

HOW CAN I APPLY HEALTHY PRINCIPLES IN MY DAILY LIFE?

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Many people ask me for a protocol to help them achieve optimal overall health. Do you need a lifestyle plan to help you get healthier? In this chapter I will lay out a program schedule based on proven lifestyle principles that have been the key to thriving health for many people. This is an example of a program based on the principles given in the other chapters of this book.

GUIDELINES FOR LIFE

Let's start with a bit of wisdom; have you noticed the hand of God in your life today? When you look outside, you see the wonders of nature, the sky, the sea, the fields and trees, and God keeps everything in nature in order. He keeps the earth going around the sun, He keeps us alive, "in God we live and move and have our being", every breath, every beat of the heart! Can you feel your pulse? If ever you wonder whether God's power is still in your life then check your pulse. Every throb of your heart comes from God and is a continual evidence of the power of an ever-present Creator.

So, the question arises, if God is keeping me alive every minute, and everything about me is under his control, couldn't He just as easily keep me alive in perfect health as to keep me alive sick?

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And what would determine the difference between Him being free to keep me alive healthy versus sick? Well, that's a good question because we believe God would want everybody to be healthy, and therefore something must be limiting His power, or holding back His hand,

keeping Him from being able to do things He would otherwise like to do for us. What would keep God from giving me complete health?

To answer this let's look at Exodus 15:26. "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." So, part of God's healing plan has to do with us being in harmony with the laws that He has set up in our being; the laws that control whether we're healthy or not. Sickness may be a sign you are in violation of a law of health.

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system."¹

In the early days of our church pioneers, before our health message came, a lot of our ministers were dying in middle age. They were

Life's activities are scheduled giving each of them their most powerful impact on health.

eating pork and were doing all kinds of things we now know to be harmful to health, and their health testified to it. Wait a minute; didn't God need those ministers? Couldn't He have kept them alive? Well perhaps there's somewhat of a contract involved in the great controversy between God and Satan and when people don't follow the will of the Lord, then Satan objects, "you can't have them God, you can't protect them God, you can't take care of them, because they aren't following Your will, they're not

yours". There's something to this, and God wants us to be in harmony with His laws.

"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism by disregarding His specified laws in the human habitation, is a violation of God's law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful."²

"Those who perceive the evidences of God's love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, as an inestimable blessing."³

God has sought to bless us and to give us the best evidence for what He asks us to do in the care of our bodies.

"If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments."⁴

That tells us that in nine cases out of ten, the cause of disease is really something we did wrong. It's not that we are born blind or that the devil put sores on us, but rather, the problem is the result of our own doing. Granted, sometimes something happens where the devil puts sores on you, like in the case of Job, but for the most part, there are things we could do different that would help; doing in faith what you know to be right. Isn't that true faith? You can't, by faith, do what you know to be wrong, for that would be presumption, wouldn't it? You cannot continue breaking the laws of health and ask God to keep you well, can you?

PRACTICAL APPLICATION OF HEALTH PRINCIPLES

So, let's think about how to put together a health program based on God's principles for wellness, and include in that, the elements which are most important, so that people will recover from their illnesses, by just straightening out their daily life practices. We've

seen a lot of success with people following such a program, and we'll just take it step by step.

SCHEDULING HEALTH

First of all, we prescribe a very specific schedule. Life's activities are scheduled giving each of them their most powerful impact on health. It's important to be on time. Timing is crucial for success in health.

Do you know that soybeans have an internal clock? A group of scientists headed off to a patch of soybeans at 3:00am with a high intensity light. The soybeans responded to the light by turning their leaves upward toward the light, mistaking it for the sun. The scientists observed the soybeans for the next week, and each morning at 3:00 a.m., the soybeans continued to turn their leaves up, even though there was no bright light present. Soybeans run on internal clocks, and so do we.

Our internal clock is called our circadian rhythm. The better we stay on time with our body clock, the more we will excel in health. The things on your schedule having the biggest impact on your body's God given clock are mealtimes, bedtimes, and rising times. Regular exercise and sun exposure times also have a helpful effect.

Punctuality pays off in meal patterns and frequency. When mealtimes are varied, the body is not ready with insulin to meet the meals coming in at unpredictable times, and insulin resistance results, leading to elevated blood sugars and diabetes.⁵ People who eat their meals at the same time every day: consume fewer calories; have better insulin sensitivity; have lower cholesterol levels and maintain a higher fat burning metabolism.⁶ Schedule regularity improves cholesterol, lowers both total and LDL cholesterol, and raises HDL.⁷ Irregularity of schedule, such as shift work, raises cholesterol.⁸ What's more; shift workers are 174% more likely to have elevated triglycerides and 81% more likely to have abdominal obesity than workers on a routine day schedule.⁹ Meal regularity significantly lowers the risk of adolescent obesity.¹⁰

We recommend two (preferable) or three meals a day, eaten at exactly the same time every day. A two meal a day plan lowers cancer risk. Compared to the two meal a day program, colon cancer risk rises 70% with 3 meals a day, and 90% for 4 meals a day.^{11,12} The risk of colon cancer is increased by snacking. For each time snacking is engaged in throughout the day, the risk of colon cancer goes up an additional 60%!¹³

"But I'm hungry, I don't want to wait till mealtime." Hunger other than at meal times can

often be quenched with a glass of ice-cold water. So, throw a “cold wet blanket” on that persistent hunger feeling. “If you feel that you must eat at night, take a drink of cold water, and in the morning, you will feel much better for not having eaten.”¹⁴

“In preparing the meals, make your calculations, giving yourself all the time that you know by experience you will require in order to cook the food thoroughly, and place it upon the table at the proper time. But it is better to be ready five minutes before the scheduled time than to be five minutes late.”¹⁵

Here is an example: An individual with back pain studied our website material on spine health and was following it without achieving the results for which they had hoped. They contacted me and I discovered that they were inconsistent in their circadian rhythms. Once we got them scheduled with their mealtimes and sleep times, the results they sought were realized.

If your meal is late, it is better to skip than to change its time from the scheduled time, and the brief fast can have benefits as well.

Our bodies run on clocks. The anti-inflammatory/inflammatory balance, cycles on a clock called your circadian rhythm.^{16,17} The anti-inflammatory circadian clock malfunctions when: meal times are varied or meals are taken late in the evening,^{18,19} sleeping times are varied,²⁰ insufficient or shifted to a late bedtime and/or late rise time, a job requires shift work where daily schedules vary on some days, such as on days, off or weekends.²¹ Regularity in sleeping hours improves overall sleep quality and has an anti-inflammatory effect. For the patient with inflammation, we recommend a strict schedule for sleeping hours with a set nightly bedtime no later than 9:00 p.m., and a set regular rise time between 7.5 and 8 hours later, on all weekdays and days of the weekend.²² We recommend regular mealtimes every day of the week, not varying by more than 5 minutes, with no meal later than 5:30 p.m.² We recommend regularity in exercising, every day of the week, including days off, and weekends.²³

One reason for an early bedtime is melatonin. Melatonin is a protective, anti-cancer hormone and strong antioxidant.²⁴ Light at night suppresses melatonin and increases cancer cell growth rates. Evidence now links exposures to light at night to elevated breast²⁵ and colorectal cancers in night workers.²⁶

I’m sure we can all testify to the necessity of proper rest. Jesus Christ said, “Come ye yourselves apart into a desert place, and rest a while.”²⁷ People who sleep well have significantly better immune function than people with insomnia.²⁸ To illustrate the effects of missing your sleep, one researcher studied mice who were given a flu vaccine, but when sleep deprived, contracted the flu as though they had never been immunized.²⁹ Getting between 7 and 8 hours of sleep each night significantly reduces the risk of dying from cancer and other diseases. Sleeping 6 hours or less, or 9 hours or more, increases the risk of dying by 70%.³⁰

People who eat their meals at the same time every day: consume fewer calories; have better insulin sensitivity; have lower cholesterol levels and maintain a higher fat burning metabolism.

With the practice of good lifestyle habits God is able to better use your immune system to protect you from disease.

Another aspect of rest is regularity. You should go to bed at the same time, and get up at the same time every day. It is important not to disturb the sleep wake cycle. Disrupting the sleep wake cycle disrupts your circadian rhythms. Disruption of circadian rhythms is associated with accelerated growth of malignant tumors (cancer).³¹

Of all the daily activities that follow a schedule, eating seems to be the most varied in people’s lives. My advice to people trying to achieve optimal health is to treat their meal schedule like an airport schedule. Planes take off on a given scheduled time and any passengers showing up late are obliged to wait for the next scheduled flight to make their destination. If your meal is late, it is better to skip than to change its time from the scheduled time, and the brief fast can have benefits as well. Just drink a glass of cool water, which will quench the appetite, and take a walk, far from the beckoning refrigerator.

Schedule		1. Take a cool shower or cool sponge bath. 2. Drink 32 ounces of warm water with the juice of one lemon. 3. Take a walk outdoors for 10-15 minutes, breath deep.
5:00 a.m. Rising Time.		
6:30 a.m. Herbal Tea 1-2 cups. <i>List three things for which you are thankful:</i>	Personal devotional time	
7:00 Breakfast	80% Fresh Fruit (minimum): _____ Nuts and Seeds: _____ 20% cooked (at most): _____	
Supplements:		
After Breakfast Walk for 20-30 min	Therapeutic:	Clothing:
Stress Management		
10:00 a.m. Drink water, 32 oz with: Walk 5-15 minutes outdoors.	1 teaspoon charcoal as indicated	
1:30 p.m. Lunch	80% Fresh Vegetables/ Herbs: _____ 20% cooked (at most): _____	
Supplements:		
After Lunch Walk for 20-30 min	Outdoors	
4:00 p.m. Water 32 oz Walk 5-15 minutes outdoors.		
6:30 p.m. Therapy, to end with going to bed.	Treatment:	
To bed after treatment, or 9:00 p.m.	Charcoal Poultice etc:	

What is an example of what all this might look like in a daily schedule? To start with, an ideal bedtime for maximizing melatonin would be as near evening darkness as possible. For most, a scheduled bedtime of 9:00 p.m. would be valuable to health recovery. That said, eight hours of sleep would put an awakening time of around 5:00 a.m. Breakfast around 7:00 would work for most people on this schedule. Lunch would fall about 1:30 p.m., to give 5-6 hours intervening between the end of breakfast and the beginning of lunch. The evening meal is best skipped, but if included, it would be very hard to schedule with 5 hours between meals and providing at least 3 hours before retiring for the night. For a three meal a day plan, the schedule would be breakfast at 6:00 a.m., lunch at 12:00 p.m., and supper at 5:30pm. Make the evening meal light with only fruit and grains (like toast or crackers) because you want your digestion to be finished by bedtime at 9:00 p.m.

Regularity of schedule pays off in health benefits. Make it a point to be regular in your

daily habits and see if you don't notice a difference once there has been time for the new pattern to be set and established in your life. It takes at least three weeks to establish a habit.

Soybeans always follow the clock and so do our bodies, so having a regular schedule helps the body achieve optimal health.

"Brethren and sisters must not be sick upon the encampment. If they clothe themselves properly in the chill of morning and night, and are particular to vary their clothing according to the changing weather, so as to preserve proper circulation, and strictly observe regularity in sleeping and in eating of simple food, taking nothing between meals, they need not be sick. They may be well during the meeting, their minds may be clear, and able to appreciate the truth, and they may return to their homes refreshed in body and spirit."³²

We recommend a very tight schedule. Does it make a difference? Yes, it makes a huge difference! For example, for rheumatoid

arthritis: a big problem in rheumatoid arthritis is a mismatch in the circadian rhythms for the cortisol and the melatonin surges. The only cure then is not methotrexate or some other drug, rather, it is to get the timing of the circadian rhythms all in order with exact meal times, exact bed times, consistently on every day of the week and not just on weekdays, and when they do this, it makes a huge difference.

So, timing has to do with health practices being on a regular schedule.

People who aren't on a regular schedule have a lot of health issues with which to contend.

“If it falls to your lot to prepare the meals, make careful calculations, and give yourself all the time necessary to prepare the food, and set it on the table in good order, and on exact time. To have the meal ready five minutes earlier than the time you have set is more commendable than to have it five minutes later. But if you are under the control of slow, dilatory movements, if your habits are of a lazy order, you will make a long job out of a short one; and it is the duty of those who are slow to reform and to become more expeditious. If they will, they can overcome their fussy, lingering habits. In washing dishes they may be careful and at the same time do quick work. Exercise the will to this end, and the hands will move with dispatch.”³³

I met a young lady with psoriasis; bad psoriasis. She was around 21 years old, and we set up a health program for her, and the big part of her program that we straightened out for her was her schedule. We did a few other things that we're going to cover further on, but when she followed a tight schedule, she said her psoriasis was the best it had ever been in her life, and she'd had it since she was quite young. Timing makes a huge difference!

The importance of regularity in the time for eating and sleeping should not be overlooked. Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant. {Ed 205.4}

People who eat at the same time every day, sleep better at night, they have lower cholesterols, they have less inflammation in their bodies, they are less likely to get diabetes

and cancer and all kinds of health issues resolve when they observe regularity in sleeping and eating. There are even benefits to exercising at regular scheduled times.

Now let's look at an ideal schedule for promoting health. You may need to modify this schedule to fit your job or other appointments, but this is an example from which you can start.

GETTING OUT OF BED

Notice a rising time of 5:00 a.m.? It's good to have regular hours for rising, praying and eating, but why 5:00am? Well, it has a lot to do with when you get to bed, because you need eight hours of sleep. So, what's a good bedtime? Well, half-past nine. Why would we pick an early time like that? Most the world likes to get the 10 o'clock news, I mean, what would life be like if you didn't know what the spin doctors are trying to feed you on the 10 o'clock news every night? As Dr. Neil Nedley points out, just 17 minutes of daily news significantly increases your risk of depression.

People who get to bed at 9:00 p.m. have a much higher rise of melatonin in the early hours of the morning, and it's very predictable when it will surge. If you go to bed at 11:00 p.m., your melatonin will be all over the charts, both in how much you will get, (it'll always be too low), and when it will surge. So, the timing of when you go to bed is very important. More on that when we get to that part of the chart.

MORNING ROUTINE

I have people get up in the morning and take a cool, not necessarily cold, but cool, shower, or sponge bath, with vigorous skin scrubbing and stimulation. What does that do for you, besides drive you crazy? Well, it's very beneficial:

“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.”³⁴

A lot of people suffer from poor circulation, did you know that perfect health depends on perfect circulation? Most people realize that if circulation stops, so does health. But not

everyone realizes that compromised circulation results in compromised health.

"Persons in health should on no account neglect bathing. ...The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each.

What's more, if you only drink as much water as you are thirsty for, you will still be 30 percent behind. You really need to drink 30 percent more water than what your thirst signals tell you to drink.

It also promotes digestion, and instead of the system's being weakened it is strengthened. Instead of increasing the liability to cold, a bath, properly taken, fortifies against cold because the circulation is improved and the uterine organs, which are more or less congested, are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained."³⁵

Studies of people who bath in cold water before going outside in winter, showed that their blood white cell numbers increase and that they are more active; ready to take care of any insults that could happen in cold weather, because it improves circulation. And so, start off your day with a good cool sponge bath.

PRO-ACTIVE HYDRATION

After that, it is time to drink water, perhaps with some lemon in it, in the morning. The closer the water is to body temperature the more easily the body will assimilate it.

"In the morning I take lemon and water. I drink nothing between meals unless it be occasionally some lemon and water."³⁶

"Thousands have died for want of pure water and pure air who might have lived."³⁷

Americans drink too little water, and are dehydrated. Why are they dehydrated? Well, part of it has to do with competing drinks: anything with sugar or caffeine in it tends to dehydrate our bodies, rather than to hydrate them. Also, if you eat or drink sugar, your thirst for water is cut in half. You will drink half as much water spontaneously, as a result of thirst, if you have refined sugar in your diet.³⁸

"Thousands have died for want of pure water and pure air who might have lived. And

thousands of invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened and let medicine alone, and accustom themselves to outdoor exercise and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence."³⁹

We recommend healthy hydration. If you look on our schedule chart, we recommend three quarts (litres) of water a day, depending on your size.

MOVEMENT IN THE MORNING

We then recommend you take a walk in the early morning. You may ask, do I have to walk before the sun comes up?

"Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases."⁴⁰

A morning walk, outside, helps you to breathe in more negative ions which boost your immune system. In the morning there is more negative ions in the air, especially when there is dew on the ground. There's also more oxygen in the air because the trees made oxygen out of carbon dioxide overnight. And, there are fewer pollutants in the morning air; people haven't had a chance to drive their cars around and suck in some of that air and blow it out as exhaust. There are a lot of benefits to an early morning walk!

HERBAL REMEDIES

The next thing we recommend is that people drink their medicinal herbal teas (tea time), one-half hour before meals.

"The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped for sudden ailments, have served tenfold, yes, one hundred-fold better purpose, than all the drugs hidden under mysterious names and dealt out to the sick."⁴¹

Herbs are beneficial; different herbs for different ailments. Herbs can be very helpful for our need of healing.

MAKING CONTACT WITH THE GREAT PHYSICIAN

After that, we recommend a devotional time. We must remember that if God is going to heal people, sometimes they won't be healed until they get right with God, and sometimes their disease is a result of not being right with God. If someone is unsure whether their relationship with God is good or not, we highly recommend reading a small but powerful and profound book called "Steps to Christ", by Ellen G. White.

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise.

"Religion tends directly to promote health, to lengthen life, and to heighten our enjoyment of all its blessings. It opens to the soul a never-failing fountain of happiness."⁴²

Gratitude Therapy

And so, we have scheduled devotional time for you to spend time alone, and part of that includes being thankful for three things--"gratitude therapy." Gratitude journaling (writing) is very helpful for sick people.

"Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house?"⁴³

This reminds me of a motivational speaker who compared getting up and going to work to getting up and going to an amusement park, like Disneyland. I remember when I was a kid growing up in Southern California near Disneyland; the kids would talk all about going to Disneyland. They were excited; they would get up early and rush off to this well-known amusement park. Well, this motivational speaker said that every day should be like going to Disneyland. We're on our way to Heaven, which is far, far better than Disneyland, and so, can we go mourning, groaning and complaining all along the way to our Father's house? And what does that say about your Father if we mourn? We have to trust Him for healing.

"The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. They can find no relief until they come to the Healer of the soul. The peace which He

alone can give, would impart vigor to the mind, and health to the body."⁴⁴

For some people, you will not be able to heal from diabetes until you get this part right; you might not be able to heal anything until the mind and heart are at peace with God.

BREAKING THE FAST, RIGHT ON TIME

The next thing on an ideal daily schedule is breakfast time. For optimal health and healing the best plan is to aim for around 80 percent of the food eaten as fresh fruit.

"It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day."⁴⁵

A lot of people are not hungry at breakfast time and for most people, this is because they ate their breakfast the night before. Yes, they're all filled up.

So, to be healthy you need to have a big breakfast. "Of what", you may ask? "It would be well for us to do less cooking and eat more fruit in its natural state. Let us eat freely of fresh grapes, apples, peaches, oranges, blackberries, and all other kinds of fruit which can be obtained."⁴⁶

There are benefits to these foods; grapes help the lungs to fight viral illnesses and they help the stomach, like it says in the Bible, drink a little wine (fresh grape juice) for stomachs sake. Apples help the lungs; people that eat an apple a day breathe an extra 138 millilitres of air with every breath."⁴⁷

A lot of people are not hungry at breakfast time and for most people, this is because they ate their breakfast the night before.

"We are coming to the time when recipes for cooking will not be needed, for God's people will learn that the food God gave Adam in his sinless state is the best for keeping the body in a sinless state."⁴⁸

So, for optimal health, we aim for 80 percent fresh fruit and also some nuts and seeds. The more fresh fruit percentage of the total meal you eat, the better health outcome you will achieve.

"The food provided for the patients is wholesome and palatable. The diet is composed of fruits and grains and nuts. Here in California there is an abundance of fruit of all kinds."⁴⁹

We recommend including some nuts and seeds in the diet because there's benefits in certain nuts and seeds for boosting immune system. Brazil nuts have selenium, which is helpful for the immune system. Pecans are particularly good because they're the highest in antioxidants, about twice as high as walnuts. Walnuts are high in omega-3 fatty acids. Sunflower seeds are high in many minerals and pumpkin seeds are high in zinc, which is essential for the immune system, amongst other things.

And then the balance of the breakfast can be around 20% of warm cooked food. Why do 20%

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recommend oral medication?

Where does it say, "Put this in
your mouth and you'll get better?"

cooked you may be wondering? There are people out there who pride themselves on doing 100% raw, and they go to academic extents to figure out how to get everything raw, including things that are not palatable, and are not good for you to eat raw. So, why 20%? Because you do not want to eat everything cold.

"I would advise all to take something warm into the stomach every morning at least. You can do this without much labor. You can make graham gruel. ... I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on. Another very simple yet wholesome dish is beans boiled or baked."⁵⁰

Beans make a good breakfast dish, especially for diabetics.

SHALL I SUPPLEMENT

What about supplements: all the pills people take? They used to be called patent nostrums.

"A practice that is laying the foundation of a vast amount of disease and of even more serious evils, is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some

remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues."⁵¹

Where in the Bible does it recommend oral medication? Where does it say, "Put this in your mouth and you'll get better?" "Open wide, stick this on your tongue and swallow it, and it'll give you better health?" In the Bible it was commanded to go dip in the Jordan River, or put a poultice of figs on a boil, or laying hands on the sick. And there were several times where the balm of Gilead and other poultices were used, but oral medication was not used. We have the advice by Paul; drink a little wine for your stomach's sake (i.e., grape juice), but that is really a dietary practice not a medication.

Sometimes it is good to do lab analysis, and if you have low B12, that would be an example of when you might have to take vitamin B12. Or if you're low on vitamin D, then you might want to take vitamin D, or if there's something that you're particularly dealing with for which some certain herb is helpful, we would have you take that herb.

HERBS OR SUPPLEMENTS

Now there is a difference between herbs and supplements. Herbs are preparations where you can see that the product is a leaf, or flower, or bark, or whatever. Supplements are pills, or a powder that's gone through a factory and been concocted by some laboratory. It is sort of like in the sanctuary, there wasn't a tool of iron to be used upon the stones of the altar in the temple. People try to improve on God and think to themselves that vitamin A is good, so let's just extract it from carrots, and they come up with beta carotene. But the fact is that the carrot has 273 different active forms of vitamin A, so what happened to the other 272? You have missed a few! And so, we want to eat the best natural foods in their entirety—foods as grown! Whole foods. So, we have backed off of recommending supplements.

"As the bird by wandering, as the
swallow by flying, so the curse
causeless shall not come." Proverbs
26:2.

What we are really supposed to do is to figure out why the illness that we suffer from happened to us. In Proverbs it says that a curse causeless does not come. So, there's always,

well, most often always, a reason that can be figured out.

THE AFTER MEALS DIGESTIVE WALK

Next on the schedule is a walk. We have a therapeutic walk right after every meal.

"But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. The mind is diverted from self to the beauties of nature. The less the attention is called to the stomach, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget your troubles; think of something cheerful."⁵²

If you sit and think about your stomach, and whether it hurts or not, it will probably start hurting. This reminds me of when I was on foot service (we called it foot service) when I was in residency. There was one doctor that did nothing but see and treat patients with problems in their feet. So, we residents would follow him around, help out, and see the patients. I was on that rotation with all these patients coming in and my feet began to hurt. I was on that service for a three-month rotation and about six weeks into the service I'm thinking to myself, "yeah my feet hurt too". That was a little embarrassing. Well, about a year later I was sitting down with all the residents in my year and we were talking and one of them mentioned to me, "yeah when I was on the foot service, all those patients coming in with their feet hurting, my feet started hurting", and we all started laughing and said "yeah, right, my feet too." It all goes to show what happens to you when you think too much about something.

WORRY IS BLIND AND CANNOT DISCERN THE FUTURE

Next on the schedule is stress management. "Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution and unbalances the mind. There are erroneous doctrines also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds. Infidels have made the most of these unfortunate cases, attributing insanity to religion; but this is a gross libel and one which they will not be pleased to meet by and by. The religion of Christ, so far from being the cause of

insanity, is one of its most effectual remedies; for it is a potent soother of the nerves."⁵³

You may be thinking "my issues are not mental, I have a real illness" or, "my issues are not mind related." Sometimes people get very offended if you infer that it is their mind that is making them sick. But, if you were playing the lottery or putting money on the stock market, would you put your money where you would have only one out of ten chances of being a winner, or would you put it where nine times out of ten you would have a chance of being a winner? It makes absolutely no sense at all to start focusing on the physical first without reference to the mental.

One thing I noticed was that a lot of my patients, especially the cancer patients, were stressed out, and they were not that way only after they got their diagnosis but rather before they got their diagnosis as well, and some of them were pretty "OCD". So, giving them insight into why that is, and what's going on in the mind, and how to approach psychological stress from a Bible point of view is very valuable.

ROUTINE HYDRATION AND EXERCISE

Mid-morning, we recommend drinking water; usually another quart, often with one teaspoon of charcoal in it, and then taking a short walk.

"In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease."⁵⁴

We generally have to encourage people to eat some vegetables because not everybody it seems, like vegetables.

"When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding. The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action, for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs."⁵⁵

Now that's a strong statement, isn't it? Have you ever seen a PDR (Physicians Desk Reference of all the drug medications)? It has about 5,000 drugs in it, and all the descriptions describing what they are for. Well, you can either take one of those 5,000 drug medications or you can choose to take a walk. We usually pick a time a couple hours after breakfast as a good time for drinking water and at least 30 minutes before any given mealtime.

LUNCH TIME!

Then we come to lunch on the schedule.

"Regularity in eating is of vital importance. There should be a specified time for each meal. At this time let everyone eat what the system requires and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination."⁵⁶

At lunch we recommend that you aim to eat 80% fresh or lightly steamed vegetables and herbs together with 20% other cooked food. Again, the fresher or lightly steamed or lightly cooked vegetables you make the meal out of, the better health outcome you will have.

"In a medical institution there are varied appetites to satisfy. Some require well-prepared vegetables to meet their peculiar needs. Others have not been able to use vegetables without suffering the consequences. The poor, sick dyspeptics need to be given many words of encouragement. Let the religious influence of a Christian home pervade the sanitarium. This will be conducive to the health of the patients. All these things have to be managed carefully and prayerfully. The Lord sees the difficulties to be adjusted, and He will be your helper."⁵⁷

It is important to end hydrotherapy treatments or baths with a cold application like a rubbing mitten friction.

We generally have to encourage people to eat some vegetables because not everybody it seems, like vegetables. Fruit goes down okay, but when you give them raw broccoli salad, they're less likely used to eating that and they are less enthusiastic.

"More can be accomplished for sick people by regulating their diet than by all the baths that can be given them."⁵⁸

So, diet is the main emphasis of a good health program. Baths are good too, but the food really is the bulk of getting better, because you

haven't been eating right things. You are made up of what you eat. If you want to change what you are, you need to change what you eat. Changing diet makes a powerful difference.

And then we recommend 20% warm cooked food for lunch.

"More can be accomplished for sick people by regulating their diet than by all the baths that can be given them."

"Many are debilitated from disease and need nourishing, well-cooked food. Health reformers, above all others, should be careful to avoid extremes. The body must have sufficient nourishment."⁵⁹

So, again, 20% cooked food for lunch, and we don't put the food on your plate, we just tell you the principles. Examples of the cooked portion of the meal is like rice, beans, lentils, whole grain pasta, baked or cooked potatoes, bread, etc.

POST PRANDIAL AMBULATION

After lunch, we recommend you go out for a walk, just like you would after breakfast. The walk does not have to be long.

"Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of something cheerful."⁶⁰

WATERING THE CELLS

All right, we talked about the walk, and next on the schedule is to drink more water mid-afternoon. Water can also be used for hydrotherapy specific to the disease manifestation.

"I should bathe frequently, and drink freely of pure, soft water. If this course should be followed perseveringly, resisting the inclination to do otherwise, it would work wonders in the recovery of health."⁶¹

How much water can you safely drink? Well, most people can drink a gallon per day without any trouble. What happens if I drink more? Well, the difficulty comes if you wash out your electrolytes. What if I'm in danger washing out my electrolytes? Quit drinking so much water, or add a little bit of electrolyte. For the most part, most people aren't drinking too much

water. There are a few people that we call crazy, known in medical terms as psychogenic polydipsia, who drink too much water, and their electrolytes go down, and then they pass out and end up in the hospital. But those cases are rare, and it's not something that most people need to worry about. On the schedule that is the third prescribed water of the day. People can drink more water if they desire.

BENEFITS OF ADDED CHARCOAL

We also make use of charcoal if you are trying to recover from a disease.

"I send you at this time pulverized charcoal. Let him drink the water after it has stood a while to extract the virtue. This should be cold when used. When used for fomentations over the bowels, the coal should be put into a bag, sewed up, and dipped in hot water. It will serve several times. Have two bags; use one and then the other."⁶²

We have people put the charcoal in their water one time a day, usually a teaspoon, and it helps to pull out inflammation from their digestive tract. No other place in your body can you get charcoal so close to the bloodstream, because in the digestive tract the blood vessels are right at the surface underneath the endothelium of the intestines.

The charcoal can be taken with the meal or after the meal, the only issue is what liquid you're taking with it. Charcoal does not tend to pull out nutrients it only tends to pull out toxins, how it knows the difference, I don't know, but to give you an example: in dialysis patients have their blood ran across charcoal three times a week, all year long, but you don't hear of dialysis patients coming up with some glaring nutritional deficiencies.

HYDROTHERAPY FOR THE SICK

We prefer applying hydrotherapy before bedtime.

"Frequent bathing is very beneficial, especially at night, just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath, and to rub them until their bodies are in a glow. This brings the blood to the surface, relieving the brain; and there will be less inclination to indulge in impure practices. Teach the little ones that God is not pleased to see them with unclean bodies and untidy, torn garments. Tell them that he wants them to be pure without and within, that he may dwell with them."⁶³

A lot people who have fever treatments (hydrotherapy) are very wiped out after their

treatment. So, we have found that doing the hot baths (fever treatments) right before going to bed at night, so they could get their sleep after such a heavy treatment, works very well.

It is important to end hydrotherapy treatments or baths with a cold application like a rubbing mitten friction. This is something therapists call the cold clamp. It is a way of ending the treatment. It closes the pores and puts the body in a mode to benefit from the stimulation.

OVERNIGHT CHARCOAL POULTICE

Also, if a person needs one, it is a good time to place a charcoal poultice on, right before going to bed, so it can work overnight.

"On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground and was taken to our school-building, near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, 'Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.' I replied, 'Send to a blacksmith's shop and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.' The doctor hastened away to follow out my instructions. Soon he returned, saying, 'Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.'"⁶⁴

MAKING IT TO BED

Bedtime should be no later than 9:00pm.

"Make it habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the brain and then there is restlessness and wakefulness, and the precious sleep, which should rest the body, does not come when desired."⁶⁵

It is best not to have any lights on at night while you sleep. If you have lights on at night, it reduces your melatonin, even a nightlight or a bright alarm clock can be detrimental.

"Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock."⁶⁶

Thus, getting to bed no later than 9:00 p.m. is very, very helpful.

That's what our lifestyle choices schedule, the blueprint for optimal health looks like and why it's put together like that. When we put people from regular average society on this kind of program, they get over lots of different

diseases following God's plan for health. We haven't touched on all the health principles that we could have touched on, but these are the ones that pertain to a good health promoting schedule.

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