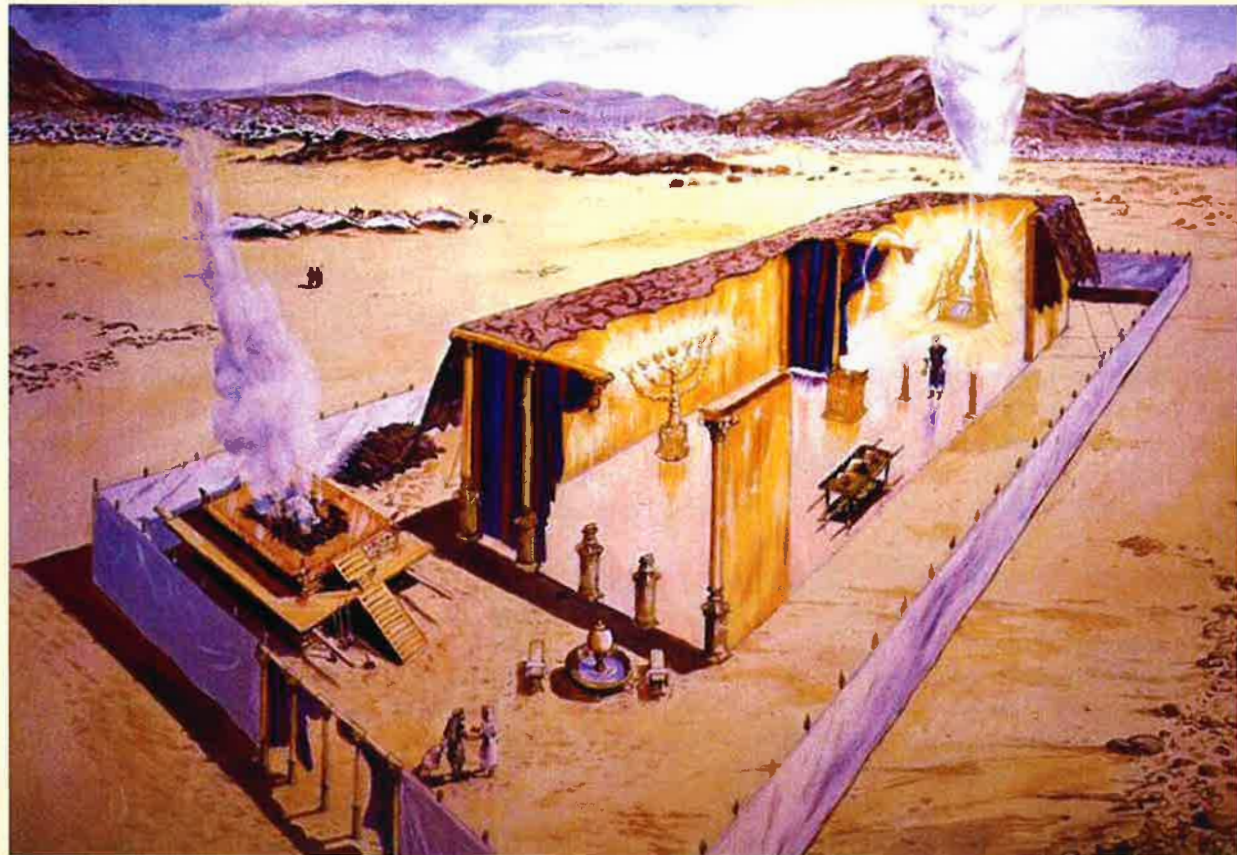


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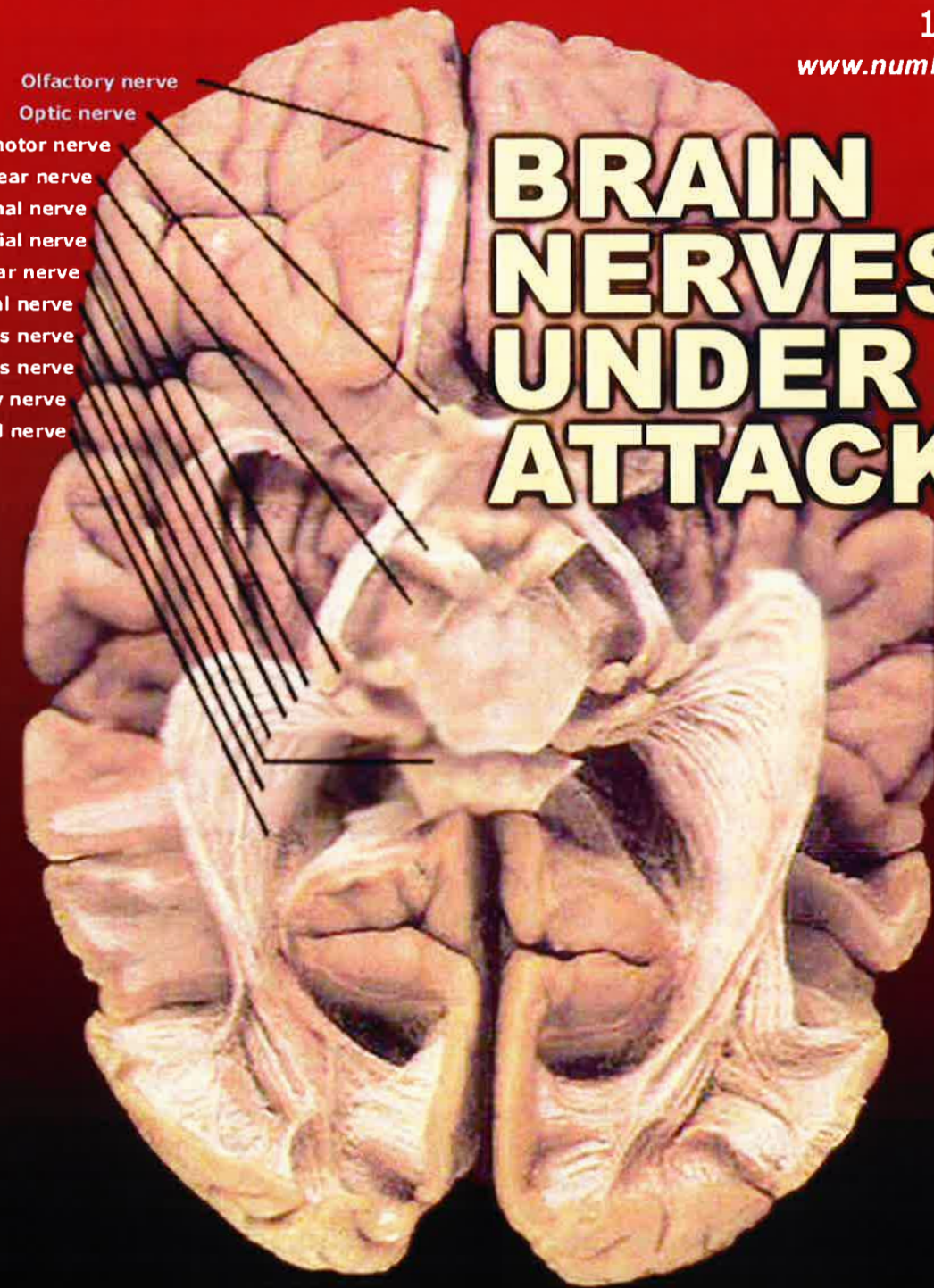
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Hypoglossal nerve

## BRAIN NERVES UNDER ATTACK!



**After the fall "the nerves became the channels for Satan's electric currents by which he cast his spell over the bodies and souls of men." Evangelism, p.609**



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## MAKING THE CONNECTION

**T**he student of physiology should be taught that the object of his study is not merely to gain a knowledge of facts and principles. This alone will prove of little benefit. He may understand the importance of ventilation, his room may be supplied with pure air; but unless he fills his lungs properly he will suffer the results of imperfect respiration. So the necessity of cleanliness may be understood, and needful facilities may be supplied; but all will be without avail unless put to use. The great requisite in teaching these principles is to impress the pupil with their importance so that he will conscientiously put them in practice.

By a most beautiful and impressive figure, God's word shows the regard He places upon our physical organism and the responsibility resting on us to preserve it in the best condition: "Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? and ye are not your own." "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." I Corinthians 6:19" R.V., margin; 3:17.

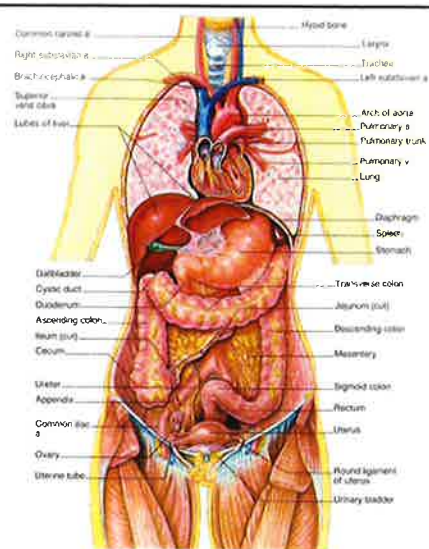
Let pupils be impressed with the thought that the body is a temple in which God desires to dwell, that it must be kept pure, the abiding place of high and noble thoughts. As in the study of physiology they see that they are indeed "fearfully and wonderfully made" Psalm 139:14, they will be inspired with reverence. Instead of marring God's handiwork, they will have an ambition to make all that is possible of themselves, in order to fulfill the Creator's glorious plan. Thus they will come to regard obedience to the laws of health, not as a matter of sacrifice or self-denial, but as it really is, an inestimable privilege and blessing." Education p. 200, 201

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### School Preparing Intelligent Educated Survivors

"The publications sent forth from our printing houses are to prepare a people to meet God. Throughout the world they are to do the same work that was done by John the Baptist for the Jewish nation... In contrast with the false theories of his time, truth in his teaching stood forth as an eternal certainty. "Repent ye: for the kingdom of heaven is at hand," was John's message. Matthew 3:2. This same message, through the publications from our printing houses, is to be given to the world today." 7 Testimonies 139, 140



abundant discharge of lochia. This is extremely alkaline, and a highly favorable terrain for the multiplication of bacteria. Stringent cleanliness must be maintained, since the woman is extremely vulnerable to infection at this point. Because it is still distended, her uterus provides an ideal environment for microbes to multiply. Lacerated or bruised vulval and vaginal tissues are devitalized and unable to combat infection. Microbes can enter the cervix directly, because the opening is still large. Immunity is always lowered in a woman who has just given birth, because she has lost strength and sleep and has eaten little during the long hours of labor and delivery; blood loss may also have been severe. It should also be noted that many women experience erosion of the cervix postpartum; the cause is hormonal, and the problem will resolve spontaneously after two months or so. Should erosion occur, however, it too provides a favorable environment for infection and cervical cancer.

### ABSTINENCE OF 40 TO 80 DAYS PREVENTS CERVICAL CANCER

Cervical cancer is very widespread in Western countries. It accounts for 80% of genital cancers and 25% of all cancers in women. Gynecologists and obstetricians are looking closely into the fact that this cancer is not found in women whose husbands have been circumcised (usually those of the Jewish or Islamic faiths). This observation in the 1950s made circumcision fashionable in the U.S., but the practice was abandoned in the 70s because it was noted that the prevention of cervical cancer was not [only] due to the fact that husbands were circumcised, but that they totally abstained from intercourse during the seven days of menstruation and the postpartum period (40 days for a boy, 80 for a girl). It is a known fact that repeated trauma of a congested, bleeding or irritated organ can promote cancer.

### MENSTRUAL BLOOD CONTAINS "MENSTRUAL TOXIN"

Continence during genital bleeding also protects the man, particularly in cases of phimosis (abnormal narrowing of the preputial orifice, frequently found with diabetes) when scrupulous penile hygiene is difficult. We know that menstrual blood contains larger quantities of such irritants as choline, arsenic and creatinine. Some researchers have discovered a "menotoxin" which has a toxic effect on plants. Smith has carried out experiments on what he has called "menstrual toxin," a euglobulin produced by cell necrosis, and has shown that it causes hemorrhaging, edema and even death in some cases when inocu-

"In consequence of continual transgression, the moral law was repealed in awful grandeur from Sinai. Christ gave to Moses religious precepts which were to govern the everyday life. These statutes were explicitly given to guard the ten commandments. They were not shadowy types to pass away with the death of Christ. They were to be binding upon man in every age as long as time should last. These commands were enforced by the power of the moral law, and they clearly and definitely explained that law."

E.G. White, *Review and Herald*, May 6, 1875.

lated in animals. Menstrual blood can also increase the virulence of female genital microbes, including gonococcus and herpes. (It is known that menstruation promotes the recurrence of catamenial herpes.) The male foreskin is very susceptible to all such irritants, which can cause cancer of the glans. This is virtually unknown in circumcised men who follow orthodox religious practices and do not approach their wives while the latter are "unclean."

### LOWER LEVEL OF ESTROGENS WHEN GIVING BIRTH TO A GIRL

It should come as no surprise to anybody that postpartum women are very delicate and obviously at risk for hemorrhaging, prolapse, pre-embolism and infection, as well as psychoses. The new mother needs a great deal of calm,

kindness, relaxation and concentration if she is to recover her physical and mental equilibrium. Resuming sexual relations too hastily exposes her not only to incredible risks of infection, needless pain because of vaginal dryness - a sign of lower estrogen blood levels, which will gradually rise and shortly become normal again if she gave birth to a boy, slightly longer for a girl - but, most particularly, feelings of anxiety or frustration which are often very intense. When a woman has just had a baby, she needs to truly enter into her role of mother. This often requires a great deal of effort, and does not leave much strength for sexual relations.

### POSTPARTUM PSYCHOSIS UNKNOWN IN SOCIETIES OBSERVING 40/80 DAYS

Women need to feel complete respect and acceptance as mothers in order to truly be wives. When a man demands the resumption of sexual relationships almost immediately after the delivery of his child, it is as if he were denying or refusing to accept the fact that his wife has become a mother. The result is that she loses her self-respect and her joy at having a child. Deprived

of her legitimate pride, racked by doubts that she is not loved unconditionally, and fearing that her baby may be a threat to life within the couple, she will sink into depression. Loss of appetite leads to fatigue and under nourishment, and she may go as far as to detach herself from a reality that she finds too painful to bear. This postpartum psychosis is very common within our civilization, but it is unknown in societies where men have been taught for thousands of years that a mother must rest from 40 to 80 days following delivery of her child, and that this tenet is not open to discussion or negotiation.

Excerpts: **MENOPAUSE A NEW APPROACH**, Danièle Starenkyj, Orion Publications, p. 52-60  
1-819-848-2888



# No Trial-and-Error Experiments: Biblical Data is Sure

## Laws Concerning Circumcision

**Leviticus 12:3** "And in the eight day the flesh of his foreskin shall be circumcised."

A newborn infant has "peculiar susceptibility to bleeding between the second and fifth day of life... Hemorrhages at this time, though often inconsequential, are sometimes extensive; they may produce serious damage to internal organs especially to the brain, and cause death from shock and exsanguination." It is felt that the tendency to hemorrhage is due to the fact that the important blood-clotting element, vitamin K, is not formed in the normal amount until the fifth to the seventh day of life. If vitamin K is not manufactured in the baby's intestinal tract until the fifth to the seventh day, it is clear that the first safe day to perform circumcision would be the eighth day, the very day that Jehovah commanded Abraham to circumcise Isaac.

A second element which also is necessary for the normal clotting of blood is prothrombin. On the third day of a baby's life the available prothrombin is only thirty per cent of normal. Any surgical operation performed on a baby during that time would predispose to serious hemorrhage... the prothrombin skyrockets on the eighth day to a level even better than normal - 110 per cent. It then levels off to 100 per cent. It appears that an eighth-day old baby has more available prothrombin than on any other day in its entire life.

*[Abstinence after menstrual flow and childbirth has also been found to prevent cervical cancer.]*

How can circumcision of the male prevent cancer in women? The human male is cursed with a superabundance of foreskin over the penis. Circumcision (circum, "around", and cision "cutting") remedies the fault by removing the excess of foreskin. If the tight, unretractable foreskin is not removed, proper cleansing can not be readily performed. As a result, many virulent bacteria, including the cancer-producing Smegma bacillus, can grow profusely. During intercourse, these bacteria are deposited on the cervix of the uterus, but if the mucous membrane of the cervix is intact, little harm results. However, if lacerations exist as they frequently do after childbirth, these bacteria can cause considerable irritation. Since any part of the body which is subjected to irritation is susceptible to cancer, it is perfectly understandable why cervical cancer is likely to develop in women whose mates are not circumcised.

These bacteria not only produce cancer in women, but also irritate the male organ and may cause penile cancer... Prevention by circumcision is far more important than treatment, because once a diagnosis of cancer is made, surgical removal of the male organ is mandatory... Abraham did not pick the eighth day after many centuries of trial-and-error experiments. Neither he nor any of his company from the ancient city of Ur in the Chaldees had ever been circumcised. It was a day picked by the Creator of vitamin K...

**Excerpts: NONE OF THESE DISEASES, Dr. S.I. McMillen, MD, p. 18-22**

## Laws of Cleanliness at Childbirth

**Leviticus 12:2, 4** "If a woman have conceived seed, and born a male child: then she shall be unclean seven days; according to the days of her separation for her infirmity shall she be unclean. And she shall continue in the blood of her purifying three and thirty days; she shall touch no allowed thing, nor come into the sanctuary, until the days of her purifying be fulfilled." (7+33= 40 days unclean after having had a boy).

**Leviticus 12:5** "But if she bear a maid child, then she shall be unclean two weeks, as in her separation, and she shall continue in the blood or her purifying threescore and six days." (14+(3x20)+6= 80 days unclean after having had a girl).

The rule of abstaining from sexual relations during menstruation should obviously also apply during the postpartum period, when the genital organs have to revert to their pre-pregnancy status, lactation has to start and the mother must regain her physical and emotional stamina. During this period, the spongy portion of the uterine mucosa to which the placenta and membranes were attached will be expelled, the uterus will turn in on itself and gradually involute while proceeding with the important task of repairing the endometrium, starting with the deepest layers. Based on present scientific data, this gigantic task requires six to eight weeks to complete.

## IMMUNITY LOWERED AFTER CHILDBIRTH

A part of the postpartum period (one to two weeks) is characterized by the

## Brain Nerves

# UNDER ATTACK

## Consequences of Man's Separation from God

### 1st CONSEQUENCE:

#### Man became the habitation of demons.

"And Jesus asked him, "What is thy name?" And he answered, saying, "My name is Legion, for we are many." And he besought Him much that He would not send them away out of the country. Now there was there nigh unto the mountains a great herd of swine feeding. And all the devils besought Him, saying, "Send us into the swine, that we may enter into them." And forthwith Jesus gave them leave. And the unclean spirits went out and entered into the swine; and the herd ran violently down a steep place and into the sea (they were about two thousand), and were choked in the sea."

Mark 5: 2, 6-13

#### CHAINED TO HIS CAR AS CAPTIVES

"The deception of sin had reached its height. All the agencies for depraving the souls of men had been put in operation. The Son of God, looking upon the world, beheld suffering and misery. With pity He saw how men had become victims of satanic cruelty. He looked with compassion upon those who were being corrupted, murdered, and lost. They had chosen a ruler who chained them to his car as captives. Bewildered and deceived, they were moving on in gloomy procession toward eternal ruin,--to death in which is no hope of life, toward night to which comes no morning... Such was the prospect upon which the world's Redeemer looked. What a spectacle for Infinite Purity to behold!"

Desire of Ages, p. 36.

#### SATAN TOOK POSSESSION OF MAN

"Satanic agencies took possession of men. The bodies of human beings, made for the dwelling place of God, became the habitation of demons. The senses, the nerves, the organs of men were worked by supernatural

*"The deception of sin had reached its height. All the agencies for depraving the souls of men had been put in operation..."*

agencies in the indulgence of the vilest lust. The very stamp of demons was impressed upon the countenances of men. Human faces reflected the expression of the legions of evil with which men were possessed." Ministry of Healing, p. 142.

#### NERVES UNDER THE CONTROL OF DEMONS

"Imagination and nerves have been under the control of demons" Testimonies Vol. 3, p. 417.

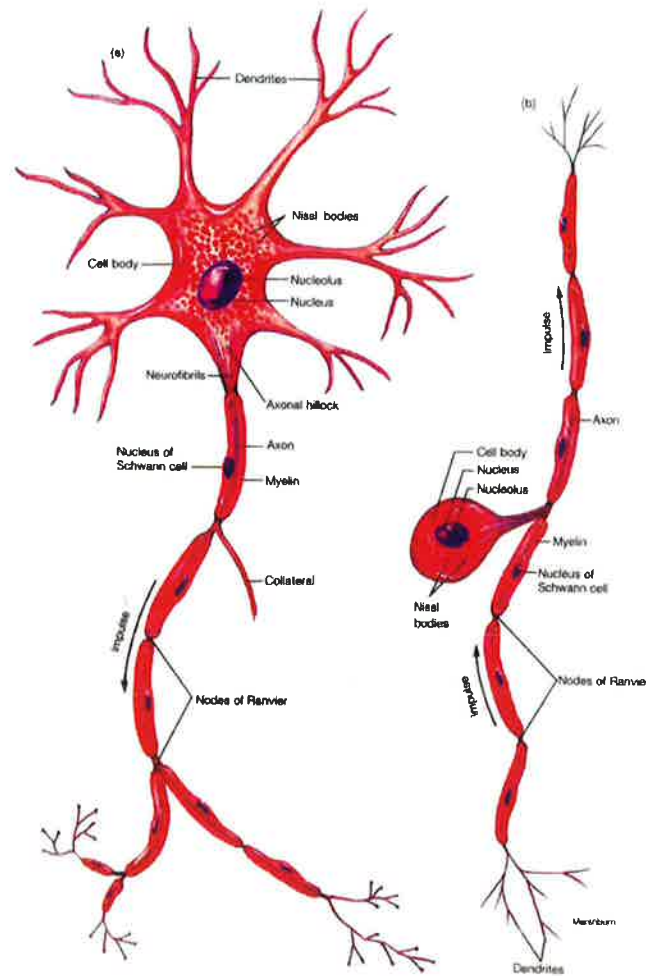
#### SATAN INFLUENCES THE MIND

"Satan is continually seeking to influence human minds by his subtle arts. His is a mastermind, given of God, but prostituted with all its noble capabilities to oppose and to make of no effect the counsels of the Most High." Mind, Character and Personality, Vol. 1, p. 18.

### CONSEQUENCES OF MAN'S SEPARATION FROM GOD

- 1 Man became the habitation of demons.
- 2 Man's faculties were perverted.
- 3 Man's lower nature rules the higher nature.
- 4 Man's sinful mind is characterized by selfishness.
- 5 Man inherits a sinful nature.





**Nerve Pathway Complex:**

“From all parts of the body, messages are sent to the brain along a series of nerve cells. Recently it has been discovered that a small growth appears on the end of the sending fibre of the nerve cell each time a thought action is repeated. Thus it enlarges so that it becomes easier to repeat that same thought or action. The sobering thought, then, is that every thought, feeling, or act repeated is producing physical and chemical changes in our nerve pathways, either to bless or curse us when these changes have been strongly established.”

Dr. Chalmers, Insight Magazine

**2nd CONSEQUENCE:**

**Man’s faculties were perverted.**

“And Cain was very wroth, and his countenance fell. And the LORD said unto Cain, “Why art thou wroth? And why is thy countenance fallen? If thou doest well, shalt thou not be accepted? And if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him. And Cain talked with Abel his brother; and it came to pass, when they were in the field, that Cain rose up against Abel his brother and slew him.” Genesis 4:5-8.

**MAN LOST HIS FREEDOM BY SUBMITTING HIS WILL TO SATAN**

“In creating man, God gave him noble qualities. He endowed him with a well-balanced mind, and made every power of his being harmonious. After the fall there was not given to man another set of faculties. The powers given him before sin entered the world through Adam were high, and their aims holy; all in perfect harmony with the divine mind. The fall did not create in man new faculties, energies, and passions; for this would have been a reflection upon God. It was through disobedience to God's requirements that these powers were perverted; the affections were misplaced, and turned from the high and holy purpose to a lower aim and to meet a lower standard... Originally man's affections were in perfect obedience to God's will; but they have been perverted, misused, and degenerated by disobedience...The faculties... have been warped in a wrong direction”

Review and Herald, March 1, 1887, p. 129.

**3rd CONSEQUENCE:**

**Man’s lower nature rules the higher nature.**

“For we know that the law is spiritual; but I am carnal, sold under sin. For that which I do, I approve not. For what I would do, that do I not; but what I hate, that I do... Now then it is no more I that do it, but sin that dwelleth in me. For I know that in me (that is, in my flesh) dwelleth no good thing; for to will is present with me; but how to perform that which is good, I find not. For the good that I would do, I do not; but the evil which I would not do, that I do. Now if I do that which I would not do, it is no more I that do it, but sin that dwelleth in me. I find then a law that, when I would do good, evil is present with me. For I delight in the law of God according to the inward man. But I see another law in my members, warring against the law of my mind and bringing me into captivity to the law of sin which is in my members.” Romans 7: 14-23.

While many of our unexpected visitors may be invisible, their symptoms can be very apparent. In this situation, the old adage "out of sight, out of mind" definitely does not apply. The warning signs for parasites are also symptoms of other common illnesses. For this reason, parasitic infections are often misdiagnosed and ensuing treatment does not result in the alleviation of symptoms or disease. When symptoms continue even after a course of treatment, parasite screening procedures should be initiated. The following are warning signs for parasites: constipation, diarrhea, gas and bloating, irritable bowel syndrome, joint and muscle aches and pains, anemia, allergy, skin conditions, granulomas, nervousness, sleep disturbances, teeth grinding, chronic fatigue, and immune dysfunction.

Basically, parasites create damage to the host's body in six ways:

1. They destroy cells in the body faster than cells can be regenerated, thereby creating an imbalance that results in ulceration, perforation, or anemia.
2. They produce toxic substances that are harmful to the body. In cases of chronic infection, the body's immune response can be pushed into overdrive, producing elevated levels of eosinophils. Eosinophils are specialized white cells that normally combat any microscopic pathogen, but when their level is elevated, they themselves can cause tissue damage that results in pain and inflammation.
3. The presence of parasites irritates the tissues of the body, inducing an inflammatory reaction on the part of the host.
4. Some parasites invade the body by penetrating the skin, producing dermatitis. During their developmental stage, other parasites perforate and damage the intestinal lining.
5. The size and/or weight of the parasitic cysts, particularly if they are located in the brain, spinal cord, eye, heart, or bones, produces pressure effects on these organs. Obstruction, particularly of the intestine and pancreatic and bile ducts, can also occur.
6. The presence of parasites depresses immune system functioning while activating the immune response. This can eventually lead to immune system exhaustion.

Not every case of ill health can be blamed on parasites. But if symptoms persist and reoccur at regular intervals after a person has been treated for some other diagnosed ailment, then parasites should be suspected. It is a good idea to keep track of the symptoms and look into the parasite connection with the assistance of an experienced health-care provider.

**CONCLUSION**

Protecting you and your family from parasites involves a multifaceted approach. Old-fashioned common sense coupled with a heightened awareness and understanding of the methods of transmission and sources of potential infection are key factors in prevention. Our bodies are bombarded on a daily basis with a multitude of disease-producing bacteria, viruses, and allergens. The body's natural defender, our immune system, prevents us from "catching" germs and becoming host to every passing microbe.

Parasites cannot infect a healthy body if the environment is not conducive to them. Andreas Marx, a doctor of oriental medicine, said it best when he linked disease to "an imbalance of the body's terrain (pH, oxidation factor, and mineral balance)." We can stay healthy by nourishing our bodies with healthy food; supplementing our diets with immune-enhancing vitamins, minerals, and herbs; and by eliminating parasite risk factors from our environment.

But there is no need to become paranoid. We just need to become more responsible and conscious of a problem that many of us are not aware even exists. Parasites can only persist when they have a suitable environment. Diets high in sugars, refined carbohydrates, and fiber-depleted processed foods, and immune systems that have been weakened by these diets and by other environmental consequences of modern-day living, provide the ideal feeding ground for parasites. The problem is not so much "out there" as it is within our bodies.

**Excerpts taken from this book for educational purposes only. Gittleman Louise, GUESS WHAT CAME TO DINNER, Avery Publishing Group Inc., New York, 1993**

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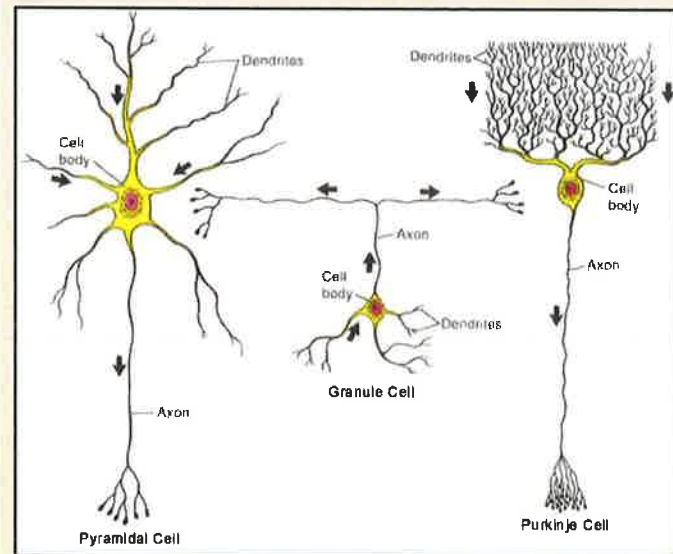
teach transgressors Thy ways, and sinners shall be converted unto Thee." Psalm 51: 1 - 13

**MAN'S NATURE HAS A BENT TO EVIL HE CAN NOT RESIST ALONE**

"Not only intellectual but spiritual power, a perception of right, a desire for goodness, exists in every heart. But

against these principles there is struggling an antagonistic power. The result of the eating of the tree of knowledge of good and evil is manifest in every man's experience. There is in his nature a bent to evil, a force which, unaided, he cannot resist. To withstand this force, to attain that ideal which in his inmost soul he accepts as alone worthy, he can find help in but one

**Electrical Measurement of the Membranes (Tissue of Muscles or Nerves)**



membrane, and since there are more Na<sup>+</sup> ions entering than leaving, the resting membrane potential begins to change. At first, the potential inside the membrane shifts from -70 mV toward 0 and then to a positive value. This process is called **depolarization**. Throughout depolarization, the Na<sup>+</sup> ions continue to rush inside until the resting membrane potential is reversed - the inside of the membrane becomes positive and the outside negative. Electrical measurements indicate that the inside of the membrane becomes +30 mV with respect to the outside. Thus, the potential inside the membrane changes from -70 mV to +30 mV.

**Electrical measurements indicate that the inside of the membrane (of muscle or nerve) becomes +30 mV with respect to the outside. Thus, the potential inside the membrane changes from -70mV to 0 mV to +30 mV.**

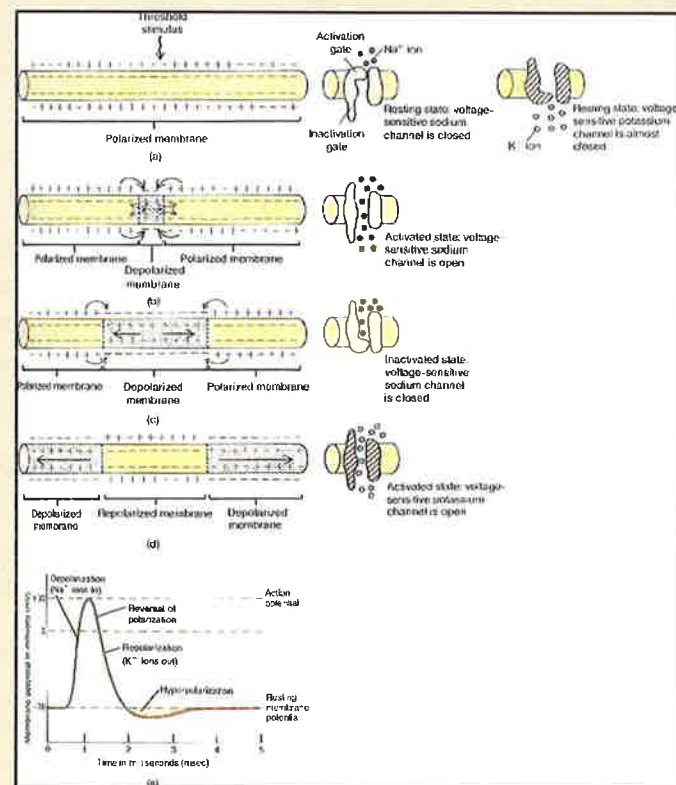
**God endowed man at creation with 20 times as much vital force as man now has: 20 x 30 mV = 600 mV of vital force at creation**

"God endowed man with so great vital force that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years. This fact of itself is enough to evidence to us the strength and electrical energy that God gave to man at his creation. It took more than two thousand years of crime and indulgence of base passions to bring bodily disease upon the race to any great extent. If Adam, at his creation, had not been endowed with twenty times as much vital force as men now have, the race, with their present habits of living in violation of nature law, would have become extinct." Testimonies Vol. 3, p. 138, 139

**Nerve Impulse**

The ability of nerve cells to respond to stimuli and convert them into nerve impulses is called excitability. A **stimulus** is any condition in the environment capable of altering the resting membrane potential.

If an excitatory stimulus of adequate strength is applied to a polarized membrane, the membrane's permeability to Na<sup>+</sup> ions greatly increases at the point of stimulation. What happens is that voltage-sensitive sodium channels open and permit the influx of Na<sup>+</sup> ions by diffusion. The movement of Na<sup>+</sup> ions inward also results from the attraction of positively charged Na<sup>+</sup> ions to the negative ions on the inside of the



# PARASITES

## The Uninvited Guests

**A**re you having difficulty shaking off an illness? Are you suffering from chronic fatigue? Do you have a health problem your doctor cannot identify? Parasites in your body may be the cause. Many people think that parasitic diseases happen only to people in Third World countries. The rate of parasitic-related disorders in North America is skyrocketing. An astounding one out of six people will test positive for parasites.

Is there anything you can do to protect yourself and your family from this very real epidemic? Yes, there is. Following is an easy-to-understand guide that gives you the information you need to guard against these unwelcome organisms. It explains what parasites are, why they are harmful, and how they are spread. The symptoms of parasitic diseases-symptoms are easily confused with other common health disorders and treatments are available to combat parasites with practical advice on how to parasite-proof your diet and your lifestyle.

For many people, the topic of parasites is offensive, but ignoring the problem will not make it go away. The growing threat of parasitic disease is real, is dangerous, and is here. Becoming intelligent about this subject allows to take an important first step in defending the body from this hidden epidemic.

**NEW DISEASES: OLD PROBLEMS**

Americans today are host to more than 130 different kinds of parasites, ranging from microscopic organisms to foot-long tapeworms. Practically every imaginable kind of exotic parasitic disease has been found on our shores -African sleeping sickness, toxoplasmosis, schistosomiasis, giardiasis, amebiasis, filariasis- unpronounceable to most of us, but potentially deadly nevertheless. Even malaria is making a comeback, with cases of this mosquito-borne tropical disease being reported as close to home as New Jersey, Virginia, Texas, and California!

*"We have a tremendous parasite problem right here in the United States-it's just not being identified."*

*-Peter Weina, Ph.D., Chief of Pathobiology, Walter Reed Army Institute of Research, 1991*

*"I strongly believe that every patient with disorders of immune junction, including multiple allergies (especially food allergy), and patients with unexplained fatigue or with chronic bowel symptoms should be evaluated for the presence of intestinal parasites."*

*-Leo Galland, M.D. Townsend Letter for Doctors, 1988*

*"Make no mistake about it, worms are the most toxic agents in the human body. They are one of the primary underlying causes of disease and are the most basic cause of a compromised immune system."*

*-Hazel Parcells, D.C., N.D., Ph.D., 1974*

Parasites are an insidious public health threat in the United States today. Insidious because so very few people are talking about parasites, and even fewer people are listening. Insidious because of the common misconception, among physicians and the general public alike, that parasites occur only in tropical Third World countries, areas traditionally associated with malnutrition and poor hygienic practices. Insidious because physicians do not suspect, and therefore do not recognize, classic symptoms. And insidious because even if physicians are aware of the threat, most use outdated and inadequate testing procedures, which result in underdiagnosis.

**PARASITOLGY: UNKNOWN PATHOLOGY IN AMERICA**

Lack of education is to blame. In the United States, physicians are simply not educated in parasitology and are, therefore, inexperienced in recognizing common clinical symptoms. A doctor's introduction to parasitology may come from a chapter here and there in a microbiology course in medical school. If parasitology itself is taught at all, it is as a specialty in the department of tropical medicine at some universities. Courses in these departments are not often elected by medical students who believe they will not be seeing" tropical medicine" problems in their general practices in the United States.

Yet times have changed and parasites are much more widespread than previously believed. An article appearing in the June 27, 1978, Miami Herald states that a



## HEALTH EVALUATION

1. Do you find that you do not have enough time to enjoy regular physical activity? Yes  No
2. Do you ever feel chilly or have cold skin on any body part? Yes  No
3. Do you snack between meals? Do you think you eat too much? Yes  No
4. Do you frequently have colds? Yes  No
5. Do you use tobacco, alcohol, caffeine, or medication regularly? Yes  No
6. Do you fall asleep when sitting still? Do you stay up later than you should? Yes  No
7. Do you experience pain or discomfort in your head, trunk or extremities? Yes  No
8. Do you have an average of less than one bowel evacuation daily? Yes  No
9. Do you have dark urine? Do you drink fewer than eight glasses of water each day? Yes  No
10. Do you have allergies? Hay fever? Skin problems? Sinusitis? Yes  No
11. Do you have frequent infections or accidents? Yes  No
12. Do you ever feel depressed or gloomy? Yes  No
13. Do you frequently have gas or indigestion? Yes  No
14. Do you neglect to develop your mental and spiritual capabilities through daily study, meditation and prayer? Yes  No

**If you answered yes to even one of these questions, which of the eight laws of health are you failing to obey?**

Would you like to be instructed in how to restore your health and prevent sicknesses and diseases naturally? Visit our website: <http://www.numbers1317.org/>

- mended, 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.

**NATURAL Home Remedies**

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

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**CHARCOAL FROM WOOD** 

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**HYDROTHERAPY**  
WATER TREATMENT 

---

**HERBS & PLANTS** 

---

**FASTING** 

---

**MASSAGE** 

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power. That power is Christ. Cooperation with that power is man's greatest need." Education, p. 29.

## MOTHER SHAPING THE MIND AND CHARACTER OF HER CHILD

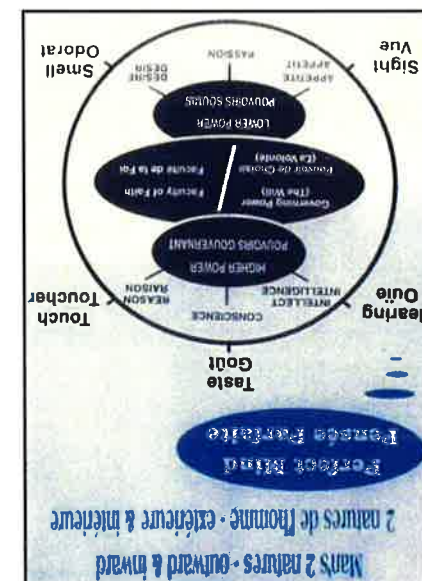
"She, by whose lifeblood the child is nourished and its physical frame built up, imparts to it also mental and spiritual influences that tend to the shaping of mind and character." Adventist Home, p. 242.

## MOTHER AND CHILD: SAME TRAITS OF CHARACTER

"If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, these traits will be reflected in the disposition of the child. Thus many children have received as a birthright almost unconquerable tendencies to evil. But if the mother unwaveringly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unselfish, she may give her child these same precious traits of character." Adventist Home, p. 256.

## CHILDREN NOT PUNISHED FOR THE PARENTS' GUILT

"Visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate Me." It is inevitable that children should suffer from the consequences of parental wrongdoing, but they are not punished for the parents' guilt, except as they participate in their sins. It is usually the case, however, that children walk in the steps of their parents. By inheritance and example the sons become partakers of the father's



Every child since Adam is born like this: The lower power controlling the higher power.

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sin. Wrong tendencies, perverted appetites, and debased morals, as well as physical disease and degeneracy, are transmitted as a legacy from father to son, to the third and fourth generation. This fearful truth should have a solemn power to restrain men from following a course of sin." Patriarchs and Prophets, p. 306.

## CONCLUSION:

After his separation from his Maker, man did not cease to be a temple but instead, as he chose to become independent from the Holy Spirit, he became an habitation of demons. By submitting his will to Satan and following his direction, man's character of love was replaced by a self-centered character like the character of his new master.

Satan who understood the laws governing the operation of man's mind, immediately took possession of the very channel God had designed to use for communicating with man for the complete, connected and harmonious development of his faculties. Consequently, after man submitted his will to him "the brain nerves fell under the control of demons and became the channel for Satan's electric currents by which he casts his spells over the body and souls of men."

"Refusing to follow in the path of obedience, they transferred their allegiance to Satan. The enemy rejoiced in his success in effacing the divine image from the minds of the people that God has chosen as His representatives." Fundamentals of Christian Education, p. 499. Thus Satan took over the brain nerves and brought disharmony, perversion and destruction. Man became affected and infected by sin: this was his new carnal nature! The lower power were now governing the higher power.

Man's nature and faculties were so completely perverted by this new unholy connection resulting from his own choice, that his offspring inherited a perverted, sinful nature. Adam's first son Cain, killed his brother Abel: first generation of dysfunctional family. It was natural for Cain to follow his depraved inclinations and passions in subjecting the higher center of his mind to the lower. Sin had brought a change of relationship which caused a perversion of faculties, rather than a transaction in which certain holy faculties were exchanged for unholy faculties.



# 2 POLES OF TRUTH

The Best Method in Communicating Truth

## WHAT IS TRUTH?

"Pilate therefore said unto him, Art thou a king then? Jesus answered, Thou sayest that I am a king. To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth heareth my voice. Pilate saith unto him, What is truth? And when he had said this, he went out again unto the Jews, and saith unto them, I find in him no fault at all." John 18:37, 38.

## WHO IS TRUTH?

"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." John 14:6.

## THE WORD IS TRUTH: JESUS IS THE WORD

"And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth." John 1: 14

## THE HOLY SPIRIT TEACHES US THE TRUTH

"I have yet many things to say unto you, but ye cannot bear them now. Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. He shall glorify me: for he shall receive of mine, and shall shew it unto you." John 16: 12, 13.

## WHO CAN COMPREHEND THE TRUTH?

"Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts. For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little: For with stammering lips and another tongue will he speak to this people.

To whom he said, This is the rest wherewith ye may cause the weary to rest; and this is the refreshing: yet they would not hear.

But the word of the LORD was unto them precept upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little; that they might go, and fall backward, and be broken, and snared, and taken." Isaiah 28:9-13.

## HOW DO WE RIGHTLY DIVIDE THE WORD OF TRUTH?

"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." 2 Timothy 2:15.

## WHY WAS THE WORD OF GOD GIVEN TO US?

"And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works." 2 Timothy 3: 15-17.

## WHAT IS THE MOST COMPLETE, CONNECTED, HARMONIOUS SYSTEM OF TRUTH IN THE BIBLE?

The Key to a Complete System of Truth: "The subject of the sanctuary was the key which opened to view a complete system of truth, connected and harmonious, showing that God's hand had directed the great advent movement, and revealing present duty as it brought to light the position and work of His people."

The Great Controversy, p. 423.

Continued on Page 10...

## Twelve Steps to Health

- STEP 1:** I admit that I am powerless to manage my own personal life.
- STEP 2:** Come to believe that a Power greater than myself could restore me to sanity.
- STEP 3:** Make a decision to turn my will and my life over to the care of God as I understand Him.
- STEP 4:** Make a searching and fearless moral inventory of myself.
- STEP 5:** Admit to God, to myself and to another human being, the exact nature of my wrongs.
- STEP 6:** Am entirely ready to have God remove all these defects of character.
- STEP 7:** Humbly ask Him to remove my shortcomings.
- STEP 8:** Make a list of all the persons I have harmed, and become willing to make amends to them all.
- STEP 9:** Make direct amends to such people wherever possible, except when to do so would injure them or others.
- STEP 10:** Continue to take personal inventory and when I am wrong promptly admit it.
- STEP 11:** Seek through prayer and meditation to improve my conscious contact with God as I understand Him, praying only for knowledge of His will for me and the power to carry that out.
- STEP 12:** Having had a spiritual awakening as a result of these steps, I carry this message to others and practice these principles in all my affairs.

Adapted with written permission from Alcoholics Anonymous - New York, 1981

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 recom



transmitters 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

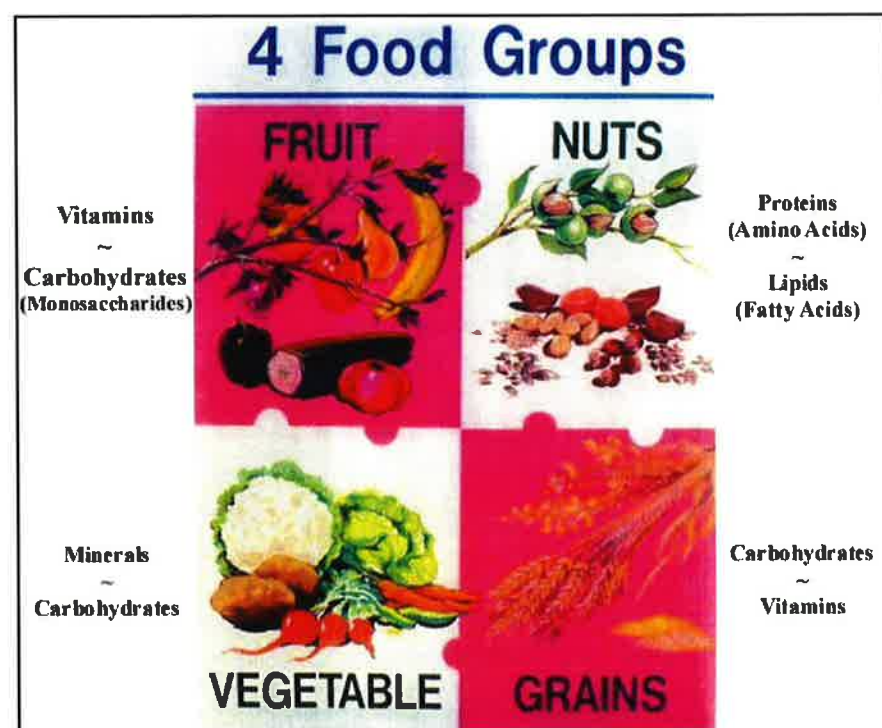
- A raw fruit and vegetable diet, with soybeans and their by-products, is important. Diets too low in complex carbohydrates can cause serotonin depletion and depression.
- Avoid phenylalanine supplements if

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-



### DAILY SERVICE IN THE COURT

"Not only the sanctuary itself, but the ministration of the priests, was to "serve unto the example and shadow of heavenly things." Hebrews 8:5. Thus it was of great importance; and the Lord, through Moses, gave the most definite and explicit instruction concerning every point of this typical service. The ministration of the sanctuary consisted of two divisions, a daily and a yearly service. The daily service was performed at the altar of burnt offering in the court of the tabernacle and in the holy place; while the yearly service was in the most holy.

The daily service consisted of the morning and evening burnt offering, the offering of sweet incense on the golden altar, and the special offerings for individual sins. And there were also offerings for sabbaths, new moons, and special feasts.

Every morning and evening a lamb of a year old was burned upon the altar, with its appropriate meat offering, thus symbolizing the daily consecration of the nation to Jehovah, and their constant dependence upon the atoning blood of Christ. God expressly directed that every offering presented for the service of the sanctuary should be "without blemish." Exodus 12:5

The priests were to examine all animals brought as a sacrifice, and were to reject every one in which a defect was discovered. Only an offering "without blemish" could be a symbol of His perfect purity who was to offer Himself as "a lamb without blemish and without spot." 1 Peter 1:19. The apostle Paul points to these sacrifices as an illustration of what the followers of Christ are to become. He says, "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Romans 12:1.

We are to give ourselves to the service of God, and we should seek to make the offering as nearly perfect as possible. God will not be pleased with anything less than the best we can offer. Those who love Him with all the heart, will desire to give Him the best service of the life, and they will be constantly seeking to bring every power of their being into harmony with the laws that will promote their ability to do His will." Patriarchs and Prophets, pp. 352, 353

### DAILY SERVICE IN THE HOLY PLACE

"In the offering of incense the priest was brought more directly into the presence of God than in any other act of the daily ministration. As the inner veil of the sanctuary did not extend to the top of the building, the glory of God, which was manifested above the mercy seat, was partially visible from the first apartment.

When the priest offered incense before the Lord, he looked toward the ark; and as the cloud of incense arose, the divine glory descended upon the mercy seat and filled the most holy place, and often so filled both apartments that the priest was obliged to retire to the door of the tabernacle. As in that typical service the priest looked by faith to the mercy seat which he could not see, so the people of God are now to direct their prayers to Christ, their great High Priest, who, unseen by human vision, is pleading in their behalf in the sanctuary above.

The incense, ascending with the prayers of Israel, represents the merits and intercession of Christ, His perfect righteousness, which through faith is imputed to His people, and which can alone make the worship of sinful beings acceptable to God. Before the veil of the most holy place was an altar of perpetual intercession, before the holy, an altar of continual



atonement. By blood and by incense God was to be approached—symbols pointing to the great Mediator, through whom sinners may approach Jehovah, and through whom alone mercy and salvation can be granted to the repentant, believing soul." Patriarchs and Prophets, p.353

### YEARLY SERVICE IN THE MOST HOLY PLACE

"Beyond the inner veil was the holy of holies, where centered the symbolic service of atonement and intercession, and which formed the connecting link between heaven and earth. In this apartment was the ark, a chest of acacia wood, overlaid within and without with gold, and having a crown of gold about the top. It was made as a depository for the tables of stone, upon which God Himself had inscribed the Ten Commandments. Hence it was called the ark of God's testament, or the ark of the covenant, since the Ten Commandments were the basis of the covenant made between God and Israel.

### THE MERCY SEAT

The cover of the sacred chest was called the mercy seat. This was wrought of one solid piece of gold, and was surmounted by golden cherubim, one standing on each end. One wing of

each angel was stretched forth on high, while the other was folded over the body (see Ezekiel 1:11) in token of reverence and humility. The position of the cherubim, with their faces turned toward each other, and looking reverently downward toward the ark, represented the reverence with which the heavenly host regard the law of God and their interest in the plan of redemption.

### THE LAW OF GOD

The law of God, enshrined within the ark, was the great rule of righteousness and judgment. That law pronounced death upon the transgressor; but above the law was the mercy seat, upon which the presence of God was revealed, and from which, by virtue of the atonement, pardon was granted to the repentant sinner. Thus in the work of Christ for our redemption, symbolized by the sanctuary service, "mercy and truth are met together; righteousness and peace have kissed each other." Psalm 85:10.

No language can describe the glory of the scene presented within the sanctuary--the gold-plated walls reflecting the light from the golden candlestick, the brilliant hues of the richly embroidered curtains with their shining angels, the table, and the altar of incense, glittering with gold; beyond the second veil the sacred ark, with its mystic cherubim, and above it the holy Shekinah, the visible manifestation of Jehovah's presence; all but a dim reflection of the glories of the temple of God in heaven, the great center of the work for man's redemption." Patriarchs and Prophets p. 348, 349

### ANOTHER SANCTUARY: THE HEAVENLY

"In the temple in Heaven, the dwelling-place of God, his throne is established in righteousness and judgment. In the most holy place is his law, the great rule of right by which all mankind are tested. The ark that enshrines the tables of the law is covered with the mercy-seat, before which Christ pleads his blood in the sinner's behalf. Thus is represented the union of justice and mercy in the plan of human redemption. This union infinite wisdom alone could devise, and infinite power accomplish; it is a union that fills all Heaven with wonder and adoration. The cherubim of the earthly sanctuary, looking reverently down upon the mercy-seat, represent the interest with which the heavenly host contemplate the work of redemption. This is the mystery of mercy into which angels desire to look, - that God can be just while he justifies the repenting sinner, and renews his intercourse with the fallen race; that Christ could stoop to raise unnumbered multitudes from the abyss of ruin, and clothe them with the spotless garments of his own righteousness, to unite with angels who have never fallen, and to dwell forever in the presence of God." Great Controversy p. 415



**2 POLES: THE EARTHLY AND THE HEAVENLY - THE HUMAN AND THE DIVINE**

"The practical truths He uttered had a convincing power, and arrested the attention of the people. Multitudes lingered at His side, marveling at His wisdom. His manner corresponded with the great truths He proclaimed. There was no apology, no hesitancy, not the shadow of a doubt or uncertainty that it might be other than He declared. He spoke of the earthly and the heavenly, of the human and the divine, with positive authority; and the people "were astonished at His doctrine for His word was with power." Review and Herald 6, 1911.

**2 POLES: EVENTS OF LIFE AND IMMORTAL TRUTH - DAILY TASKS AND SPIRITUAL- SEEN AND UNSEEN**

"The birds of the air, the lilies of the field, the sower and the seed, the shepherd and the sheep--with these Christ illustrated immortal truth. He drew illustrations also from the events of life, facts of experience familiar to the hearers--the leaven, the hid treasure, the pearl, the fishing net, the lost coin, the prodigal son, the houses on the rock and the sand. In His lessons there was something to interest every mind, to appeal to every heart.

**THE WAY JESUS TAUGHT  
2 POLES OF TRUTH - TWO SPHERES**



<b>NATURAL</b>	<b>SACRED</b>
<b>HUMAN</b>	<b>DIVINE</b>
<b>PHYSICAL</b>	<b>SPIRITUAL</b>
<b>CONCRETE</b>	<b>ABSTRACT</b>
<b>EARTHLY</b>	<b>HEAVENLY</b>
<b>KNOWN</b>	<b>UNKNOWN</b>
<b>SEEN</b>	<b>UNSEEN</b>
<b>LAW</b>	<b>GRACE</b>
<b>JUSTICE</b>	<b>MERCY</b>
<b>SON OF MAN</b>	<b>SON OF GOD</b>

Thus the daily task, instead of being a mere round of toil, bereft of higher thoughts, was brightened and uplifted by constant reminders of the spiritual and the unseen." Education, p. 102.

**2 POLES: KNOWN AND UNKNOWN - NATURAL AND SACRED - EARTHLY AND DIVINE**

"In His teaching, Christ drew His illustrations from the great treasury of household ties and affections, and from nature. The unknown was illustrated by the known; sacred and divine truths, by natural, earthly things, with which the people were most familiar. These were the things that would speak to their hearts, and make the deepest impression on their minds.

"The words of Christ placed the teachings of nature in a new aspect and made them new revelation. He could speak of the things which His own hands had made, for they had qualities and properties that were peculiarly His own. In nature, as in the sacred pages of the Old Testament Scriptures, divine, momentous truths are revealed; and in His teaching, Jesus laid these open before the people, bound up with the beauty of natural things."

Counsels to parents, teachers and students, p. 178, 179.

**FOR HIS OWN WISE PURPOSE THE LORD VEILS SPIRITUAL TRUTHS IN FIGURES AND SYMBOLS**

"For His own wise purpose the Lord veils spiritual truths in figures and symbols. Through the use of figures of speech the plainest and most telling rebuke was often given to His accusers and enemies, and they could find in His words no occasion to condemn Him. In parables and comparisons He found the best method of communicating divine truth. In simple language, using figures and illustrations drawn from the natural world, He opened spiritual truth to His hearers, and gave expression to precious principles that would have passed from their minds, and left scarcely a trace, had He not connected His words with stirring scenes of life, experience, or nature. In this way He called forth their interest, aroused inquiry, and when He had fully secured their attention, He decidedly impressed upon them the testimony of truth. In this way He was able to make sufficient impression upon the heart so that afterward His hearers could look upon the thing with which He connected His lesson, and recall the words of the divine Teacher." Fundamentals of Christian Education, p. 236.

**NO MORE 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

## 8 Laws of Health

TEST TO WARN THE PEOPLE

<b>T</b> rust in God	
<b>E</b> xercise	
<b>S</b> unshine	
<b>T</b> emperance	
<b>W</b> ater	
<b>A</b> ir	
<b>R</b> est	
<b>N</b> utrition	FRUIT NUTS VEG GRAIN

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, neuro-



# THE HEALING CLAY

## THEORY

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").

## PROPERTIES

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.

## USES

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

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 acts as a blood purifier for allergies and anemia.

- Add 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 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.

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.)

## 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).

## DEMONSTRATION - 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.

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

# IT'S ALL A MATTER OF FREEDOM

## Principles of Liberty of Conscience and Religious Liberty

### DECLARATION OF PRINCIPLES

"The God-given right of religious liberty and liberty of conscience is best exercised when church and state are separate. Government is God's agency to protect individual rights and to conduct civil affairs; in exercising these responsibilities, officials are entitled to respect and cooperation.

However, religious liberty and liberty of conscience entails "freedom" of choice: to be with our family or not to be, to worship or not to worship, to profess, practice and promulgate religious beliefs or to change them. In exercising these rights, one must respect the equivalent rights of all others.

Attempts to unite church and state are opposed to the interests of each, subversive of human rights and potentially persecuting in character; to oppose union, lawfully and honorably is not only the citizen's duty but the essence of the golden rule - to treat others as one wishes to be treated."

Christ said, 'Render therefore unto Caesar the things which are Caesar's.' Romans 13:1, taking up the same thought, says, "Render therefore to all their dues: tribute to whom tribute is due; custom to whom custom; fear to whom fear; honor to whom honor." These references make positive that which we have stated, - that this portion of Scripture in Romans 13: 1-9, is a divine commentary upon the words of Christ in Matthew 22: 17-21.

The passage refers first to civil government, the higher powers, - the powers that be. Next it speaks of rulers, as bearing the sword and attending upon matters of tribute. Then it commands to render tribute to whom tribute is due, and says, "Owe no man any thing; but to love one another: for he that loveth another hath fulfilled the law." Then he refers to the sixth, seventh, eighth, ninth, and tenth commandments, and says, "If there be any other commandment, it is briefly comprehended in this

saying, namely, Thou shalt love thy neighbor as thyself."

There are other commandments of this same law to which Paul refers. There are the four commandments of the first table of the law, - the commandments which says, "Thou shalt have no other gods before me, Thou shalt not make unto thee any graven image, or any likeness of any thing, Thou shalt not take the name of the Lord thy God in vain, Remember the Sabbath day to keep it holy." Then there is the other commandment in which are briefly comprehended all these, 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and, with all thy strength'.

Paul knew full well these commandments. Why, then, did he say, "If there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbor as thyself"? - Because he was writing concerning the principles set forth by the Savior, which relate to our duties to civil government. Our duties under civil government pertain solely to the government and to our fellow men, because the powers of civil government pertain solely to men in their relations one to another, and to the government. But the Savior's words in the same connection entirely separated that which pertains to God from that which pertains to civil government. The things which pertain to God are not to be rendered to civil government - to the powers that be; therefore Paul, although knowing full well that there were other commandments, said, "If there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbor as thyself;" that is, if there be any other commandment which comes into the relation between man and civil government, it is comprehended in this saying, that he shall love his neighbor as himself; thus showing conclusively that the powers that be, though ordained of God, are so ordained simply in things pertaining to the relation of man with his fellowmen, and in those things alone.

Further: as in this divine record of the duties that men



owe to the powers that be, there is no reference whatever to the first table of the law, it therefore follows that the powers that be, although ordained of God, have nothing whatever to do with the relations which men bear toward God.

As the ten commandments contain the whole duty of man, and as in the enumeration here given of the duties that men owe to the powers that be, there is no mention of any of the things contained in the first table of the law, it follows that none of the duties enjoined in the first table of the law of God, do men owe to the powers that be. These are duties that men owe to God, and with these the powers that be can of right have nothing to do, because Christ has commanded to render unto God - not to Caesar, nor by Caesar - that which is God's. Therefore, as in his comment upon the principle which Christ established, Paul has left out of the account the first four commandments, so we deny, forever, the right of any civil government to legislate in anything that pertains to men's duty to God under the first four commandments.

### SUNDAY LEGISLATION: APPLICATION OF PRINCIPLE

**EXAMPLE:** A Sunday bill that proposes to legislate in regard to the Lord's day. If it is the Lord's day, we are to render it to the Lord, not to Caesar. When Caesar exacts it of us, he is exacting what does not belong to him, and is demanding of us that with which he should have nothing to do.

**ARGUMENT:** Would it answer the objection in that regard, if, instead of saying "the Lord's day," it would say, "Sunday"?

**RESPONSE:** No, because the underlying principle, the sole basis, of Sunday, is ecclesiastical, and legislation in regard to it is ecclesiastical legislation. Now, do not misunderstand this point. Even for a Sabbathkeeper, if a bill were in favor of enforcing the observance of the Seventh Day as the Lord's day, he/she should oppose it just as much as a Sunday legislation, for the reason that civil government has nothing to do with what we owe to God, or whether we owe anything or not, or whether we pay it or not. The words of Christ emphasize this point. At that time the question was upon the subject of trib-



ute, whether it was lawful to give tribute to Caesar or not. In answering the question, Christ established this principle: "Render therefore unto Caesar the things which are Caesar's, and unto God the things that are God's." That tribute money was Caesar's; it bore his image and superscription; it was to be rendered to him. Now, it is a question of rendering Sabbath observance, and it is a perfectly legitimate and indeed a necessary question to ask right here: Is it lawful to render Lord's day observance to Caesar? The reply may be in His own words: Show me the Lord's day; whose image and superscription does it bear? - The Lord's, to be sure. A Sunday legislation declares itself to be the Lord's day. Then the words of Christ apply to this. Bearing the image and superscription of the Lord, Render therefore to the Lord the things that are the Lord's, and to Caesar the things that are Caesar's. It does not bear the image and superscription of Caesar; it does not belong to him; it is not to be rendered to him.

Again: take the institution under the word Sabbath: Is it lawful to render Sabbath observance to Caesar or not? Show us the Sabbath; whose image and superscription does it bear? The commandment of God says, it "is the Sabbath of the Lord thy God." It bears his image and superscription, and his only; it belongs wholly to him;

### Law of The 10 Commandments

And God spoke all these words, saying:

- I I am the LORD thy God, who have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before Me.
- II Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. Thou shalt not bow down thyself to them, nor serve them; for I, the LORD thy God, am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate Me, and showing mercy unto thousands of them that love Me and keep My commandments.
- III Thou shalt not take the name of the LORD thy God in vain, for the LORD will not hold him guiltless that taketh His name in vain.
- IV Remember the Sabbath day, to keep it holy. Six days shalt thou labor and do all thy work; but the seventh day is the Sabbath of the LORD thy God. In it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates. For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.
- V Honor thy father and thy mother, that thy days may be long upon the land which the LORD thy God giveth thee.
- VI Thou shalt not kill.
- VII Thou shalt not commit adultery.
- VIII Thou shalt not steal.
- IX Thou shalt not bear false witness against thy neighbor.
- X Thou shalt not covet thy neighbor's house; thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor anything that is thy neighbor's.

Exodus 20:1-17

Caesar can have nothing to do with it. It does not belong to Caesar; its observance cannot be rendered to Caesar, but only to God; for the commandment is, "Remember the Sabbath day, to keep it holy." If it is not kept holy, it is not kept at all. Therefore, belonging to God, bearing his superscription and not that of Caesar, according to Christ's commandment. It is to be rendered only to God because we are to render to God that which is God's, and the Sabbath is the Sabbath of the Lord thy God, Sabbath observance, therefore, or Lord's day observance, whichever you may choose to call it, never can be rendered to Caesar, and Caesar never can demand it without demanding that which belongs to God, or without putting himself in the place of God, and usurping the prerogative of God.

Therefore, if a bill were framed in behalf of the real Sabbath of the Lord, the seventh day and proposes to promote its observance, or to compel men to do no work upon that day, it should be oppose just as strongly as a Sunday observance bill, and it could be argued precisely upon the same principle, - the principle established by Jesus Christ, - that which is God's, the civil government never can of right have anything to do with. That duty rests solely between man and God and if any man does not render it to God, he is responsible only to God, and not to any man, nor to any assembly or organization of men, for his failure or refusal to render it to God and any power that undertakes to punish that man for his failure or refusal to render to God what is God's, puts itself in the place of God.

Any government which attempts it, sets itself against the word of Christ, and is therefore anti-Christian. There never was a Sunday law that was not anti-Christian, and there never can be one that will not be anti-Christian.

These explanations of the Declaration of Principle of Religious Liberty were drawn and adapted from The Sentinel Library, National Sunday Law, Pacific Press Publishing Co., 1889. The arguments were presented by Senator Blair and the response were offered by A.T. Jones, Seventh-Day Adventist minister, before the United States Senate Committee on Education and Labor, Washington, D.C. December 13, 1888.