrews 4:9

NUTRITION

BENEFITS:

1. The best nutrition: fruits, nuts, grains, vegetables
2. Aids health of whole body
3. Live foods produce healthy blood

QUANTITY: View image on following page

1. 10% protein (nuts and legumes Ex. soya)
2. 10% fats (nuts)
3. 50% carbohydrates & vitamins (grains - whole non-refined & fruits)
4. 30% minerals (vegetables)
5. Drink your food and chew your water (masticate well)
6. 2 meals a day are preferable to 3; if eating 3 meals, make the 3rd meal small
7. Because of difference in enzymes, do not mix fruits and vegetables at the same meal; eating fruits for supper help evening digestion

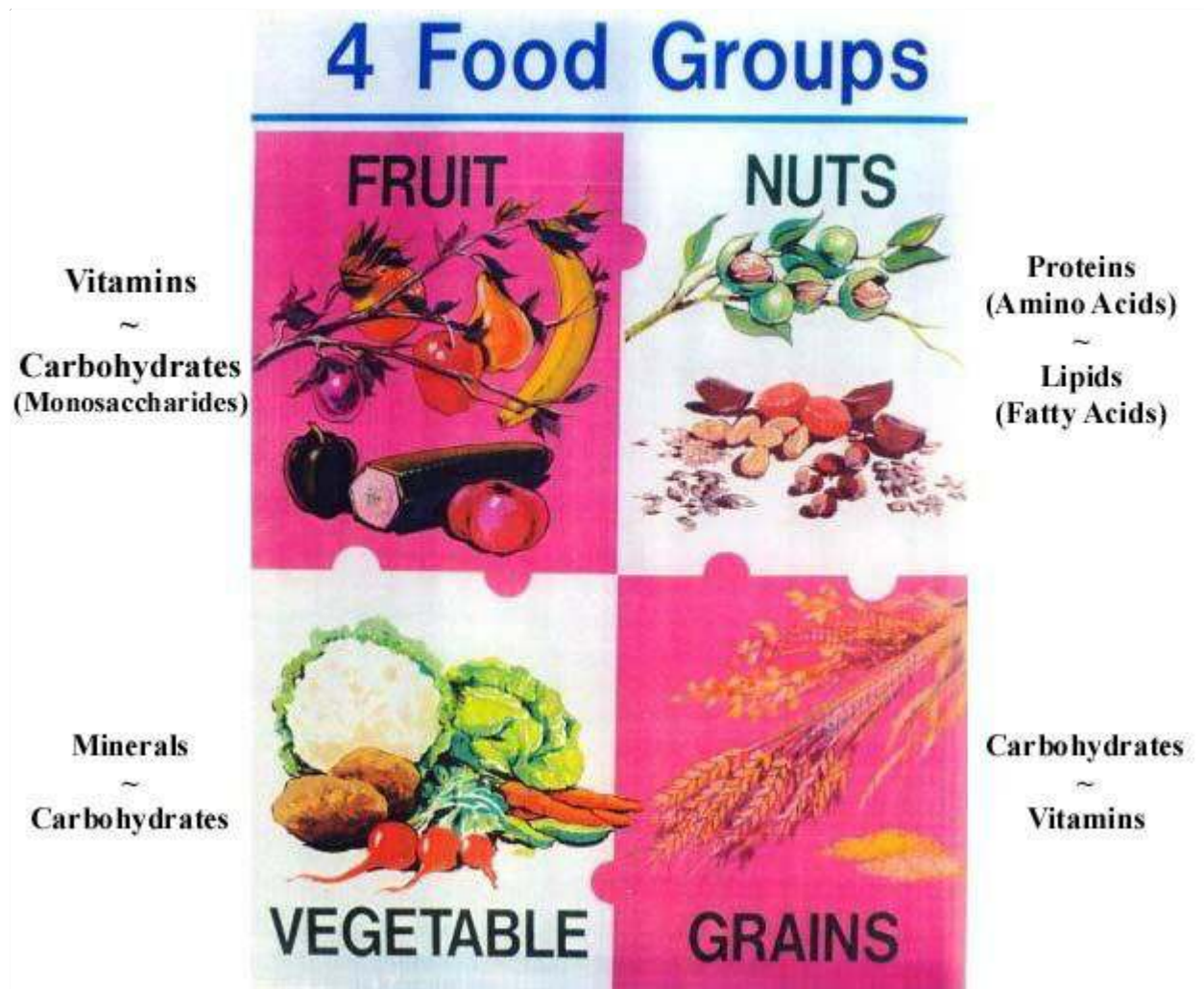
CONCERN:

1. Do not overeat - do not under eat
2. Make sure meals are well balanced
3. Do not eat even a peanut between meals
4. Wait at least 5 hours between meals

SPIRITUAL ANALOGUE:

The Word of God is the Living Bread

"Man shall not live by bread alone, but by every word that proceeds from the mouth of God." Luke 4:4



The 6 Principal Classes of Body Nutrients are: Carbohydrates, Proteins, Lipids, Vitamins, Minerals, and Water

- Carbohydrates, proteins and lipids are digested by enzymes.
- Some minerals and many vitamins are part of enzyme system that catalyze the reactions undergone by: carbohydrates, proteins and lipids.
- These 6 nutrients are chemical substances in food that provide energy, form new body components, or assist in the functioning of various body processes.

HEALTH-EVALUATION

1	Do you enjoy physical activity such as a brisk, one mile walk?
2	Do you ever feel chilly or have cold skin on any body part?
3	Do you have a set mealtime? Do you think you eat too much?
4	Do you frequently have colds?
5	Do you use tobacco? alcohol? caffeine? medication?
6	Do you fall asleep when sitting still? How many hours of sleep do you get per night? What time do you go to bed at night?
7	Do you have pain or discomfort in head? trunk? or extremities?
8	Do you have one or more bowel evacuations daily? how many?
9	Do you have pale urine? how many glasses of water do you drink daily?
10	Do you have allergies? Hay fever? Skin problems? Sinusitis?
11	Do you have frequent infections? or accidents?
12	Do you ever feel depressed or gloomy?
13	Do you frequently have gas? indigestion?
14	Are you developing your mental and spiritual capabilities by daily study, meditation and prayer?
15	Would you like to be instructed in how to restore your health and prevent sicknesses and diseases naturally?

NATURAL Home Remedies

CLAY WHITE · GRAY · GREEN
RED · PINK...



CHARCOAL FROM WOOD



HYDROTHERAPY I & II
 WATER TREATMENT

HERBS & PLANTS



FASTING



MASSAGE



CLAY

1. CLAY (THEORY)

DEFINITION:

The dictionary defines clay as a sticky earth, composed mainly of aluminum silicate and becoming plastic when mixed with water forming material for bricks and earth wares.

Scientists have found a number of minerals in clay such as: silica, aluminum, magnesium, titanium, iron, calcium, sodium, potassium, manganese and others.

Clay is compatible with the human body because our Creator made us out of clay. (Gen. 2: 7 "dust of the ground").

2. PROPERTIES OF CLAY:

Clay has a negative electrical attraction for particles that are positively charged. In the organism, most of the toxic poisons are positively charged. These toxins are irresistibly drawn towards the clay:

CLAY - - -

TOXINS +++

Clay has an extraordinary power of absorption.

3. USES OF CLAY:

When used internally or applied externally in a poultice form, clay is found to be very effective.

a. Internally: For cleansing the stomach and bowels. Clay does remarkable work in restoring deficient organs and organic functions by aiding the organism to be able to fix and assimilate those elements where previously it was failing.

Clay is not merely a pain reliever and should be used in relatively small doses. It is useless to take large doses because its action is due to its natural radiation not to quantities of particular elements. Clay also act as a blood purifier for allergies and anemia.

- Use one teaspoon (wooden spoon) of clay into half a glass of water.
- Let it sit 1 hour or overnight.
- Drink water only once clay has settled at the bottom.
- First treatment may last for 3 weeks then stop for a 1 week; resume treatment 1 more week. In the case of major ailment, you can continue for following months.

Note: Internal clay treatment cannot be taken while on medication. Do not stop medication unless you consult your doctor - especially with antibiotic (should not be stopped until all taken).

External treatment can be continued while on medication.

b. Externally: When applied as a poultice.

Clay has been found to be effective in the treatment of many ailments to name but a few: Abscess and boils, acne, arthritis, bruises, bumps, blows, ear infection, eczema, headaches, hernia, psoriasis, varicose veins, wounds and cuts.

Clay can also be used for deep cleansing masks (pimples, oily skin, etc.)

4. COLOR - TYPES OF CLAY: Green, pink, red, white, gray, etc.

For drinking: green and white.

For poultices: all colors.

For masks: pink (though any color will do).

5. DEMONSTRATION: (PRACTICAL) - EXTERNAL USE

HOW TO TREAT A CUT, WOUND, BRUISE:

- Prepare clay in a mud form 2 tablespoons of clay in 1/4 glass of water. Always use wooden spoon and glass. Avoid metal and plastic utensils.
- Apply directly on cut; let it dry.
- Once dried, clay becomes powder again and can be removed easily.

NOTE: Clay can be applied on a cloth or a paper, then cover the outside of the paper or cloth with plastic. In an application on chest (overnight), this will avoid getting clothing wet.

6. BIBLIOGRAPHY

Abehsera Michel, THE HEALING CLAY, Swan House Publishing Co., 1977

CHARCOAL: ADSORBING AGENT

1. CHARCOAL (THEORY)

DEFINITION:

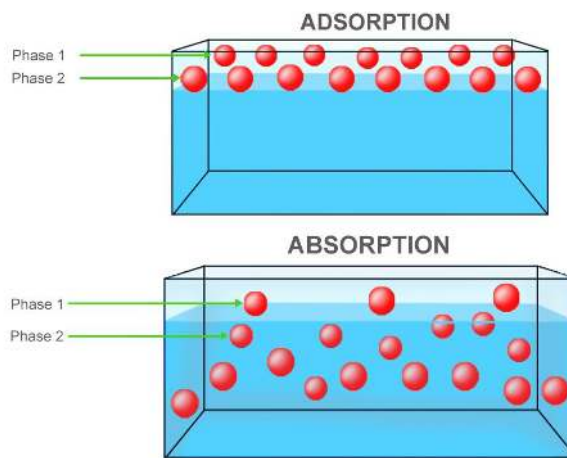
The dictionary defines CHARCOAL as: "Name for numerous varieties of carbon made by heating vegetables or animals substances with exclusion of air."

Charcoal made from vegetable material such as wood and coal contain about 90% of carbon. Charred coconut or black walnut shells make very good adsorptive material. Organic matter is made primarily of carbon: sugar, protein, vitamin, fatty acids, etc. Carbon is compatible with the human body.

The most common present day charcoals are made from petroleum coke, coals, sawdust, wood char, paper mill wastes, bone and coconut shells but are not necessary comestible (edible).

NOTE: Charcoal is adsorbing; to take up by adsorbing, to attract the adhesion of molecules (or ions and atoms) to the surface to form an edge to pull out toxins.

The reason why charcoal is such a remarkable adsorber is that it has an astoundingly porous surface. Its billions of carbon atoms are separated by millions of pores. Basically, it has a large surface area to capture and store impurities. Its porous nature makes an impressive surface area for pulling out toxins.



2. HOW TO MAKE YOUR OWN ACTIVATED CHARCOAL

When making your own charcoal, pieces of charred wood from the fireplace or grill (without chemical agent on it) can be used. The ultimate in making your own charcoal begins with a wood fire out-of doors. After the wood is burning brightly, it should be covered with a large piece of tin, and dirt piled over the tin to make a dome to exclude air. As the heat continues to burn the wood without oxygen, the soft parts of the wood are burned out and the hard parts remain, making a basic home charcoal.

The charred parts of wood (after being cooled down) should then be pounded to coarse granules in a cloth bag. After it is reduced to chunks ranging in size from small peanuts to rice grains, put the charcoal in a blender and pulverize it to a fine powder, the finest that can be obtained (do it outside or cover the blender with a cloth to avoid messy black cloud). This charcoal can be used for drinking or poultice when no other commercial or pharmaceutical charcoal is available.

3. PURPOSE

Every private home should have charcoal on hand as a ready antidote for poisoning, and as a cleansing agent in infections and various metabolic disturbances. Orally administered charcoal is effective in preventing many intestinal infections. All studies show that charcoal is harmless when ingested, when inhaled and when it comes in contact with the skin.

Charcoal can be used to remove toxins from the blood in kidney and hepatic diseases, taking the charcoal internally, or applying it as a poultice or bath.

Care should be used in applying charcoal poultices to freshly broken skin. It is possible to get a tattooing effect if the lesions extend through the skin. Clay poultices are recommended in such cases.

Charcoal can be given as a slurry to a newborn baby with jaundice. Boil water, add a teaspoon of charcoal to water brought to desired temperature. Let the charcoal settle, decant the top solution (charcoal particles are still in suspension) and give the baby to drink in a bottle. Repeat as needed. It cleanses the baby's liver.

4. CONTRAINDICATIONS

Except for the occasional finding of irritation of the bowels in certain inflammatory states and in very sensitive persons, and the prolongation of the transit time sometimes seen, there are no known contraindications to the use of charcoal. Allergies have not been reported. Do not use charcoal internally when on medication.

5. USES

Antidote for bites and stings, Tylenol and aspirin poisoning and many other chemicals are adsorbed by charcoal. Can be used for eliminating bad breath, anemia cancer, eye and ear conditions, intestinal gas, diarrhea, indigestion, infections, inflammation, jaundice, liver failure, women's diseases and much more.

6. HOW TO USE CHARCOAL (PRACTICAL)

INTERNALLY:

The oral dosage is 1 tablespoon of powder stirred in a glass of water. See the 10 Days Cleansing program in file 7 for more instructions.

Use only high quality charcoal in case of bowels inflammation, Crohn disease, etc.

EXTERNALLY:

- Put 1 tablespoon of charcoal and 1 tablespoon of flaxseed grounded mixed with water and bring to a gel. Boil the flaxseed when using non-grounded.
- Spread over a piece of paper or cotton folded over and apply on the surface to be treated.

7. BIBLIOGRAPHY

Thrash, Calvin and Agatha, HOME REMEDIES, Thrash Publications, 1981, p.143,144.

NOTE: Charcoal "Adsorb" and "Absorb": meaning it forms an edge around and mingles with the molecules to be eliminated in the organism.

HYDROTHERAPY #1

1. HYDROTHERAPY (THEORY)

a. DEFINITION: Hydrotherapy may be defined as the use of water in any of its three forms, solid, liquid or vapor, internally or externally, in the treatment of disease or trauma.

b. PROPERTIES OF WATER: Water has certain unique properties which render it a valuable therapeutic agent. In the first, it is readily accessible and may be applied with relatively simple and inexpensive equipment. It possesses the ability to absorb and communicate large quantities of heat. Water is a good conductor of heat.

c. USES AND PURPOSES: The fact that water exists in three states, solid, liquid and gas, within a relatively narrow range of temperature, greatly enhances its therapeutic versatility. As ice, it is effective as a cooling agent. With short application it is stimulating, but with long application it is depressing to physiological processes. In the liquid state, water may be applied by packs, immersion baths, sprays and douches at any desired temperature and pressure. As a vapor, it may be employed in vapor or steam baths and by inhalation. Applied in these different forms and by these various techniques, water lends itself to a wide range of therapeutic uses.

2. HOW TO TREAT A COMMON COLD (PRACTICAL)

a. If you feel a cold coming on, do not delay but start treatment within 10 or 20 minutes of the first symptom. Immediately put your feet (or hands) in hot water, kept continually as hot as you can bear it for three minutes. Then put your feet (or hands) in cold water for 30 seconds, repeat the process three times, dry your feet, cover them well and if possible, go to bed for half an hour. (3minutes hot -- 30 seconds cold x 3 times). This treatment is very effective even for small babies of 6 months and older.

b. Eat sparingly and only on the usual mealtime schedule. Take no juice between meals. Use no sugar, honey or very sweet fruits. Viruses replicate by use of phosphosugars. Avoiding sugar starves them, eat whole grain breads and cereals. Get plenty of Vitamin A, C, and D (exposure to sunshine best). B Vitamins come from whole grains.

- c. Get plenty of exercise as long as it can be tolerated.
- d. Drink plenty of water, enough to keep the urine quite pale. Remember that sweating may be increased because of fever, exercise, or heating treatments. Extra water must be taken to replace this water lost.
- e. Keep a regular schedule for bedtime and arising time. Take mid-day naps if needed. Avoid exhaustion from long hours and loss of sleep.
- f. Take deep breathing exercises. Inhale deeply and hold breath for a slow count of 20. Exhale deeply and hold out for a slow count of 10. Repeat 40-50 times. Have good ventilation in your bedroom, but no drafts. Drafts chill body tissues and are unhealthful.
- g. Use hot water to gargle for 10 minutes four times daily if needed. Take a 15 minutes hot half bath, followed by ice water, and skin friction with a dry towel.
- h. Daily bath fortifies against colds, especially if it is a cool bath. Taking drugs promotes getting colds.

3. DEMONSTRATION

Apply a heating compress to the throat or chest as needed. Start with a cotton or flannel strip about 2" by 16 inches, wet in cold water. Wrap this cloth around the throat. Next, completely cover the wet piece with a plastic sheet cut to fit the size of the cotton strip. Finish off the compress by pinning a scarf or piece of wool in place snugly, so that there be no slipping of the plastic and no evaporation from the wet strip. Note: Do not add ointment on the skin before doing this treatment.

4. BIBLIOGRAPHY

Uchee Pines, HEALTH TOPICS, P.18.19
MANUAL OF HYDROTHERAPY AND MASSAGE, Pacific Press Publ. Assoc., 1964 p.3

HYDROTHERAPY #2

1. MORE ABOUT HYDROTHERAPY (THEORY):

WHITE BLOOD CELLS ARE CALLED: LEUKOCYTES

White blood cells play a major role in the marvel of immunity. The greater portion of their complex design has not been discovered yet, but we know leukocytes are very active against many germs. A germ produces chemicals that acts as foreign substances (antigens) which stimulate certain white blood cells to intense activity. A special factory is built by lymphocytes to produce antibodies against the enemy antigen. This factory is build on the first encounter with the antigen, and fifty years later is still available. The time required to get the antibodies into operating the first time a threat comes from an antigen is much longer than on any subsequent encounter, as the construction of the factory requires time. The antibody locks onto the antigen and neutralizes it.

We have 300 trillion white blood cells formed, mature, and ready to fight powerful battles. They are on reserve at all times. On active duty are 60 trillion of these trusty soldiers circulating in your blood stream. Their number and the energy with which they attack an enemy can be stimulated by the simple remedies of hot and cold water applications, exercise, fresh air, sunshine, and proper rest and diet.

NEUTROPHIL

LYMPHOCYTE

MONOCYTE

Shown above are three categories of white blood cells, each a specialist in the army of leukocytes, each possessing unique equipment which enables it to do its assignment. Neutrophils are infantry men and hunt down the invaders. Lymphocytes make special weapons to zero in on the enemy and inactivate his weaponry. Monocytes are the tank brigade to mop up after the battle has done its work. Approximately 800 trillion mature neutrophils are kept on hand at any time, (this is only a few of the many "miracles" of the human body as given to us by our Creator).

2. HOW TO TREAT A HEADACHE

Headaches are not of themselves a disease, but always the reflection of disorders elsewhere in the body. Bad health habits are one large cause of headaches. It is sometimes hard to find the cause of headaches, but persistent effort is worthwhile. At first, all habits should be simultaneously scrutinized and corrected if necessary, with an all-out effort.

The allergic headache is usually a dull ache over the forehead and cheeks. The migraine headache patient is often tense and meticulous. Attacks are precipitated by numerous factors including allergies, overeating, gastrointestinal upset, emotional stress, fatigue, and food containing any of the following: cheese, monosodium glutamate, cured meats, pressed meats and others.

3. PREVENTION AND TREATMENT

1. Avoid all exposure to toxins (tobacco, licit or illicit drugs, caffeine or sweet drink, alcohol, etc.), odors, fumes, air pollution, rotting leaves, compost, cosmetics or perfume from some people are allergic (sometimes without knowing it).
2. Morning headaches often result from stale air. Air the bedroom and bed clothing daily. There must be circulating air each night in the bedroom.
3. Keep the extremities warm at all times. Many people react to chilling of the extremities by getting an elevation of the blood pressure, which may contribute to headaches. Weather changes, especially cold air, can cause headaches in susceptible persons.
4. Keep a strict regular schedule for meals, bedtime, and getting up time, elimination, study periods, etc. This is an essential point. Never eat even so much as a peanut between meals. Take only water or plain herb teas between meals.
5. Take no heavy or rich food. Avoid too much protein which can give the protein "hangover" or a ketosis headache. Use a limited quantity and variety of food at meals. Do not mix fruits and vegetables at the same meal. Do not eat food late in the evening. If supper is taken, eat only plain bread and fruit several hours before bedtime.
6. All dairy products tend to be associated with headaches in some people. Also suspect as causes of headaches are wheat, chocolate, eggs, citrus fruits and juices, corn, onion, garlic, nuts, tomatoes, fish and peanuts. For six weeks, avoid known allergenic, constipating, or gas-forming foods: all food products of animal origin, all refined foods, all beans, apples, strawberries, and the nightshades (tomatoes, potatoes, eggplant and bell pepper.)
7. Check the intestinal transit time. Take charcoal (powder in water) or one tablespoon of sesame seed swallowed whole as a marker. Time how long the marker takes to completely clear the colon. Keep the

time under thirty hours by using whole grains and raw fruits and vegetables.

8. Practice deep breathing. Learn to maintain good posture while standing, sitting, walking, lying. Exercise from one to two hours out-of-doors daily.
9. Take a neutral bath for thirty to forty minutes.
10. Drink a cup of red clover or catnip tea at the onset of headache.

4. DEMONSTRATION: (PRACTICAL)

At the first sign of a migraine try the following procedure:

a. Seat the person in a chair with head hanging between the knees.

b. Apply a gentle flow of very cold water to the base of the skull, allowing it to flow forward through the hair over the scalp for thirty seconds. Catch the run-off water in a basin placed between the feet.

c. Allow the person to sit up promptly after the water pouring procedure. Elevate the feet on a stool. Direct a stream of cold water, under pressure if possible, to the plantar surfaces for 1 to 2 minutes. It may be poured over the feet if water under pressure is not available.

d. Repeat procedure every 2 hours if needed.

5. BIBLIOGRAPHY:

Thrash Agatha and Calvin, HOME REMEDIES, Thrash Publications, 1981, p.9.

Uchee Pines, HEALTH TOPICS, p.31,32

HERBS AND PLANTS

Traditional and Modern Use of Fresh Herbs

1. Herbs and Plants: Theory

Physicians and Master Herbalists have long known that fresh plants provide the best medicinal action.

A recent advance in herb technology and research (fresh freeze-drying) allows maintenance of the natural potency of most herbs by preserving all the biologically active constituents of the fresh plant. In many instances, improved or unique therapeutic action has resulted. Critical components of fresh plants are often lost in alcohol extraction and common drying methods. Fresh herbs should retain their smell, taste, and color.

2. HERBS AND BODY SYSTEMS

The strategies that herbal practitioners adopt to prevent illness or restore health in their patients are different in the many and varied herbal traditions across the planet, but the effects that herbal medicines have within the body to improve health do not vary. There are many thousand of medicinal plants in use throughout the world, with a tremendous range of actions and degrees of potency. Most have a specific action on particular body systems and are known to be suitable for treating certain types of ailments.

DIGESTION, RESPIRATION & CIRCULATION

Improving the quality of the diet is often an essential starting point in sustaining or regaining good health. The saying "You are what you eat" is by and large true, though herbalists prefer to qualify it, saying "You are what you absorb from what you eat." Herbal medicines not only provide nutrients but when needed they also strengthen and support the action of the digestive system, speeding up the rate of processing food and improving the absorption of nutrients.

The body requires another kind of "nutrient" to function - oxygen. The lungs and respiratory system can be helped with herbs that relax the bronchial muscles and stimulate respiration.

Once taken in by the body, nutrients and medicines are carried to the body's estimated three trillion cells. The circulatory system has a remarkable ability to adapt to an endlessly shifting pattern of demand. At

rest, the flow of blood is mainly toward the center of the body; when active, the muscles in the limbs make huge demands. Herbal medicines work to encourage the circulation in particular ways. Some, for example, encourage blood to flow to the surface of the body; others stimulate the heart to pump more efficiently, and others relax the muscles of the arteries, lowering blood pressure.

CLEARING TOXICITY & SOOTHING SKIN

After the circulation has carried nutrients to the cells, waste matter must be removed. All too often in our polluted world, high levels of toxicity in the body are an underlying cause of ill health, and herbalists use a wide range of cleansing herbs that improve the body's ability to remove toxins. Perhaps the finest example of a detoxifying herb is burdock (*Arctium lappa*) which is used extensively in both Western and Chinese medicine. Once herbs such as this reduce the toxic "load," the body is able to invest greater resources in repairing and strengthening damaged tissue and weakened organs.

The skin also plays an important role in good health. Antiseptic plants fight infection, and vulnerary (wound healing) herbs such as comfrey (*Symphytum officinale*) encourage blood clotting and help speed the healing of wounds.

NERVOUS, ENDOCRINE & IMMUNE SYSTEM

Good health depends on having a healthy balanced nervous system. In order to ensure long-term good health of the nervous system, it is important to adapt well to daily demands, to avoid excessive anxiety, worry, or depression, and to get sufficient rest and exercise.

The latest research suggests that the nervous system does not work in isolation. It is complemented by the endocrine system, which controls the release of a whole symphony of hormones, including the sex hormones, which control fertility and often affect vitality and mood.

The nervous system is also intimately linked with the immune system, which controls the ability to resist infection and to recover from illness and injury. This incredible complex of systems - part electrical - part chemical, part mechanical - must function harmoniously if good health is to be maintained. In health, the body has a seemingly infinite capacity, via its controlling systems, to adjust and change to external pressures. The ability

to adapt to the external world while the body's internal workings remain constant is known as homeostasis.

Many herbs work with the immune, nervous, and endocrine systems to help the body adapt more effectively to stresses and strains of all kinds - physical, mental, emotional, and even spiritual. They are effective because they work in tune with the body's processes.

Some herbs are adaptogenic, meaning that they have the ability to help people to adapt, either by supporting the nervous system and easing nervous and emotional tension or by working directly with the body's own physiologic processes to maintain health. The prime example of an adaptogenic herb is ginseng (*Panax ginseng*) which is an effective remedy at times of great mental or physical stress, but in certain cases can also be taken when a relaxing effect is required, for example, to relieve headache or to ensure a good night's sleep.

COMPLEX NATURAL MEDICINES

As can be seen, an herb is not a "magic bullet" with a single action, but a complex natural medicine composed of many active constituents that work on different body systems. By combining scientific research into active constituents with clinical observation and traditional knowledge of the whole plant, we can develop a rounded picture of each herb's range of medicinal uses.

(EXCERPTS FROM THE ENCYCLOPEDIA OF MEDICINAL PLANTS)

3. Herbs and Plants: Practical

The following information on fresh and freeze-dried herb use is compiled from traditional modern herb books and various articles and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to promote the sale of any product nor replace the services of a physician.

Burdock: Blood Cleanser, good for skin eruptions, mild immune stimulant.
1-2 capsules, 1-3 times per day.

Cayenne: Stimulant, improves circulation, aid utilization of other herbs, stimulates digestion and appetite, has been used in asthma.

Chaparral: Liver cleansing, skin problems, arthritis, tumors, (freeze-drying retains oils, saponins, resins) 1-3 capsules, 1-3 times per day.

Comfrey: For gastrointestinal (and other mucous membrane) disorders including ulcers and irritable bowels, aids digestion and relieves gas, soothes respiratory passages, good topically on wounds. (Freeze-drying uniquely maintains mucilaginous properties for good coating action).

Dandelion: Excellent diuretic (leaf) and liver tonic (root), aids in weight loss, lowers cholesterol and blood pressure, (freeze-drying retains the milky sap giving stronger diuretic action). 1-2 capsules, 1-3 times per day.

Echinacea: Stimulates the immune system in colds, flu, sore throat, allergy, chronic viruses and immune deficiency, (freeze-drying maintains anti-microbial and immune stimulating properties best by preserving the important volatile oil and mucopolysaccharide). 1-2 capsules, 1-4 times per day as needed.

Feverfew: 1 capsule per day to prevent migraine headaches, 2 capsules for headaches or rheumatic inflammation (only works freeze-dried or fresh).

Goldenseal: Immune stimulation, for colds, flu, infection, appetite stimulant; can be used topically or as an eyewash when diluted. (Freeze-dried is very potent). 1-2 capsules, 1-3 times per day.

Hawthorne: Strong heart tonic, strengthens heart muscle and improves coronary blood pressure. 1-2 capsules, 1-3 times per day.

Horsetail: Good diuretic, lowers blood pressure and edema, flushes kidneys. 1-2 capsules, 1-3 times per day.

Nettles: For relief of allergies to pollen (hayfever) molds, dust and animal hair; for food allergies or sensitivities, take 2 with each meal; also helps allergic headaches, asthma, and candidas. (This dramatic new allergy relief action occurs only with freeze-dried nettles because the critical biochemical components of the stinging hairs have been preserved). 2 capsules, 1-4 times per day.

Oat: Nutritive herb that soothes the nervous system, rebuilds energy in a weakened system - good aid for breaking addictive habits. (Fresh freeze-drying preserves the nutritive qualities). 2 capsules: 1-4 times per day.

Passion Flower: Antispasmodic and strong nerve sedative; good for worry, anxiety, menstrual depression/anxiety, induces restful sleep. (Very potent in freeze-dried form). 2-4 capsules as needed.

Red Clover: Strong blood purifier and cleanser, nutritive to nervous system; aids spasmodic cough, ulcerations and tumors. (Fresh freeze-drying is very potent).

Red Raspberry: Relieves nausea, improves uterine tone and blood supply; may prevent premature labor and improve milk production - good overall pregnancy herb in small daily doses. 1-2 capsules, 1-3 times per day.

Valerian: Strong sedative for anxiety, insomnia due to excessive worry or depression, mild pain relief. (Freeze-drying preserves the critical volatile oils). 2-4 capsules as needed.

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- Chevallier, Andrew, THE ENCYCLOPEDIA OF MEDICINAL PLANTS, D.K. Publishing Inc. 1996
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- View Video on Herbs and Plants

FASTING

Fasting:

1. As a Remedy for Disease

"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

2. When Diseases Occur

Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur. . . . The sufferers in such cases can do for themselves that which others cannot do as well for them. They should commence to relieve nature of the load they have forced upon her. They should remove the cause. Fast a short time, and give the stomach a chance for rest. Reduce the feverish state of the system by a careful and understanding application of water. These efforts will help nature in her struggles to free the system of impurities.

3. Fast Greater Benefits than Medicine in Some Cases

Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted that they have no appetite for a wholesome diet of fruits plain bread, and vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. That fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet.

It will take time for the taste to recover from the abuses which it has received, and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater satisfaction than the epicure enjoys over his rich dainties.

4. Slave to Appetite

Because it is the fashion, in harmony with morbid appetite, rich cake, pies, and puddings, and every hurtful thing, are crowded into the stomach. The table must be loaded down with a variety, or the depraved appetite cannot be satisfied. In the morning, these slaves to appetite often have impure breath, and a furred tongue. They do not enjoy health, and wonder why they suffer with pains, headaches, and various ills. Many eat three times a day, and again just before going to bed. In a short time the digestive organs are worn out, for they have had no time to rest. These become miserable dyspeptics, and wonder what has made them so. The cause has brought the sure result. A second meal should never be eaten until the stomach has had time to rest from the labor of digesting the preceding meal. If a third meal be eaten at all, it should be light, and several hours before going to bed.

Many are so devoted to intemperance that they will not change their course of indulging in gluttony under any considerations. They would sooner sacrifice health, and die prematurely, than to restrain their intemperate appetite. And there are many who are ignorant of the relation their eating and drinking has to health. Could such be enlightened, they might have moral courage to deny the appetite, and eat more sparingly, and of that food alone which was healthful, and by their own course of action save themselves a great amount of suffering.

5. Appropriate Epitaphs

Scanty, ill-cooked food depraves the blood by weakening the blood-making organs. It deranges the system, and brings on disease, with its accompaniment of irritable nerves and bad tempers. The victims of poor cookery are numbered by thousands and tens of thousands. Over many graves might be written: "Died because of poor cooking;" "Died of an abused stomach."

6. In Case of Severe Fever

In cases of severe fever, abstinence from food for a short time will lessen the fever, and make the use of water more effectual. But the acting physician needs to understand the real condition of the patient, and not allow him to be restricted in diet for a great length of time until his system becomes enfeebled. While the fever is raging, food may irritate and excite the blood; but as soon as the strength of the fever is broken, nourishment should be given in a careful, judicious manner. If food is withheld too long, the stomach's craving for it will create fever, which will be relieved by a proper allowance of food of a right quality. It gives nature something to work upon. If there is a great desire expressed for food, even during the fever, to gratify that desire with a moderate amount of simple food would be less injurious than for the patient to be denied. When he can get his mind upon nothing else, nature will not be overburdened with a small portion of simple food.

7. The Enemy Controls the Mind Through Appetite

Through appetite, Satan controls the mind and the whole being. Thousands who might have lived, have passed into the grave, physical, mental, and moral wrecks, because they sacrificed all their powers to the indulgence of appetite. The necessity for the men of this generation to call to their aid the power of the will, strengthened by the grace of God, in order to withstand the temptations of Satan, and resist the least indulgence of perverted appetite, is far greater than it was several generations ago. But the present generation have less power of self-control than had those who lived then.

8. The True Fast

The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance {fruits, nuts, vegetable and grain}. Men need to think less about what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience.

9. Most Practical Fast

Fast for a Day or Two a Week

There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.

Biblical Advice on Fasting

"And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting." Matthew 17, 20, 21.

Note: Although dealing with demon possession, this spiritual advice from our Lord has proven effective in the case of addiction. See File 7, 10 Day Cleansing Program in the case of Addictions.

Bibliography:

E. G. White, Counsels in Diet and Foods, p. 185-191, 158, 167, 257

MASSAGE

1. MASSAGE (THEORY)

DEFINITION:

Massage may be defined as the manipulation of the tissues of the body for therapeutic purposes. The word itself is taken from a root meaning "to knead" or to handle.

Massage is an ancient remedy used both by man and animals. It is known to have been employed in the past in China and India. It was described by Homer in 1200 BC and by Hippocrates in 460 BC. It was used in the Greek and Roman baths.

2. MOVEMENTS:

There are three essential manipulations: Stroking, Compression and Percussion.

STROKING:

Stroking consists of a gliding movement with a superficial pressure to secure a reflex sedative effect, or deep pressure to reflexively increase venous and lymphatic return: EFFLEURAGE is the principle stroke and is firm but gentle. It has a definite relaxing effect upon muscles and should be used in muscle spasm, as in fractures or spastic conditions, pain and myositis. Effleurage has also the effect of sedation.

COMPRESSION:

Compression consists of kneading and friction. Compression strokes are designed to improve circulation, hasten the removal of waste products, or break up adhesions or fibrous nodules. It dilates blood vessels; brings relaxation by a direct effect on the muscles; acts as a derivative; and establishes axon reflexes through the spinal cord.

PERCUSSION:

Percussion consists of cupping, hacking, slapping and tapping, to which some add vibration and shaking. The effects of percussion are on deeper organs such as deeply situated muscles and arteries, the lungs, the adrenals, the kidneys or pancreas. The effects are also quite pronounced on the skin, subcutaneous and muscular tissues, having about the same effect as compression.

3. PHYSIOLOGIC EFFECTS:

The greatest value of massage is in its action on the circulatory system. The physiologic effects of massage include changes in blood chemistry, including increased urinary excretion of nitrogen and phosphorus.

Success in dealing with sick persons is determined by a number of small matters. Careful attention to many small details will insure success in the application of the simple remedies. Massage is a simple remedy but carefulness and thoroughness will be more likely to achieve success than will years of training and experience without these attributes. Massage does not require some special technique or touch that some people innately have and others lack. Massage increases the number of circulating white and red blood cells and stimulates the immune mechanism independent of its stimulus to the circulation.

4. CONTRAINDICATIONS TO MASSAGE:

The contraindications for administering massage are as follows: a swelling that might be a malignancy, a deep inflammatory process, certain skin diseases, acute febrile diseases, recent phlebitis and thrombosis and the like.

5. HOW TO MASSAGE: (PRACTICAL)

View Video.

6. BIBLIOGRAPHY

MANUAL OF HYDROTHERAPY AND MASSAGE, Pacific Press Publishing Assoc., 1964, p.129

10 DAYS CLEANSING PROGRAM: ALCOHOL, CIGARETTES, DRUGS, and MEDICATION

INTRODUCTION:

THIS METHOD HAS BEEN SUCCESSFULLY USED TO HELP PEOPLE WITH PROBLEMS OF ALCOHOL, CIGARETTES, DRUGS AND MEDICATION ABUSE.

METHOD:

1. Based on the Twelve Steps program, this method has been adapted to include a Health program to cleanse the body from toxins assimilated at the level of the liver, kidneys, lungs, and any other organs and systems of the body. It involves a physical, mental and spiritual approach and is geared to the whole person.
2. To start, fill up the Health-Evaluation and as you answer the questions, find out which of the 8 Laws of Health you may have failed to follow by choosing one that may correspond to the question. There could be 2 or more laws involved.
3. The program is based on a 10 days cleansing which takes all of the 8 laws of Health into consideration and the 12 Steps program. You should be willing to follow this program as closely as possible for ultimate results.

DAY 1 TO 10 BASIC SCHEDULE:

A. WATER: Every morning, start the day early by drinking 8 ounces of water with 1 teaspoon of lemon juice and a pinch of cayenne pepper. Water can be prepared in a larger quantity. Drink at room temperature. Drink a minimum of ten 8 ounce glasses a day of this preparation. It helps eliminate mucus and adjust the pH.

SHOWER AND BATH: Every morning, take a neutral shower, starting first with hot water, as warm as you can bear (do not burn yourself) for about 3 minutes then switch to as cold water as you can take for about 30 seconds. Repeat processes 2-3 times, hot and cold and finish with cold. Always direct the shower head towards the base of the skull at the rear of the head, by the occiput - the lower area of the neck - when using cold water.

Every evening, prepare warm bath with essential oils that calm the nerves and add 1 cup of Epsom salt. Do not end with cold water.

B. CHARCOAL: Every morning and evening, take 1 soup spoon of Activated Charcoal mixed in a glass of spring water. If on medication, drink charcoal 4 hours apart. The powdered activated charcoal is the most effective as it adsorbs through the blood stream rather than through the digestive system. Continue to drink 1 soup spoon of charcoal in water for the next 3 weeks after cleansing.

For the best quality Charcoal, call Orion Inc., Quebec, Canada, 1-819-848-2888.

C. NUTRITION: Raw food is the best nutrition during these 10 days of cleansing. Abstain from all condiments: ketchup, mustard, relish, vinegar, pickle, salad dressing with vinegar and mayonnaise. Avoid all deep fried food (during and following cleansing). Eat plenty of green vegetables and fresh fruits. Do not mix fruits and vegetables at the same meal. Cooked cereals and bread can be eaten during the 10 days if necessary. Use only unrefined flour and whole grains.

Once a day: prepare 10 ounces of carrot juice (organic carrots are sweeter) and add juice of 1 small onion or half of a large one and juice of 2 small garlic cloves or 1 large one.

Drink half an hour before main meal.

Do not drink anything with your meal.

D. EXERCISE - FRESH AIR - SUNSHINE: Daily exercise is very important. Walk, bike or work in the garden at least 1 hour a day. Breathe deeply and drink plenty of water.

E. TEMPERANCE: Special attention should be given to practice all of these principles faithfully and in balanced measure. Overeating, excessive exercising or taking more charcoal than needed is not recommended.

F. REST: 2 to 3 hours of rest before midnight are always more beneficial than many hours after midnight. Sleep at least 7 to 8 hours a day. Abstain from food 3 to 4 hours before sleep. If you suffer from insomnia, drink a hot cup of herbal tea 1- hour before retiring to bed (chamomile, vervain or valerian).

G. TRUST IN GOD: This 10 Day Program has been set up as a holistic program: body, mind and soul. It is based on the Twelve Steps of Alcoholics Anonymous and has been adapted with their permission. The whole basis

of the Way of Life Program is to care not only for the body but also for the mind. A 1-hour daily reading program is recommended, preferably in the morning, as you would want to start the day with a good spiritual breakfast. The book "Serenity" is highly recommended as it offers a planned daily reading schedule and combines the Twelve Steps with the Bible.

CONCLUSION:

This program is usually finished with a Russian bath and complete body massage.

Note: [Refer to File 24 for a further study of the Twelve Steps to Health](#)

"I wish above all things that you may prosper and be in health
even as your soul prospers." 3 John 2

Depression and Everyday Stress: 10 Days Lifestyle Program

DEPRESSION

Some people do not admit sadness or guilt; instead they withdraw and hide from society. They lose all interest in things around them and become incapable of any pleasure. Things appear bleak and time passes slowly for them. They are typically angry and irritable. They often try sleeping off their depression or do nothing but sit or lay around. In most people depression is not severe. They can still function, but do so at a lower capacity and at a slower pace.

SYMPTOMS OF DEPRESSION

Symptoms of depression include chronic fatigue syndrome, insomnia or sleeping frequently and for excessive periods of time, loss of appetite or a ravenous appetite, headaches, backaches, colon disorders, and feelings of worthlessness and inadequacy. Many think of death and consider suicide.

CAUSES OF DEPRESSION

Depression may be caused by tension, upset stomach, stress, headache, nutritional deficiencies, poor diet, sugar, mononucleosis, thyroid disorders, endometriosis (linked to depression in women), any serious physical disorder, or allergies. Some people become more depressed in the winter months when days are shorter and darker. The sun and bright light seem to trigger a response to a brain hormone known as melatonin (produced by the pineal gland), which is, in part, responsible for preventing the "blues." Stay in brightly lit rooms on dark days. Research reveals that two hours of morning sun is very effective in lifting depression, the evening light had comparatively little results.

Depression begins with a disturbance in the part of the brain that governs moods. Most people can handle everyday stresses; their bodies readjust to these pressures. When stress is too great for a person and his adjustment mechanism is unresponsive, depression may be triggered.

INFLUENCE OF DIET ON DEPRESSION

It has been discovered that foods greatly influence the brain's behavior. Diet is most often the cause of depression, related to poor eating habits and constant snacking on junk foods. The brain's neurotransmitters, which regulate our behavior, are controlled by what we eat. The neurotransmitters are dopamine, serotonin, and norepinephrine. When the brain produces

serotonin, tension is eased. When it produces dopamine or norepinephrine, we tend to think and act more quickly and are generally more alert.

CALMING EFFECT OF CARBOHYDRATES

Eating carbohydrates alone seems to have a calming effect, while proteins increase alertness. Protein meals containing essential fatty acids and/or carbohydrates are recommended for increased alertness. Avoid foods high in saturated fats; consumption of pork or fried foods, such as hamburgers and French fries, leads to sluggishness, slow thinking, and fatigue. Fats inhibit the synthesis of neurotransmitters by the brain in that they cause the blood cells to become sticky and to clump together, resulting in poor circulation, especially to the brain.

IMPORTANCE OF NEUROTRANSMITTERS

At the neurochemical and physiological level, neurotransmitters are extremely important. These substances carry impulses between nerve cells. The substance that processes the neurotransmitter called serotonin is the amino acid tryptophan. It increases the amount of serotonin made by the brain. Complex carbohydrates, which raise the level of tryptophan in the brain, have a calming effect; protein promotes the production of dopamine and norepinephrine, which promote alertness. A balance is achieved when the diet contains a combination of these two nutrients.

CARBOHYDRATES TO RELAX, PROTEIN TO BECOME ALERT

Consume more carbohydrates than protein if you are nervous and wish to become more relaxed or eat more protein than carbohydrates if you are tired and wish to become more alert. A depressed person who needs his spirits lifted would benefit from eating foods which are high in tryptophan and protein.

Beware: The body will react more quickly to the presence of sugar than it does to the presence of complex carbohydrates. The increase in energy supplied by the simple carbohydrates is quickly accompanied by fatigue and depression.

IMPORTANCE OF AMINO ACIDS

Tyrosine is also needed for brain function. This amino acid may be good for those who have prolonged and intense stress. Uncontrollable stress may

thereby be prevented or reversed if this essential amino acid is obtained in the diet.

HEREDITY AND DEPRESSION

Heredity is a significant factor in depression. In up to 50 percent of people suffering from recurrent episodes of depression, one or both of the parents were depressive.

RECOMMENDATIONS

- A raw fruit and vegetable diet, with soybeans and their by-products, is important. Diets too low in complex carbohydrates can cause serotonin depletion and depression.
- Avoid phenylalanine supplements if you suffer from anxiety attacks.
- Those suffering from manic depression should avoid choline, ornithine and arginine. These substances may make the disorder worse.
- Take the underarm test to detect an underactive thyroid. If the temperature is low, take a thyroid extract product.
- If taking MAO inhibitor drugs, avoid tyrosine. It can raise the blood pressure. Also consume the following foods in moderation: avocados, raisins, soy sauce, yeast extracts.
- Beware of hypoglycemia, allergies, hypothyroid, and malabsorption. In these conditions vitamin B12 and folic acid are blocked from entering the system, thus leading to depression.
- Keep your mind active and get plenty of rest. Avoid stressful situations as much as possible.
- Steroid drugs and oral contraceptives may cause serotonin levels in the brain to drop.
- Take a Liquid Tonic such as Floradex based on Iron, no alcohol content.

MANIC DEPRESSION

This is a psychosis that is characterized by extreme mood swings. The typical manic-depressive individual will go from a period of unrealistic enthusiasm and elation to misery and the depths of depression. When he is in the depressive stage, he will demonstrate low self-esteem and have feelings of hopelessness. He will lack motivation to do anything, even to get out of bed. Some people in this stage sleep for weeks. They withdraw from social activities, avoid relationships with others, and are unable to work.

THE MANIC STAGE

When in the manic stage, the manic-depressive individual will have what seems to be boundless energy. He will not want to rest or sleep for twenty-four hours or more.

The periods of mania start suddenly and without warning. They appear for no known reason and worsen rapidly. Some patients have these attacks frequently, and others have years between occurrences. Most people who suffer from this disorder seem relatively normal between stages. Approximately 3 percent of the population of the United States suffers from this disorder.

SYMPTOMS OF MANIC-DEPRESSIVE DISORDER

Some of the symptoms of manic-depressive disorder are changes in sleep pattern, withdrawal from society, extreme pessimism, failure to finish projects that were started with enthusiasm, chronic irritability, sudden attacks of rage, and lack of inhibition, especially in sexual behavior.

CAUSES OF MANIC-DEPRESSIVE DISORDER

There are several theories for the causes of this disorder. It may be triggered by extreme stress. Some researchers believe that early experiences, such as the loss of a parent or other early childhood trauma, play an important role in its cause. There is also evidence of increased concentration of intracellular sodium during these mood swings, which returns to normal after recovery. In the depressed individual, mono-amines are depleted in the brain.

RECOMMENDATIONS

- The patient should have no sugar or its by-products (read labels!). Dairy products, alcohol, soda, and caffeine should not be taken by persons with this disorder. Avoid foods with added chemicals, additives, or food colorings.
- The diet should consist of vegetables, fruits, nuts, seeds, beans, and legumes. Whole grains are recommended, but avoid excessive consumption of bread..
- High doses of B-complex vitamins are needed because the manic-depressive does not absorb the B complex easily.

CONSIDERATIONS

- The New England journal of Medicine (1984) reported that individuals with depression and manic depression appear to be hypersensitive to

acetyl-choline, a chemical that carries messages to the brain. Therefore, choline should not be taken in a dose that exceeds the amount in a multiple vitamin.

- The journal of Orthomolecular Psychiatry (1979) reported that manic depressives had deficiencies of the B-complex vitamins and that improvement in their conditions occurred with B12 injections and megadoses of the B vitamins. The B vitamins have a lithium-like effect on the brain. The trace metal lithium is known to alter the period of the rhythmic cycling and helps the manic depressive.
- The high doses used in lithium treatment may include the following side effects: nausea, vomiting, tremors, kidney dysfunction, and thyroid enlargement.
- Amino acids are important in the treatment of this disorder, especially taurine and tyrosine.
- Certain foods may trigger an attack.

NOTE:

- For additional information on Nutrients and suggested Supplements, refer to Prescription for Nutritional Healing, James F. Balch, M.D., Phyllis A. Balch, C.N.C., 1990

10 DAYS LIFESTYLE PROGRAM

INTRODUCTION:

THIS METHOD HAS BEEN SUCCESSFULLY USED TO HELP PEOPLE WITH DEPRESSION.

METHOD:

1. Based on the Twelve Steps program, this method has been adapted to include a Health program to cleanse the body from toxins assimilated at the level of the liver, kidneys, lungs, and any other organs and systems of the body. It involves a physical, mental and spiritual approach and is geared to the whole person.

2. To start, fill up the Health-Evaluation and as you answer the questions, find out which of the 8 Laws of Health you may have failed to follow by choosing one that may correspond to the question. There could be 2 or more laws involved. (See Health Evaluation at the end of program)

3. The program is based on a 10 days Lifestyle program which takes all of the 8 laws of Health into consideration and the 12 Steps program. You should be willing to follow this program as closely as possible for ultimate results. One the major common denominator of depression is lack of a scheduled daily routine.

DAY 1 TO 10 BASIC SCHEDULE:

A. WATER: Every morning, start the day early by drinking 8 ounces of water with 1 teaspoon of lemon juice and a pinch of cayenne pepper. Water can be prepared in a larger quantity. Drink at room temperature. Drink a minimum of ten 8 ounce glasses a day of this preparation. It helps eliminate mucus and adjust the pH.

SHOWER AND BATH: Every morning, take a neutral shower, starting first with hot water, as warm as you can bear (do not burn yourself) for about 3 minutes than switch to as cold water as you can take for about 30 seconds. Repeat processes 2-3 times, hot and cold and finish with cold. Always direct the shower head towards the base of the skull at the rear of the head, by the occiput - the lower area of the skull - when using cold water.

Every evening, prepare warm bath with essential oils that calm the nerves and add 1 cup of Epsom salt. Do not end with cold water.

B. CHARCOAL: Every morning and evening, take 1 soup spoon of Activated Charcoal mixed in a glass of spring water. If on medication, drink charcoal 4 hours apart. The powdered activated charcoal is the most effective as it adsorbs through the blood stream rather than through the digestive system. Continue to drink 1 soup spoon of charcoal in water for the next 3 weeks after starting the program.

For the best quality Charcoal, call: Orion Inc., Quebec, Canada, 1-819-848-2888.

C. NUTRITION: Raw food is the best nutrition during these 10 days. Abstain from all condiments: ketchup, mustard, relish, vinegar, pickle, salad dressing with vinegar and mayonnaise. Avoid all deep fried food (at all times). Eat plenty of green vegetables and fresh fruits. Do not mix fruits and vegetables at the same meal. Cooked cereals and bread can be eaten during the 10 days. Use only unrefined flour and whole grains. Once a day: prepare 10 ounces of carrot juice (organic carrots are sweeter).
Drink half an hour before main meal.
Do not drink anything with your meal.

D. EXERCISE - FRESH AIR - SUNSHINE: Daily exercise is very important. Walk, bike or work in the garden at least 1 hour a day. Breathe deeply and drink plenty of water.

E. TEMPERANCE: Special attention should be given to practice all of these principles faithfully and in balanced measure. Overeating, excessive exercising or taking more charcoal than needed is not recommended.

F. REST: 2 to 3 hours of rest before midnight are always more beneficial than many hours after midnight. Sleep at least 7 to 8 hours a day. Abstain from food 3 to 4 hours before sleep. If you suffer from insomnia, drink a hot cup of herbal tea 1- hour before retiring to bed (chamomile, vervain or valerian), and recite Psalm 23. Talk to the Shepherd instead of counting the sheep!

G. TRUST IN GOD: This 10 Day Program has been set up as a holistic program: body, mind and soul. It is based on the Twelve Steps of Alcoholics Anonymous and has been adapted with their permission. The whole basis of the Way of Life Program is to care not only for the body but also for the mind. A 1-hour daily reading program is recommended, preferably in the morning, as you would want to start the day with a good spiritual breakfast. The book "Serenity" is highly recommended as it offers a planned daily reading schedule and combines the Twelve Steps with the Bible.

CONCLUSION:

This program is usually finished with a Russian bath and complete body massage.

Note: [Refer to File 24 for a further study of the Twelve Steps to Health](#)

"I wish above all things that you may prosper and be in health
even as your soul prospers."
3 John 2.