



Christ's Method Alone

DISCLAIMER: The content provided in this newsletter is for your information only and is not intended as medical advice. It is to help you make better choices for the temple God has given you and present it as a living sacrifice to the creator.

We should ever remember that the object of Medical missionary work is to point sin sick men and women to the man of Calvary, who taketh away the sins of this world, by beholding Him, they will be changed into His likeness

Ministry of Healing

Our Lord Jesus Christ came to this world as the **unwearied servant of man's necessity**. He "took our infirmities, and bare our sicknesses," that He might **minister to every need of humanity**. Matthew 8:17. The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men **complete restoration**; He came to give them **health and peace and perfection of character**.

Varied were the circumstances and needs of those who besought His aid, and none who came to Him went away unhelped. From Him flowed a **stream of healing power**, and in body and mind and soul men were made whole.

His life was one of **constant self-sacrifice**. He had no home in this world except as the kindness of friends provided for Him as a wayfarer. **He came to live in our behalf the life of the poorest and to walk and work among the needy and the suffering**. Unrecognized and unhonored, He walked in and out among the people for whom He had done so much.

During His ministry, Jesus devoted **more time to healing the sick than to preaching**. His miracles testified to the truth of His words, that He came not to destroy, but to save. Wherever He went, the tidings of His mercy preceded Him. Where He had passed, the objects of His compassion were rejoicing in health and making trial of their new-found powers. Crowds were collecting around them to hear from their lips the works that the Lord had wrought. His voice was the first sound that many had ever heard, His name the first word they had ever spoken, His face the first they had ever looked upon. Why should they not love Jesus and sound His praise? As He passed through the towns and cities He was like a vital current, diffusing life and joy.

The Saviour made each work of **healing an occasion for implanting divine principles in the mind and soul**. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace¹

A Vibrant Health

Health is a great treasure. It is the richest possession mortals can have. Wealth, honour and learning are dearly purchased, if it be at the loss of vigor of health. None of these attainments can secure happiness if health is wanting.

VIBRANT HEALTH is the indisputable foundation for the satisfaction of a life more abundant.

Today, in spite of everything "modernized" and more or less streamlined, most people just THINK they are healthy because they can say: "Oh, I'm O.K., I'm fine, I have no specific complaints".

As a matter of fact there

is a vast gulf between just feeling O.K. with no specific ailments, and experiencing VIBRANT HEALTH. If all false stimulants such as tobacco, alcohol beverages, soft drinks, coffee, drugs, Sugar etc., were suddenly unavailable, I have often wondered how many people would collapse!

These people have no concept of what VIBRANT HEALTH is, that kind of health that makes one feel literally intoxicated with LIFE, with the urge to do and to be beyond the capacity and limitations of any day's efforts, with untiring energy, clarity of mind, unquenchable enthusiasm. One cannot possibly realize how

How to live a vibrant 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; but drugs are expensive, both in

the outlay of means, and the effect produced upon the system².

Many have inquired of me, "What course shall I take to best preserve my health?" My answer is, Cease to transgress the laws of your being; cease to gratify a depraved appetite; eat simple food; dress healthfully, which will require modest simplicity; work healthfully; and you will not be sick³.

In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system.

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How to Cleanse

To understand how to get healthy and to cleanse it is first important to change your concepts about disease. Most people fear disease because they do not understand its causes. Medical doctors make diseases appear so complicated that the average person thinks only a trained specialist can help him. This is not true. To understand disease symptoms is simply to understand acidity and toxicity, and how the body responds to these conditions. In understanding this, you will see that disease is a natural process—the outcome of imbalanced decisions and actions.

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.⁴

²-Counsels on Diets and Foods page 301 ⁴-Ministry of Healing pages 127

³-Health Reformer, August 1, 1866

Detoxify the body

Toxicity (which means poison) is a broad-range term that includes many things, from mucus accumulation from dairy foods, irritants and complex sugars, to chemical, toxic metal and mineral deposits. This toxicity (which is mostly acidic, and accumulates in the body) comes from foods, air, body hygiene products, household products, build-

ing materials ... the list goes on and on. Today, most of the foods people eat and the liquids they drink are acidic, mucus-forming, energy-robbing and protein-toxic. The refined starches we eat act like glue in the tissues of our body, causing plaque to build up, as we discussed earlier. This toxicity, being acidic, can inflame and congest tissue to the point of

causing tissue death.

This toxicity and mucus is stored in all tissues, but noticed more in your sinuses, throat, thyroid, lungs, muscles, liver, kidneys and skin. This is why all these areas are affected when you have cold and flu-like symptoms. The body tries to "purge" itself of these toxins, or as many of them as it can, through natural processes



It is time to awaken and get back to simplicity and the ways of God and nature. Nature has supplied us with all the herbs and the foods we need to clean, rebuild, and revitalize our physical and spiritual bodies. Health is very simple: eat within the scope of your species; eat your foods fresh, ripe, raw and unprocessed, as all other animals do; rest and get plenty of sunshine; clean your body out of all the toxins, including chemicals, heavy metals, antibiotics, excessive hormones, excessive proteins, unnecessary mucus, destructive parasites, pesticides and the like. Basically, alkalize yourself with your diet. We humans have the highest neurological development of any species, and fruits are the highest electrically-alkaline foods on the planet. I have seen fruits regenerate the nervous system where vegetables did not.

Use herbs to rebuild tissue and promote tissue function. Use freshly made fruit and vegetable juices as "power" supplements to your diet.

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Rebuild and Regenerate

Regeneration and detoxification, on the other hand, mean the complete elimination of the cause of the symptoms. If you correct the cause of the problem, the symptoms will automatically go

away. Regeneration means rebuilding tissue that is failing; and detoxification is the method used to remove the inflammation and toxins that have caused these tissues to fail in the first

place. Always ask yourself what the cause of your symptoms may be, and focus on that. People are too busy chasing effects.

Our cells needs pure air, proper nutrition, water and elimination of waste without which they die.

Three Days Cleanse

First thing in the morning upon arising, drink 2 glasses or more of prune juice (unsweetened, if possible) or 2 glasses of warmed pineapple juice. Or tamarind juice. This juice is not primarily to empty the bowels, which it will do, but rather to draw into the intestines from every part of the body such toxic matter or body waste as may be there, and eliminate it through the bowels.

After beginning with the two glasses of prune juice, tamarind or pineapple juice, within one half hour take an eight ounce glass of undiluted apple juice. Swish each mouthful thoroughly (called chewing). Then, 30 minutes later drink a glass of plain water (preferably distilled), followed 30 minutes later with more apple juice. The general procedure is: 16 oz. of prune juice first thing in the morning, then, 8 oz. of apple juice 30 minutes later, and 8 oz. of distilled water after that; repeating the juice and distilled water each 30 minutes throughout the day. One gallon of apple juice is consumed each day for an average size adult, or one ounce per pound of body weight. (This of course is an approximate and suggested dosage, as age, ability to hold liquids, etc., determine the capacity for each specific case.)

You can do colon cleanse. The following are included for the colon cleanse:

-1 teaspoon psyllium husk + 1tsp activated charcoal + 1tsp Bentonite clay + 1 tsp senna powder + 1 tsp apple pectin + 1tsp ginger root powder + 1tsp garlic powder.

This will pure and rebuild the colon and the Gastrointestinal Tract. It should be taken three times a day. Two hours before every meal.

Repeat this detoxification for 3 consecutive days. Thus, approximately three gallons of mucus and catarrh will have been eliminated and will have been replaced by three gallons of juice. This has resulted in speeding up the re-alkalinizing of the system. During the three-day cleanse, take one or two tablespoons of olive oil three times a day, to aid in lubricating bile and liver ducts, etc

We have experienced one way of removing the mucus from the gut by following a simple program of taking a glass of peppermint tea then after ten minutes take ten drops of lobelia tincture. Wait for ten minutes, then take a glass of peppermint tea followed by ten drops of lobelia tincture. Repeat the procedure the third time. After these rounds, the person will begin to puke out the mucus furiously. You can even collect upto 20 liters of mucus. Serious!!!

On the fourth and subsequent days, we begin taking vegetable and fruit juices, along with raw fruits and vegetables. Then follow the mucusless diet as close as possible. Do not be concerned if you feel weak during or after this detoxification. Our bodies are using the energies for internal housecleaning, soon an increase of energy will occur as a result of a cleaner healthier body.

For the first two days, massage the patient with castor oil, using a clockwise circular motion from the top of the head to the bottom of the feet, always working towards the heart. The next two days use olive oil, and the last two days of the week massage with wheat germ oil. By using the skin as a filtering agent, the castor oil cleans and flushes the skin. It also goes into the blood stream, aiding in the removal of mucous and toxins from the inner body. The olive oil is a complete food itself and will penetrate into the body to feed and rebuild muscles, flesh, and the entire system. Wheat germ oil is a healing oil, high in vitamin E, valuable in rejuvenating the body. On the seventh day, rest the patient, using no foods, herbs, or juice, only drinking steam-distilled water, as much as is desired.

And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. 1 Thessalonians 5:23. this should be our Goal as we restore the body temple.

Cookery Time

Health foods are God's productions, and He will teach His people in missionary fields so to combine the productions of the earth, that simple, inexpensive, wholesome foods will be provided. If they will seek wisdom from God, He will teach them how to plan and devise to utilize these productions. I am instructed to say, Forbid them not. {CD 272.2}

The Science of Cooking Is an Essential Art.--The science of

cooking is not a small matter. . . This art should be regarded as the most valuable of all the arts, because it is so closely connected with life. It should receive more attention; for in order to make good blood, the system requires good food. The foundation of that which keeps people in health is the medical missionary work of good cooking. {CG 372.1}

Our sisters often do not know how to cook. To such I would

say, I would go to the very best cook that could be found in the country, and remain there if necessary for weeks, until I had become mistress of the art --an intelligent, skillful cook. I would pursue this course if I were forty years old. It is your duty to know how to cook, and it is your duty to teach your daughters to cook. {CG 372.4}



Banana Flower Recipe

Courtesy of sister Remmy Wilberforce

BANANA FLOWER RECIPE.

Ingredients

Banana flower

Onions (I used spring onion)

Ripe Tomatoes

Your choice of seasonings,

BRACTS- purple part.

Remove the bracts and separate them from the flowers inside.

Remove the pistil from the flower inside. They are bitter when cooked.

Soak them in cold water and a bottle top of vinegar or lemon juice.

Cut the bracts and add them to the florets too.

Cut your onions and tomatoes separately.

Fry your onions and tomatoes .

Add your flowers

Cook for about 10 mins on medium heat while stirring occasionally.

Serve with ugali, rice or any carbohydrate and enjoy to the glory of God

That's a basic recipe you can make it in different ways, dry fry, curry, stewed depending on ingredients you have around



Good cooks are few. Many, many mothers need to take lessons in cooking, that they may set before the family well-prepared, neatly served food.

Garden Missionary Work

Doth the plowman plow all day to sow? doth he open and break the clods of his ground? When he hath made plain the face thereof, doth he not cast abroad the fitches, and scatter the cummin, and cast in the principal wheat and the appointed barley and the rie in their place? For his God doth instruct him to discretion, [and] doth teach him. Isaiah 28:24-26

Christian farmers can do real missionary work in helping the poor to find homes on the land and in teaching them how to till the soil and make it productive. Teach them how to use the implements of agriculture, how to cultivate various crops, how to plant and care for orchards. {Ministry of Healing pg193}

Many who till the soil fail to secure adequate returns because of their neglect. Their orchards are not properly cared for, the crops are not put in at the right time, and a mere surface work is done in cultivating the soil. Their ill success they charge to the unproductiveness of the land. False witness is often borne in condemning land that, if properly worked, would yield rich returns. The narrow plans, the little strength put forth, the little study as to the best methods, call loudly for reform. {Ministry of Healing pg193}

Let proper methods be taught to all who are willing to learn. If any do not wish you to speak to them of advanced ideas, let the lessons be given silently. Keep up the culture of your own land. Drop a word to your neighbors when you can, and let the harvest be eloquent in favor of right methods. Demonstrate what can be done with the land when properly worked.

In our Garden

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For this season , we thank the Lord it has began raining. So we can begin to plant different kinds of vegetables from broccoli to indigenous ones, alfalfa, passion fruits seedlings, pawpaws, bananas and many many things.

We hope God shall give wisdom, intellect and strength.



Photo: planting of Carrots , the land has been prepared and carrot seeds planted



Photo: These are our herbs, some are for both culinary purposes and for treatment therapies.

The gospel is a wonderful simplifier of life's problems. The Gospel medical missionary work is a practical message that we need to practice and experience in our lives. Wow!

Here in our herbal garden we have Oregano, Thyme, sage, periwinkle, all kinds of mints, dwarf curry , lavender, malabr spinach, rosemary , chamomile, dandelion, turkey rhubarb, the purple and white guavas, etc. We shall be improving it with more powerful herbs as God opens the way.

The Medical missionary work should be brought as close as possible to the people. All classes of people should be helped. The world will and can never be wiser than us, if we choose to give ourselves to pray, research and do what God reveal to us. Amen

Testimonies

God has been so good to us, He has given us the opportunity to minister to the needs of the people, more so, to bring health, life and peace to all whom He bring unto us for help. A friend has been having diabetes for a long time. So when this case came unto me. I sought the Lord to know what to intelligently do. I believed that God can give me wisdom enough to handle the case. By the way,

diabetes type 2 is one of the easiest disease to reverse. It all depends on the willingness of the victim to follow faithfully the principles of health. Indeed, these are what governed us with my friend. We gave ourselves ten days, to bring everything to normal. During these days God worked for us. For someone whose blood sugar shoots upto 220 units, we managed by God's grace to bring it to 90 units. Which is encouraging for ten days.

Handling diabetes proves to be easy. In the program we had the following:

Drinking a glass of lemon juice with a tablespoon of olive oil very early in the morning.

Colon cleanse: 1tbsp bentonite clay + 1tbsp psyllium husk + 1tbs fenugreek powder + 1tbsp. ginger root powder. All are added to a glass of warm senna tea. Taken twice a day.

Exercise

Salt glow with Epsom salt

Fruits: pepino melon, avocado, thorn melons, cucumbers, red, green and yellow bell peppers, bitter melon, zucchini

Vegetables: broccoli, cauliflower, cabbages, you can add any dark green leafy vegetables

Drink a lot of pure clean water.

You can also choose to juice the fruits and vegetables. Cactus juice can also be useful. Okra, jute mallow, Malabar spinach, and all indigenous vegetables are very helpful.

Now, in our program, we had a herbal formula which proved very useful and potent. It included the following:

1tbsp dandelion root powder + 1tbsp fenugreek powder + 1tbsp stinging nettle + 1tbsp licorice root powder + 1tbsp Golden seal powder + 1tbsp. cinnamon powder. All are simmered in a litre of water with half a glass of albizzia bark powder. This is a very potent alkalizer and organs builder.

This is what we used with a lot of success. Glory be to God!!

You can heal yourself, just stop what is making you to become sick. A curse causeless, can never occur

Protein drink

- * A cup of pineapple (chopped after peeling)
- * 3tbsp chia seeds
- * A cup of sprouts
- * 3tbsp flax seeds
- * 4tbsp sesame seeds (soaked)
- * A cup of coconut milk
- * Blend all these together in a cup of pure clean water

This can be given to any patient who is weak and malnourished.

What needs Prayers



This woman has been diagnosed with melanoma. She has a very serious wound on the foot has shown in the photos. Currently one of our medical missionary evangelist is attending to her. We need much prayer for wisdom , faith and the healing power from God. We thank the Lord she is improving day by day.

Our sanitarium is almost complete . We just need prayers for God's providence in the following :

1. Utensils for using in the sanitarium
2. Constructing a sewage system

Lets also pray for the medical missionary workers who are willing to sacrifice for the course of God. And if you are one, commit yourself to the work whenever God sends you. We need the Third angel message to be practically demonstrated to the world

Words from Medical missionary Desk

God's purpose in giving the third angel's message to the world is to prepare a people to stand true to Him during the time of investigative judgement. This is the purpose for which we establish and main-

tain our publishing houses, our schools, our sanitariums , hygienic restaurants , treatment rooms , and food factories . This is our purpose in carrying forward every line of

work in the cause. 1MR 228.1

May God help us to be channels of light to the dark world by the demonstration of practical godliness.

Visit our website

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