



God's Pharmacy

Herbal or Rational Therapies



“Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physicians—pure air, pure water, proper exercise, a clear conscience.” Cch 105



Drug medication is a curse to this enlightened age.” {MM 259.3}

“The light given me was that a sanitarium should be established, and that in it drug medication should be discarded, and simple, rational methods of treatment employed for the healing of disease.” CDF 303

Your Immune system can be strengthened & positively effected by lifestyle modifications

Vegan diet, vegetables, juicing,
herbs,

Adequate Water, internally and externally-
hydration, hygiene

Exercise

Fresh Air

Sunlight

Rest

Detoxification

Antibiotic – a substance produced by or derived from a micro organism that destroys or inhibits the growth of other micro organisms. Antibiotics are used to treat infections caused by organisms that are sensitive to them, usually bacteria or fungi.

.

Types of antibiotics include, chloramphenicol, penicillin, streptomycin, tetracycline.

The Bantam Medical Dictionary, Revised Edition 1990.

Do you know ? there are natural antibiotics from plant sources

- Garlic
- Thyme
- Burdock
- Echinacea
- Calendula (eyebright)
- Astragalus
- Horseradish
- Nasturtium

Plant sources of natural antibiotics

- Hypericum (St. John's Wort)
- Reishi, Maitake and Shiitake mushrooms
- Essiac (sheep sorrel)
- Slippery Elm
- Juniper Berries
- Red Clover flowers
- Pat Crocker, the Healing Herbs Cookbook

VITAMINS, MINERALS, PLANTS FLOWERS, ROOTS AND HERBS

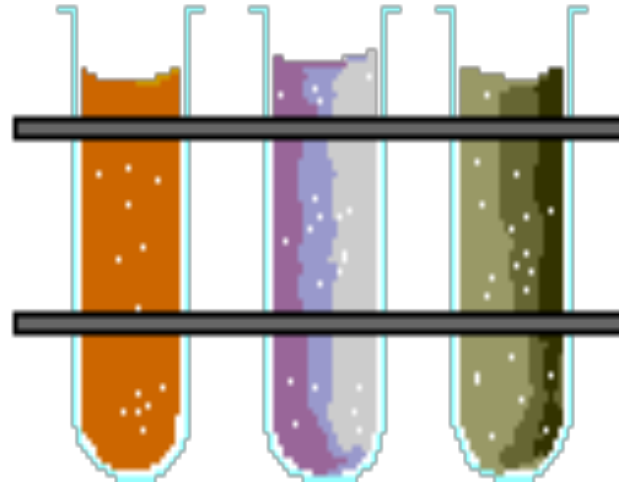


Our duty to use herbs intelligently

- God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of those roots and herbs and make right use of them there would not be a necessity of running to the doctor so frequently and people would be in much better health than they are today.
- I believe in calling upon the Great Physician when we have used the remedies I have mentioned.

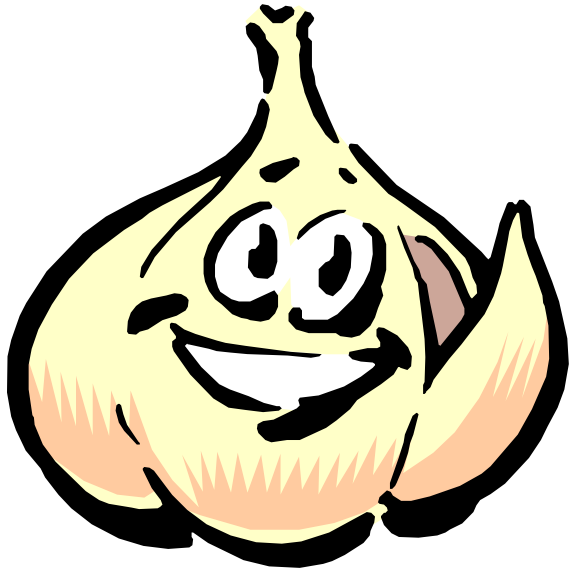
Worlds Healthiest Herbs

- Garlic
- Onion
- Chives
- Leeks
- Basil
- Tarragon
- Turmeric
- Dill
- Cinnamon



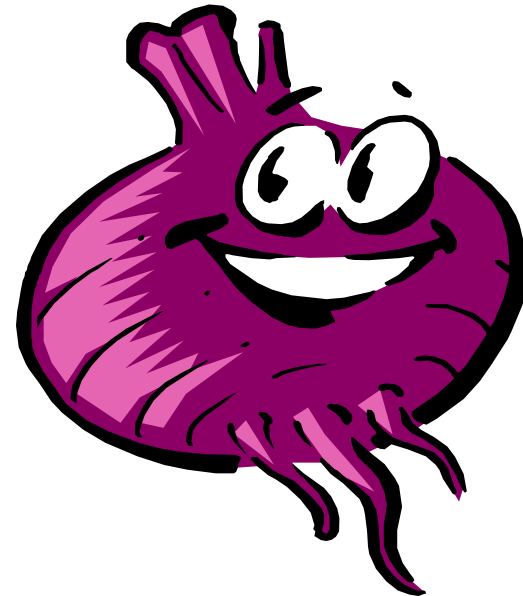
- Parsley
- Thyme
- Ginger
- Cilantro
- Coriander
- Anise
- Fennel
- Cloves
- Nutmeg

Highest Anti-Oxidants



Onions

Garlic



Tuberculosis

- Tuberculosis (TB) is a potentially serious infectious disease that mainly affects your lungs. The bacteria that cause tuberculosis are spread from one person to another through tiny droplets released into the air via coughs and sneezes.
- Once rare in developed countries, tuberculosis infections began increasing in 1985, partly because of the emergence of HIV, the virus that causes AIDS. HIV weakens a person's immune system so it can't fight the TB germs. In the United States, because of stronger control programs, tuberculosis began to decrease again in 1993, but remains a concern.
- Many strains of tuberculosis resist the drugs most used to treat the disease. People with active tuberculosis must take several types of medications for many months to eradicate the infection and prevent development of antibiotic resistance.
 - Definition from the Mayo Clinic

“Antibiotics have not solved problems like tuberculosis

- Which is turning up in new forms that do not respond to conventional therapies.”
- Dr. David Edelberg, M.D., internist and medical director of the American Holistic Centre, in Chicago,
- P. 5 New Choices in Natural Healing, over 1800 of the best self-help remedies from the world of Alternate Medicine, edited by Bill Gotlieb, Rodale Press, 1995

What does our prophet say?

- "The truth for this time, the three angels messages, is to be proclaimed with a loud voice as we approach the great final test. This test must come to the churches in connection with true medical missionary work". We are told that in the time of trouble "there will be sick ones, plenty of them that will need help".

E.G. White continues

So because of the need but also "for their own sake, they should, while they have opportunity, become intelligent in regard to disease, it's causes, prevention and cure, and those who will do this will find a field of labour anywhere." C. H. 506.

MAPLE TREE

**Bark: Infusions – tuberculosis. Decoctions –
diarrhea. Cough and cold remedy.**



LILY

Tea: stomach disorders, cough, fever, TB, assist with women in labour to deliver after-birth. As a wash for swelling, bruises, sores and wounds



PLANTAIN

Rich in vitamin A, C and K. Anti inflammatory. Leaf juice: poultice for treating insect bites, stings, snake bites, sunburn, poison ivy, rash, blisters, cuts, burns. Heated leaves: swollen joints, sprains, strained muscles, sore feet. Seeds: Reduce blood pressure and cholesterol. Laxative (high in fibre).

Roots: relieving toothaches, headaches, and for healing poor gums.

Tea: Coughs, Colds, Flu, TB, Bronchitis, intestinal worms, bleeding from mucous membranes.



HORSETAIL

Tea: bladder and kidney problems. Water retention, constipation. Gout, stomach problems, bronchitis, TB. Poultice: relieve bladder and prostate pain, heal wounds and sores. Highly absorbable silica and Ca⁺ content. Osteoporosis, bursitis.



The 2 H approach to Fever- Hydrotherapy & Herbs

- When fever is over 102 F, sponging body with tepid water and sea sponge may bring the fever down
- Or use a wet pack. Towel soaked in tepid water is applied to chest or abdomen & body covered with dry blanket. Leave pack there for up to three hours.
- Cold compress on forehead. Replace when warm, Readers Digest, Natural Remedies, p 90

BIRCH

Sap: fevers, stomach aches, kidney stones and respiratory problems. Bark: tonic for expelling worms, induce sweating – tonic for dysentery.



PEPPERMINT

Tea: digestive problems (upset stomach, gas, vomiting), cough, cold, fever, kidney problems, headaches. Poultice: arthritis, tendinitis, rheumatism. Leaf pack around aching teeth.



RED CLOVER

High in Protein. Tea: Menopausal symptoms. Cough, cold. Fever, sore throat, rheumatism, gout, purifies blood. Stimulates liver, removes toxins from blood. Caution: too much – anti coagulant properties.



CATNIP

A cup of tea made from catnip herb will quiet the nerves. {2SM 297.4} .

Tea: colds, flu, fever. Calming to stomach, treat nausea, diarrhea and colic. Soothing to nervous system – to treat Insomnia, hyperactivity.

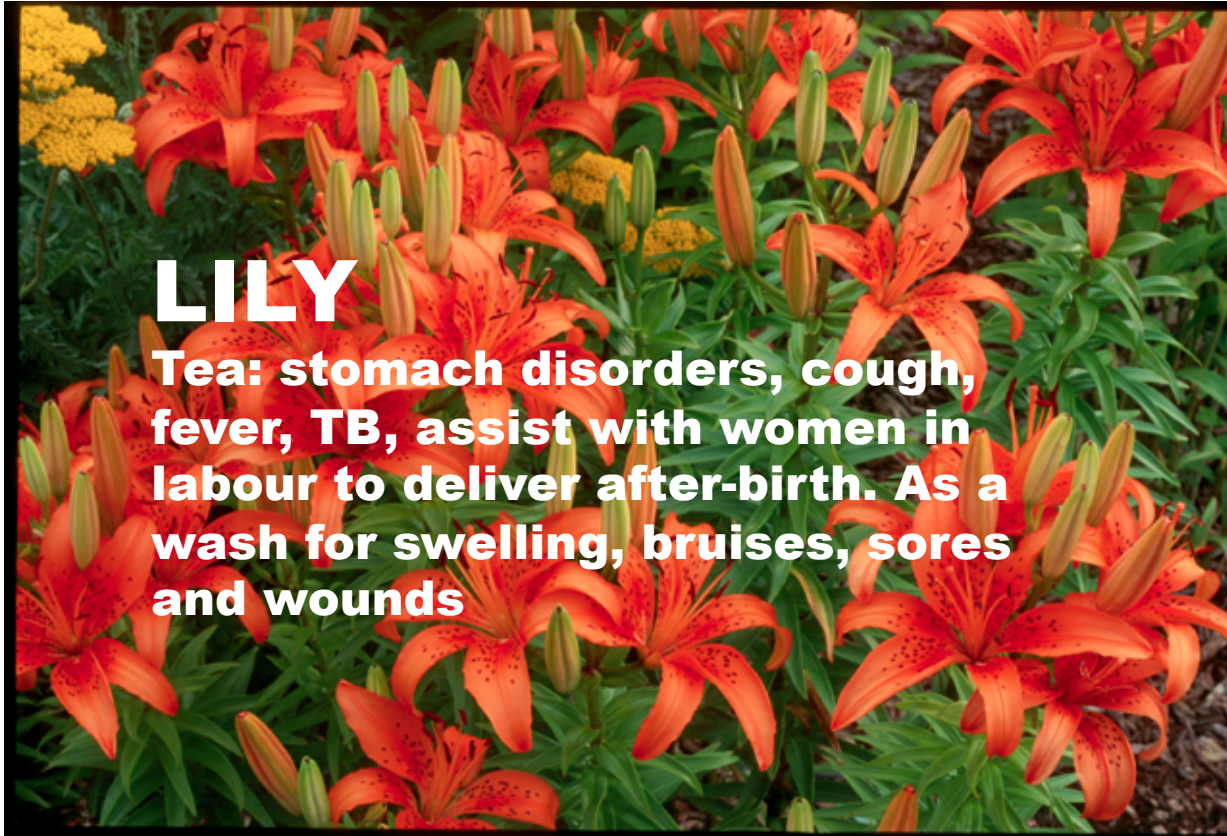


THISTLE

Tea: strengthen stomach, reduce fever, kill intestinal worms, increasing milk supply of nursing mothers, wash pimples, rashes, ulcers. Root Tea: to treat dysentery and diarrhea.

“expel superfluous melancholy out of the body and to make a man as merry as a cricket”





LILY

Tea: stomach disorders, cough, fever, TB, assist with women in labour to deliver after-birth. As a wash for swelling, bruises, sores and wounds

Marigold

- Can be used as a poultice, helpful in healing wounds



Golden Seal

- Can be used as a poultice, has immunological properties
-



EXERCISE

- By the sweat of your brow shall ye eat bread...
- And He placed them in the garden to dress and keep it...

How to – water & exercise

- 2. Water
- Drink plenty of pure water between meals – start 1-1.5 hours after meal finishes and stop drinking water 30 minutes prior to your next meal
- Submerging body parts in contrast bath (hot and cold) 3 minutes hot, 30 seconds cold, up to five times per session, every couple of hours. Take an entire body contrast bath or shower morning and evening.
- 3. Exercise
- If you can, walk. Outdoor exercise is preferable. In winter, cover the arthritic parts well with natural fabrics.
- 4. Rest
- Get regular nightly rest and take vacations if possible

Exercise cautions

- REGULAR EXERCISE—STRENGTHEN AND IMPROVE FLEXION OF JOINTS
- DON'T ABUSE YOUR JOINTS BY OVERTAXING THEM
- LISTEN TO YOUR BODY; IF IT HURTS—REST, STOP
- WATER—FLUSH TOXINS, HYDRATE JOINTS
- SUPPLEMENTS
- PROPER NUTRITION

Are you a solo or social exerciser?

- Your efforts will be more successful if you match your exercise personality with your activities



Increase blood circulation to the whole body by gentle stretching

- Flexibility exercises for your whole Body.



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Exercise is Vital to Health

- The more we exercise the better will be the circulation of the blood. More people die for want of exercise than through over fatigue; very many more rust out than wear out.
- Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation.

An additional benefit of exercise outdoors

- The trees of the forest are not in regular order. It **is restful to eye and mind** to range over the scenes of nature, over forest, hill and valley, plain and river, enjoying the endless diversity of form and colour and the beauty with which trees, shrubs, and flowers are grouped in nature's garden, making it a picture of loveliness. Childhood, youth, and age can alike find rest and gratification there.

An oxygen rich environment strengthens the immune system

- Therefore oxygenate your blood
- By breathing in fresh air
- By exercising
- By using oxygenated water and other forms of oxygen, medical grade and otherwise

Health Risks of City Dwelling

- The Physical surroundings in the cities are often a peril to health ... the prevalence of foul air (is among) the many evils to be met.



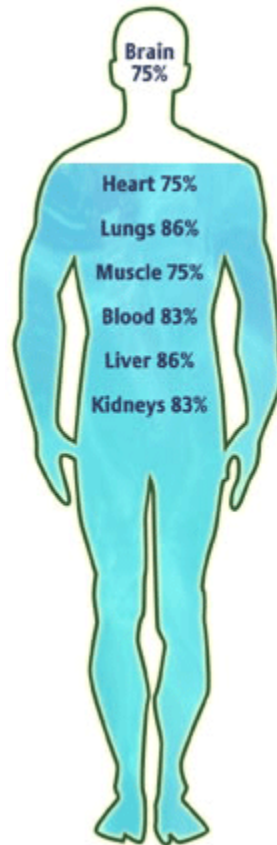
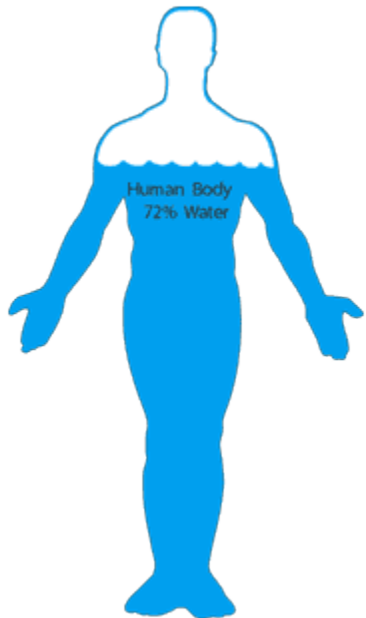
Sunlight

- Antibacterial
- Antiviral
- Antiseptic
- Elevates mood
- Creates Vitamin D in our bodies when skin exposed
- “Pull back the drapes and open the windows and let the sunlight into your chambers.”

WATER

- The body's natural healing substance par excellence

WATER IN THE HUMAN BODY



- Largest component of body
- Makes up 45-75% of body weight
- Brain 75%
- Bones 25%
- Blood 83%
- Lean muscle 75%
- Body fat 14%
- Percentage of body weight that is water is reflective of amount of fat a person has

ROLE OF WATER IN LIVING ORGANISMS

- ALL KNOWN FORMS OF LIFE DEPEND ON WATER
- HAS MANY DISTINCT PROPERTIES THAT ARE CRITICAL FOR PROLIFERATION OF LIFE
- ALLOWS ORGANIC COMPOUNDS (SUCH AS OUR CELLS) TO REACT IN WAYS THAT ALLOWS REPLICATION
- IN HUMANS, INVOLVED IN EVERY FUNCTION
- OF THE THE BODY THAT IS REQUIRED FOR LIFE.
- ALL CHEMICAL REACTIONS TAKE PLACE IN WATER, EVERY CELL IS BATHED IN WATER,
- HUMAN BODY IS A WATER MACHINE DESIGNED TO RUN ON WATER AND MINERALS

DAILY WATER REQUIREMENTS

- CURRENT DAILY RECOMMENDATIONS ARE:
2.7LITRES FOR WOMEN, 3.7 LITRES FOR MEN
INCLUDING BOTH FOOD AND FLUID INTAKE
- 20% OF OUR WATER INTAKE COMES FROM FOOD
SOURCES
- FRUITS AND VEGETABLES ARE 80-95% WATER
- GRAINS ARE 35% WATER
- ONCE FOOD SOURCES ARE TAKEN INTO ACCOUNT
WOMEN SHOULD DRINK 8 GLASSES
OF FLUID A DAY, AND MEN SHOULD DRINK 12
GLASSES OF FLUID A DAY
- WITH EXTREME HEAT AND PHYSICAL EXERCISE,
CAN NEED UP UP TO 16 LITRES A DAY

DAILY WATER REQUIREMENTS

- IT TAKES WEEKS OR MONTHS TO DIE FROM LACK OF FOOD; WE CAN ONLY SURVIVE LESS THAN A WEEK WITHOUT WATER
- A 2% LOSS OF BODY WATER CAN RESULT IN A 20% DROP IN ENERGY LEVELS
- DAILY WE NEED TO REPLACE THE AMOUNT OF WATER THAT IS USED BY THE BODY AND THE AMOUNT THAT IS EXCRETED BY THE BODY THROUGH URINE, FECES, SWEATING AND EXHALING WATER VAPOUR
- INDIVIDUAL DAILY REQUIREMENTS DEPEND ON LEVEL OF ACTIVITY, HEAT, HUMIDITY

EFFECTS OF WATER DEFICIENCY

- WE BEGIN TO FEEL THIRSTY ONCE WATER LEVELS HAVE DROPPED BY 2%
- A DROP OF 5% IS CONSIDERED DEHYDRATION
- A DROP OF 10% OF BODY WEIGHT IS FATAL
- LONG TERM EFFECTS OF WATER DEFICIENCY:
 - LOW BLOOD PRESSURE
 - INCREASED CLOTTING OF BLOOD (STROKES)
 - KIDNEY MALFUNCTION
 - SEVERE CONSTIPATION
 - MIGRAINE HEADACHES
 - WEAKENS THE HEART
 - HIGH BLOOD SUGAR

PURE WATER

- Distilled or boiled
- BPA free
- No flouride – kills brain cells as effectively as alcohol
- In Toronto, despite what the advertising says, **DO NOT DRINK THE TAP WATER UNFILTERED, UNBOILED OR UNTREATED**
- Drink water, or herbal tea, not coffee or juice

BATHING

- Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs.
- Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible; the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion. {CG 108.3}

Benefits of Hot Water & Epsom Salt or Sea Salts

- If the eyes are weak, if there is pain in the eyes or inflammation soft flannel cloths made wet by soaking in hot water and salt will bring relief quickly
- From a letter to Dr. H. Kellogg

THE WATER OF LIFE

“The Bible is the **best book in the world** for giving intellectual culture. Its study taxes the mind, strengthens the memory, and sharpens the intellect more than the study of all the subjects that human philosophy embraces.”

- GW 99

FRESH OUTDOOR AIR

- Is always preferable to indoor air
- Also known as negatively charged air

Effects of Negatively Charged Fresh Air

1. Improved sense of well-being
2. Increased rate and quality of growth in plants and animals
3. Improved functions of the lung's protective cilia
4. Tranquilization and relaxation (decreased anxiety)
5. Lowered body temperature
6. Lowered resting heart rate
- 7. Decreased survival of bacteria and viruses in the air**
8. Improved learning in mammals
9. Decreased severity of stomach ulcers

Use Charcoal for Inflammation

- The most severe inflammation (of the eyes) will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case.

Learn to treat yourself and others

- "The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call a doctor anymore than they would call in a lawyer. They can themselves administer the simple herbs if necessary".MS 105, [written August 26, 1898]

Will there be drugs in heaven?

- No more sickness, no more death
- Leaves of the tree of life are for the healing of the nations
- No drugs in heaven

Detoxification Treatments

Internally the herbs should be anti-microbial, detoxifying, and toning for the whole body, to strengthen it to the point where it can “throw off” the infection itself.

An Herbal Prescription for detoxification

- A good example of herbs for internal cleansing would be a mixture of equal parts of
 - Blue Flag
 - Cleavers
 - Echinacea
 - Eyebright
 - Poke Root

- A cup of this should be consumed three times a day



FLUSHING TOXINS NATURALLY

- HERBS TO FLUSH TOXINS:
DANDELION, PARSLEY, HORSETAIL,
GOLDENROD, BURDOCK
- JUICE: LEMON, PINEAPPLE

Eyebright

- Externally, an eyewash or compress may be made with Eyebright.
- Put one tablespoonful of the dried herb in half a litre (one pint) of water, boil it for 10 minutes and let it cool.
- We can either use it as an eyewash or apply it as a compress, by moistening gauze, or muslin in the water and placing it over the eyes for 15 minutes.
- Repeat several times a day.



Pine, Cedar and fir

- "Light was given that there is health in the fragrance of the pine, the cedar, and the fir.
- And there are several other kinds of trees that have medicinal properties that are health promoting.
- Letter 95, 1902 [written June 26, 1902].

PINE

The seeds of all species are edible. You can collect the young male cones, which grow only in the spring, as a survival food. Boil or bake the young cones. The bark of young twigs is edible. Peel off the bark of thin twigs. You can chew the juicy inner bark; it is rich in sugar and vitamins. Eat the seeds raw or cooked. Green pine needle tea is high in vitamin C.



PINE

Needle tea high in vitamin A and C. Pitch can be chewed to relieve sore throat. Inner bark, dressing for scalds, burns and skin infections.



UTIs- urinary tract infections

- Urethra, kidneys, bladder inflammations
- Possible causes:

poor hygiene after a bowel movement;

Bladder irritation by highly perfumed toiletries

Wearing tight pants

Wearing synthetic underwear, amongst others

Blood poisoning and kidney failure possible.

Hospital visit for diagnostics at least prudent

Prevention

- Drinking plenty of fluids especially water- 60+s need 10 glasses of water daily, not just 8
- Emptying bladder regularly
- Taking care with personal hygiene
- Wearing cotton underwear
- Wearing loose fitting pants for men, and loose fitting skirts for women, especially in natural fibres,

STINGING NETTLE

Rich in protein, minerals, vitamin A and C, rich in iron.

Tea: aids coagulation and formation of Hemoglobin.

Diuretic, kills bacteria, assists in circulation. Relief to asthma, bronchitis, hives, hay fever, kidney stones, UTI.

Root: Enlarged prostate.



MALLOW

Mallows are a good source of those "best friend" minerals, calcium and magnesium. They also contain potassium, iron, selenium, and vitamins A and C

All parts of the mallow plant are edible – the leaves, the stems, the flowers, the seeds, and the roots . Most common use is salad.



MALLOW

Leaves and flowers – anti inflammatory. Used to treat respiratory system diseases or inflammation in digestive or urinary systems. Poultice to treat swelling of all kinds (broken bones), stomach, back. Used as a salve to soothe skin. Excellent laxative for children



DANDELION

Rich in Vitamin A,C, E, B complex, iron, calcium, lecithin and potassium. Mild laxative (Tea and root). Stimulate digestive juices. Improve appetite, Tone whole system. Treat liver, urinary tract, digestive problems. Roots: lower Blood sugar, cholesterol, blood pressure, reduce inflammation. Aids weight loss. Stimulates immune system. Milky juice – 3x/day to kill warts (7 days)



Other therapies

- Plantain and thyme infusion at commencement of infection
- Warm bath with two drops of juniper berry, eucalyptus, and sandalwood essential oils or six drops of bergamot.
- Hot compresses with chamomile and tea tree essential oils, placed on lower abdomen to ease pain, Readers Digest, Natural Remedies



WOOD SORREL

Because it has three leaves on each stem, it is sometimes confused with clover. But clover has oval-shaped leaves. Sorrel leaves are heart-shaped.

Each leaf has a center crease. At night and in the rain, the leaves and flowers fold in. It's lemony taste is a great addition to a morning salad.

It adds a wonderful zing to your other salad greens. Both the leaves and the flowers are edible.

Wood sorrel is high in vitamin C and also contains vitamin A.



WOOD SORREL



UTI, inflammation of small intestine, diarrhea, traumatic injuries, sprains, poisonous snakebites,

Poultice: treat muscular swellings, boils, and pimples. Juice alone can be applied to insect bites, burns and eruptions.

Because it contains Vitamin C, an infusion of the plant has been used to treat fevers, stomach cramps and nausea



HUCKLEBERRIES

Leaves high in Vitamin C. Roots and stems: medicinal tea for treating heart trouble, arthritis, rheumatism. Leaf tea: stabilizing blood sugar, appetite stimulant, Treatment of UTI and bladder infections.



GOD'S PHARMACY? Or Drugs? Which do you trust?



The real solucion/solution

But the real solution to disease is good lifestyle and diet. "The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet." Counsels on Diet and Foods page 127