



LIVING AS IT PLEASES GOD

Part One

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The Root Cause of Disease

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Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.

Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all, with but little expense.

Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents, and by correct living, place themselves in better conditions.(1)

The greater number, however, suffer because of their own wrong course of action. They disregard the principles of health by their habits of eating, drinking, dressing, and working.

Their transgression of nature's laws produces the sure result; and when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions. But God is not responsible for the suffering that follows disregard of natural law....

Many are suffering, and many are going into the grave, because of the indulgence of appetite. They eat what suits their perverted taste, thus weakening the digestive organs and injuring their power to assimilate the food that is to sustain life. This brings on acute disease, and too often death follows. The delicate organism of the body is worn out by the suicidal practices of those who ought to know better.

Special points of interest:

1. Health is a treasure
2. The potent anti-biotic
3. The essence of ventilation
4. Testimonial

Health is a Treasure

Of all temporal possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of the vigor of health. None of these can secure happiness, if health is lacking. It is a terrible sin to abuse the health that God has given us; such abuses enfeeble us for life, and make us losers, even if we gain by such means any amount of education. (2)

“You can heal yourself of anything! Simply STOP doing what makes you sick, and START doing what will CREATE POWERFUL HEALTH!” — Dr. Richard Schulze

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 (3)

(1) Counsels on Diets and Foods page 122. (2) Christian Temperance an Bible Hygiene page 150.

(3) Ministry of Healing page 127

Reversing common Cold

Know the Facts:

1. Germs DON'T CAUSE DIS-EASE a weakened immune system is the source
2. Antibiotics are NEVER effective on viruses and always weaken your immune system long term and increase your risk of cancer... FACT!!!
3. Once exposed to a virus "naturally" you have LIFETIME immunity
4. Auto Immune Diseases are directly linked to Vaccinations.

The reason of fevers prevailing in families, and exposing the attendants, is because the home environment is not kept free from poisonous infection, by cleanliness and proper ventilation.

Dwellings, if possible, should be built upon high and dry ground. If a house is built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises; and fever and ague, sore throat, lung diseases, and fevers will be the result.

How does your Body Fight a Cold/Flu!

1. Body develops a fever..... Viruses and Bacteria Die at High temperatures
2. Mucus membranes swell.... Walling off the pathogens allowing the bodies immune system response.
3. Histamines released This stimulates T-cell production
4. Bronchus swell and inflame Further destroying the pathogens
5. Diarrhea results Rushing the pathogens out of your system

Essential Treatments for a Cold/Flu.

Get your spine Checked — your nervous system controls your bodies immune system response

Fever—fully hydrate the body and allow the body to build the fever, only reduce the fever when the patient perspires and reduce it by a tepid sponge bath.

Mucus membrane swelling— increase the swelling by a steam bath. Histamines released— eliminate bread, pasta's, grains, cereals, potatoes and simple sugars. Viruses and bacteria feed on sugars

Bronchus swell and inflame — Steam therapy

Diarrhea — replace fluids and electro-lytes

Hot Bath with Epsom salts — This will relieve the aches that are common from your bodies destruction of the pathogens .
(4)

If, in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burned up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals.(5)

Stuffy Nose or Sinus problems- The sensitivity of the sinuses is controlled by the nervous system. The nerves for the sinuses originate from the top of the neck , the upper neck area must be checked for pressure on the nerves. For a quick relief of a stuffy nose or sinus problems, take a very hot bath or shower and breath the steam in through your nose and out through your mouth. This puts moist heat to your sinuses and both bacteria and viruses are killed by an increase in temperature!!

Proper Ventilation as a cure for Cold and Flu.

If fevers enter a family, often more than one have the same fever. This need not be if the habits of the family are correct. If their diet is as it should be, and they observe habits of cleanliness and realize the necessity of ventilation, the fever need not extend to another member of the family. The reason that fevers prevail in families and expose the attendants, is because the sick-room is not kept free from poisonous infection, by cleanliness and proper ventilation. (5)

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances an effluvium that is poisoning the air; by inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances.

Families have been afflicted with fevers, some have died, and the remaining portion of the family circle have almost murmured against their Maker because of their distressing bereavements, when the sole cause of all their sickness and death has been the result of their own carelessness. The impurities about their own premises have brought upon them contagious diseases. . .

The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. (6)

Exercise will do much cure

Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and

the lungs fed with plenty of pure, fresh air.

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impos-

sible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand.

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Many are suffering from disease because they refuse to receive into their rooms at night the pure night air. The free, pure air of heaven is one of the richest blessings we can enjoy. Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin.

Boost your immunity and fight cold , Flu and many common ailments

Cough - Two types: Productive, Non-productive. Both types of coughs can be treated with a steam baths and gentle taps with a cupped hand on the back . If a medication is used, give an expectorant for a productive cough and a suppressant for a non-productive cough. An excellent herb that suppresses a non-productive cough and makes a productive cough more efficient is **Pleurisy root. Loquat leaves is also effective when boiled.**

The potent potential antibiotic

Take: a pound of horse weed, a pound of lemon grass roots, a pound of fresh rosemary leaves, a pound of cypress and pine leaves. Add 3 liters of water. Simmer until it is reduced to a half. Sieve it. Add two thumb pieces of grated fresh ginger root. Simmer the filtrate until it is reduced to half the volume. Add 2tablespoons of raw honey. 2tbsp of turmeric Add also a half a glass of lemon juice. You can store this in a dark glass bottle.

For an adult, take half a glass after every two hours daily until the condition clears.

For children below 5 years, give a teaspoon after two hours .

Some of its indications: whooping cough, clearing phlegm , also C.O.P.D, asthma, ulcers, amoeba, typhoid, brucellosis , deworming, eczema, tonsillitis, prostatitis, urinary tract infections and also immune boosting.

Powerful antibiotic herbs

Albizzia lebbeck
Rosemary
Lemon grass roots and leaves
Horse radish
Garlic
Ginger
Onions
Ginseng
Turmeric
Cats claw
St Johns wort
African prunus or tylossema
Horseweed
Guava leaves and klantana camara leaves
Licorice root
Echinacea
Oregano
Mint
Cat nip and borage

Testimonials

I can't complain. God is a merciful God. He has given us health in His word, he has given us healthy restorative agencies in Nature. Nature will always respond to nature. The more I use natural remedies to cure my disease the more I trust in the healing power that are in them. This healing virtue has been bestowed by God himself. Always, it requires patience and determination, hope and trust in the Great physician. Just using a simple leaf of a tree and a plant with a hope of gaining cure and restored health at the end is a blessing in life. A simple fresh leaf of lantana camara to relieve a persistent cough, a simple milk weed for effective deworming, all these are simple, yes simple but not simplistic. It is in the simple and humble faith in God that make all work.

Blessings!

To neglect the body is to neglect the mind.

One of the strongest temptations that man has to meet is upon the point of appetite. Between the mind and the body there is a mysterious and wonderful relation. They react upon each other. To keep the body in a healthy condition to develop its strength, that every part of the living machinery may act harmoniously, should be the first study of our life. To neglect the body is to neglect the mind. It cannot be to the glory of God for His children to have sickly bodies or dwarfed minds. To indulge the taste at the expense of health is a wicked abuse of the senses. Those who engage in any species of intemperance, either in eating or drinking, waste their physical energies and weaken moral power. They will feel the retribution which follows the transgression of physical law.

For more information on Health and reversal of diseases visit our website
www.gospelsoundersministry.org

Disclaimer: This is not to be used to replace directives of the medical practitioners and medical prescriptions. it is aimed at educating you on how to live a healthy life by making right choices.