

Class 1: Introduction to Natural Healing *HAND-OUT*

"I come that they might have life and that they might have it more abundantly." -- John 10:10

What is Natural Healing?

- Natural Healing treats the whole person and aids the body/mind/spirit to heal itself by creating a lifestyle and environment that promotes wellness and healing.
- Natural Healing is not a quick, one-time fix, but a change of habits and lifestyle.
- Natural Healing treats the whole body using the natural methods God has provided, it is not allopathic (medical term meaning to treat the disease rather than the whole person).
- Natural Healing is recognizing and understanding cause and effect—we reap what we sow.
- Layman can do natural healing.

What is Disease?

- Dis-Ease "a particular destructive process in an organism." (Webster)
- Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.
- Disease is not a mystery.
- We see disease as the manifestation of our bodies trying to heal themselves.
- Disease can happen in people for any and all of the following reasons:
 1. Hereditary – Weak genes.
 2. Dietary – Poor diet.
 3. Environment – Stress, toxins, bad attitude.
 4. To glorify God—To show His power and greatness when healed.
- Disease is caused by blockage of the blood, nerves, lymph, emotions, etc.

Why do we need Natural Healing?

- One need only look at the American health statistics to see that our Nation's health is not what it should be, or could be. Natural Healing is God's way of preventing and healing diseases that most doctors claim to be "incurable."

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

Exodus 15:26

• Heart Disease

The number one killer in America is cardiovascular disease. In 1991, heart and blood vessel diseases killed more than 923,000 Americans. More than two of every five Americans die of cardiovascular disease. Today, more than one in five Americans suffer from some form of

cardiovascular disease, with more than 2,500 Americans dying from it each day. *The Franklin Institute Science Museum* with support from *Unisys Corporation*.
"http://www.fi.edu/biosci/heart.html"

Approximately 58,200,000 Americans have one or more forms of cardiovascular disease.
Jefferson Health System

• Breast Cancer

Every 15 minutes 1 American woman dies of breast cancer; 5 others are diagnosed; most common cause of cancer death for women age 15-54 years old. (*Entergy Times*, May 1999, pg. 38; quoting *Definitive Guide to Cancer* (Future Medicine Publishing) by W. John Diamond, MD, W. Lee Cowden, MD with Burton Goldberg). One out of three cancer diagnoses is breast cancer. (Y-Me National Breast Care Organization 1998 @ <http://www.y-me.org>)

One out of eight women will develop breast cancer in their lifetime. (Y-Me National Breast Care Organization 1998)

Breast cancer is the leading cause of death for women 40-55 years of age. (Y-Me National Breast Care Organization 1998)

• Prostate Cancer (US Centers for Disease Control and Prevention 1998)

Excluding dermatologic cancer, prostate cancer is the most commonly diagnosed form of cancer in the United States.

American Cancer Society estimates that 184,000 new cases will be diagnosed in 1998 and 39,200 men will die from prostate cancer in 1998.

Prostate cancer is most common among men ages 65 and up.

Although prostate cancer is most often thought of as a disease of older men, over twenty (20%) percent of patients are in their forties and fifties. Condensed from the *Express-Times*, Easton, Pennsylvania, 3/1/94. <http://www.mathews.org/statistic.htm>

Prostate cancer strikes one in eight adult American men. Condensed from the *Express-Times*, Easton, Pennsylvania, 3/1/94.

Prostate cancer is the most common tumor cancer found in America, and the second-leading cause of male cancer deaths after lung cancer. Condensed from the *Express-Times*, Easton, Pennsylvania, 3/1/94.

• General Cancer Statistics

1,500 people will lose their lives to cancer every day in 1998. (The National Center for Disease Control and Prevention 1998)

There will be an estimated 1.2 million new cancer cases in 1998. (The National Centers for Disease Control and Prevention)

One of four deaths in the US is from cancer. (The National Centers for Disease Control and Prevention)

Cancer claims 530,000 American lives a year. (University of California Berkeley Wellness Letter June 1997)

Autopsies on men over 50 years old, who died of other causes, showed that 1/3 of them had prostate cancer.

At the turn of the century statistics showed that 1 out of 25 people had cancer. This year, statistics show that 1 out of 3 Americans will have some form of cancer; by the year 2000, experts claim that everyone will have some form of cancer. (*Healing Cancer Naturally* seminar, H.E.A.L., October 1998).

- Prominent cancer researcher, Dr. Hardin Jones (University of California) said, in his *Report on Cancer*, March 7, 1969: "My studies have proven conclusively that **untreated** cancer victims live up to **four times longer** than treated individuals..." G. Edward Griffin, in his book *World Without Cancer*, states that the cure rate of cancer is only 7.5%!
- Antibiotics are becoming useless against the new strains of viruses, bacteria, and fungi. When antibiotics are used they also kill the good bacteria in our body creating Candida. Researchers from the University of Maryland reporting in the February 26, 1999 issue of *The Lancet*, the British medical journal, that bacteria resistant to the most powerful antibiotics used to treat infections in people have been found in chicken feed. This was identified as a potentially serious public threat to people handling and/or eating the contaminated chickens since these bacterial may pass on their drug-resistance to other, dangerous organisms. J. Glenn Morris, Jr., of the University of Maryland and an author of this study, said that the growing number of hospital patients with drug-resistant infections led him and his colleagues to test commercial chicken feed, with these disturbing results.

Steps in Natural Healing:

- Change of Lifestyle – Stop doing what is bad and start doing what is good (do it at a realistic pace that your body and mind can handle).

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? 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 3:16,17

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." II Chronicles 7:14

The Eight Laws of Natural Health:

1. **Fresh Air** – supplies your body with pure oxygen to build good blood and also removes waste products from the body via the lungs;

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Genesis 2:7

"The body can go 40 plus days without food, possibly 4 days without water, but less than 4 minutes without air (oxygen)... The oxygen is picked up by the blood and taken to every part of the body where it becomes food for the building of new cells." Dr. George H. Malkmus, *Why Christians Get Sick*, pg. 13.
"The greatest need of the body is 'pure air!' Approximately 96% of our nutritional needs comes from the air! Thus, the purer the air, the higher the quality of nourishment." Malkmus, pg. 91.

2. **Sunshine** – supplies your body with vitamin D, detoxifies your body through the skin, and just makes you feel good;

"Then shall the righteous **shine forth as the sun** in the kingdom of their Father. Who hath ears to hear, let him hear." Matthew 13:43

"The sun is man's best source of vitamin D. The sun makes it possible for the body to assimilate calcium." Malkmus, pg. 96.

3. **Rest** – a time to gain peace and let your body rebuild;

"Thus the heavens and the earth were finished, and all the host of them. And God ended his work which he had made; and **he rested** on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it **he had rested** from all his work which God created and made." Genesis 2:1-3.

4. **Pure Water** – to put in and on your body for cleansing and improving circulation;

"And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the **water of life** freely." Revelation 21:6

Our bodies are comprised of between 75% and 85% water.

5. **Proper Nutrition** – to supply the body with proper nutrients to create good blood and cells;

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 2:29 (man's original diet).

Vegetarian Lifestyle (fruits, veggies, nuts, seeds, grains, eggs, dairy),

Vegan Lifestyle (same as Vegetarian except NO animal products.)

"Insoluble fiber is believed to reduce the risk of cancer of the colon and rectum. Insoluble fibers can be found in fruits and vegetables, which is most likely why they are linked to a decrease in the risk of certain cancers." (Tufts University Diet and Nutrition Letter December 1996)

6. Exercise – To move the good blood around to all areas, to build strength, muscle and bone, improve attitude, boost immune system;

"In the sweat of thy face shall thou eat bread..." Genesis 3:19

"Women who exercise 4 hours a week are 37% less likely to develop breast cancer than sedentary women." -- "For example, a 5-foot, 5-inch woman who was consistently active and weighed less than 136 pounds was 77% less likely to develop breast cancer." (Tufts University Health and Nutrition Letter July 1997)

7. Abstemiousness – staying away from the things that destroy life;

"And Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself... And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat." Daniel 2:8,15

"Numerous studies provide strong evidence that alcohol increases the risk of breast cancer... Scientists believe that alcohol may change levels of hormones such as estrogen, which play a role in the development of breast cancer." (Tufts University Diet and Nutrition Letter December, 1996)

8. Trust in Divine Power – Knowing that God Loves all of His people and wants them to be well and that He will bless your efforts.

"The LORD also will be a refuge for the oppressed, a refuge in times of trouble. And they that know thy name will put their trust in thee: for thou, Lord, hast not forsaken them that seek thee." Psalms 9:9-10

"And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." Exodus 23:25

- **Super Nutrition** (HEAL Marketplace's Nature's SuperFood)

All of the vitamins and minerals we need can be supplied through plant material. Our bodies cannot use raw minerals, but once they are absorbed by a plant, we can assimilate them easily. Super nutrition means supplying our bodies with all the vitamins and minerals we need in a form we can utilize—quickly and completely.

- **Cleansing of Bowels** (HEAL Marketplace's LBF (Lower Bowel Formula)#1 and #2)

Doctor Bernard Jensen D.C., N.D., Ph.D., made the following statement: "In the 50 years I've spent helping people overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's [90% or more] health problems." Further, he states:

"Every tissue is fed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues...it is the bowel that invariably has to be cared for first before any effective healing can take place."

The bowel, with all the absorption surfaces clean, has roughly the surface area of a tennis court. The more clogged it becomes the less vitality is realized.

- **Boost Immune System (Echinacea)**

Our immune system works constantly to fight off infection and disease, and help rebuild our bodies. It is like any other system in the body, and can break down—especially if it is over-worked or suppressed by illnesses such as AIDS.

Many herbs are known to improve the immune system. Echinacea is one of the most powerful, and is used extensively in Europe. In Germany it is actually used intravenously by many hospitals.

- **Cleanse Kidneys/Bladder and Liver/Gall Bladder**

These organs are constantly being called upon to eliminate wastes and toxins from our bodies, as well as perform complex regulation of body functions. When they get blocked as a result of poor diet, disease, or improper elimination, we need to use several methods of "cleansing" them. These methods are simple, yet nearly unknown in America.

At HEAL, we've seen many people perform these cleanse programs and find almost immediate relief from many chronic illnesses.

- **Cleanse Skin**

The skin is the largest organ of our body. It can eliminate enormous amounts of gases, fluids, and solids each day. In fact, the skin can actually relieve the load on our kidneys if they become backed-up. Vigorous skin "brushing" helps keep the skin free from dead skin and pollutants.

- **Specific Herbal Formulae for your condition**

"...and the leaves of the tree were for the healing of the nations." Revelation 22:2

Herbs are simply food. Every plant, bark, seed, root, and berry—every living plant form is an herb.

Herbs contain chemicals. These chemicals help balance, restore, stimulate, sooth, and cleanse our bodies. While herbs alone are not the answer, they formulate a valuable tool to assist us in restoring health and vitality, as well as help to maintain health.

Specific herbs, known to help correct certain physical problems, can be used safely and effectively.

- **Positive Attitude**

"A merry heart doeth good like a medicine; but a broken spirit drieth the bones." Proverbs 17:22

The brain makes chemicals (called Neuropeptides) as a result of our emotional state and our immune system has receptors that actually respond to these chemicals. Suppressing thoughts and emotions yields a depressed immune system. Expressing ones TRUE emotions and having happy, loving thoughts, yields an immune system boost.

Detoxification Reactions To Natural Healing or Cleansing:

- The bad that went in must come out.
- You may have flu-like symptoms, headaches, lack of energy – all temporary.
- Can be compared to stirring up sludge in the bottom of a lake. For example, place a jar with water and mud on a table to settle. After a while the water looks clean, but when agitated, it shows how bad it really is.