

Restoring Health Care as A MINISTRY

Evaluating and integrating healing methodologies
according to biblical and spiritual principles

And THE PRIEST shall look at the mark on the
skin of the body, and if the hair in the infection has
turned white and the infection appears to be deeper
than the skin of his body...he shall pronounce....

Leviticus 13:3

by

Mark and Patti Virkler
and Dr. Reuben T. DeHaan

Disclaimer:

The information and procedures contained in this book are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.



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Foreword

The world of natural and integrative medicine is a new and ever-changing science. The western medical community has neglected to recognize natural/integrative medicine as a valid form of treatment for disease. Fortunately, the patient, known in the politically correct context as a 'health care consumer,' is demanding in many areas the application of alternative in the context of a traditional medical setting. This has now forced many 'listening' physicians to obtain this type of training that was not available in their conventional medical education. As a result, the advent of a new and up-and-coming model of health care has emerged.

Medicine, even in its traditional construct, is a rapidly changing science, and physicians are compelled to stay in the race with its advancements so that they can never be successfully accused of breaching the 'standard of care.' Thankfully, however, a new standard is being developed. While not all physicians are complying with the newer model of medicine that we shall examine, many are moving in this direction.

I was formally trained in "Integrative Medicine" at the Southern Graduate Institute and Saint Luke School of Medicine. This was my first professional doctorate degree and came at a very timely occasion in my clinical practice. I was a family medicine nurse practitioner in private practice in an underserved area. Patients were coming to see me demanding alternatives to the traditional medical regimens that they were placed on. As a consequence to meeting their needs, I began searching for training.

This program's name "Integrative Medicine" is the politically correct term, if you please, for the new and emerging model for health

care among many medical practices throughout the United States. It embraces the integration of natural medicine, to include: botanical medicine, homeopathy, clinically applied nutrition, soft tissue and bone manipulation, oriental medicine, and naturopathic medicine with traditional western medicine in a comprehensive approach to disease management.

The premise of those medical providers that are trained in this model is that traditional medicine has its primary utility in “acute disease” management. This spans from emergency medical-surgical/trauma to acute medical illness. For example: Ms. Jones comes into my office with a dangerously elevated blood pressure of 230\105. She has a history of kidney disease and a fatty liver. She further complains of intermittent retrosternal chest pain and shortness of breath but says she is ‘o.k. for now.’

This lady is at extraordinary risk for myocardial infarction or stroke. The integrative model would approach the patient like this: temporarily prescribe a medicine that will safely lower her blood pressure and keep her from a catastrophic event. Then, as her blood pressure begins to be brought into a safe range, aggressively integrate diet change (i.e., Genesis diet), lifestyle modification (stress reduction and regular exercise), and finally the integration of natural/nutritional substances with antihypertensive properties (intravenous chelation, ubiquinone, cratagus, taraxacum officinale, passifora incarnata, parsley leaf, forskohlii, mineral therapy, etc.) in therapeutic doses so that over a period of time, she may be able to be slowly weaned off of the blood pressure medicine or kept at the lowest possible dose while protecting the body from any potential side effects with the appropriate application of natural medicine.

We do know of other herbal preparations that can dramatically and quickly drop blood pressure, however, at the cost of potentially causing grave damage to the kidneys and liver. An example of this is the herb mistletoe. In this particular case explained above, indiscriminate use of mistletoe could have caused a lethal toxic effect to her kidneys and liver since she had both kidney and liver disease already. The nutritional/natural substances, when used properly, would slowly and safely drop the blood pressure and allow for gradual weaning off of the medicine.

This model is very effective and has been one that I have used for a number of years now. Unfortunately, it does not place enough emphasis on the spiritual dimension of disease, and when it does, this new integrative model of medicine allows for the wide interpretation of 'spiritual.' In this universal integrative medical model, this spiritual dimension could span from New Age to various forms of occult philosophy and anything in between to address the emotional/spiritual component of the whole person. Therefore, if a patient has a sin problem and/or demonic problem that is contributing to the cause of the disease, then allowance for the occult philosophy in this model will leave the person in a diseased condition. The protocol that you propose is refreshingly innovative in its approach to the whole person. Its founding cornerstone is the Great Physician, the Lord Jesus.

Miklos Major II I.M.D. (Doctorate in Integrative Medicine -
St. Luke School of Medicine)

Introduction

This is Mark and Patti's fourth book on health and healing. Our first one, entitled *Eden's Health Plan - Go Natural!*, is our foundational book on health and shows you many things you can do to improve and maintain your health. By following it, you should be able to avoid the major degenerative diseases from which most westerners die. You should be able to die in good health by just drifting off in your sleep to be with the Lord. You should also learn enough from that book to restore vibrant health if you should become sick.

The second book is *Health Mastery Through MRT*, which shows how your body can communicate to you, telling you how it is doing, where it is weak and what it needs to be made strong again. This gives you a fantastic diagnostic tool, allowing you to always know the condition of your body and what your body is asking for in order to fix itself.

The third book is *Prayers That Heal the Heart*, containing seven different prayer approaches which cut off the negative spiritual energies within a person that can and do produce poor health. Much poor physical health is the direct result of poor health in one's spirit or soul. Once the spirit and soul are healed, the body is automatically restored.

Now for this book, our fourth on health, *Restoring Health Care as A MINISTRY*. This may be a new idea for many, as it was for me. It had never crossed my mind that health care was a ministry or that I should compare health care methodologies to the Bible. I suppose there were several reasons for my ignorance.

First of all, I viewed health care as secular, not spiritual. I saw being a doctor as a secular job, not a ministry. When a doctor went to medical school it was a secular school, where he learned secular things. He was not supposed to take his Bible or the voice of God into medical school. This was secular. I had cut health care off from the Healer of the universe! My view was that if one wanted to minister, he would go to a Bible school and become a pastor or missionary. If one wanted a secular job such as being a doctor, he could go to a secular school to learn his profession.

It took awhile for it to dawn upon me that God was the greatest Health Care Professional in the universe! He knows more about how to get people healed than anyone else. And when God gets involved in health care Himself, I realized He is not switching to His secular job. God was still in ministry mode!

So the walls in my heart were beginning to crumble. No longer did I see a sacred/secular split, but I recognized that the earth was the Lord's and the fullness thereof (Ps. 24:1).

My second reason for not comparing health care methodologies to the Bible was that, since I grew up surrounded by hospitals and doctors and traditional medicine, and my parents, my pastor and my church all believed in them, it never occurred to me that perhaps I should question whether traditional health care was biblical. It just had to be right. Everyone I respected accepted it.

Therefore, health care was an area I just never compared to Scripture. I don't know about you, but my guess is that many Christians in the West have never asked the question, "Is contemporary health care compatible with biblical principles?"

Well, we are going to ask that question in this book, and try to answer it to the best of our ability. The answers I found were startling - shocking - unbelievable. They have caused me to pursue a different path for my own personal health and healing, examining all biblical, traditional and alternative health care methodologies and using those which are compatible with biblical principles.

This book is a summary of some of what I have found. I hope it is meaningful and helpful to you.

We have asked Reuben DeHaan, a close friend, to assist us in writing Chapter Six. Reuben is extremely skilled in helping people discover how to nourish and cleanse their bodies so they are re-

turned to maximum health. Reuben maintains his own clinic and travels widely, teaching on natural health. He founded and currently functions as president of Health Care Ministry International, an organization geared to solving health complaints God's way, and training others to do the same. Health Care Ministry International's motto is "Embrace complete healing." You may find him on the web at www.hcmionline.com.

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The Challenges of Traditional Health Care

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Conscientious Doctors and Nurses Are a Blessing

Before I begin, I want to make it clear that I am not against anyone, especially conscientious, moral, ethical doctors or nurses. I respect and thank them for their lives of service to our communities and us. The ability of western medicine to restore a body after an accident is wonderful, and something I would receive with gratitude, should it ever be necessary. Penicillin has been a tremendous benefit to nations around the world, and we are all grateful for it. Doctors have

set broken bones for my family and me. When in a dentist's chair, I happily accept Novocain. I am extremely thankful for the labor of love and valid research done by many doctors of western medicine. May their lives be blessed.

For much of my life, I implicitly believed in medical doctors, drugs, surgery, chemotherapy, radiation and annual exams. Without questioning, I accepted that these were all compatible with Scripture. Let's examine them and see if they really are.

Doctors and the Hippocratic Oath

Doctors around the world are required to take the Hippocratic Oath. I have spoken with Christian doctors in both the United States and New Zealand who have told me they took the Hippocratic Oath even though they felt uncomfortable doing so.

Hippocrates (460-377 B.C.) was the Father of Modern Medicine, his principles forming the basis for the medical theory developed in the 1800's. The Hippocratic Oath can be found in most encyclopedias. Following is the first sentence of the classical Hippocratic Oath:

"I swear by Apollo, the physician, and Asclepius and Health and All-Heal and all the gods and goddesses that, according to my ability and judgment, I will keep this oath and stipulation..."

Hence, some doctors began their practice by taking an oath to all false gods and goddesses in the universe.

The Bible discourages taking oaths at all, specifically oaths to a strange god.

Thou shalt have no other gods before me. (Ex. 20:3)

If a Christian doctor has taken this oath, he definitely needs to repent, ask God's forgiveness, and renounce the vow. An updated version of the Oath which omits any mention of the gods is now in use in many medical schools. A doctor may want to purpose by the power of the Spirit of God to take this new one. Let the Spirit give you wisdom.

I realize that not all doctors have taken this oath. It is said at graduation ceremonies but attendance at these ceremonies is not required,

so some doctors choose not to go and not to take the pledge. Other doctors are now refusing to take it because they intend to perform abortions, an act that would violate the Hippocratic Oath.

The emblem of western medicine - the “Caduceus”

The caduceus (kuh-doo'-see-uhs), a widely accepted symbol for the medical profession, was the wand of Hermes, Greek god of chance and messenger of the Olympian deities. The wand, made of olive wood and gold, was entwined with serpents and surmounted by wings. It possessed magical powers. This wand was reported to have been originally used to put people into hypnotic states so they could be visited by the “gods.” It was established as the symbol of the U.S. Surgeon General’s office in 1871, and is still used to this day. Check your encyclopedia for confirmation of these details.

Surely it is wrong for Christians to use as the emblem of their profession a symbol which was created to assist in the worship of a Greek god. It is not a requirement that doctors use the Caduceus symbol, and some have chosen not to do so.

Nude examinations

Currently in vogue in western medicine is the routine giving of breast exams, pelvic exams, and rectal exams. This is often done by male doctors on female patients, women who are other men’s wives. The doctor says, “Take off your clothes,” and the client does. Do you give that kind of authority to anyone else? Some cultures in the world only allow female doctors to treat female patients. That strikes me as a wise course of action.

The Bible has 22 references to uncovering another’s nakedness; most of them are in reference to uncovering the nakedness of a relative.

None of you shall approach to any that is near of kin to him, to uncover their nakedness: I am the LORD. (Lev. 18:6)

In the following verse, having one’s nakedness uncovered is connected with shame and with the hand of God’s judgment.

Thy nakedness shall be uncovered, yea, thy shame shall be seen: I will take vengeance, and I will not meet thee as a man. (Is. 47:3)

Although the above biblical references may allude to actual intercourse, it is clear from Scripture that God nowhere ever gave male doctors the right to handle a female's private parts. Obviously issues of lust (which is a sin - Matt. 5:28) will loom large in any situation where a man is viewing and handling the female body.

I am shocked by the callousness of some doctors and nurses in hospitals concerning nudity. Once, while making a pastoral hospital visit on a parishioner scheduled for surgery, I was shocked to walk through the open door of her room to find her face down on her bed, completely nude, the curtain around her bed and the door to her room both wide open for any to see. She had been prepped for surgery and left by the nurses, fully exposed and vulnerable to anyone walking by. I immediately turned on my heel and left without her being embarrassed at knowing that I was even there. Is this kind of callous disregard for modesty and dignity what the Lord has ordained? Would YOU leave a person under your care exposed and naked and vulnerable for all to see? It would never cross my mind to do such a thing! Would it yours? What kind of crudeness and evil allows one to behave in such an ungodly manner?

**Now let's move to drugs, poisoning,
pharmakeia, and witchcraft.**

Definition of "drug"

According to Webster, a drug is "any substance used as or in a medicine."

The FDA's definition of a drug is: "1) a substance recognized in an official pharmacopoeia; or 2) a substance intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease; or 3) a substance other than food intended to affect the structure or function of the body."

There is a great distinction between synthetic, man-made drugs and natural, God-given herbs. My preference is always to go with God's natural herbs rather than man's "improved" drugs. Often man's "improvements" are caustic and have numerous harmful, poisonous side effects, as countless people can testify. Hundreds of thousands of people die every year from the poisoning effects of modern drugs. I

will give you some actual statistics on adverse drug reactions before the end of this chapter.

About 50% of the modern drugs created by pharmaceutical companies are created in the following fashion: Research scientists identify an ingredient in a plant which has healing properties. They strip away the other compounds God placed in this herb as buffers, then isolate and multiply the essential healing ingredient of the herb. This makes it more potent, so that we can get a “quick fix.” However, the buffers which have been stripped away are often the ingredients which God included to keep the herb from being caustic and destructive to the human body. Thus man’s drugs tend to kill, while God’s original herbs heal.

In order to patent a drug, scientists must alter the molecular structure a bit. You see, herbs cannot be patented because they are natural compounds. So a drug is an altered substance not found in nature and foreign to our bodies. Our bodies are not equipped by God to handle these drugs. That is why there are so many adverse reactions and deaths in people taking drugs prescribed by modern medicine.

When you hear an advertisement for a new drug on television, they are careful to tell you that you can’t take it if you have a weak liver or weak kidneys, and it may cause headache, stomach upset, loose bowels, seizures, high blood pressure, and so on. Why would I want to put something in my body that is so toxic to my system? Is that really God’s plan, or is it man’s alternative?

A biblical perspective on drugs

The biblical perspective on drugs may be discovered by examining the various forms of the Greek word *pharmakeia*, the word from which we get pharmacy and pharmacist, which, of course, are our sources of drugs. Following are the various forms of the word *pharmakeia*, the exact definition from *Strong’s Concordance* and the verses in the New Testament where the word appears.

pharmakeia (*Strong’s Concordance* #5331 medication, “pharmacy,” i.e. by extension magic, sorcery, witchcraft)

Now the works of the flesh are manifest, which are these: adultery, fornication, uncleanness, lasciviousness, idolatry,

witchcraft (*pharmakeia*), hatred, variance, emulations, wrath, strife, seditions, heresies.... (Gal. 5:19,20)

Neither repented they of their murders, nor of their sorceries (*pharmakeia*), nor of their fornication, nor of their thefts. (Rev. 9:21)

And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries (*pharmakeia*) were all nations deceived. (Rev. 18:23)

pharmakeus (*Strong's Concordance* #5332 a drug, i.e. spell-giving potion, a druggist, "pharmacist," or poisoner, by extension a magician, sorcerer)

But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers (*pharmakeus*), and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death. (Rev. 21:8)

pharmakos (*Strong's Concordance* # 5333 - the same as #5332)

For without are dogs, and sorcerers (*pharmakos*), and whoremongers, and murderers, and idolaters, and whosoever loveth and maketh a lie. (Rev. 22:15)

Pharmakeia is the root word from which we get pharmacy, pharmacist and pharmacology. In *Vine's Dictionary of New Testament Words*, *pharmakeia* is defined: "Primarily signifying the use of medicine, drugs, spells; then poisoning; then sorcery, witchcraft."

Reflections on the above

It is startling to discover that the New Testament has nothing positive to say about drugs and speaks against them five times. Many of us have never even considered the possibility that the New Testament would take such a stand. In addition, the Greek makes no distinction between good drugs (e.g., medicine) and bad drugs,

which would be sorcery. There is only one basic word in the New Testament underlying this concept. It is *pharmakeia*.

Based on these facts, many people have determined never to use any kind of drug, convinced that to do so would place them under the curse reserved for those who practice sorcery and witchcraft. Others recognize the significance of the root of the English word, but do not believe that the negative connotations of the word necessarily were also carried over into English. My personal advisors are divided on the subject, and I include their comments below for you to meditate on and present to the Holy Spirit within you for direction in your own life.

From Dr. Reuben DeHaan, to whom I look for medical insight and guidance:

“In the old days, there were herbalists known as apothecaries, and there were the people who made what was referred to in the Bible as medications or *pharmakeia*. These were the people who made potions with herbs and roots, but they also used spells, animal parts and other ‘items,’ including excrement in many cases. While herbal formulas initiated healing in the body and promoted self-healing by supporting natural body responses, the other remedies are considered unclean and fornication according to biblical standards. We need to look at what the Bible was referring to as *pharmakeia* (pharmacy) and apply it to today. Originally, *pharmakeia* was applied to ‘unclean things.’

“Many people who condemn natural therapies and medicines base their opinions and judgments on knowledge or experience with those who do not use the biblical standard of natural healing. Humanistic practitioners and those involved in the New Age feel that anything natural (i.e. anything that is not a chemical or man-made) is good. God created all things, but there is a mandate on what is clean and what is unclean, and there are principles and statutes for care and maintenance of the body. So all things that are natural are not the same.

“Webster defines a drug as anything used for disease. Drugs are not food. Herbs were not created for use against diseases. Herbs are not medicines, nor are they drugs. Herbs are food. God created herbs in the beginning, and the world was perfect at that time. He

did not intend for us to get sick or to have to medicate ourselves. He created and gave us as food everything we needed to sustain health. Combine sin, the fall, and lack of physical care for the human body, and now we need extra help getting healthy. So herbs work to accomplish that goal, but they were created foods, not medicines. Thus they cannot be drugs.

“Technically, Novocain, aspirin, antidepressants and any form of drug, including patented natural products that are no longer whole format or have lost some intrinsic factor, fall into the drug category. Anything that is no longer as God created it to be is a drug because it is no longer a food. God made everything perfect; that cannot be disputed. So if something is being used in any form other than truly natural, if it has gone through refinement, it no longer does what it was intended to do. It is unclean to some degree.

“Those are the facts. A drug is a drug is a drug. Each person must find his own level of conviction. I understand that you personally and some whom you respect feel that periodic use of mild medications like Novocain or aspirin for pain is probably fine. I think dependency or continual use is the real issue. I myself cannot go to the dentist and have work done without some pain medication. It is unfortunate that I am not at a place where my body does not get sick or have tooth decay, but that is where I am. I strive for good physical health, but there are gaps and sometimes one must do what one must do. As long as the medication is not the answer we accept, as long as we are searching for a more excellent way that promotes healing instead of patching up the problem, God will honor our efforts. However, if you want to be technical, all of these things are drugs unless they are not only natural, but unprocessed, just as found in nature.”

From Rev. Maurice Fuller, to whom I look for original language and theological insights:

“While it is true that *pharmakeia* is translated ‘sorcery’ in the New Testament and denotes specifically the use of drugs in sorcery, the fact that the English ‘pharmacy,’ ‘pharmaceuticals’ and ‘pharmacist’ are derived from the Greek term does not mean that there is sorcery connected with any of these things. English wordsmiths merely chose to anglicize that particular Greek word to describe medicinal drugs and those who study them.

“We have a similar example in the English ‘dynamite.’ The fact that it was derived from the Greek *dunamis*, which sometimes in the New Testament refers to the power of God, does not mean that there is divine power in dynamite.

“Even the Greeks used drugs for medicinal purposes apart from witchcraft or sorcery. The Aborigines of North America did the same thing. They sometimes prescribed teas made of certain leaves which had definite therapeutic effects. They also used witchcraft in which drugs and potions were a part, but there was a distinct difference between these two approaches.

“That there are quite definite harmful physical effects from many prescription drugs is also very true. I was prescribed a beta-blocker a few years ago for high blood pressure and an irregular heartbeat. Among the possible side effects, I later learned, were hair loss, fluid in the lungs, impotence and heart failure! The entire modern medical profession is built upon juggling potentially harmful drugs with potentially harmful diseases.”

Drugs attack symptoms rather than empowering the body to heal itself

Drugs attack symptoms rather than healing the body. Drugs tend to drive the symptoms underground, causing an underlying weakness to remain in the body. As a result, the body is not really healed. The symptoms have simply been relieved and hidden from sight. An herb, on the other hand, provides nutrition which will assist the body in activating its own healing processes.

Drugs are not proven to work

Many declare that drugs are over-used, as U.S. doctors write 1.6 billion prescriptions per year. The Office of Technological Assessment of the U.S. Government states that 95% of the drugs on the market have not been proven to work. Almost all testing is done to determine toxicity, not effectiveness. (*Healing in Zion* p. 23)

Much drug research is fraudulent

One can question the “research,” too. The National Bureau of Standards reports that half or more of the numerical data published by scientists is unusable because there is no evidence that the research-

ers accurately measured what they claimed to be measuring. Just one illustration of this point: “Dr. Leroy Wolins, a psychologist at Iowa State University, had a student write to thirty-seven authors of scientific reports asking for the raw data on which they based their conclusions. Of the thirty who replied, twenty-one said their data either had been lost or accidentally destroyed. Dr. Wolins analyzed seven sets of data that did come in and found errors in three significant enough to invalidate what had been passed off as scientific fact.” (*Confessions of a Medical Heretic* p. 126)

The television program “60 Minutes,” on January 17, 1988, presented an expose of the abuses within the community of scientific researchers. They estimated that up to 30% of all research projects carried out in the United States are totally faked. One scientific scholar advised, “I would think twice before I believed what I read in the medical journals...it is dishonest, fraudulent material.” This faked data is the basis of acceptance of new drugs. (*Zion* p. 23)

Look what the *Journal of the American Medical Association* reported: “A commission of distinguished scientists, including four Nobel Laureates, studied the drug problem and found that the culprits are the doctors and the scientists who test the drugs. They found clinical trials of new drugs were ‘a shambles.’

The FDA spot-checked the work of some doctors doing such clinical trials and found twenty percent guilty of a wide range of unethical practices, including giving incorrect dosages and falsifying records. In a third of the reports checked by the FDA, the trial had not been carried out at all. In another third, the experimental protocol was not followed. In only a third of the tests could the results be considered scientifically worthwhile!” (*Journal of the American Medical Association*, November 3, 1995)

The FDA is entrusted with the oversight of drug research, but a high percentage of the agents of the FDA own stock in the pharmaceutical companies they are responsible to watch over. This obviously is a conflict of interest, which has resulted in many damaging drugs being released on the market.

According to a report given on ABC News on February 17, 2000, drug companies spend \$13,000 per year per physician, trying to convince them to prescribe their drugs. Drug companies have one sales representative for every nine doctors in the United States. And

if that isn't enough, drug companies seek to by-pass doctors entirely, going directly to the American public with television advertisements encouraging them to ask their doctors for certain drugs. Obviously, there is a lot of money to be made in marketing drugs to the American consumer.

Trade secrets

One of the most unbelievable revelations to me also came on the national news during January of 2000: The FDA allows researchers to classify toxic and fatal reactions to drugs they are developing as "trade secrets." Once a death or toxic reaction to a new drug is classified by the researchers as a trade secret, they are then under no legal obligation to reveal these deadly reactions to the unsuspecting public, or even to the physicians to whom they are marketing. Neat trick, don't you think? It is obvious that even your doctor probably has no idea how deadly a drug is that he is prescribing to you.

Drugs cause 140,000 - 200,000 deaths annually

A study conducted by David C. Classen, M.D. and colleagues at LKS Hospital in Salt Lake City found that "adverse drug reactions (ADE's) to medications prescribed by hospital staff members account for up to 140,000 deaths annually in the United States and cost more than \$136 billion." (*The Murray Report*, December 1997, p. 17).

Drug Topics magazine claims that over 200,000 people a year die from "adverse reactions" to drugs (October 23, 1995, p. 14-16).

Drugs poison

The word *pharmakeia* as researched above has as one of its definitions "poisoning." The above statistics offer proof that drugs (*pharmakeia*) do indeed poison.

Chemotherapy is a "therapeutic" procedure which is specifically designed to poison. Chemotherapy is nothing but toxin to the body. The intent is to poison the body slowly, bringing it right to the edge of death, where (hopefully) the poisoning process is stopped. The theory is that, since the cancer cells cannot reproduce themselves and the healthy cells can, the person's body systems will be restored.

However, statistics show that the person using this method of healing lives an average of three years after the treatment. Those who opt for no treatment at all live an average of twelve years. A

person who has been subjected to chemotherapy has had his immune system so decimated that it is almost impossible for the body to restore itself to health again.

Those seeking a more natural or biblical approach would discover that cancer cannot develop if one has a strong immune system. Instead of using synthetic drugs, which tend to poison the body, the Bible recommends various approaches to building the immune system, detoxifying the body, and nourishing the cells. The book *Eden's Health Plan - Go Natural!* by Mark and Patti Virkler teaches extensively on natural, biblical approaches for accomplishing these three goals.

Are laboratory tests accurate enough to predict the need for surgery?

Only 13 states regulate the 80,000 to 100,000 labs in physicians' offices. However, the 1,450 labs which are involved in interstate testing are under the supervision of the Federal Health Care Financing Administration. Its report to the Senate sub-committee was grim. Over the two-year period ending in June, 1986, seventy-eight labs lost their licenses because of incompetence, and one hundred eight others voluntarily relinquished their privileges rather than face administrative hearings. That means thirteen percent of these labs were at least inadequate, possibly life-threatening. (And these are only the ones who got caught!)

Statistics indicate there are somewhere around two hundred-forty million (240,000,000) false, useless or potentially dangerous tests done annually. The Centers for Disease Control occasionally do "blind" testing, sending test specimens which are not labeled as such. In one such test, six out of six labs failed the blind test, even though all of them had previously passed the proficiency tests. (Ibid. p. 11). The American Hospital Association estimates that probably twenty-five percent of laboratory tests are inaccurate. (Ibid. p. 20)

When I picked up parasites in Malaysia and suffered the resulting intermittent diarrhea, I was required to take in several sets of stool samples to a medical laboratory. They could not find any parasites. The doctor commented that the lab technicians probably would not recognize a parasite if it jumped up and bit them on the nose! That shook my confidence in western medicine.

So I went to a naturopath. He put me on a short fast which starved the parasites out and restored my health. All of a sudden I began to realize that natural approaches to health care can work better than the approaches of modern medicine - a startling insight for one who had never contemplated such a possibility.

Unnecessary surgeries

Surgery is the cutting and removing of diseased body tissue and mending damaged and broken body parts.

The five percent of medicine which deals with trauma care is extremely valuable. Doctors set broken bones and sew the body back together after an accident. This service is deeply appreciated and encouraged. Trauma care is the strength of modern medicine.

However, many surgeries could be eliminated. In 1978, the American College of Surgeons released the following statistics:

2,400,000 unnecessary surgeries were performed in the United States. This means normal tissue was removed. (*Zion* p. 29)

Where second opinions are mandated, the number of surgeries is reduced by as much as 45%. (Ibid. p. 29)

That is scary. Why such a discrepancy? Is the decision to have surgery that subjective? Yes, it is! Does the issue of financial greed enter into the making of the decision? Yes, it does!

Hysterectomy, the removal of the uterus, which may also include the removal of tubes and ovaries, is done to over 600,000 American women a year, costing five billion dollars. "These operations are almost always unnecessary," says Nora W. Coffey, president of the HERS (Hysterectomy Education Resources and Services) Foundation.

As Stanley West, M.D. has written in *The Hysterectomy Hoax*, "More than 90 percent of all hysterectomies are unnecessary."

According to *Hysterectomy: Before and After* by Winnifred B. Cutler, Ph.D. (New York: Harper & Row, 1988):

1. Hysterectomy causes changes in the hormonal environment which includes alterations in circulating levels of estrogen,

progesterone, testosterone, androstenedione, luteinizing hormone, follicle-stimulating hormone, and the beta endorphins.

- “2. Hysterectomy initiates menopause up to five years earlier than normal, even when ovaries are kept. When the ovaries are removed, women age more quickly.
- “3. Hysterectomy significantly increases risk for depression, which often emerges as much as two years after surgery.
- “4. Hysterectomy accelerates loss of bone and increases the risk of osteoporosis.
- “5. The rate of women having heart attacks is 0% (or close to it) during pre-menopause, 12% for mature women experiencing natural menopause, and 33% for mature women with surgical menopause. The increased risk of heart disease among hysterectomized women is three to seven times that of age-matched women who have not had the surgery.
- “6. Hysterectomy reduces libido (sex drive), the capacity for sexual arousal, vaginal lubrication, and orgasmic capacity. In 1982, the American Journal of Obstetrics and Gynecology reported that 33% to 46% of hysterectomized women had partial or total loss of sexual function after removal of the uterus. If a third of the half-million women undergoing hysterectomies in the United States are in sexual relationships, then around 400,000 men and women have lost quality in their sex lives as a result of this operation each year.
- “7. Hysterectomized women frequently experience urinary incontinence.”

Robert Mendelsohn, M.D. - “90% of surgery is unnecessary.”

Modern medicine is not based on science. That is clearly proven by Robert Mendelsohn, M.D. In Dr. Mendelsohn’s distinguished medical career, he has served as the director of Chicago’s Michael Reese Hospital and as an associate professor at the University of Illinois Medical School. He has been the chairman of the Medical Licensure Committee for the state of Illinois, and served as the

National Medical Director of the Project Head Start program. Dr. Mendelsohn has given an entire lifetime of service to the field of medicine as a licensed medical doctor.

His best-selling book *Confessions of a Medical Heretic*, which has sold 300,000 copies since it was published in 1979, tells in detail why he believes 90% of all modern medicine should be done away with because it is destructive rather than helpful to the patient. You absolutely must read this book. It can be ordered from any secular bookstore.

Dr. Mendelsohn believes modern medicine fulfills a valid role in the 5% of surgeries that are performed as a result of accidents and the 5% of mothers who have complications during childbirth. That 10% he can accept. The other 90% he feels passionately does more damage than good. Listen to what he says:

“I no longer believe in Modern Medicine. I believe that despite all the super technology and elite bedside manner that’s supposed to make you feel about as well cared for as an astronaut on the way to the moon, the greatest danger to your health is the doctor who practices Modern Medicine.

“I believe that Modern Medicine’s treatments for disease are seldom effective, and that they’re often more dangerous than the diseases they’re designed to treat. I believe the dangers are compounded by the widespread use of dangerous procedures for non-diseases.

“I believe that more than ninety percent of Modern Medicine could disappear from the face of the earth - doctors, hospitals, drugs, and equipment - and the effect on our health would be immediate and beneficial.” (*Heretic* p. x,xi)

John McDougall, M.D. - Avoid surgeries through diet and exercise

Everyone should also read Dr. John McDougall’s books *A Challenging Second Opinion* and *The McDougall Plan*. In them, Dr. McDougall cites about 2,000 scientific studies from Medline, a research database of medical studies done over the last 50 years. Dr. McDougall conclusively shows that your likelihood of longevity is greater if you turn down surgeries and instead simply change your diet and exercise. These two books are understandable and I consider them both “must reads.”

Damaged by surgery

I imagine you know of people who have undergone surgery and been harmed. Singer/actress Julie Andrews (the star in both “The Sound of Music” and “Mary Poppins”) went in for what she was assured was a routine procedure and was told it would not be threatening to her vocal cords. However, after throat surgery to remove some non-cancerous throat nodules, she has not been able to sing. (See the internet “Mr. ShowBiz News: Julie Andrews Silenced” - February 12, 1999.)

“Julie Andrews is suing two New York doctors and a hospital for causing irreparable damage to her singing voice. A medical malpractice suit - filed on December 14 [1999] in a New York District Court accuses Dr. Scott Kessler of ‘grossly negligent acts’ when he performed surgery to remove a cyst-like lesion from her vocal cords in June 1997. The operation took place at the Mount Sinai Hospital, which, along with Kessler’s partner, Dr. Jeffrey Libin, is named in the suit seeking compensatory and punitive damages.... ‘Singing has been a cherished gift, and my inability to sing has been a devastating blow.’” (*TV Guide*, January 29, 2000, p. 10)

A friend of mine is a pastor, internationally known worship leader, and author of books on worship. He had throat surgery (similar to what Julie Andrews had) and the damage the surgery did cost him his voice and his worship leading. He has only been able to speak at a whisper ever since the operation, which was many years ago.

My mother-in-law went in for surgery and had to return for a second surgery to correct the damage they did to her during the first. Two years later she needed further emergency surgery because of a staph infection which had been incubating since the first or second hospital stay. Add your own horror stories to this list.

Wrong site surgery

In an interview on the evening news recently, a surgeon stated that one thing patients can do to improve hospital safety is to have the doctor mark the limb they are going to amputate with a magic marker while the patient is still awake. This way the patient can ensure that the correct limb will be amputated! I have to wonder, “Who is going to keep an eye on the surgeon while I am under anesthetic?” If I can’t trust him to get the right limb (or even the right patient) unless I am

watching, what exactly *can* I trust him for? The interesting thing is, the doctor said this on national news with a straight face.

ABC News reported on “20/20” on May 4, 2000 that there were 50,000 wrong site lawsuits instigated against doctors in the last five years.

Hospital childbirth is one unnecessary “surgery.”

The following information is summarized from *Healing in Zion*, pages 66-67: Hospital childbirth is extremely dangerous. The United States has 9.7 deaths per thousand births; Japan has 4.4; Sweden has 5.7. The U.S. ranks twenty-second in the world in maternal and neonatal safety, ranking below every other developed nation. The safest place is Holland, and there a large percentage of babies are born at home. Worldwide, doctors handle only two out of ten attended births. Midwives oversee the rest.

Dr. Robert Mendelsohn recites the following statistics concerning the dangers of giving birth in a hospital: “Babies born in U.S. hospitals are six times more likely to suffer distress during labor and delivery, eight times more likely to get caught in the birth canal, four times more likely to need resuscitation, four times more likely to become infected, and thirty times more likely to be permanently injured. Their mothers are three times more likely to hemorrhage.” (*Heretic*, p. 91)

Dr. Murray Enkin, professor emeritus of obstetrics at Canada’s McMaster University in Ontario for ten years, researched studies published in sixty major scientific journals on childbearing. In addition, eighteen thousand obstetricians were interviewed to obtain unpublished data. The research revealed that “Much of what our doctors and hospitals do for pregnancy and birth is wrong, expensive and dangerous...[They] routinely employ methods of care that not only offer little benefit to mother or infant, but actually can be dangerous to them.”

He evaluated 285 procedures and policies of care, and only 100 of them were rated as successful and safe. Sixty were rated as dangerous, and should be abandoned; eighty-eight had unknown effect; thirty-seven were possibly effective.

Home birth is definitely safer than going to a U.S. hospital. A hospital turns what God designed to be a natural process into a

surgical experience. Only 5% of births have complications which may require a doctor. Because of this 5%, any woman planning on home childbirth should have a standby plan to go to a hospital if an emergency develops.

Stories that make you cringe

Some doctors go wild while you are under their control. While writing this book, I downloaded the following article off the internet from Associated Press Writer Verena Dobnik (January 21, 2000).

“NEW YORK - A doctor delivered a baby by Caesarean section, then used his scalpel to carve his initials into the mother’s abdomen.... Liana Gredz is now suing the 61-year-old obstetrician for \$5 million, saying, the 3-by-1 1/2-inch “A” and “Z” ‘makes me feel like a branded animal.’

“According to the Daily News, witnesses in the operating room said that after delivering Gedz’s daughter on Sept. 7, Zarkin announced: ‘I did such a beautiful job, I’ll initial it’

“‘I felt like I was raped,’ she told the Daily News. And now, with the scar that has turned into a welt, ‘I’m so embarrassed to get undressed in front of my husband because I have another man’s initials on my stomach.’

“The couple is also suing Beth Israel Medical Center, where the child was delivered.”

Foreign objects left in patients’ bodies after surgery

Sunday, March 19, 2000 the online news for the Florida Keys has a horrifying story of a five-year ordeal experienced by Wendy Wirth from Big Pine, Florida. She received an emergency appendectomy on January 27, 1995, when she was 19 years old. Doctors left a 14-by-14-inch sponge inside her which caused her to vomit daily for three-and-a-half years, until they finally did a second operation on September 22, 1998 and removed the sponge. Legal action followed by a court settlement finally netted her \$200,000 for her five years of anguish and pain. (www.Keysnews.com)

On May 4, 2000 ABC News also reported on “20/20” that each year there are 15,000 foreign objects left in patients’ bodies after surgery. Do you find this acceptable?

Medical malpractice causes 44,000 - 98,000 deaths annually

While writing this chapter, I was on vacation in Florida and purchased a copy of *The Orlando Sentinel*. The November 30, 1999 edition had a front-page headline "Error-prone Medicine." Following are some quotations from this article:

"Medical mistakes kill anywhere from 44,000 to 98,000 hospitalized Americans a year, says a new report that calls the errors stunning and demands major changes in the nation's health-care system to protect patients. The report by the Institute of Medicine says there are ways to prevent many of the mistakes. It sets as a minimum goal a 50% reduction in medical errors within five years...The Institute cited two studies that estimate hospital errors cost at least 44,000 lives and perhaps as many as 98,000...estimated \$8.8 billion spent each year as a result of medical mistakes the report calculated...The government should require that hospitals, and eventually other health organizations, report all serious mistakes to state agencies...About 20 states now require such reports but how much information they require and what penalties they impose for errors varies widely, the report said...Unfortunately, he continued, medical mistakes usually are discussed only behind closed doors."

So in conclusion, with only 20 states requiring **any** level of reporting of medical mishaps, we have 44,000 - 98,000 fatal medical mistakes reported. What do you think the number of medical mistakes resulting in death would jump to if all 50 states required complete reporting of all medical injuries and medical killings from not only hospitals but also all other health organizations? With the admission that many medical mistakes are usually only discussed **behind closed doors**, do you think the number of medical killings by U.S. health care could jump from the 98,000 listed in the article to 200,000 or 300,000? I have no problem believing that would be the case.

Moreover, the report suggests that hospitals really should accept a goal of cutting this number of deaths in half within five years! If they are able to achieve this lofty goal, U.S. hospitals could assure us

five years from now that they have the total number of killings from medical malpractice down to one-half, or 22,000 to 49,000 people per year. Isn't that comforting?

Then there are the errors which don't lead to death, errors like the one that happened to Kim Larviere. Last year she entered the hospital for simple, routine surgery to remove varicose veins from her leg. But, she says, the surgeon mistakenly cut a key artery. Now she is severely disabled with a portion of one foot amputated. "Before it...happened, I was a very independent woman. I did everything. I came and went as I pleased," said Larviere. (Taken from on-line article at NBC's website: www.msnbc.com/news/340525.asp#body)

Those wanting more information about medical malpractice may look on the internet at "The On-line Medical Malpractice Magazine" at www.A-R-M.org. You will begin to get an idea of what you are really up against when you submit yourself to the hands of a doctor in surgery.

A few years ago, Patti's uncle had open-heart surgery. A few days later, an aid brought him his medication. Uncle Bob looked at the pills before taking them and didn't recognize them as being his usual regimen. He set them on the bedside table and when his nurse came in later, he asked if his medication had been changed. She looked them over and said, "These aren't your pills!" Upon looking into the mix-up, she discovered that the last name of the man in the next room, who was in for cancer treatment, was very similar to Uncle Bob's. Uncle Bob had been given cancer medication.

Once he was aware of the situation, Uncle Bob began checking out everything that was given to him. The next day, an orderly arrived to "take him downstairs." Not having heard about any orders to go anywhere, Uncle Bob called for the nurse while resisting the orderly's instructions.

"Where do you think you're taking me?" he asked.

"Downstairs for your treatment," the orderly replied.

"You're not taking me anywhere!"

"I have my orders. You have to come with me," he insisted.

Finally the nurse arrived and asked where he thought he was taking her patient. “Downstairs for his chemo treatment,” came the reply.

“You give chemo to this man and you’ll kill him! He just had open-heart surgery! Didn’t you check the name on the wrist band?” she demanded.

“Yeah, sure,” the orderly mumbled, but, of course, he hadn’t. Obviously, he was looking for the cancer patient in the next room. Only Uncle Bob’s personal vigilance saved his life.

Infections - 20,000 direct deaths, 55,000 indirect deaths

While researching texts for another course, we found the following story:

“In 1989, during a ministry trip, I suffered chest pains and found myself in a hospital, miles from home, facing heart surgery. The emergency nature of the situation precluded the possibility of returning home. The surgery went off without a problem....

“I was released from the hospital after only 14 days, but the surgeon and cardiologist requested that I stay in the area another week so that they could give me a final check-up before I went home. Accordingly, I arranged to stay at a resort about an hour from the hospital. While recuperating there, I suddenly experienced extreme and unrelieved pain. Upon readmission to the hospital, my heart surgeon announced that apparently, in the course of my first hospitalization, I had contracted a staph infection. Staph is serious wherever it is found, but it can be fatal when located anywhere near the heart. A second, far more serious surgery would be needed both to stem the infection and to repair the damage it had caused....

“In a few days, as my condition continued to worsen, a third surgery was necessitated by an infection along the incision line of the second surgery. The third surgery opened in my chest a cavity so fearfully large that it took me several days to work up the courage to look at it in the mirror!

“Enduring three surgeries in twenty-one days was almost more than my physical and emotional frame could endure...I lost a pound a day for 30 days as the staph infection raged in my body....

“I was released after 72 days combined hospitalization and recuperation... [followed by] thirty days of additional recuperation. Later, I returned once more to the place of my surgeries for more repair of my chest cavity.” (Hallelujah Factor by Jack Taylor, Kingdom Publishing, p. 8,9)

Everyone knows people who have contracted infections in hospitals. Even my dad contracted one when he went in for a simple surgery on his hand. Why are infections so widespread? Don't we know how to stop them?

CBS reported on the national news on November 12, 1999 that more people die from infections they receive in hospitals than die of AIDS in a given year in the United States.

My son went online and downloaded the article which Dan Rather had read in that news telecast on November 12. I read the entire article aloud, just to see approximately how much time this information had been given. It took me two minutes 20 seconds to read the entire article. (How does this compare to the amount of time reporting the “AIDS epidemic” and demanding more government money to solve it?) It is entitled “Hospitals’ Dirty Little Secret.” Here are some quotes from the article as it was found on CBSnews.com.

“...Two million patients...acquire infections each year in U.S. hospitals. Twenty thousand will be fatal. It turns out that reducing these numbers has less to do with what's taught in medical school than what's taught in kindergarten.

“Hand-washing by health care workers is probably the No. 1 way of keeping these infections from occurring. A number of studies have been done showing that approximately 50% of health care workers wash their hands as recommended; says Dr. William Jarvis of the Centers for Disease Control.”

How can health care professionals, who believe in the germ theory of disease, be so callous and thoughtless of their patients' lives?

I have talked with my sister-in-law Becky, a nurse who worked for many years in U.S. hospitals. She said that in all her years of nursing she never saw another nurse wash her hands between patients. (Becky herself always washed her hands between patients, recogniz-

ing the need for her own health and safety, as well as the patients') So diseases are passed from patient to patient, making a hospital one of the best places to catch an infection and die.

The Centers for Disease Control and Prevention report that:

- ❖ In addition to the 20,000 people who die each year in the U.S. because of hospital-acquired infections,
- ❖ 58,000 patients contract infections that contribute to their deaths.
- ❖ That is a total of 78,000 people dying in U.S. hospitals each year, just because of the infections they caught while there. This number is low. I have heard on other evening news broadcasts that 90,000 die annually of infections caught in U.S. hospitals.

A *Readers' Digest* article entitled "Death Beds" states the following: An investigation by *The Chicago Tribune*, based on federal and state records, internal hospital files and court cases from the 5,810 institutions belonging to the American Hospital Association, estimates 103,000 deaths linked to hospital infections in 2000. Nearly three-quarters of the deadly infections – or about 75,000 – were preventable, the result of unsanitary facilities, germ-laden instruments, unwashed hands and other lapses. (Feb. 2003, p. 97)

On the same night that Dan Rather reported the little piece of information that two million people contract infections in hospitals and 20,000 die directly from them (and according to the above statistics, an additional 58,000 die as an indirect result), Mr. Rather also spent a large amount of time discussing the tragic crash of Egypt Air Flight 990. This was a Boeing 767 transatlantic flight which crashed in the ocean off the Massachusetts' Island of Nantucket on October 31, 1999, killing all 217 people aboard. This had been the lead or second story for every night of the last twelve days and would continue to be for days to come. It filled five to fifteen minutes or more of the nightly news for weeks.

Now, let's compare the fact that infections spread by hospital staff not washing their hands kills 20,000 per year in the U.S. received about two minutes 20 seconds in this same two-week time. If you do your math, you will find that the 20,000 annual deaths equals 55

people directly killed each day in U.S. hospitals by infections the hospital staff gives them. If you multiply this by the two weeks that Egypt Air flight 990 was on the news, you find that in this same two weeks, hospitals killed 770 with direct infections. That is more than three times the number killed in Egypt Air 990. And airlines are not going to have this tragedy every week (which, incidentally, engaged 250 FBI agents to discover the cause of the crash). But U.S. hospitals are going to have this identical tragedy every week of the year. Three hundred eighty-five people are going to be directly killed every single week of the year in U.S. hospitals because of the infections they pick up from hospital staff, primarily because doctors and nurses will not wash their hands between patients.

Granted, some of the infection comes from the sheets, the equipment and the air which they don't keep clean. My mother-in-law was in the hospital recently for surgery (actually follow-up surgery to repair the results of an initial botched surgery) and she put a pin in her bottom sheet so she could determine if the hospital staff changed her bed sheets during the three days she was there. They didn't!

Now, every hotel I have ever stayed in has changed my sheets every day, even if I was staying for the entire week. It is inexcusable that a hospital, which is dealing with contagious diseases, would not do the same! Are they really demonstrating the heart, the care and the concern of a health care professional?

If this wasn't horrible enough (which it is), let's add the fact that another 58,000 people pick up infections which indirectly lead to their deaths, bringing the total infection-related deaths in U.S. hospitals to 78,000 per year. Do the math and find that that is 1500 per week that are killed in U.S. hospitals by infections. That is just shy of seven of Egypt Air 767's going down every week (or one every day) and killing everyone on board, and doing it every week of the year. Would you fly, knowing this was the risk? And don't forget, these are the deaths caused in U.S. hospitals just by infections alone!

Now, let's not forget that Dr. William Jarvis of the Centers for Disease Control, in the above article read by Dan Rather on November 12, 1999, said that two million (2,000,000) patients pick up infections annually while in U.S. hospitals. That means 5,479 people are contracting a hospital infection every day of every year in a U.S. hospital! If we told the U.S. population that airborne infections in airplanes

infected 5,479 passengers every day of the year, what would their response be? That is the equivalent of every day of the year, every passenger on 25 planeloads of Boeing 767's Egypt Air Flight 990 contracting a contagious disease from the flight. Would you fly?

Ralph Nader's report says 300,000 combined deaths annually

Consumer advocate Ralph Nader did an exhaustive study on U.S. hospitals in the early 1990's. He summarized his findings by saying that 300,000 are "killed" each year in U.S. hospitals.

That is 1,382 planes (i.e., Egypt Air 990's) going down each year, or nearly FOUR PLANES EVERY DAY of the year, and killing everyone on board. Would you fly???

Just what are the leading causes of death in the U.S.?

Following are the leading causes of death in the U.S. according to statistics I found on-line at www.msnbc.com/news/340525.asp#body from the National Vital Statistics Reports and the Institute of Medicine.

Cause	Deaths (1997)
1. Heart disease	726,947
2. Cancer	539,577
3. Stroke	159,791
4. Chronic obstructive pulmonary (lung)	109,029
5. Accidents	95,644
6. Pneumonia & the flu	86,449
7. Diabetes	62,636
8. Suicide	44,000
9. Kidney-related disorders	30,535

Compare the above numbers to the following summary of our findings on annual accidental hospital deaths:

Drug reactions: The number of people who die annually from adverse reactions to medically prescribed drugs is 140,000 - 200,000.

Surgical malpractice: The lowest estimate concerning deaths in hospitals from malpractice, (with only 20 states providing a partial level of reporting) is 44,000. If all 50 states did a complete reporting, this number will jump to AT LEAST 98,000.

Infections: Annual direct deaths from infections contracted in hospitals are 20,000, and indirect deaths from infections which, through complications, contribute to the death of the individual, cause an additional 58,000 deaths, for a total of 78,000 deaths from hospital infections.

Most likely number of accidental hospital deaths (annually)	
Reactions to prescribed drugs	200,000
Caused from (unnecessary or botched) surgery	98,000
Caused from hospital infections	78,000
Total accidental hospital deaths annually (very close to Ralph Nader's total of 300,000)	376,000

That makes accidental killings in hospitals the third leading cause of death in the U.S. every year, right after heart disease and cancer.

Let us use the LOWEST numbers of accidental hospital deaths (annually)	
Reactions to prescribed drugs	144,000
Caused from surgery	44,000
Caused from hospital infections	20,000
Total accidental hospital deaths annually	204,000

Accidental hospital deaths are STILL the third leading cause of death in the U.S.! And it is still equal to 940 Egypt Air Boeing 767's going down and killing all passengers aboard. That is 2.5 planes per day, EVERY DAY!

Accidental death numbers according to the Journal of the American Medical Association

In July of 2000, the Journal of the American Medical Association confirmed that 225,000 patients are killed annually in U.S. hospitals! Even their conservative numbers still make accidental death in American hospitals the third leading cause of death in the U.S.! They broke it down as follows: Unnecessary surgery 12,000, medication errors 7,000, correct drug prescribing 106,000, infections in hospitals 80,000 and miscellaneous 20,000 (*Journal of the American Medical Association*, Vol. 284 26th July 2000).

The reality is that doctors who are seeking to help us with our health problems accidentally kill enough people to make medical practice the third leading cause of death in the United States. This is absolutely frightening to many people, including me. Now you know why, in 1990, 338 million visits were made to medical doctors (according to *The New England Journal of Medicine*), while one-half the American population chose to use providers of unconventional therapy, making 425 million such visits (according to *Alternative Medicine Digest*). America wisely prefers alternative health care to traditional medicine.

Comparing doctors to gun owners

According to the U.S. Department of Health & Human Services, the number of physicians in the United States is 700,000. Accidental deaths caused by physicians per year are 120,000. Thus there are 0.171 accidental deaths annually per physician.

The number of gun owners in the U.S. is 65,000,000. The number of accidental gun deaths per year for all age groups is 850. Thus there are 0.000013 accidental deaths per gun owner annually.

Statistically, doctors are approximately 13,000 times more dangerous than gun owners, and if you take the number of accidental deaths in American hospitals to be 300,000 per year (rather than

120,000), then doctors are approximately 33,000 times more likely to **accidentally** kill you than a gun owner is. Not everyone has a gun, but everyone has at least one doctor.

What are your chances of being **intentionally** killed by a gun owner, versus being **intentionally** killed by a doctor? Seven hundred thousand doctors commit 1.5 million abortions per year. That averages two abortions per doctor per year. Sixty-five million gun owners commit 11,000 murders per year, which amounts to .00017 homicides per gun owner. That means you are 11,000 times more likely to be intentionally killed by a doctor than by a gun owner. Do you think we need more gun laws or more laws restricting doctors' activities?

Additional hospital deaths and complications include:

- ❖ **Non-accidental hospital deaths** from old age, sickness and injury are not reported in the above numbers. All these people die in hospitals in addition to the numbers listed above.
- ❖ **Additional non-death hospital infections:** 2 million annually
- ❖ **Number maimed in hospitals and not killed:** no idea how many

It is easier to be killed in a U.S. hospital than it was as a soldier in the Vietnam War!

The Vietnam War lasted for about 10 years, and 50,000 U.S. soldiers were killed in that war. It was so unpopular that students rioted in the streets, set American flags on fire and burned down universities.

Now, that was 5,000 people per year being killed. And, of course, they were using guns, grenades and bombs to assist in the killing process. In a U.S. hospital, it is not 5,000 per year being killed. It is 100,000 to 300,000 per year that are killed. That is 20 to 60 times more than were killed per year in the Vietnam War, and hospitals are not even using guns and bombs to do the work. And guess what? No one is burning the U.S. flag or rioting in the streets. As a matter of fact, parents can lose their children for not taking them to the hospitals when a social agency thinks the parents should. Kind of makes your head spin, doesn't it? What is going on? Why isn't anyone

rioting? Why doesn't Dan Rather cover this travesty continuously in the evening news, making it his lead story night after night? Probably the answer is that newsmen report things that are new, different, unusual, not the regular run of the mill stuff. And for American hospitals, killing 100,000 - 300,000 a year is run of the mill. It is not new or different. It is business as usual. So it is not news!

So what is more dangerous than the Vietnam battlefield, and where are you 60 times more likely to be killed? Answer: a hospital in the United States of America.

Murdered by breast cancer

Rachel's Environment and Health Weekly, N. 571 reports: "More American women have died of breast cancer in the past two decades than all the Americans killed in World War 1, World War 2, the Korean War and the Vietnam War combined." An acceptable, routine medical practice caused much of this death from breast cancer. A study of 16,000 women who were being given estrogen and progestin was abruptly halted when it was discovered that they had a 26 percent increase in the risk of invasive breast cancer, 29 percent increase in heart attack risk, and a 41 percent increase in stroke risk. (*JAMA* 2002; 288:321-33)

The World Health Organization says doctors cause 80% of all diseases

The World Health Organization reported a few years ago that approximately 80 percent of all diseases today result from the treatment of some other disease condition. These are called iatrogenic diseases ("iatro" means physician and "genic" like genesis means the "beginning of."). So by definition, iatrogenic literally means physician-induced disease. This epidemic of disease and resulting death must stop! My choice is to avoid doctors for everything except trauma care.

Death rates decline when doctors refuse to work!

If doctors, hospitals and modern medicine are really the third leading cause of death, then you would expect death rates to go down when doctors go on strike.

According to Dr. Mendelsohn, on four different occasions when doctors went on strike, statistics documented that the death rates DID GO DOWN! Then, after the strike had been resolved and the doctors went back to work, the death rate went back to what it was before the doctors' strike began. The details are as follows:

"In 1976 in Bogota, Colombia, there was a fifty-two-day period in which doctors disappeared altogether except for emergency care. The *National Catholic Reporter* described 'a string of unusual side effects' from the strike. The death rate went down thirty-five percent. A spokesman for the National Morticians' Association said, 'It might be a coincidence but it is a fact.' An eighteen percent drop in the death rate occurred in Los Angeles County in 1976 when doctors there went on strike to protest soaring malpractice insurance premiums. Dr. Milton Roemer, Professor of Health Care Administration at UCLA, surveyed seventeen major hospitals and found that sixty percent fewer operations were performed. When the strike ended and the medical machines started grinding again, the death rate went right back up to where it had been before the strike.

"The same thing happened in Israel in 1973 when the doctors reduced their daily patient contact from 65,000 to 7,000. The strike lasted a month. According to the Jerusalem Burial Society, the Israeli death rate dropped fifty percent during that month. There had not been such a profound decrease in mortality since the last doctors' strike twenty years before!" (*Heretic*, p. 114)

Okay, that cinches it for me. Modern medical practices, hospitals, drugs and surgery are all killers! I want nothing to do with any of them, unless I have been in an accident and need to be sewed back together again.

Blood transfusions

"Blood transfusions cause the intermingling of one person's life with the life of another. The Bible says, 'For the life is in the blood,' and one is not to consume another's blood (Deut. 12:23). As late as July 1983, Health and Human Services Secretary Margaret Heckler, along with Assistant Secretary for Health Dr. Edward Brandt, stated, '...[we] want to assure the American people that the blood supply is 100% safe.' Dr. Herbert Perkins, medical director of San Francisco's Irwin Memorial Blood Bank, announced, 'The risk of getting AIDS

from a transfusion is about one in a million.' (This was a month after France had banned the importing of American blood, considering it too risky for use.)

"In February 1984, the president of the Council of Community Blood Centers told the *Journal of the American Medical Association* that his group believed there might be a blood-borne AIDS virus, but that it probably was not highly infectious. Only one month later, on March 12, 1984, the Centers for Disease Control had counted seventy-three blood transfusion AIDS cases, twenty-two of whom had already died." (*Zion*, p. 3).

Who can tell you that medical science knows enough about what is in the blood to assure you that it is safe today? Perhaps God's commandment to not consume blood still is the only way to go.

Demons in hospitals

Not only can you die of an infection, surgery or drugs in a hospital, you can also pick up a demon, for when a person dies, any demons which were resident in him are now left to look for a new host to enter. Since so many people die in hospitals, hospitals are full of demons looking for a new host. If there is any chink in your spiritual armor or any unrepented sin in your life, or any traumatizing experience you have just encountered, you are open to pick up one or several demons. Many people become oppressed by demons while in hospitals.

Ways to become "demonized" in hospitals

The doctor walks in and says, "You have six months to live." Essentially, he is pronouncing a death sentence. Now, it is questionable whether the doctor even has a right to pronounce such a death sentence on anyone. But if that person is weak in faith, and instead of drawing upon God's divine grace he accepts the words of the doctor, he has then placed his faith in his death sentence. Of course, a demon of death can easily enter and fill this negative expression of faith.

I suspect that the doctors' laying on of murderous hands (i.e., if he is a doctor who does abortions), and the cutting of the surgery, and the naked exams all offer additional avenues which demons use for entry.

Demons enter during trauma, when one's normal defenses are down. Hospitals are full of traumatic situations. These include surgeries, extensive drugging, childbirth (for both the baby and the mother), separation of infants and children from parents, separation of adults from their support group, and just about everything else that happens in a hospital.

Immunizations: Pray before you leap

Many studies concerning immunizations indicate a higher rate of the sickness among those who have been immunized.

The following websites have information and books about immunizations. You can find a hundred years of research on immunizations at these websites, enough to convince you not to have your children immunized.

<http://thinktwice.com/global.htm>

<http://new-atlantean.com/gulfwar.htm>

<http://www.pnc.com.au/~cafmr/online/research/index.html>

The *Physicians' Desk Reference*, the medical community's "bible" on drugs, medications, vaccinations and such, has the following form near the end:

"Health care providers and manufacturers are required by law (42 USC 300aa-25) to report reactions to vaccines listed in the Vaccine Injury Table. Reports for reactions to other vaccines are voluntary except when required as a condition of immunization grant awards. The form appears overleaf and may be photocopied for submission."

"The Reportable Events Table (RET) reflects what is reportable by law (42 USC, 300aa-25) to the Vaccine Adverse Event Reporting System (VAERS) including conditions found in the manufacturer's package insert. In addition, individuals are encouraged to report *ANY* clinically significant or unexpected events (even if you are not certain the vaccine caused the event) for *ANY* vaccine, whether or not it is listed on the RET. Manufacturers are also required by regulation (21CFR 600.80) to report to the VAERS program all adverse events made known to them for any vaccine." (*Physicians' Desk Reference*, Edition 51, 1997)

**“TABLE OF REPORTABLE EVENTS
FOLLOWING VACCINATION”**

Vaccine/ Toxoid	Event	Interval from Vaccination
DTP, DTaP, DTP-HiB, P, DT, Td, TT.	A. Anaphylaxis or anaphylactic shock	7 days
	B. Encephalopathy (or encephalitis)	7 days
	C. Any sequela (including death) of above events	No limit
	D. Events described in package insert as contraindications to additional doses of vaccine	See package insert
Measles & mumps in any combination; MMR, MR, M.	A. Anaphylaxis or anaphylactic shock	7 days
	B. Encephalopathy (or encephalitis)	15 days
	C. Residual seizure disorder	5 days
	D. Any sequela (including death) of above events	No limit
	E. Events described in manufacturer's package insert as contraindications to additional doses of vaccine	See package insert
Rubella in any combination; MMR, MR, R	A. Chronic arthritis	42 days
	B. Anaphylaxis or anaphylactic shock	7 days
	C. Encephalopathy (or encephalitis)	15 days
	D. Residual seizure disorder	15 days
	E. Any sequela (including death) of above events	No limit
	F. Events described in manufacturer's package insert as contraindications to additional doses of vaccine	See package insert
Oral Polio (OPV)	A. Paralytic polio -in a non-immunodeficient recipient	30 days
	-in an immunodeficient recipient	6 months
	-in a vaccine-associated community case	No limit
	B. Any sequela (including death) of above events	No limit
	C. Events described in manufacturer's package insert as contraindications to additional doses of vaccine	See package
Inactivated Polio (IPV)	A. Anaphylaxis or anaphylactic shock	7 days
	B. Any sequela (including death) of above events	No limit
	C. Events described in manufacturer's package insert as contraindications to additional doses of vaccine	See package insert

One of the more recent well-publicized immunization disasters is the Gulf War Syndrome. American soldiers were given an experimental medicine, Pyridostigmine Bromide (PB) without informing them or getting their consent. This is against both national and international law. Now, many soldiers have died and many (estimates at 40,000) have health problems, as have their offspring. What an atrocity against those who are willing to put their lives on the line to defend our freedom!

In summary, you should pray about the decision to undergo immunizations, and if you feel God is leading in this direction, you should pray against any side effects. If you do not want your children immunized, you will need a letter from your pastor saying that you object to having your children immunized based on religious reasons.

Mass murder through abortion

Doctors have torturously murdered 40 million babies since abortion was legalized in 1973. (That puts them right up there with Hitler.) This fact makes it hard for many to believe that the medical community has our best interests in mind. These approximately 1.5 million murders per year in the U.S. are not considered to be “people killed by medical procedures,” for these babies are not considered people. So this number of 40 million is in addition to the 300,000 which studies show are killed in hospitals every year, plus, of course, deaths from AIDS and vaccines.

Death through assisted suicide

Jack Kevorkian has led the medical profession into mercy killing, where those who desire can now end their lives with the help of a doctor. Does this strike you as compatible or contradictory to Scripture, or even to the physicians’ own pagan code of “First, do no harm”?

Can genetic engineering improve on God’s creation?

Since science believes man is the result of evolution, then genetic engineering is perfectly acceptable, as it is simply helping the evolutionary process along. However, if man is created by God, and if all

the plants and animals are created by God and they are good (Gen. 1), then for man to think he can improve on God's creation is the depth of blasphemy.

Even hospital accounting is a disaster

Equifax Services, Inc., of Atlanta, which audits hospital bills for virtually every major health insurance company in the country, conducted a survey from November 1983 to March 1984 and was shocked to discover "sizable errors" in 98.1% of the bills! In 1981, 90% of the audited bills were wrong and in 1982, 93%. It's getting worse! (*Zion*, p. 11)

Soaring health costs which threaten to bankrupt nations and families

The fact that the U.S. has spent \$1 billion on cancer research for each of the last 25 years, and the incidence of cancer is 18% higher now than it was when we declared war on cancer, gives us an inkling of how much money is spent and wasted in futile attempts to heal diseases man's way. Many families end up losing their homes and the inheritance they were going to pass on to their children through the exorbitant hospital costs. Is this really what God intended? Eighty percent of all hospital costs are incurred in the last few months of life. Is it really worth giving up the inheritance you had planned for your children, and instead hanging on for a few more months of pain and agony before dying?

The United States spends 2-5 times more in health care than 30 other OECD nations do!

"Researchers analyzed health care spending among 30 nations that were members of the Organization for Economic Cooperation and Development (OECD) in 2000 and found that the United States spent more than twice the amount for health care as other nations. The U.S. per capita health spending in 2000 was \$4,631--13 percent of the gross domestic product (GDP)--while the median spending for the OECD members was \$1,983 per capita, which is eight percent of GDP. Further, in 2000 Americans' private per capita health spending of \$2,580, which includes health insurance premiums and out-of-pocket costs, was more than five times that of the

OECD members' median of \$451." This information was taken from: www.healthaffairs.org/readeragent.php?ID=/usr/local/apache/sites/healthaffairs.org/htdocs/Library/v22n3/s16.pdf

Sixteen other nations in the world have longer life spans than do Americans. So the increased money in health care has not brought about the hoped for increased life span.

What about drug deaths OUTSIDE of hospitals?

We have not dealt at all with deaths and infirmities caused by doctors **outside of hospitals**. The statistics above have only dealt with deaths within hospitals. Let me share just one tragic story of the death of a dear friend of ours which did not happen in a hospital, but from prescriptions from a doctor's office.

Our friend went to the doctor and received a prescription for a drug to lower his cholesterol. Twelve hours after he began taking this drug, he died from a blood vessel hemorrhage, sitting in the car next to his seven-year-old daughter. This tragic death left his wife and children to face the rest of their lives without him. After the funeral, I decided to check the *Physicians' Desk Reference* that I have in my office, and found that one of the side affects of the drug the doctor had prescribed was blood vessel hemorrhaging. Was it a coincidence that twelve hours after he began taking this drug he had a hemorrhage and died, or was his death caused by the prescribed drug?

However, it will never be suggested that this drug caused this death and left these children fatherless, and this woman a widow. This death and those like it will never be tallied as deaths caused by drugs. I suspect the number we have suggested of 300,000 deaths per year from doctors and hospitals is actually extremely low. I would love to see what would happen if all doctors both in and out of hospitals went on strike for two months and no drugs were available to anyone. I would guess that the death rate would probably go down by 80%. Then we would find out exactly how many deaths per year are caused by modern medicine.

Concerning high cholesterol: Did my friend have an alternative? He sure did. I have taken a fiber product produced by Shaklee and it has lowered my cholesterol by 100 points in four weeks. I have suggested it to others and it has done the same for them.

Instead of taking the current drug available this year (2000) to combat the flu (which they have admitted has killed five people, so far), you can go to any health food store and purchase a homeopathic called *oscillococinum*. Twelve hours after taking this product, people find that their flu symptoms have disappeared.

Can training our doctors in medical ethics help us?

Universities are now training doctors in medical ethics, which hopefully will avert some of the wrongs we have discussed in this chapter. However, will it?

Peter Singer has been tenured as Professor of Bioethics at Princeton's Center for Human Values. In his book *Practical Ethics*, he expresses the view that parents should be allowed to kill a severely disabled infant in order to increase the family's happiness. Singer argues that children less than a month old have no human consciousness; therefore, it is acceptable to kill them. He asserts, "Killing a defective infant is not morally equivalent to killing a person. Sometimes it is not wrong at all." (*The Wallbuilder Report*, Winter 2000, p.3)

Well, this certainly is a guiding light to ensure that biblical ethics are maintained in our medical community! (I hope you know I am kidding.)

The bottom line is that ALL drugs are toxic and potentially fatal, and ALL surgeries can leave one either infirm or dead. Therefore, one may choose to renounce drugs and surgeries as methods of healing.

My personal choice: I have chosen to "go natural" when it comes to healing and health. I have even written a book entitled *Go Natural!* I have chosen herbs as God's natural health products, rather than drugs. I have removed toxic poisons from my home, clothes, dishes and furniture by choosing natural household cleansers, rather than toxic ones. I have installed air cleaners in my home and office. I have removed the poison, chlorine and other pesticides and toxins from my water by installing water purifiers in my kitchen and shower. I have chosen the Genesis diet (Gen. 1:29), over the American diet, water over milk or soda pop, and I fast to keep my body from building up toxins.

Thirty spiritual and natural remedies will be suggested in the following chapters as alternatives to drugs and surgery. All thirty of these remedies conform to Scriptural principles and have become my choice for health care.

Summary

The church in which I grew up taught that medicine was a secular job, and it was not expected that the healing ways of the Bible would be brought into medical school or medical practice. Perhaps the deterioration of western medicine is what we reap in return for not shepherding our young people in all the ways the Bible offers healing to our bodies, souls and spirits.

All the young doctors and nurses in whose hearts God had placed a passion to bring healing to others were sent off to secular schools to learn a secular approach to healing which was by its very nature cut off and separated from the ways and the approaches of the Healer of the universe. Thus the ministry of health care, which was to flow from their hands to our lives, has become distorted. Their ministry call of being a healer to their fellow man has not been fulfilled to the depth it could have or should have been. And that fault lies directly at the doorstep of the Church.

Perhaps it is time for the Church to repent of Her sin of declaring that health care is secular, and ask doctors to forgive Her for allowing their education to become secularized, along with the agencies that oversee them (such as the FDA) and the companies which serve them (e.g., the pharmaceutical companies), resulting in their coming under the influence of spirits of greed, power, control and manipulation rather than the Holy Spirit.

As a pastor and teacher in the Church, I repent and ask the doctors and nurses to forgive me for telling them that their work was secular and for not providing godly, biblical, Spirit-anointed educational opportunities for them in the years they sought out training. I have surely failed them. If you are a doctor or a nurse, I ask for your forgiveness. Please forgive me for my failure toward you and for the damage it has brought to your life, and the hampering of the call of God upon your life to minister health care to humanity at large.

Perhaps it is time for the Church to bring forth fruit in keeping with Her repentance. In the meantime, I do want to be very cautious

if I participate in traditional health care as practiced in the western world at this time (i.e., 2000). Except for trauma care, I will only use doctors, drugs and surgery as a last resort if all other 30 methods which I outline in the next few chapters fail to solve a health problem I am facing, and if God gives me permission to do so. You will probably find that everything except trauma care can be resolved through these 30 modalities.

The strength of western medicine - the 5% of surgery that deals with trauma care

If I were in a car accident or incurred some other trauma injury, I suspect I would utilize western medical approaches to put my body back together again. This is where the strength of western medicine lies. It is excellent at setting a broken bone or sewing up a body that has been ripped open. I would prefer an ambulatory center to a hospital emergency room, as these appear to operate more efficiently.

If a trauma injury forced me into a hospital, I would see that no one touched me without washing his hands. My sister-in-law recommends that I hire a personal private duty nurse, and has volunteered for such a position. I would insist that sheets were changed daily. I would have excellent nutritional food and supplements brought in to me to speed up my recovery, and I would ask for daily laying on of hands and prayer for healing. I would examine the *Physicians' Desk Reference* for side effects of any medicine they offered me before determining whether I would take it or not. (Note: You can purchase the *Physicians' Desk Reference* at any bookstore such as Barnes and Noble or Media Play, or refer to it online.)

Are there conscientious Christian doctors and nurses involved in western medicine?

Yes, there are. I know a number of them. And the doctors and nurses I know are generally as frustrated with what is happening in western medicine as I am. They want it to be different, however their hands have been tied by the FDA and government regulations and insurance companies. So in no way am I coming against these people. These are exactly the ones I would seek out if I ever needed care from western medicine.

Unfortunately, the majority of doctors are very unhappy with their profession. In 1991, a study of doctors who qualified in 1986 found that 58% of men and 76% of women regretted entering medicine (Allen, *Isobel Doctors and their Careers: A New Generation*, London: Policies Studies Institute, 1988).

Two surveys, reported in the *Lancet*, discovered that heavy drinking and illicit drug use were common among second-year medical students, and that these invariably increased after graduation (*Lancet*, 1996, vol. 348, pp.922-925; 1998, vol. 352, p. 785). Of the 90 house officers studied, 60% of both sexes exceeded their safe limits. Thirty-five percent of men and ten percent of women reported using other drugs such as hallucinogenic mushrooms, LSD, ecstasy, amyl nitrite, cocaine and amphetamines. As for their mental state, 21 percent of men and 45 percent of women had anxiety scores indicating possible pathological anxiety.

I heard just yesterday on the evening news that a group of doctors (“Doctors for Responsible Medicine”) is suing the government committee which was coming out with the new revised food paradigm for the American population. These doctors feel it is immoral for the committee to recommend meat and dairy products, since one of the nation’s biggest killers is heart disease and people have such a problem with being overweight. The removal of meats and dairy products would go a long way toward solving these problems. In addition, it would take us back to the diet recommended in Genesis 1:29. So there are responsible doctors who are seeking to do what is right.

I want to be clear that I am not attacking conscientious, moral, ethical doctors or nurses. I respect and thank them for their lives of service to our communities and us. Actually, I am not attacking anyone. I am just sounding a warning bell that western medicine can put your life at risk, so be informed and prayerfully consider your choices.

You make your own final decision!

The final decision as to what treatments you receive is in your hands. Do not make your decision based only on this chapter. This is an important decision and the choice you make could result in life or death. Therefore take the time to study out the ideas presented,

to pray them through, and to settle in your heart what you believe and what treatments are right for you personally. Do not rely on a single voice or a single chapter in a book. Receive counsel from a multitude of counselors, and pray. **The final decision you make is in your hands.**

Application Questions

1. Before reading this chapter, had you ever evaluated modern western medicine in light of biblical principles?
2. Do you agree that much in western medicine is contrary to the Word of God?
3. Do you know of people who have been hurt or damaged by western medicine?
4. Are you willing to begin a search for a more biblical approach to health care?

Additional Resources

The Foundation: Principles, Concepts and Convictions for Getting Well and Staying Well by Dr. Reuban DeHaan. Nutrition, diet and lifestyle create the cornerstone to all health and wellness. If the truth were told, the cause of all pain, sickness and disease was originally induced by an imbalance in nutrition, diet and lifestyle. If wellness is to be achieved or maintained, certain foundational principles must be incorporated into each person's daily life. In this book, Dr. DeHaan goes into detailed explanation of all the foundational aspects required to achieve or maintain health. These include: oxygen, water, protein, carbohydrates and fats. He also discusses many of the current diet programs, explaining pros and cons of each and then summarizes what might be considered the "best" diet in light of the fact that it is not possible to achieve a perfect diet in modern society. What role do genes play in health and disease? What role do supplements play? Which ones promote health and which ones actually contribute to the problem? All nutrition is not created equal. Is there any protocol that can get you well and keep you well? This and much more can be found in the pages of this book.

The McDougall Plan and *A Challenging Second Opinion*, both by John McDougall, M.D. These books cite about 2,000 scientific studies showing how changing your diet can keep you out of the hospital and away from all the major degenerative diseases and the resultant drugs and surgeries which modern medicine wants to perform to combat these degenerative diseases. *The McDougall Plan* is full of charts that put hundreds of studies in clear visual focus. It is easy to read and easy to understand. You need to read this book. Order online or from a secular bookstore.

Confessions of a Medical Heretic by Robert S. Mendelsohn, M.D. You must read this book. It will shock you into deciding to take responsibility for maintaining your own health. In doing that, the book will be worth a million dollars to you. Easy to read and understand. Order from a secular bookstore.

Emerging Viruses - AIDS & Ebola by Dr. Leonard G. Horowitz (1-800-336-9266) P.O. Box 2033, Sandpoint, Idaho 83864. This book offers 500+ pages of proof that the AIDS virus was created in American laboratories and spread through vaccines to select groups (i.e., gays and blacks in Africa). This book will make your brain work. It is an intellectually demanding book.

Murder by Injection by Eustance Mulling

How to Have a Healthy Child in Spite of Your Doctor by Robert Mendelsohn, M.D.

What about Immunizations? by Cynthia Couroyer

Immunizations: The Reality Behind the Myth by Walene James

Internet Addresses**Pharmaceutical companies**

<http://lead.csustan.edu/manage/harris/industry1.html>

Warner-Lambert

http://www.warner-lambert.com/info/98_wlannual/financials/page31.html

Johnson & Johnson

http://www.jnj.com/news_finance/150.htm

Abbot Laboratories

<http://www.abbott.com/news/2000news/pr20000118.htm>

Bristol-Myers Squibb

<http://www.bms.com/newsfinance/quarte/data/quarte.html>

Merck & Co.

<http://www.merck.com/finance/press/4thqtr99.htm>

Pfizer

<http://www.pfizer.com/pfizerinc/investing/annual/earnings/1999Q4earnpr.html>

2

Examining Biblically-Stated Health Care Methodologies

Disclaimer: The information and procedures contained in this book are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.

God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with Him. (Acts 10:38)

Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. (Jn. 14:12)

But ye shall receive power, after that the Holy Ghost is come upon you. (Acts 1:8)

And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. (Acts 3:7)

Jesus healed all who came to Him for healing, using several different means to do so (Matt. 8:16). He laid His hands on countless (Mk. 1:41). He spoke a command over others (Mk. 1:41). He cast demons out of many (Mk. 1:34). He forgave their sins and set them free (Mk. 2:5). Surely Jesus was the great Healer, and He sets the pattern for an effective healing ministry for us.

In addition to the ways Jesus ministered healing, the Bible also mentions several other means of receiving healing and being transformed. Healing occurs on at least three levels. God heals our spirits, our souls and our bodies. The most effective way to be healed is from the inside out by obeying spiritual and natural laws. First the spirit, then the soul, and often the body will right itself once the spirit and soul are corrected. Frequently it is what is on the inside that is affecting the outside. Therefore we will discuss biblical approaches to healing which begin on the spirit level and end up on the physical.

Since we have already written two books which cover in detail the areas discussed in the rest of this chapter, we will mention each area only **briefly**. A more extensive examination of items 1 - 6 below can be found in our book *Prayers That Heal the Heart*. A more extensive examination of 7 - 16 below can be found in our book *Eden's Health Plan - Go Natural!*

Prayers which contribute to your health

1. Breaking generational sins and curses

Some negative (and positive) pressures within you did not begin with you. They began in your ancestral line and have been passed down to you from previous generations. You were actually born with an energy which was producing either a blessing or a curse in your life.

The Bible says that curses can be passed down to the third or fourth generation (Ex. 20:4-6). Energies from sexual sins have an effect to

the tenth generation (Deut. 23:2). And the blessing of obedience to God is passed down a thousand generations (Deut. 7:9).

So, obviously, one of the first questions you want to ask when you are struggling with a negative pressure within you is, “Is this problem also evident in my ancestral line?” If so, you will want to begin your attack on the problem by cutting off the forces which are being passed down through the family tree.

What can be passed through the family line? Anything and everything. The list includes alcoholism and all other kinds of addictions, all kinds of physical ailments and sicknesses, all kinds of emotional and mental problems, and besetting sins, as well as all types of spiritual blessings, anointings, and giftings.

When a person is confronted with a strong negative force in his life, what are the chances that it is rooted in some way in spiritual energies which were passed down through his family line from the last four or ten or thousand generations? My guess is 100%. Therefore, praying to break generational sins and curses should be an automatic response when dealing with anything, for surely there are some roots to it in the family line. I don’t need to wonder if I should pray to break generational sins and curses. I should. This is, of course, especially true of diseases that “run in the family” or are “hereditary.”

When praying to break generational sins, I picture the cross of Jesus Christ standing between me and my parents and ancestors. I command all sins coming down the family line to be halted at the cross of Christ, and for release and freedom to flow down upon me. The setting of this picture is generally me as a baby in my mother’s womb. Great release and freedom come from this prayer.

2. Severing ungodly soul ties

Soul ties are the result of covenant relationships. Covenants are contracts which may be written, verbal, or understood. Today we may just call them a close or committed relationship, a soul mate, or a bosom buddy. When you enter into a covenant with another person or with God, a soul tie develops which allows the life, energies, and provisions of the two to be shared. Jonathan and David had such a soul tie.

And it came to pass, when he had made an end of speaking unto Saul, that the soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul. (I Sam. 18:1)

Covenants and soul ties are a common part of life. They are to be godly, and to be a sharing of giftedness one to the other. Examples of covenant relationships include husband and wife, parent and child, pastor and parishioner, teacher and student, employer and employee, and a Christian to all others in the body of Christ, by virtue of the fact that we have all been baptized into Christ's Body (I Cor. 12:13) and are joined to His Spirit (I Cor. 6:17). Blood pacts and blood transfusions create soul ties which may be either godly or ungodly. A biblical covenant was sealed with blood as with Abraham and God in Genesis 15. This is an example of a godly soul tie.

A soul tie can turn ungodly and release negative energies if one partner seeks to dominate, manipulate, or control another. If violence, fear, or abuse becomes part of the soul tie, it is ungodly.

The Bible says that sexual intercourse results in the two becoming one flesh (and creating a soul tie, for sure). This is true in marriage (Gen. 2:24) as well as in fornication or adultery (I Cor. 6:16).

If you have joined yourself to a harlot who has joined herself to a thousand other people, you become joined to those thousand other people as well. The energies flowing through their bodies now have access to flow into your body, causing all sorts of sins and sexual pressures and problems.

The solution to this horrible state of affairs is to ask God to sever the ungodly soul ties in your life. It is recommended that whenever faced with a problem, you ask, "God, what people in my life with whom I have soul ties have this same problem?" Then ask God to sever the ungodly soul ties between you and each person whose name comes to your mind. This will result in a great release of negative pressure within you.

Since the essence of ungodly soul ties is witchcraft (domination, manipulation and control are the core of witchcraft), it is essential that you break any spiritual or soulish bondages that are keeping you under the power of another. The physical consequences of living under the domination of another are legion.

Since the life is in the blood (Lev. 17:14) we are commanded not to consume another's blood, for in so doing we would be receiving of their life (Jn. 6:53), which could be a semblance of a soul tie. So it is possible that the giving and receiving of blood (through blood banks) may also create soul ties which should be broken. Therefore, if you have received a blood transfusion, renounce any ungodly life you may have received through that blood and send it back to the giver of the blood. If you have given blood, ask God to restore and bring back to you any life which has been lost.

3. Repenting of negative expectations

A negative expectation is a negative belief system which has been established in your heart somewhere along the road of life. Negative expectations can be against yourself, others, authorities, institutions, or God. Most of these are established on the unconscious level, so we are generally not aware that we are even holding them. Yet all must be repented of.

They can come from word curses spoken over you or word curses you speak over yourself. Someone may tell you that you are stupid or you may tell yourself you are stupid. Both these word curses will likely produce a negative expectation that you should act as if you are stupid. I used to speak word curses over myself. I said things like, "I am a 'B' level student. The alphabet and I don't get along well together. I can't spell." Obviously, each of these produces negative expectations and sets negative forces alive within me.

Negative expectations can also come from someone preaching unscriptural truths (including legalism), which you then accept as true and seek to live out. Negative expectations may come from your heart digesting a negative experience and then creating a negative belief from the experience. For example, if you open your mouth to share and are ridiculed for it, you could begin to believe the lie that, "If I ever open my mouth, I will be put down."

The list of negative beliefs is endless. For example: "I will probably fail. My marriage will most likely end in divorce. Nobody likes me. All politicians are evil. The government is out to get me. A godly man can't succeed in business. Women don't like making love. All men want is sex."

The Law of Faith says that your expectations (i.e. your faith) will be rewarded. According to your faith be it unto you (Matt. 9:29). So what you have judged to be true about your life is what will become true about your life and whatever judgments or beliefs you sow in your heart will be multiplied back to you (Matt. 7:1,2). Whatsoever a man sows, that shall he also reap (Gal. 6:7).

The seed of judgment or negative expectation sown in my spirit obediently sends out a message to all within its reach. My spirit might say, "I am programmed to fail; please respond to me in that light." In this case, everyone else's spirits hear and receive that message and respond in kind. Their spirits say, "Let's do everything we can to ensure that this message is fulfilled." And so I continue to attract events, people, and situations to my life which ensure my failure over and over again. I draw to myself that which I believe to be true. I create my own lifestyle based on the beliefs I hold within.

You should examine the conscious and unconscious beliefs and judgments you hold, and ensure that they all line up with the Bible. Those that don't will need to be repented of, renounced, and replaced with a more biblical belief system. Since we are specifically dealing with physical health in this book, you will want to look at your personal beliefs about health. What lies have you accepted as your destiny? "One out of four people die of cancer, so even if I don't, I can be sure someone else in my immediate family will." "My father had heart disease, so I can expect that I will also." "All the women in my family get breast cancer." "You have to die of something, so you just have to expect to be sick." "Cancer is just a fact of life in our modern world. It is unreasonable to expect I or my loved ones will escape its touch." "I work with children every day, so of course I am going to catch colds and the flu every year." "Increased aches and pains and diseases are just part growing older. There's nothing that can be done about them." Is that what the Bible says?

4. Renouncing inner vows

Inner vows are the promises or statements you make as a result of the negative expectations that you hold. Inner vows follow and correspond to the negative expectations you have. Inner vows generally are made on the unconscious level also. For example:

The negative expectation

“I believe/expect...”

I’ll probably fail.

Most marriages fail.

Nobody likes me.

I’m ugly.

I’m dumb.

I’m fat.

I’m no good.

I don’t deserve a good life.

I don’t expect financial freedom.

I don’t deserve God’s blessing.

My sin is unforgivable.

I expect my children to rebel.

Life is unfair.

Satan is powerful.

People don’t accept me.

I must be perfect.

Men don’t cry.

If I’m transparent I’ll get killed.

All politicians are evil.

The government is out to get me.

Godly businessmen can’t succeed.

Women don’t like making love.

All men want is sex.

The resulting inner vow

“Therefore...”

I won’t try.

I won’t give myself totally to my spouse.

I will be unfriendly first.

I will hide myself.

I won’t do my best.

I will just be a couch potato.

I will act out my evil impulses.

I won’t try to improve my life.

I won’t try to excel financially.

I will make it on my own.

I will hide from God.

I will control them.

I will distrust and withdraw.

I will try not to attract his attention.

I will put up a protective wall.

I will try hard.

I will stuff my emotions.

I will hide my weaknesses.

I will never trust a politician.

I will prepare for siege.

I will compromise my integrity.

I will have an affair.

I will use sex as a weapon.

And specifically in the area of physical health:

Everyone in my family is fat.

I will eat whatever I want, and I won’t bother to exercise.

Being sick is part of life.

I won’t obey biblical health commands that might prevent illness.

Your corresponding inner vow ensures that all the energies being developed in your spirit by your negative expectation have a focused avenue of release into the outer world. The message is sent out loud and clear through the inner vow:

“Do this to me, for I am expecting with all my heart and all my energies for this to happen, so please come alongside me and help me accomplish this goal.”

Whatever you have expected and vowed to get, you will receive. It is that simple. You receive exactly what you believe for and exactly what you have promised yourself. If you promise yourself failure, you will fail. If you promise yourself destruction at the hands of an evil government, you will be destroyed at the hands of an evil government. If you promise yourself sickness, weakness and pain, you will “suffer much at the hands of doctors” and live and die in sickness, weakness and pain.

Of course, you realize immediately that this works just as well, if not better, in the positive. If you expect God’s promises of blessing and provision and His watchful care over you, you will receive them, also. If you expect receive divine healing when you need it, you will. If you expect to live in divine health, you can. According to your faith be it unto you, and what you say, you get. However, instead of making positive vows, you make positive purposes in the Holy Spirit. You say, “By the power of the indwelling Spirit of Christ I will succeed” (rather than “I vow to succeed”).

As you look, you will discover that your life may be full of vows in many areas. Make sure to repent of all vows and instead ask God for what He has purposed for you in each area. Adopt that. State that this can and will be fulfilled by the power of the Holy Spirit.

One woman could not become pregnant until she identified and renounced a vow she had made to herself in her teen years. Because her brothers picked on her mercilessly, she vowed, “I will never carry a male child.” And so her body would not let her become pregnant until she repented of the vow she had made.

5. Healing negative pictures

Our culture says, “A picture is worth a thousand words.” Is that true? I believe it is. Life is made up of scenes. Some scenes are posi-

tive and some are negative. Pictures carry great power with them. A picture is as strong as a thousand confessions.

Let us say a woman has a negative picture of men in her mind, perhaps because a man raped her. She may know that she is supposed to forgive everything against everyone (Mk. 11:25), and she is not to let the sun go down on her wrath (Eph. 4:26). So she may say a thousand times, "I forgive him." But if she still maintains a picture in her mind of the man raping her, then that picture will create more energy within than her confession of forgiveness, and she will find that in her heart she still hates the man (if not all men).

What this woman needs is a new picture to replace the old one. She needs a picture of how Jesus was responding to the situation, because surely Jesus was there. David said, "Even if I go to Hades, you are there" (Ps. 139:8). So, what was Jesus doing in that hellish situation? What did Jesus do when He was in a similar hellish situation, when men had mocked Him and tore off His clothes, and spit on Him, and plucked out His beard and smashed thorns into His head and hung Him up to die the most painful of all deaths?

He looked down upon His tormentors and said, "Father, forgive them, for they know not what they do" (Lk. 23:34).

Can this woman who was raped invite Jesus to come and stand beside her and show how He was responding to the situation she was in and what He is asking her to do? If she can, she will then have a new picture of herself with Jesus in the scene, doing with Jesus the supernatural, the impossible, ministering deep forgiveness in a situation which in the natural would be totally unforgivable. If she can, she will be healed of the negative spiritual energies polluting her heart and soul which were birthed by this traumatic event and fed by her holding these negative pictures in her heart for months or years. She will have a new energy rooted in forgiveness which now permeates her inner being.

Have you ever stood by the bedside of someone you loved and watched them slowly being consumed by a dreadful disease? Is that picture so completely associated with the idea of death in your mind that you cannot separate the two? Are "suffering" and "death" synonyms in your spirit, so that you cannot imagine death without pain?

My grandfather died as a result of a stroke when I was ten years old. Although I didn't understand what caused a stroke or exactly how it caused his death, the picture of my grandpa that I held in my mind created a fear of having a stroke that tormented me for many years, until I received healing and deliverance.

You can look for Jesus to appear in the midst of that negative scene in your mind. If you invite the Holy Spirit to guide the flow of pictures, you can watch Jesus do some remarkable things in the midst of that situation. You can read some astounding examples of these kinds of healing prayers in Chapter Four of our book *Wading Deeper Into the River of God*.

As the Holy Spirit takes over the vision, the picture in your mind will come alive and will begin to "flow" with a life of its own, or actually, the life of the Holy Spirit. For when Jesus described the experience of the Holy Spirit within our hearts, He described it as flow (Jn. 7:37-39):

From his innermost being shall flow rivers of living water.
But this He spoke of the Spirit.... (Jn. 7:38,39)

An example of receiving divine pictures

Let me share one experience I had when praying for a rape victim. The woman I was praying for (let's call her Sally - not her real name) had been raped as an eight-year-old by her uncle, who was supposed to be baby-sitting her. Sally had hated and feared men ever since that day. We went back and picked up the scene just after it had happened. Sally was cowering naked where he had thrown her in the corner of the bedroom, and he was lying on the bed. Sally tuned to flow and invited Jesus to appear. As He did, here's what Sally saw and heard:

Sally saw a picture appear in her heart/mind of Jesus entering the room and coming over to her. He was holding out a white sheet which He wrapped and clothed her in. He then offered her His hand, which she took, and He walked with her outside. Jesus took Sally to their backyard where there was a swing and a sandbox. He played with her in the sandbox and then pushed her on the swing for awhile. After about 20 minutes (in the vision - however, only two or three minutes in the counseling room) Sally was calmed down and Jesus

offered to take her for a walk along a path behind their home. She went with Him and when they returned, Jesus indicated He wanted to take her back in the house.

(Sally is sharing the story with me as she is watching and experiencing it. Sally is tuned to spontaneous pictures allowing her to see Jesus, and spontaneous thoughts allowing her to hear what Jesus is speaking to her. I am just sitting next to her, holding her hand and encouraging her over and over to keep looking at Jesus and watching what He is doing, and keep listening to what He is saying to her, and to share with me the experience she is having. When she tells me Jesus wants to take her back into the house, I have a red flag of caution go on within me. That is where the perpetrator is. However, since I have learned to honor and follow the flow of God's Spirit, I tell her to go ahead and go in with Jesus. I assume that if things do get out of control, I can step in and tell her we need to stop the scene.)

Sally goes into the house holding Jesus' hand. Then she says, "Jesus wants me to go with Him back into the bedroom." Now I have lots of red flags swirling in my mind, but I tell her, "Let's follow Jesus."

Once in the bedroom, Jesus takes her over to the bed and, as they look down at the sleeping man, Jesus says, "See, he can't hurt you anymore."

And with that one simple step, Jesus removed her lifetime fear of men. How astounding! If I were painting the scene or imagining what I thought Jesus should do, I would have never in a thousand years suggested that. But that is what He did.

6. Casting out demons

Demons are spirit entities which seek to enter people and manifest their negative energies out through human personalities.

Footholds which allow demons to enter include: continuous sin; addictions; emotional trauma; faulty belief systems; involvement in false religions or any kind of religious legalism; fears/phobias; immorality; pornography; occult involvement; self-pronounced curses; profane music; hospitals and drugs; ungodly soul ties; and unforgiveness (Jn. 14:30; II Cor. 2:10,11; Eph. 4:25-27).

If a demon can find a way to attach itself to a person's being, it will do so. If this happens, the New Testament calls the person de-

monized (*daimonizomai* in the Greek), and it literally means “to be under the influence of a demon” (i.e. not “demon possessed,” as the King James Version inaccurately translates it). You see, Christians’ spirits are joined to the Holy Spirit (I Cor. 6:17). It is God Who possesses the Christian’s spirit. The demonization is not a possession; it is an infiltration of the enemy armies into one’s castle. These enemy spirits must be thrown out again so that the Lordship of Christ can reign supreme throughout each and every area of one’s being, body and soul and spirit. That is what the deliverance ministry is all about - casting out the invaders.

About one-third of the recorded prayers Jesus prayed for people were prayers of deliverance in which He cast out demons. That may give you some idea of how often we should be praying deliverance prayers.

Demons cause many abnormalities in the categories of physical ailments, emotional ailments, mental ailments, and spiritual darkness and bondages. Demons appear able to cause almost any physical or emotional or mental sickness known to man. Any sin problem can also invite a demon to come in and compound it, so now one has both a sin problem and demonization. For example, at one point I repented of the sins of anger, fear and doubt, and also had cast out of me demons of anger, fear and doubt. Do you see the pattern?

Following are some of the physical consequences caused by demons in the New Testament: deafness (Mk. 9:25); blindness and muteness (Matt. 12:22); infirmity (Lk. 13:11,12); madness and anti-social behavior (Mk. 5:1-20); and epilepsy (Matt. 17:14-18). Deliverance is very much a biblically-recommended methodology for physical healing, and must not be overlooked.

The commission to cast out demons is given in Matthew 10:8, Mark 3:14,15; 6:7,13; 16:17,18 and Luke 9:1,2.

7. Anointing with oil

Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he has committed sins, they shall be forgiven him. Confess your

faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. (Jas. 5:14-16)

This practice should be used whenever you find yourself sick. Ask for some of your spiritual leaders to come gather around you and anoint you with oil in the name of the Lord. They are to agree in faith that God will release His healing power into your body, and that prayer of faith will raise you up.

Sin can be a hindrance to healing, so the instructions include the group confessing their sins one to another as that will release the flow of the anointing of the Holy Spirit to perform the healing.

It would be appropriate for the elders of the church to pray over the oil you are using for anointing, so the oil is filled with God's healing power. (See Acts 19:12 in the next section for an understanding of this phenomenon.)

8. Laying hands on the sick

Now when the sun was setting, all they that had any sick with divers diseases brought them unto Him; and He laid His hands on every one of them, and healed them. (Lk. 4:40)

They shall lay hands on the sick, and they shall recover. (Mk. 16:18)

Laying hands on a sick person is taught as a biblical approach of transmitting the healing power of the Holy Spirit from one to another. The laying on of hands becomes a point of release of faith and transference of Holy Spirit anointing. This flow of divine energy could even be carried in handkerchiefs (and other things - like Peter's shadow in Acts 5:15, Elisha's dead bones in II Kings 13:21, and Jesus' clothes in Mk. 5:25-30; 6:56).

So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them. (Acts 19:12)

When laying hands on the sick, I first fix my eyes on the Lord Jesus Christ and receive faith for God's anointing, healing power to flow through me (Heb. 12:2). This happens as I pray in the Holy Spirit

and purify my heart with love (Jude 20,21). I see and sense that the power of the Holy Spirit is within me and upon me. I see my hands as the hands of Jesus (Whose body I am), and as I lay my hands on the sick I see the power and anointing of the Holy Spirit flowing through my hands and into their bodies.

I lay both hands on them so the spiritual electrical circuit is complete and the release of the anointing to heal can occur (Lk. 4:40; Mk. 16:18). I remain tuned to vision, revelation and flow as I pray, and I do what I feel guided to do by this flow of the Holy Spirit within me (Jn. 7:37-39).

9. Soaking prayer

And He took the blind man by the hand, and led him out of the town; and when He had spit on his eyes, and put His hands upon him, He asked him if he saw ought. And he looked up, and said, "I see men as trees, walking." After that He put His hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly. (Mk. 8:23-25)

In this healing, Jesus had to pray more than once for the man to be fully healed. After the first prayer, his vision was still blurry. After the second prayer it was clear. If Jesus sometimes needed to pray more than once, so will you and I.

The basic concept behind soaking prayer is that we see prayer as a divine radiation treatment (with no harmful side effects). The longer one is soaked in the anointing or the radiation of God, the more healing takes place.

The idea is to gather two or three of your friends around you. Have them all lay their hands on you for about 20 minutes and simply pray, seeing the power of God flowing through them to you. After 20 minutes the process is ended. If some improvement is experienced in your health as a result of one such prayer, then it is suggested you get together each week and repeat the process. Continue repeating the process as long as you are seeing improvement. Continue it a couple of weeks after you feel full healing has arrived. This seals the healing and helps remove any struggling roots of the sickness which were left behind.

During the prayer time, each one prays as he feels led. The prayer time can be quiet or noisy - it doesn't matter. Follow the flow and leading of the Holy Spirit as you pray. See your hands as the hands of Christ. And the one being prayed for sees himself as receiving God's divine radiation treatment. Seeing such a picture helps raise one's faith, so use pictures as you pray. Notice how a picture God gave to Abraham raised Abraham's faith (Gen. 15:5,6).

When I use soaking prayer, something almost always happens, either for the person being prayed for or one in the group doing the praying. There almost always is some level of improvement, health-wise. This is the most effective healing prayer approach I have found.

Following is an example of being soaked in a healing presence and receiving divine healing. My sister-in-law, Kathy Rogers, who has been a nurse all her life, was diagnosed with Lou Gehrig's disease. Her muscle strength had declined to such an extent she could not continue her career as a nurse. She went to a Benny Hinn healing crusade and sat under a healing anointing for several services. During the last healing service, she felt restoration taking place in her body. Upon testing by her doctor over the weeks and months that followed, it was confirmed that she indeed had been healed of the disease.

10. Forgiveness

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses. (Mk. 11: 25,26)

This command concerning the need for and the power of forgiveness is given directly after Jesus says that your prayers can cast mountains into the sea. If I want mountain-moving effectiveness in my prayer times, then I must make sure that forgiveness is a central thread of my prayers. Those I pray for must forgive all who have hurt them. I must forgive all, also. Forgive everything against everyone, is the command (Mk. 11:25).

Forgiveness is a main ingredient in all the above ten prayers. However, we have listed it as a specific prayer in its own right just to emphasize its importance. All of us have been hurt by many people and events as we have walked through life. In order to be healed, we must allow the forgiveness of Christ to flow through us toward all these people and events.

If you cannot forgive on your own, ask God to grant you the power to forgive and to love. He can and He will.

Often the simple act of forgiveness will bring about swift healing of bodily infirmities. Many people have been instantly healed of physical sickness as a result of forgiving those who have hurt them deeply.

Summary of the prayers which contribute to one's health

1. Breaking generational sins and curses
2. Severing ungodly soul ties
3. Repenting of negative expectations
4. Renouncing inner vows
5. Healing negative pictures
6. Casting out demons
7. Anointing with oil
8. Laying hands on the sick
9. Soaking prayer
10. Forgiveness

Additional approaches that the Bible commends which promote healing

11. Maintaining attitudes of faith, hope and love

But now **abide** faith, hope, love, these three; but the greatest of these is love. (I Cor. 13:13 NASB)

These three abiding realities:

- ❖ Are woven into the fabric of the universe;
- ❖ Bring forth healing for the individual;
- ❖ Release the anointing of God.

Faith, hope and love promote healing because they bring your body into cooperation with the forces that God has built into the universe. They heal because you come into alignment with God, and once you are in alignment with God, then God's power flows out to you and through you.

Faith, hope and love are at the heart of the universe. All that is contrary to faith, hope and love must fail, because it is contrary to God. All that is aligned with faith, hope and love must succeed, because it is aligned with God, for God Himself manifests faith, hope and love. These are at the heart of His expression to His creation.

Healing occurs when one walks in faith, hope and love, and sickness occurs when one walks in anger, fear and doubt. So choose faith, hope and love as your divine portion, or else anger, fear and doubt will become your demonic poison.

12. Fasting

A fast done with the right heart attitudes will cause the following:

Thine health shall spring forth speedily.... (Is. 58:8)

You can't beat that! Fasting is like spring cleaning to your body. Since your body doesn't have to digest food, it puts all its energies into scrubbing you down internally, and cleaning you out. Since much sickness is caused by the build-up of toxins and poisons in one's system, a fast precipitates healing by allowing your body to do a major house-cleaning.

If you mix bentonite (a liquid clay) with your drinks while on the fast, you will increase the health benefits of your fast more than twofold. For example, a three-day fast with bentonite would have equivalent health benefits of a seven-day fast without bentonite.

When I was growing up, I was told to put mud on a bee sting because it would pull out the poison. Well, bentonite has an even stronger pulling or drawing action. It will scrub down the inside of your intestines, which is a job which sorely needs to be done since nine out of ten of us have built-up waste matter encrusted on the inside of our intestines. We are thus constantly poisoning ourselves through the walls of our intestines. Fasting with bentonite cleans out the intestines and the colon.

The research on the health benefits of fasting is astounding. Diseases from over 30 medical categories have been found to be healed through fasting, including ulcers, tumors, tuberculosis, sinusitis, pyorrhea, Parkinson's disease, heart disease, cancer, insomnia, gallstones, epilepsy, colitis, hay fever, bronchitis, asthma and arthritis.

Drinking a glass of water every waking hour for three days (while fasting from food) is recommended by F. Batmanghelidj, M.D. in his book *Your Body's Many Cries For Water* as a way of giving your body the opportunity to heal itself of many infirmities. He says if you will try this, you will find most infirmities are gone at the end of this three-day period. It sure is worth a try. You will save money on food, lose a few extra pounds and experience the cleansing and spiritual benefits from fasting and water.

Fasts for health purposes can be 3 days, 7 days, 10 days, 14 days or more. They can be fasts where you only consume water, or where you consume water and fruit and vegetable juices. Or Daniel mentions a partial fast where he ate nuts, grains, seeds and vegetables. This made his countenance glow (Dan. 1:15). We have discovered a company which sells "pulse," which was the food that Daniel ate (Dan. 1:16 KJV).

You should definitely make fasting a part of your life, and do at least a yearly fast for house-cleaning purposes. And it is always wise to include spiritual purposes in your fast. I try to fast every January for a week or so for both health purposes and to gain spiritual direction for the coming year.

For additional reading in this area, see the article by Reuben De-Haan "All About Cleansing and Detox."

13. Excellent diet and nutrition

Your mother told you to eat your vegetables, and she was right. God told you to, also (Gen. 1:29). What God didn't put in the Genesis diet was meat and dairy products. He did allow for some of these foods later, however, scientific evidence is indicating that most westerners eat way too much meat and dairy. Even your doctor will tell you to cut back on these things. Probably the more you cut back, the healthier you will be. I am not a strict vegetarian, but I have sure cut my consumption of meats and dairy products way down. And I feel much healthier.

Food is supposed to be full of nutrition, as the nutrients are the fuel for our bodies to run on. However, today's excessive processing of foods removes much of the nutrition. Even the farming methods (i.e. use of fertilizers), have caused a great reduction of nutrition in our food. One study at Rutgers University showed that organic food had ten times the nutrition of food grown on fertilized land. So whenever possible purchase organic food, and if you can't do that, then take some good natural supplements so that you ensure you are giving your body what it needs to work with so it can do what God programmed it to do, which is to maintain its health.

Junk food deteriorates your health. Organic fruits and vegetables nurture your health. Read the book *Eden's Health Plan - Go Natural!* by Mark and Patti Virkler for many statistics and ideas in the area of proper diet and nutrition.

The work of Dr. McDougall, particularly in the area of diet, was mentioned in the first chapter. In 1999, the largest medical insurer in one of America's biggest states commissioned a study of the McDougall techniques. Thirteen people with serious medical problems followed his food remedies to see what would actually happen. Here are the carefully measured results after just six weeks:

- ❖ Ninety different health problems which would have required drugs, doctor visits, and/or hospitalization were resolved without either.
- ❖ The average person lost 16 pounds.
- ❖ The cholesterol of the average person dropped from 204.3 to 182.
- ❖ Patients were able to stop taking 31 different kinds of medications.
- ❖ Apart from saving their health, they also saved money. On average, each person saved \$1,589 per year on prescription drugs, \$600 per year on visits to doctors' offices, and \$200 per year on lab tests. (Statistics taken from promotional material distributed by John McDougall.)

Dr. Pottinger, a medical doctor, began a self-financed experiment in the 1940's to answer the question, "Do processed foods effect our

well-being?” He divided 900 cats into two groups, and fed group “A” only live food, and group “B” processed food. Group “A” lived full healthy lives for three full generations. Generation one of group “B” showed health problems in their later years. Generation two of group “B” showed the same health problems in their early years, and generation three of group “B” was not able to re-produce so the experiment was forced to end. America is in her third to fourth generation of eating processed foods. Eat God’s food before man messes with it.

14. Cleanliness

Mom said, “Wash your hands! Get the germs off.” So did God.

And when he that hath an issue is cleansed of his issue; then he shall number to himself seven days for his cleansing, and wash his clothes, and bathe his flesh in running water, and shall be clean. (Lev. 15:13)

Doctors also discovered this a hundred years ago or so (even though only 50% of them practice hand washing today in hospitals). One of our culture’s sayings is, “Cleanliness is next to godliness.” I think you will find ample support in the book of Leviticus for the idea that things should be clean and not contaminated.

However, today we have contaminated all aspects of our environment. Our air is full of smog, our water full of chemicals and pesticides, our food sprayed regularly with poisons, and we even purchase poisonous household cleaners to cover every surface of our homes and our clothes through toxic laundry detergents.

All these poisons find their way into our bodies. They soak through the skin, are breathed in, or are ingested. Once there, they damage cells which our immune system then has to identify and clear out. Our immune systems cannot keep up and so we become ill. Since 1981, the average immune system has weakened by 33%. That is why disease (including cancer) continues to increase.

Therefore, do things which strengthen your immune system and which cleanse the environment in which you live, and you will find your health improving radically. Again, see our book *Eden’s Health Plan - Go Natural!* for many statistics and ideas of things you can do.

If you want to do an experiment that demonstrates how your skin soaks up poisons, draw a glass of tap water from your kitchen sink (assuming you are on city or village water). This will have chlorine in it. You can test for the presence of chlorine by taking a \$5 swimming pool chlorine test kit and dropping five drops of chlorine tester into the glass of water. It will turn yellow, indicating the presence of chlorine. Now, take a second glass of water from the same tap and hold your finger in it for two minutes, and then test it with five drops of chlorine tester. You will find there is no chlorine present. That is because all the chlorine (poison) was soaked in through your skin and is now inside your body, killing and damaging cells. Therefore, beware of what touches your skin. All hair dyes, shampoos, facial make-up, deodorants and chemicals which are on your clothes end up inside your body within minutes, destroying cells, unless you are using non-toxic detergents and household products.

15. Exercise

Bodily exercise profiteth...! (I Tim. 4:8)

You are right, the rest of the verse says:

...little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

So, I concede that bodily exercise will not benefit you in heaven, but it will benefit your earthly body. Studies have shown that 20 minutes of exercise every other day will reduce your susceptibility to all disease by 30%. And if you don't exercise, you reap negative health effects equivalent to smoking one pack of cigarettes a day.

Exercise speeds the heart rate, thus increasing blood flow to the entire body. The blood provides nourishment and cleansing for the cells. In addition, exercise increases the efficiency of your lymphatic system by as much as tenfold. And it is the lymphatic system which is responsible to remove damaged cells from your system.

In Bible times, people walked everywhere they went and they did hard physical labor, so they got their exercise. Are you getting yours? It is the least expensive thing you can do to stay healthy.

Exercise which builds body muscle is also extremely valuable in weight loss. A pound of muscle burns 35-50 calories per day. A pound of fat burns 2 calories a day.

16. Herbology

...and herbs for the service of man.... (Ps. 104:14)

God created herbs for the service of mankind. I knew nothing about herbs for the first 40 years of my life. I kind of just skipped over this verse. I didn't even know that roughly half of the drugs used in western culture come from an herbal foundation.

Of late, I have noticed that some people in the Church are against the use of herbs. However, often these same people are in favor of drugs, which doesn't make sense to me. If God made the herb and said it was to be used to serve mankind, and pharmacies then doctored up the herb, changing the molecular structure slightly so they could patent it, and stripped away God's natural buffers (which now make it toxic to my body), why is this new manmade "improved" pharmaceutical toxic concoction acceptable, and the original non-toxic God-given basic herb not?

Personally, I will take God's medicine (herbs), before I will take man's medicine (drugs). I really think God knows more about what will serve my body than a pharmaceutical company does.

Herbology fits easily under both biblical approaches and alternative approaches, probably because most all biblical approaches would also be considered alternative by traditional western medicine.

Summary of biblically-stated health care modalities

1. Breaking generational sins and curses
2. Severing ungodly soul ties
3. Repenting of negative expectations
4. Renouncing inner vows
5. Healing negative pictures
6. Casting out demons
7. Anointing with oil
8. Laying hands on the sick
9. Soaking prayer
10. Forgiveness
11. Faith, hope, love
12. Fasting
13. Diet and nutrition
14. Cleanliness
15. Exercise
16. Herbology

Application Questions

1. How many of the above 16 modalities do you use? How many should you be using? What do you plan to do about it?
2. Would you like to see ministries in your community which offer these 16 health care modalities?
3. Does God want you to receive training so that you can minister these health care methodologies to yourself, your family, your friends and others? If so, are you prepared to begin to put in the time necessary to pursue this training?

Additional Resources

The above teaching is only a brief introduction to the topics. Be responsible enough to take charge of your body, God's temple, and follow the principles outlined while beginning your own research using the books below.

Prayers That Heal the Heart by Mark and Patti Virkler. This covers in-depth the seven basic healing prayers which will bring spiritual and emotional well-being, which in turn will cause physical healing to spring forth. It examines inner healing, generational sins and curses, inner vows, negative expectations, deliverance and walking in the Spirit.

Eden's Health Plan - Go Natural! by Mark and Patti Virkler. This book is full of documented statistics on many areas of health. It covers diet and nutrition, exercise, cleanliness, fasting, cleansing, laying on of hands, psychosomatic healing and much more.

Prescription for Nutritional Healing by James F. Balch, M.D. and Phyllis A. Balch, C.N.C. This a comprehensive and up-to-date self-help approach to good health. It provides a practical A-Z reference to drug-free remedies using vitamins, minerals, herbs and food supplements. Over 2 million copies sold.

Fast Your Way to Health by Lee Bueno

Power Healing by John Wimber

Power Points by John Wimber

Healing by Francis McNutt

The Power to Heal by Francis McNutt

Healing the Sick by T. L. Osborn

Healing Words by Larry Dossey, M.D.

Prayer Is Good Medicine by Larry Dossey, M.D.

3

Restoring Health Care as a Ministry

Disclaimer: The information and procedures contained in this book are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.

Great spiritual leaders in the Church's history have been actively involved in providing health care as a ministry.

John Wesley's involvement in natural health care

The great revivalist, John Wesley, wrote a book entitled *Primitive Physic: or An Easy and Natural Method of Curing Most Diseases*. This book sold 23 editions in his lifetime. It listed 287 conditions with natural treatments. Wesley even went so far as to instruct people

concerning which company to purchase their products from. Written in Old English, the last paragraph of the book reads, "I advise all in or near London, to buy their medicines at the apothecaries' hall. There they are sure to have them good." (page 120)

Following is an example of Wesley's recommended treatments:

- "133. The Heart-Burning.
- 407. Drink a pint of cold water: tried.
- 408. Or, drink slowly decoction of camomile flowers:
- 409. Or, eat four or five oysters:
- 410. Or, chew five or six pepper-corns a little; then swallow them:
- 411. Or, chew fennel or parsley, and swallow your spittle. - Sometimes a vomit is needful.
- 412. Or, a piece of Spanish-liquorice."

Wesley also did experiments with electro-shock treatment and was instrumental in establishing hospitals in England.

I received my Bachelor of Arts degree from a Wesleyan College. However, I was never taught about these aspects of John Wesley's life. It was like someone had taken a black magic marker and blocked out those sections of John Wesley's life which they deemed were irrelevant, and thus we simply never heard about these "unimportant" parts. Well, I am not sure we have the right to blot out areas of a person's life just because we assume they were immaterial! I don't appreciate it when liberals rewrite history to their liking. Nor do I appreciate it when conservatives rewrite history to their liking. I think we should let a person's life stand. I assume he felt all he did was important.

Why would we consider John Wesley's interest and writings in the area of natural health unimportant? Perhaps it is because we hold the belief of a sacred/secular division of life.

The secularizing of America - by the Church!

Most of us are aware of the trend toward the secularization of America. We see it all around us. One of the most recent examples is the secularizing of education by the removal of prayer from schools in 1962-63 and the resulting 30-year dismal decline in test scores

coupled with the increase in teenage pregnancy and general immorality. As area after area in our society is separated from Christ, we see seemingly insurmountable problems breed and grow in these devitalized areas.

What we may not be fully conscious of is the fact that it is the Church that has been the primary force in the secularizing of this glorious nation.

Yes, I said the Church!

You see, for years the Church has divided life into two categories: the sacred and the secular. We have told our parishioners that their work Monday through Saturday is their “profession” or “job” and is secular. The work they do on Sunday is their ministry, and is sacred. That is, of course, unless they teach a home Bible study in the middle of the week or sing in the choir. That, too, is sacred ministry.

So off we go to do our jobs, never dreaming that God has anything specific to say about our vocations, other than that we should be loving and kind and ethical in our dealings.

I grew up on a farm. For us, farming was a secular vocation. We never searched the Scriptures to see what God had to say about farming. I guess I assumed God didn’t have much to say about it, and, if He did, it would be rather outdated because modern scientific discoveries had put us light-years ahead of the farming methods that would have been recommended in the Bible. (How arrogant!) Farming was our job and was secular, and Sunday was a spiritual day, when ministry took place.

So actually, who has been pushing for the secularization of our nation? Wasn’t it the Church that created this huge sacred/secular split? Wasn’t it the Church that said that politics was secular and evil? Wasn’t it the Church that implied that being a successful businessperson and generating wealth was secular, and perhaps evil? Wasn’t it the Church that said that being a physician was a secular vocation and not a spiritual ministry?

So if the nation has been secularized, the fault lies directly at the door of the Church, the institution that instigated the firm conviction in our pews and in our country that our jobs were secular, and our ministries were those things we did on Sunday or as a missionary in a foreign land. This is possibly one of the biggest mistakes the Church has ever made.

There is no sacred/secular split

The Bible is rather clear to declare that:

The earth is the LORD'S, and the fulness thereof; the world, and they that dwell therein. (Ps. 24:1)

God happens to think that the entire world is His, and everything in it. He doesn't think any of it is secular. He lays claim to it all. He presides as Lord over every day of the week.

He is actively involved on a daily basis in areas which many Christians have relegated to "secular" vocations.

God is actively involved in business, owning all the cattle on all the hills and the gold in every mine (Ps. 50:10). However, I doubt He views His involvement as a "job." I believe He performs it as ministry.

When God is politically active as King of kings, do you think He considers His involvement an occupation or a ministry (Rev. 17:14)? I think He sees it as ministry. In fact, God actually calls government "a minister of God" for righteousness (Ps. 9:8; Rom. 13:4).

All knowledge and wisdom are found in Him. He is the Source of all truth, and the one who leads us into truth. One of the ministries He performs for us is as our Teacher.

Is God involved in health care?

Is God involved in health care? Absolutely! He is the Healer and the Sustainer of each of our lives (Ex. 15:26). Many have come to Him for healing and received it. He has much to say about healing and health in the Bible. He has entered into a covenant of healing with His children. And God ministers in the area of providing health through a vast variety of spiritual methods EVERY DAY!

God is much more active and involved in health care than the most dedicated physician. God is the One Who put the longing to be a health care professional within the hearts of many thousands of people worldwide. God is the One Who programmed the principle of healing into our cells, so that when we cut ourselves, our bodies immediately go about the job of healing.

The Bible is full of principles and examples of healing from Genesis to Revelation. And yet, as a pastor, I had told my young people who felt the call of God to become ministers of health that they should

just go to medical schools. I never encouraged them to examine Scripture and make principles and procedures from the Bible the center of their learning in health and healing. I never suggested they see their work as a ministry. I never counseled them to take the voice of God into their profession of health care and make their medical decisions based on what God was showing them and the way God was leading them. No, sir. This must be “pure science.” This must be exact!

So off they went, obediently following my instructions to make their work as a physician secular. So I, as a pastor, have become powerfully instrumental in secularizing the area of medicine in our nation.

I repent

I hang my head in repentance for the sinfulness of my ways. Where does the Bible ever suggest that health care is secular? Where does it ever suggest that God, His Word, His principles, and His voice should not reign supreme in the midst of the health care profession? Does not the Bible teach just the opposite, that the earth is the Lord’s and all it contains?

Standing in the place of many pastors in our nation, I ask forgiveness from every health care professional and every life they have touched for the harm we have done by separating health care from the Healer of the Universe.

I have stolen from them the joy of knowing that their work is spiritual and a ministry unto the Most High God. I have stolen from them the richest treasure chest of health care principles in the entire universe, the Bible. I have stolen from them the keys to providing optimum health care to the masses, and caused much needless pain and sorrow, suffering and death. Many children have lost their parents because of my sin. Many spouses have lost their marriage partners. Many have come to the doctors, and because they were not equipped with the knowledge and principles of God’s Word, have been given remedies which have been only partially successful, or have even brought more hurt and misery.

All this could have been prevented had I not sinned as a pastor in our nation and not stolen from the health care professionals the wonderful realization that they were ministers of God’s grace of

healing. I disrobed them of their high and lofty calling as a minister of God's grace, and they disrobed me in their offices, forcing me to undress and submit to humiliating exams. My sin has caused them to sin, also. And the guilt falls at my doorstep.

I take responsibility

God always calls us to bring forth fruits in keeping with our repentance (Matt. 3:8). This book, as one demonstration of my repentance, provides a brief introduction into biblically-based health care approaches.

Christian Leadership University, of which I am the president, offers numerous courses in natural approaches to health care.

We have a passionate desire to see Christian health care restored in our nation. We invite you to participate in this team which is dedicated to restoring health care as a ministry.

God's plan is "health care under the priests"

When God set up health care in the nation of Israel, who did He appoint to be over it? I had never even asked myself that question. However, the answer is found in Leviticus. Notice to whom you showed yourself if you had spots on your skin:

And the LORD spake unto Moses and Aaron, saying, "When a man shall have in the skin of his flesh a rising, a scab, or bright spot, and it be in the skin of his flesh like the plague of leprosy; then he shall be brought unto Aaron the priest, or unto one of his sons the priests: And the priest shall look on the plague in the skin of the flesh..." (Lev. 13:1-3)

Please read all 59 verses of Leviticus 13. It is an astounding chapter, showing how involved the priests were in health care.

This is just one of several chapters of instruction given to the priest about health care. Leviticus chapter 12 deals with childbearing, and chapters 14 and 15 continue His instruction on general health care. Leviticus 17:11 tells us that "life is in the blood;" 19:19 instructs that we are not to wear two kinds of materials mixed together; and 18:5 declares that we are to "keep His statutes and live." Also, it is significant that the Levites were supported by the tithes of the people (Num. 18:21).

Who are the priests in the New Testament?

First Peter 2:9 tells us that the Church is “a royal priesthood, a holy nation, a people for God’s own possession....”

Each member in the Church is considered to be both a king and a priest according to God. So health care is to be a function of the members of the Church of Jesus Christ.

Obviously, most pastors, churches and Christians have abdicated their role and God-given responsibility in health care, and turned it into a secular vocation, which is overseen by “secular” institutions such as the FDA and AMA. We are a Church in need of repentance. As a Church we must bring forth fruits in keeping with our repentance and restore health care as a ministry of the Most High God. This book is designed to help us take initial steps in that direction.

God’s warning to us

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children. (Hos. 4:6)

I believe that America’s health stands in shambles today and many people’s lives, families, and homes are destroyed because of lack of knowledge. I trust this book will be part of the remedy for this horrific problem.

Pastors shepherding those with a heart to minister healing

The pastor who wants to see biblical, natural and spiritual health care restored to his congregation and his community should begin by praying for God to show him people in his church who have a heart to be involved as ministers of health. These will be people in whose hearts God has placed the passion to help others get well. They may be licensed doctors or those with no previous medical or health training at all.

In recent years, when I have preached this message of restoring health care under spiritual covering, I have had a tremendous response from both lay people and pastors. Invariably, a person will come up to me afterward and say, “I would love to minister health

care in such a way.” Often these are people who have many years of nursing experience. So, finding a person or several people to minister in a church should not be a problem at all.

The pastor can approach these people and offer to provide shepherding for them, directing them to Christian training which can raise them up as ministers of health.

This will involve training on how to heal the spirit, the soul and the body. As all three are interlinked and much of what is expressed in the body has its roots in hurts of the soul or spirit, it will be important that these people be skilled in bringing healing to the spirit, soul and body.

Providing training for those with a heart to minister healing

How can he put this training in their hands? One way is to have them access the courses available through external degree from Christian Leadership University and Health Care Ministry International.

Following are **some** of the courses offered by Christian Leadership University which train how to heal the spirit, soul and body.

Healing the Spirit:

- ❖ The Basics of Christianity
- ❖ Communion With God
- ❖ Christian Dream Interpretation

Healing the Soul:

- ❖ Counseled By God
- ❖ Naturally Supernatural
- ❖ Prayers That Heal the Heart

Healing the Body:

- ❖ Take Charge of Your Health
- ❖ CLU can direct you toward a host of additional health courses

We encourage anyone interested in health to avail himself of the training we offer, as it will broaden his knowledge concerning health.

Hearing God's voice - one requirement for health

We have not mentioned the role of hearing God's voice in healing. However, according to the Bible, it is essential to hear God's voice if you want to walk in God's covenant of health.

This covenant of health is stated in Exodus 15:26:

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."

In the above covenant, God promises that He will be our Health if we will do four things: first, hear His voice; second, obey it, "do that which is right;" third, examine the commandments (of the Bible); and fourth, keep those commandments (such as fasting, forgiveness, laying on of hands, anointing with oil, casting out of demons, cleanliness, moral excellence, herbs, the Genesis diet, etc.).

So healing is not automatic. It is not a snap of my fingers, but rather a meeting of God's above-mentioned requirements, the first of which is that we hear His voice. For many in the western culture, this is extremely difficult, because westerners are so unaware of spiritual phenomena. Jesus said, "My sheep hear My voice" (Jn. 10:27), but many western Christians would confess they have an extremely difficult time doing so. This may obviously be one key reason why western Christians have so much sickness.

Our books *Communion With God* and *Dialogue With God* both teach four simple keys for hearing God's voice. They are:

- 1) Tune to spontaneity - what the Holy Spirit's voice sounds like (Jn. 7:37-39).
- 2) Be still - quiet yourself (Ps. 46:10).
- 3) Use vision - fix your eyes on Jesus (Heb. 12:1,2).
- 4) Journal - write down what you receive (Hab. 2:1,2; Rev. 1:10,11).

Four keys to hearing God's voice (expanded)

Key #1 - God's voice in our hearts sounds like a flow of spontaneous thoughts. Therefore, when I tune to God, I tune to spontaneity.

The Bible says that the Lord answered me and said...(Hab. 2:2). Habakkuk knew the sound of God's voice. Elijah described it as a still, small voice. I had always listened for an inner **audible** voice, and surely God can and does speak that way at times. However, I have found that for most of us, most of the time, God's inner voice comes to us as **spontaneous thoughts, visions, feelings, or impressions**. For example, haven't each of us had the experience of driving down the road and having **a thought come to us** to pray for a certain person? We generally acknowledge this to be the voice of God calling to pray for that individual. My question to you is, "What did God's voice sound like as you drove in your car? Was it an inner, audible voice, or was it a spontaneous thought that lit upon your mind?" Most of you would say that God's voice came to you as a spontaneous thought.

So I thought to myself, "Maybe when I listen for God's voice, I should be listening for a flow of spontaneous thoughts. Maybe spirit-level communication is received as spontaneous thoughts, impressions, feelings, and visions." Through experimentation and feedback from thousands of others, I am now convinced that this is so.

The Bible confirms this in many ways. The definition of *paga*, the Hebrew word for intercession, is "a chance encounter or an accidental intersecting." When God lays people on our hearts for intercession, He does it through *paga*, a chance encounter thought, accidentally intersecting our thought processes. Therefore, when I tune to God, I tune to chance encounter thoughts or spontaneous thoughts. When I am poised quietly before God in prayer, I have found that the flow of spontaneous thoughts that comes is quite definitely from God.

Key #2 - I must learn to still my own thoughts and emotions, so that I can sense God's flow of thoughts and emotions within me. Habakkuk said, "I will stand on my guard post and station myself on the rampart..." (Hab. 2:1). Habakkuk knew that in order to hear God's quiet, inner, spontaneous thoughts, he had to first go to a quiet place and still his own thoughts and emotions. Psalm 46:10

encourages us to be still, and know that He is God. There is a deep inner knowing (spontaneous flow) in our spirit that each of us can experience when we quiet our flesh and our minds.

I have found several simple ways to quiet myself so that I can more readily pick up God's spontaneous flow. Loving God through a quiet worship song is a most effective means for me (note II Kings 3:15). It is as I become still (thoughts, will, and emotions) and am poised before God that the divine flow is realized. Therefore, after I worship quietly and then become still, I open myself for that spontaneous flow. If thoughts come to me of things I have forgotten to do, I write them down and then dismiss them. If thoughts of guilt or unworthiness come to my mind, I repent thoroughly, receive the washing of the blood of the Lamb, and put on His robe of righteousness, seeing myself spotless before the presence of God.

As I fix my gaze upon Jesus (Heb. 12:2), becoming quiet in His presence, and sharing with Him what is on my heart, I find that two-way dialogue begins to flow. Spontaneous thoughts flow from the throne of God to me, and I find that I am actually conversing with the King of Kings.

It is very important that you become still and properly focused if you are going to receive the pure word of God. If you are not still, you will simply be receiving your own thoughts. If you are not properly focused on Jesus, you will receive an impure flow, because the intuitive flow comes out of that upon which you have fixed your eyes. Therefore, if you fix your eyes upon Jesus, the intuitive flow comes from Jesus. If you fix your gaze upon some desire of your heart, the intuitive flow comes out of that desire of your heart. To have a pure flow you must first of all become still, and secondly, you must carefully fix your eyes upon Jesus. Again I will say, this is quite easily accomplished by quietly worshiping the King, and then receiving out of the stillness that follows.

Key #3 - As I pray, I fix the eyes of my heart upon Jesus, seeing in the spirit the dreams and visions of Almighty God.

We have already alluded to this principle in the previous paragraphs; however, we need to develop it a bit further. Habakkuk said, "I will keep watch to see," and God said, "Record the vision" (Hab. 2: 1,2). It is very interesting that Habakkuk was going to actually start looking for vision as he prayed. He was going to open the eyes of

his heart, and look into the spirit world to see what God wanted to show him. This is an intriguing idea.

I had never thought of opening the eyes of my heart and looking for vision. However, the more I thought of it, the more I realized this was exactly what God intends me to do. He gave me eyes in my heart. They are to be used to see in the spirit world the vision and movement of Almighty God. I believe there is an active spirit world functioning all around me. This world is full of angels, demons, the Holy Spirit, the omnipresent God, and His omnipresent Son, Jesus. There is no reason for me not to see it, other than my rational culture, which tells me not to believe it is even there and provides no instructions on how to become open to seeing this spirit world.

The most obvious prerequisite to seeing is that we need to look. Daniel was seeing a vision in his mind and he said, "I was looking...I kept looking...I kept looking" (Dan. 7:2,9,13). Now as I pray, I look for Jesus present with me, and I watch Him as He speaks to me, doing and saying the things that are on His heart. Many Christians will find that if they will only look, they will see. Jesus is Emmanuel, God with us. It is as simple as that. You will see a spontaneous inner vision in a manner similar to receiving spontaneous inner thoughts. You can see Christ present with you in a comfortable setting, because Christ is present with you in a comfortable setting. Actually, you will probably discover that inner vision comes so easily you will have a tendency to reject it, thinking that it is just you. (Doubt is satan's most effective weapon against the Church.) However, if you will persist in recording these visions, your doubt will soon be overcome by faith as you recognize that the content of them could only be birthed in Almighty God.

God continually revealed Himself to His covenant people using dream and vision. He did so from Genesis to Revelation and said that, since the Holy Spirit was poured out in Acts 2, we should expect to receive a continuing flow of dreams and visions (Acts 2:1-4). Jesus, our perfect example, demonstrated this ability of living out of ongoing contact with Almighty God. He said that He did nothing on His own initiative, but only that which He **saw the Father doing, and heard the Father saying** (Jn. 5:19,20,30). What an incredible way to live!

Is it actually possible for us to live out of the divine initiative as Jesus did? A major purpose of Jesus' death and resurrection was that the veil be torn from top to bottom, giving us access into the immediate presence of God, and we are commanded to draw near (Heb. 10:19-22). Therefore, even though what I am describing seems a bit unusual to a rational twentieth century culture, it is demonstrated and described as being a central biblical teaching and experience. It is time to restore to the Church all that belongs to the Church.

Because of their intensely rational nature and existence in an overly rational culture, some will need more assistance and understanding of these truths before they can move into them. They will find this help in the book *Communion With God* by the same author.

Key #4 - Journaling, the writing out of our prayers and God's answers, provides a great new freedom in hearing God's voice.

God told Habakkuk to record the vision and inscribe it on tablets...(Hab. 2:2). It had never crossed my mind to write out my prayers and God's answers as Habakkuk did at God's command. If you begin to search Scripture for this idea, you will find hundreds of chapters demonstrating it (Psalms, many of the prophets, Revelation). Why then hadn't I ever thought of it?

I called the process "journaling," and I began experimenting with it. I discovered it to be a fabulous facilitator to clearly discerning God's inner, spontaneous flow, because as I journaled I was able **to write in faith for long periods of time**, simply believing it was God. I did not have to test it as I was receiving it, (which jams one's receiver), because I knew that when the flow was over I could go back and test and examine it carefully, making sure that it lined up with Scripture.

You will be amazed when you attempt journaling. Doubt may hinder you at first, but throw it off, reminding yourself that it is a biblical concept, and that God is present, speaking to His children. Don't take yourself too seriously. When you do, you become tense and get in the way of the Holy Spirit's movement. It is when we cease **our labors** and enter His rest that God is free to flow (Heb. 4:10). Therefore, put a smile on your face, sit back comfortably, get out your pen and paper, and turn your attention toward God in praise and worship, seeking His face. As you write out your question to

God and become still, fixing your gaze on Jesus, who is present with you, you will suddenly have a very good thought in response to your question. Don't doubt it, simply write it down. Later, as you read your journaling, you, too, will be amazed to discover that you are indeed dialoguing with God.

Some final notes. No one should attempt this without having first read through at least the New Testament (preferably, the entire Bible), nor should one attempt this unless he is submitted to solid, spiritual leadership. All major directional moves that come through journaling should be submitted before being acted upon.

Hearing God speak through dreams

The Bible says God counsels us at night through our dreams.

I will bless the Lord who guides me; even at night my heart instructs me. (Ps. 16:7 NASB)

God begins by giving us counsel in our dreams, and if we do not heed His message in our dreams, then His second voice is physical pain or sickness. The following verses show clearly that our physical well-being is closely connected to our ability to hear and respond to God's counsel through our dreams.

Indeed God speaks once, or twice, yet no one notices it. In a dream, a vision of the night, when sound sleep falls on men, while they slumber in their beds, then He opens the ears of men, and seals their instruction, that He may turn man aside from his conduct, and keep man from pride; He keeps back his soul from the pit, and his life from passing over into Sheol.

Man is also chastened with pain on his bed, and with unceasing complaint in his bones; so that his life loathes bread, and his soul favorite food. His flesh wastes away from sight, and his bones which were not seen stick out. (Job 33:14-21 NASB)

For a study of the principles of Christian dream interpretation, please see our books *Wading Deeper Into the River of God* and *Biblical Research Concerning Dreams and Visions*.

Christian health care is to incorporate biblically-acceptable health care modalities

What health care modalities could be offered under spiritual covering? The answer is, “Those which are compatible with Scripture.” The following health modalities all meet this criteria. In Chapters Five and Six, we will be examining the natural health care methodologies mentioned below, and showing how they are compatible with Scripture.

1. How to hear God’s voice for healing
2. Hearing God through Christian dream interpretation
3. Breaking generational sins and curses
4. Severing ungodly soul ties
5. Repenting of negative expectations
6. Renouncing inner vows
7. Healing negative pictures
8. Casting out demons
9. Anointing with oil
10. Laying hands on the sick
11. Soaking prayer
12. Forgiveness
13. Faith, hope, love
14. Fasting
15. Diet and nutrition
16. Cleanliness (food, water, air, environment)
17. Exercise
18. Herbology
19. Reflexology
20. Acupressure
21. Kinesiology/Muscle response testing
22. Computerized EAV analysis
23. Homeopathy
24. Bach flower remedies
25. Chiropractic
26. Urine/Saliva testing
27. Live blood cell analysis
28. Meridian balancing
29. Laser therapy
30. Detox wraps
31. Colonics

Does a Lifestyle Center need to offer all thirty-one? No, it may offer those it desires and those it is able to train people to administer. The choice is left up to each individual Center as to exactly what health modalities it offers.

Several people work in each Lifestyle Center. Each is trained in his/her own specialty. Some people offer certain aspects of health care; others offer other aspects. Each does what his heart has called him to do, and what he has received adequate training to do.

Ideas for practicing Christian health care legally

The legal climate in the U.S. today requires that health care counselors (i.e. un-licensed doctors) need to work within the following parameters in order to operate legally:

1. They must not diagnose. That means they cannot say, “You have arthritis” (i.e. a Latin-based word). The medical profession has reserved the language of Latin for itself (at least when it comes to defining an illness). Therefore, health care counselors cannot use the Latin in describing diseases. So instead of saying *artho* (Latin for joint) and *itus* (Latin for inflammation), they would say, “So, you have joint pain.” They do not use Latin words to describe the problem, but instead speak in plain English.
2. They must not prescribe; rather, they “suggest” and “recommend.” That means health care counselors cannot say, “Take this item and it will heal this disease.” They cannot make any claim that any natural remedy will heal anything, which is fine. They do not even want to say this because their whole approach to health is radically different from the medical profession’s, as you will see in the next point.
3. They must not give supplements **with the intent** that the supplement will heal a disease. That is not their intent. Supplements and foods and herbs do not heal. **The body heals itself**, when it has the proper tools to work with and the various body systems are working together in harmony. Therefore, all health care counselors are seeking to do is to have the body tell them what it knows that it needs to function normally and

efficiently. They will then give that nutrient to the body. The health care counselor understands that if the body has what it wants, **the body will do the work of healing**, as that is what God has designed it to do.

4. Health care counselors should use caution in using instruments to diagnose.
5. Some states do not allow you to touch another person, unless you are a minister. Therefore, becoming ordained as a minister of health care provides a level of protection. (Actually, to outlaw touching seems a bit obscene to me.)

In summary, it is suggested that you abide by the following principles when practicing Christian health care:

1. Rather than you writing down the products the individual's body indicates it needs, let the client do this in his own handwriting.
2. Rather than telling clients what they need, say instead, "According to this procedure/process, your body seems to respond well to that item/product."
3. Doctors are not allowed to sell products in their offices. They must send patients to a pharmacy. This diminishes the appearance of conflict of interest, and is a good practice to follow. Make products available in another room, or through some other means. Perhaps clients will purchase them in a health food store or join a company where they can order them wholesale and have them shipped to their homes.
4. You may decide to accept donations to your ministry, rather than charge for a consultation.
5. Do not use the Latin words which doctors use to describe a disease. Keep it in English (or the language of your client).

I function as a teacher, practicing my religious convictions by providing instruction concerning how to abide in God's covenant of health by using the herbs God has given to us which serve mankind (Ps. 104:14). I have full constitutional rights to practice my religious convictions, to teach, and to educate. I have acted legally, wisely, and safely.

Application Questions

1. Have you secularized much of life, or do you see all aspects of life as ministry unto God?
2. Are you willing to fight to restore God to the center of all of life? Where is God asking you to start in this fight?
3. Will you support others who are entering various arenas of life and seeking to take God into them?

4

Examining Epistemologies Which Underlie Various Health Care Modalities

Disclaimer: The information and procedures contained in this chapter are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.

Epistemology = “system for discovering truth”

What is your system for discovering truth? Have you reflected on it? Have you considered what the Bible teaches about a proper system for discovering truth? Have you examined the system for discovering truth which is used by traditional medicine? Is their system biblical?

Have you considered the system used by alternative medicine for discovering truth? Is their system biblical? These are some of the questions we will seek to answer in this chapter.

The tendency to resist an idea which contradicts our own view

Pride, arrogance and fear seem to be our constant companions. It is so easy to think we are right and the other person wrong. It is so easy to fear what we don't understand (Jude 10). I am sure if we were honest, we would all have to admit that we have fallen prey to each of these sins.

And sins they are, for the Bible says we are to walk humbly before one another, "preferring our brother in love" (Rom. 12:10). The Bible says we are to hunger and thirst after righteousness (Matt. 5:6). The Bible says God resists the proud and draws near to the humble (Jas. 4:6). The Bible says that "perfect love casts out fear" (I Jn. 4:18), and that we are to have a perfect love one for another (I Jn. 4:12).

Easy to say, yet hard to do. I find it a constant challenge in my own life to walk in humility, love and openness to new ideas. Lord, make us open to change and to new ideas.

Forty-two unnecessary years fighting scurvy

"In 1753, Dr. James Lind, a physician in the British Royal Navy, published the results of his experiments in determining the cause and prevention of scurvy. Dr. Lind's experiments showed that the introduction of lemon or lime juice into the sailors' diets would prevent and cure this dreaded disease. His proposal was rejected by the Lords of the Admiralty, and after four years of unsuccessfully trying to convince them, Dr. Lind remarked that 'there are certain persons who just will not let themselves be convinced that a terrible disease can be cured easily, yes, that it can even be prevented.'

"It was 42 years before Lind received recognition for his discovery, when lime juice became an optional feature in sailors' diets. It took 88 years before this simple food supplement was made mandatory and another 36 years before vitamin C was isolated. Thus, the chemical substance vitamin C can be thought of as a medicine in that it both cures and prevents scurvy, but as we can see, it took a long time for this fact to become recognized." (*Nutritional Herbology*, p. 3,4)

How many people suffered and died needlessly during the 100 years it took for people to overcome their fears and prejudices concerning this simple solution? How many doctors today are open to vitamin C promoting healing?

Doctors resist the germ theory of disease

(The following section is borrowed from the book *Eden's Health Plan - Go Natural!* by Mark and Patti Virkler.)

Until the late 1800's, doctors did not wash their hands before examining patients. It was common practice for medical students to go straight from their work in the morgue to hospital wards to examine their living patients. Of course, the diseases which had killed those in the morgue were spread to the patients. Hospitals became breeding grounds for disease. Ignaz Semmelweis (1818-1865) discovered that the simple ritual of washing one's hands between patients had tremendous benefit. Yet, when he tried to convince the medical community of the mass murder it was perpetrating on innocent victims entrusted to its care, he was laughed at, ridiculed to scorn, and fired from his position in the hospital (even though his hand-washing procedure reduced mortality rate in his ward to about 1%). After his firing, his hand-washing procedures were dropped and mortality rates again soared. He instituted his procedures in other hospitals with the same results — a drastic reduction in the spread of disease, and ridicule and rejection. It was not until after his death that medical science accepted his procedures.

Now, of course, medical science has accepted the "germ theory of disease." However, it has done so to the almost total exclusion of the truth that if we provide our bodies with a healthy immune system, **our bodies' defense artillery** can fight off most diseases successfully themselves. Now, medical experts laugh in derision at anyone who would suggest that proper food, vitamins and nutrition can build a powerful immune system which could in itself destroy cancer. It is scary to see the arrogance and intolerance mankind has of any and all opposing views. Lord, deliver us from our pride and arrogance

so we can be seekers of truth, even if that means our own views and our financial security may be threatened.

No wonder God put medical care in the hands of the priests (Lev. 14). I am sure it was with the hope that, as spiritual leaders, they would demonstrate humility, righteousness, and a godly honoring of truth, regardless of what it cost them. Perhaps this needs to happen once again. Perhaps the individuals in church leadership themselves need to become spiritual enough to be willing to **lose their lives**, and pet doctrines, and job security, for the truth. They must be willing to be open-minded **searchers** after truth. If church leaders won't meet these criteria (and often they won't), how can we ever expect others to? The Church sets the standard for the world in which we live." (*Go Natural!*, p. 5)

What approach for discovering truth is currently being used by doctors?

The FDA approves new drugs for use in traditional medicine by requiring that they go through a ten-year testing process at a cost of approximately \$200 million. This obviously is a long and arduous process and requires a great deal of capital. (Incidentally, this is one of the reasons why health care is so expensive in America, since the vast majority of drug research and development is done here.) It is the major pharmaceutical companies who supply this capital in hopes of reaping a profit from the newly patented drug.

The process often works like this: An herb is found which provides relief for certain symptoms. The pharmaceutical company examines the various elements of the herb, seeking to discover which element within the herb is providing the symptomatic relief of the sickness. Once this ingredient is isolated, it is extracted and an attempt is made to intensify the potency of this element ten-fold or so.

The buffers which God initially put into the herb to keep it from being caustic to the human body are stripped away, and thus many, if not all, of today's drugs are dangerous. The *Physicians' Desk Reference* lists all the ways each drug on the market can damage one's health. You can purchase this book at a bookstore such as

Barnes and Noble or Media Play, or you may refer to it online. Before taking any drug, you should research it in this book to discover the potential ways it can damage your health. Then you will have your eyes wide open and can make an informed decision based on knowledge of risks.

It is impossible to patent an herb, so in order for the pharmaceutical companies to recoup their money, they need to alter the molecular structure of the beneficial agent in that initial herb. This they do, and are then able to patent it. However, your body is now ingesting something which God has not designed for it. This drug is not natural. It is not an herb, which is God's medicine. It is a drug, which is man's medicine. The body has a hard time with this synthetic product, as it was never designed by God to ingest such a thing, and thus many destructive side effects result.

So we see that essentially, the epistemological approach used by modern medicine is a ten-year \$200 million study, after which they believe they have truth. (And don't forget that in Chapter One, we discovered that much of the "research" is actually faked.) It will be interesting to compare this approach to discovering truth to the approach taught in the Bible.

It immediately becomes clear that it is unlikely that a pharmaceutical company would invest the ten years and \$200 million into an herb or any other natural product to see how well it healed the body, because even if they found that the natural product was effective and did work, they could not patent it, and thus could not recoup their money. Therefore, the epistemological process established and required by the FDA effectively ensures that Americans will never be offered any natural products by their doctors. Only man-made, synthetic drugs will be a part of western medicine.

This, obviously, is a sad consequence of a faulty epistemological process. An unbiblical process for discovering truth has ruled out all of God's medicine for the entire western world. How tragic. All western medicine has left to offer are damaging drugs which bring death to 100,000 people each year.

Examining the scientific method

(The following section is borrowed from the book *Wading Deeper Into the River of God* by Mark and Patti Virkler.)

Perhaps the scientific method can lead to truth. Let's explore that for a minute.

The *Encyclopedia Britannica*, volume 20, page 114, defines the scientific method as "the belief that in any field of knowledge the facts might be collected, according to an accepted and prearranged plan, and then passed through an automatic logical process from which correct judgments would inevitably emerge."

The *World Book Encyclopedia*, volume 17, page 167, describes the process as follows: "The formal plan has at least five check points: 1) stating the problem, 2) forming the hypothesis, 3) observing and experimenting, 4) interpreting data, and 5) drawing conclusions."

However, the same paragraph which defines the formal plan admits to the following problems with it: "Scientists find it difficult to tell in what order they actually use the steps of the scientific method. The human mind probably does not actually solve problems in a systematic fashion. But, after the problem is solved, the scientists can use the scientific method to explain the problem and its solution in an orderly way."

Wow! So they admit that the scientific method is not the process scientists actually use to discover truth. Most of us would confirm that we tend to "stumble" onto truth rather than discovering it through careful research. Indeed, many of mankind's greatest discoveries came this way. Charles Goodyear accidentally discovered how to toughen rubber when he spilled a sulfur rubber mixture on a hot stove. The circular shape of the benzene molecule was first conceived through a researcher's dream of dogs chasing one another in a circle, each one holding the tail of the dog in front of him in his mouth. Post-it notes were created by accident when IBM was trying to make a better scotch tape. Ice cream cones were first produced when a vendor at the World's Fair needed to get rid of his extra batter. This list could go on endlessly.

Some good questions to ask are, “Who is responsible to form the hypothesis? Who is to interpret the data? Is it I, with the understandable limitations of my mind, or is God to give me revelation? And is God to help me see the conclusions?” What does the Bible say? (Prov. 3:5; Rom. 1:20-22; I Cor. 2:9,10; II Cor. 4:18; 10:5; Col. 1:16,17; 2:8)

Perhaps the famous “double-blind study” can teach us what is truth? The placebo effect (i.e. faith adjusting facts) has been proven to be such a complicating problem in experiments that scientists have developed the “double-blind study” in hopes of removing all effects of one’s belief or one’s faith upon the end results of the scientific experiment. However, try as hard as they can, they have discovered that it is impossible to rule out the effect of faith upon facts.

Science has said for so long, “Unless I see, I will not believe.” Now science has changed its tune and is saying, “I believe, and it changes what I see.” What an astounding day we are living in! Who would have “believed” such a thing would ever happen?

Science used to say, “I need facts, not faith.” It used to argue against faith, demanding that our worldview be based on fact, not faith. Now it has totally reversed itself and discovered that even the smallest amount of faith or belief alters the “facts” (i.e. the end results) of their experiments.

The double-blind study is the scientist’s dream of pure objectivity. In a double-blind study, neither the doctor nor the patients know who is being given the true medication and who is being given the placebo. The goal is to remove the psychosomatic issues of one’s expectations (i.e. faith) influencing the end results (i.e. facts). No one really knows what to expect, because no one knows who has been given what. This should get us some clear objective data and facts, don’t you think?

However, even double-blind studies show that facts are still influenced by the doctors’ faith in the substance being tested. Researcher Jerry Solfvín extensively examined the power of the physician’s underlying beliefs. In three double-blind studies of the use of vitamin E in treating angina pectoris, the pain associated with coronary artery disease, an enthusiastic doctor who believed in vitamin E found it significantly more effective than

a placebo, while two studies conducted by skeptics showed no effect. (See a complete description of several of these types of double-blind tests in the book *Healing Words* by Larry Dossey, M.D.)

Even when the one conducting the experiment keeps his faith bottled up inside and does not express it verbally, and even when he has no tangible person (or product) to attach his faith to (i.e. he doesn't know who in the experiment is receiving the actual new drug), still his *belief* about the drug affects the outcome of the experiment. Can you believe that faith is so strong that nothing can stop it?

And it is science that has proven the strength of faith in its own double-blind studies when it tried unsuccessfully to rule faith out of the events of life.

Science proves that faith alters the “facts” and thus, “objective reality” may not be as objective as we had thought: Science has proven what the Bible said 2,000 years ago. All things are possible to those who believe (Mk. 9:23-25). Faith can cast mountains into the sea (Matt. 21:19-22), perform miracles (Gal. 3:5), and heal the sick (Jas. 5:14-16). That is why the work of God is to believe (Jn. 6:29).

Faith is the currency of life, because faith is the currency of the spirit world, and the spirit world provides the foundation and structure of life. According to your faith, be it unto you (Matt. 9:29).

Faith cannot be ruled out. Science can now put up its banner headline:

SCIENCE PROVES FAITH WILL NOT BE DEFEATED!

EVEN FAITH THE SIZE OF A MUSTARD SEED
ALTERS FACTS!

Don't you love living in the world of today, where science has proven another of the most central themes of the Bible — the theme of faith:

“According to your faith, be it unto you (Matt. 9:29).” (*Wading Deeper Into the River of God*)

A biblical approach for discovering truth

We find the Bible demonstrates several approaches for discerning truth. Six of these approaches are listed below.

1. The Holy Spirit can illumine the Scriptures you meditate on and the revelations you receive, granting you anointed Scriptural insights.
2. The Holy Spirit can guide your mind, granting you anointed reasoning.
3. The Holy Spirit can guide your heart, granting you peace or unrest.
4. The Holy Spirit can guide the counsel of others, granting you God's confirmation and perhaps expanded insights.
5. The Holy Spirit can help you to properly interpret the events that surround you in life, granting you a divine perspective of what life is saying back to you.
6. The Holy Spirit can guide your dreams and visions, granting you divine revelation.

We will expand each of these six statements in the six sections below.

Illuminated Scripture:

God can reveal truth from the Bible, as He did to the disciples on the Emmaus road.

And they said one to another, "Did not our heart burn within us, while He talked with us by the way, and **while He opened to us the Scriptures?**" (Lk. 24:32 emphasis mine)

This is experienced when the Holy Spirit illumines Scripture to us — we sense the words leaping off the page or just coming to our attention spontaneously.

Illuminated Thoughts or Anointed Reasoning:

It seemed fitting for me as well, having investigated everything carefully from the beginning, to write it out for you in consecutive order, most excellent Theophilus. (Lk. 1:3 NASB)

This is experienced as the Holy Spirit guiding our reasoning process through spontaneous impressions. It is obvious that Luke's gospel was **more** than simply the investigative research of his own mind, as what he wrote has stood as the Word of God for 2000 years.

In rationalism, I use my mind myself. I choose to think. I analyze. I use cognition. In this situation, "I" am in the center of the process, guiding it. "I" am building the thoughts and ideas. I am not open to flow, not dependent upon the Holy Spirit, not seeking revelation knowledge, not letting flow and spontaneity guide the process, not using flowing pictures, not coming reverently before God, and not asking for divine revelation.

In biblical meditation I come reverently before God seeking the flow of His Spirit within to give me divine revelation, dream, vision, anointed reason, illumination and anointing (Josh 1:8).

Illumined Witness in One's Heart:

Let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. (Col. 3:15)

Peace on the level of the spirit is one of the highest goods of the Christian's life, for a life not lived in peace is hardly worth living. That is why the gift of peace which the Christian receives at salvation is such a precious and sought-after gift. The Christian can lose his peace when he moves out of God's will, or when he turns to legalism rather than to the Spirit. But if he will follow the Spirit, then peace should and will rule in his heart. The Christian may experience unrest in some of the emotions of his soul and still have peace in his spirit, so he wants to carefully examine his heart and determine whether the peace or unrest he feels is on a soul level or a spirit level. This may take some maturity and one may make some mistakes in discerning what level within is feeling peace and unrest. But that is all right. That is why God has given us at least six different ways for discovering His truth, not just one.

Illumined Counsel:

Where no counsel is, the people fall: but in the multitude of counselors there is safety. (Prov. 11:14)

When seeking counsel, I look to people who are ahead of me in the area in which I am asking their counsel.

When I submit the leading of the Lord in my life to my spiritual counselors, I am not asking what they think about the guidance I sense I am receiving. I could not care less what they *think* about it, for their thoughts are not God's thoughts, neither are their ways, God's ways (Is. 55:8,9). Their thoughts would be an expression of humanism, rather than divinely illumined counsel. I am asking them to pray about it and tune to the river of God within their spirits and tell me what they sense God is saying to them about this guidance. I take this illumined counsel, pray about it, see what God says to me concerning their words, and incorporate what God says into my final decision.

Illumined Understanding of Life's Experiences:

This is a tricky one. Following are a few verses which deal with examining fruit:

Wisdom is justified of her children. (Matt. 11:19)

Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? (Matt. 7:16)

In both cases, Jesus is talking about looking at the fruit in a person's life and judging the person according to that fruit. When we examine events that surround us in life, spiritual discernment is required to see the laws of God in operation. For example, in Habakkuk 1:1-4, the prophet has observed the events surrounding him and decided that God does not answer prayer, which, of course, was a wrong conclusion. God then reminded Habakkuk of a 490-year period of history during which the children of Israel had failed to keep their covenant with God by allowing the land to lie fallow every seventh year. God showed Habakkuk that He was now going to have those sabbath years by removing Israel from their land and sending them into Babylonian captivity for 70 years. God was, in fact, keeping His covenant with His children.

Once Habakkuk understood his circumstances from God's point of view, he finally understood that God is still God, and is still doing that which is good, loving, and right. Habakkuk decided to worship, saying:

Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation. (Hab. 3:17,18)

This is why it is so critical that one have divine insight concerning the events of life. Without it, one is likely to draw wrong conclusions. Wrong conclusions, for starters, would be any which violate a clear biblical principle, such as: God doesn't answer prayer; God doesn't love me; It doesn't pay to live righteously; If God loved me, He would do...; Since God didn't heal that person, then healing is not for today; and so on.

Illumined Revelation from God Through Dreams, Visions, Prophecy, and Journaling:

The Christian believes in spiritual encounter, that spiritual encounter which comes from God the Father, Jesus Christ, the Holy Spirit, or God's angels whom He has sent with messages for His children. When the Christian enters the spiritual world, he turns his heart to God (Jer. 29:13), fixes his eyes on Jesus (Heb. 12:1,2), and asks the Holy Spirit to give him access before the throne of grace (Eph. 2:18). God has promised to reward the Christian with prophecy, visions, and dreams, as recorded below.

“And it shall come to pass in the last days,” saith God, “I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.” (Acts 2:17)

Thus the Christian is not seeking just any old spirit encounter. He wants to encounter God, through the Holy Spirit, and he uses the name of his Lord and Savior, Jesus Christ. This is much different from the mysticism of the non-believer. In addition, the Christian starts with a foundation of Bible knowledge which has come from meditation upon the Word.

The **wise** individual listens for God's revelation and understanding through all six of the above approaches.

The **wiser** leader understands how his God-given giftings (i.e. intuitive, analytical, etc.) influence the weight he places on each of the six pillars. For example, the more intuitive individual will lean slightly more heavily toward the intuitive aspects of the above approaches, and the more analytical individual toward the more analytical aspects. However, he will understand the need to utilize all six approaches.

The **wisest** leader has a strong foundation for these six approaches. He begins with an excellent working knowledge of the Bible. His motivation in all decisions is to glorify God.

Obviously the person with a wicked, evil heart who seeks to deceive, lie and protect his own personal interests will not come to truth no matter what process he uses, because he is not searching for truth. He is trying to prove he is right, protect his own interests, and increase his personal riches, regardless of how it affects others. Let us not assume that this person will ever discover truth. He is not even looking for it. “Blessed are those **who hunger and thirst after righteousness, for they shall be filled**” (Jesus, in the Sermon on the Mount - Matt. 5:6). The one who must protect his own insecurities, defend his own kingdoms, and prove his own rightness will not have the knowledge of God. Let us purify our hearts.

This is a big problem in the health care field, where so much money is invested in drugs. It costs about \$200 million to get a drug on the market. After spending \$200 million to develop a drug to treat cancer, to which I own the patent and which everyone must buy from me, how open do you think I am to the discovery that vitamin C can reduce cancer risk? Vitamin C cannot be patented. Even if I spent \$200 million in research to prove that it worked, I could not patent vitamin C or hold a monopoly on its production. Only synthetic compounds can be patented and can make money for me. So what financial motivation is there for American medicine to research any natural, “un-patentable” means of healing?

If they wanted to do what was BEST for the people, they would do the research out of the goodness of their hearts AS A MINISTRY to the people. That is, of course, assuming that health care were a ministry rather than a secular business. The Church has been telling physicians for many years that their work is not a ministry but a

secular job. And the physicians have believed the Church, and acted in secular ways. Whose fault is that? As a pastor I kneel in repentance for my part and now say to all who will listen: “Every area of life is and can be and ought to be a ministry before our heavenly Father! Let us make the health care profession a ministry once again. Let us allow it to flow from the Healer of the universe, God Himself. Let us cause it be filled and anointed with His insight, power, and grace. Let us make prayer an ongoing part of all health care practices. Let us unite prayer and revelation and insight in our health care. Let us make health care once again a ministry rather than a business. Let us put people before profits, and perhaps America will no longer lead the world in degenerative diseases.”

There is no reason for Americans to be so sick. If people were put before profits, America would be the healthiest nation in the world. We have sinned and now we are paying for our sin with our lives. The quality of our lives has been compromised. The length of our lives has been shortened (ten other countries have a longer life span than we do). We have paid the price for secularizing health care. Now let us repent, and restore health care as a ministry of the local church and of Almighty God.

A suggested approach for alternative medicine to use to discover truth

I am not aware of any specific epistemology being used by practitioners of alternative medicine. Therefore, I would like to suggest that alternative medicine utilize the approach to discovering truth which is recommended in Scripture.

Standard One — Illumined Scripture (Luke 24:32)

Applied Principle: It is in conformity with biblical principles. That is:

- ❖ It demonstrates the principle of order;
- ❖ It works in harmony with God’s design, promoting life.

I do not believe that the Bible must specifically speak about a topic in order for it to be true. However, the topic under consideration must conform to and be compatible with biblical principles.

For example, the Bible does not specifically speak about Sunday school, nor does it mention the words trinity or rapture or airplanes or rocket ships or gravity. However, many Christians believe these things to be true because they feel **they are compatible with biblical principles**. I believe it is acceptable to endorse and believe in things which are compatible with biblical principles, **whether the Bible teaches on them specifically or not**. It would be ignorance to reject the law of gravity just because the Bible does not specifically teach about gravity. (Not that the Church hasn't done this type of thing. For example, when Galileo made his discovery that the earth traveled around the sun, the Church officially branded him a heretic and sentenced him to spend the rest of his life under house arrest. Lord, deliver us from our own egocentric beliefs!)

One key biblical principle we should consider

God, our Creator, has **designed order** into the universe and into our bodies, which declare His glory. Man can discover, understand and **work in harmony** with these principles and laws which God has set in motion.

“The principle of order and design” declares that God's creation reflects His glory and majesty. This principle states that the universe is the product of Yahweh, the God of creation. He is the Creator and Sustainer of the universe and all it contains. God's creation declares His majesty, might and power. We are commissioned to be diligent to show ourselves approved, **RIGHTLY** handling principles of truth (Gen. 1:1; Ps. 139:13-16; Rom. 1:20; II Tim. 2:15).

This is in stark contrast with the theory of evolution which declares that the universe evolved out of chaos and disorder, and which is the basis of modern science and medicine.

Therefore, about every healing methodology it should be asked: 1) Does it demonstrate the principle of order and design? and 2) Does it work in harmony with, and support and nurture the life systems which God has established within the body?

If the principle of **nurturing the life God has built into the human body** is not followed, life will be destroyed, ravaging it with poisonous drugs, destroying its natural healing functions so it can no longer defend itself. We are to nurture life, not violate it.

Standard Two — Illumined Thoughts in One's Mind (Luke 1:3)

Applied Principle: Honest, trustworthy studies and research have been done which demonstrate its value and effectiveness.

Many studies are done by dishonest people seeking to serve their own ends. Discernment must be used to enable one to set aside the dishonest research and focus on the honest. Some research will be fabricated and contradictory. Some will be flawed by faulty hypotheses, insufficient data, inadequate controls, or insupportable conclusions. So you may need to examine a considerable amount of research to discover the common thread of truth which runs through the mass, rather than hang your hat on a single study. Questions you can ask include: "How many confirming studies have been done which demonstrate the same results? How exactly was the study set up? Is the original research available? Does the person doing the research have a position he is seeking to prove? What are the fruits of going in the proposed direction? How did God intend it to be?"

For example, the U.S. government has spent \$27 billion on research over a period of 25 years seeking a cure for cancer, yet the incidence of cancer increased 18% during these years. The fruit tells me that cancer research is totally off track! Perhaps cancer is not a virus. Perhaps it is a degenerative disease which can be healed through regeneration of the cells of the body with nutrition, a strong immune system and a detoxified body.

Standard Three — Illumined Witness in One's Heart (Colossians 3:15)

Applied Principle: There is a comfort and peace in the knowledgeable person's heart concerning this item.

I personally am uneasy about just about everything I do not understand or have been taught is evil. So I must discern whether my uneasiness is on my soul's level and a result of my ignorance or bad teaching, or whether it is the discernment of my spirit. I must come to grips with the fact that just because I do not understand something, it is not necessarily New Age or evil. Religious people have a history of rejecting everything that is new, and usually stone

all the prophets God sends them (Acts 7). However, God says, “Behold, I do a new thing...” So I must beware of this tendency within myself, and not let the fact that I don’t understand it and that it is new cloud my heart and mind and make me reject it. I must use careful prayer, research, the counsel of others, and the fruit of life to help me explore each new area, and then the witness in my heart tends to be much clearer and more pure. Of course, I am speaking as a left-brain individual. A right-brain person, who deeply senses his spirit, may have greater purity of discernment within his spirit, if he is careful not to allow the teachings which his soul has received to cloud or override the judgment of his spirit.

For example, since childhood many Christians have been taught that iridology is evil and chemotherapy is good. Therefore, they are **inwardly uncomfortable** with the idea of detecting tissue weaknesses as they show up in one’s eye, yet they are **comfortable** with poisoning the body and bringing it just to the point of death with chemotherapy. However, drugs which poison are strictly forbidden in the Bible (*pharmakiea*), while the Bible teaches that there is a definite connection between the eye and one’s inner condition (Luke 11:34).

We see that extreme care must be taken to ensure that the peace and unrest in our hearts is the result of God’s working within us and not the expression of our souls or the beliefs of our culture. This demands intense spiritual maturity. We must clear our minds of all preconceived ideas, and search the Scriptures diligently and prayerfully, looking up every verse on the topic, prayerfully asking God to illumine them to our understanding and to bring to our minds any biblical principles which apply. We then should receive the counsel of others by reading widely on the topic and talking with many experts in the field. We must also prayerfully examine the fruit of life. What is the result of the typical contemporary Christian’s approach to health care in America? Are we walking in God’s covenant of health, or are we dying of degenerative diseases right along with the rest of the population? Think and reflect prayerfully about the issue for many days, weeks, and months. Then see what your heart is speaking to you.

Standard Four — Illumined Counsel of Others (Proverbs 11:14)

Applied Principle: Numerous spiritual, knowledgeable people render their support.

This means we diligently search for the most spiritual and knowledgeable people who are demonstrating and modeling excellence in the field — in this case longevity of life and vibrant health — and see what their consensus is. They should also be people who have researched the field extensively.

Standard Five — Illumined Understanding of Life's Experiences (Matthew 7:16)

Applied Principle: Insight into life's experiences demonstrates its effectiveness.

The average life span in America is 75.5 years. The average person who lives on the Genesis diet (a diet radically different from the American diet) lives to age 87. So who is demonstrating the best fruit in his life? Who do I want to listen most closely to: the average American or the one who follows the Genesis diet? The average life span of a person treated for cancer according to current American methods is three years. The average life span of a cancer patient who elects no treatment is 12 years. What is the fruit telling me to do?

Standard Six — Illumined Revelation from God Through Dreams, Visions, Prophecy, and Journaling (Acts 2:17)

Applied Principle: Various spiritual experiences confirm its use.

I sleep on it, and see what my heart speaks to me during the night. In the morning, when I awaken and do my exercise, I am open to the thoughts and pictures flowing within me. I sit down and journal, writing out these thoughts and pictures.

Standards for judging which are not taught in Scripture, and therefore are to be avoided (nevertheless some people do use these):

1. “Heathens do it, so it must be bad.”

God rains on the just AND THE UNJUST (Matt. 5:45). Moses received wise counsel from his father-in-law Jethro (a heathen), and acted upon it (Ex. 18). Daniel spent three years being trained in Nebuchadnezzar’s court, learning the “literature and the language of the Chaldeans” and yet “God gave him knowledge and intelligence in every branch of literature and wisdom; Daniel even understood all kinds of visions and dreams” (Dan. 1:4,17). So God can overlay your learning with an anointing of the Holy Spirit and help you see things others don’t see. This will cause your superiors to be impressed with your knowledge and performance (Dan. 1:19).

Some Christians have drawn certain understanding about how to interpret dreams from Jung, a non-Christian who carefully studied 50,000 dreams seeking understanding. A non-Christian carefully seeking truth will probably discover more truth than a religious person smugly proof-texting his pet doctrines. You will notice that **none of the biblical scholars in Israel noticed** or came to celebrate the birth of Jesus. Those who noticed and came were shepherds in a field who saw a **vision of angels and heard heavenly voices** (Lk. 2), and wise men who **studied the stars** (astrologers?) and saw the message in the heavens and came offering gifts (Matt. 2). (Did you ever notice that two of the gifts were herbs? - Matt. 2:11)

This particular insight shakes my intense fundamentalism a bit, and makes me, as an evangelical, just a bit uncomfortable. Perhaps I need a bit of adjusting internally. It is obviously of no value for me to arrogantly hold non-biblical paradigms for discovering truth, and tell everyone else that their approach is wrong, while in reality their approach may be closer to what the Bible teaches than mine is. The world doesn’t need my contribution as a pharisee. It needs my contribution as a Spirit-anointed world-changing leader! It is not the study about God that makes me a spiritual giant, but rather **my experience of Him**. The Pharisees had studied His Word diligently and were Bible scholars, but they were short on experience and re-

jected Jesus when He came offering an experience, especially since the experiences Jesus was offering did not line up with the Pharisees' doctrines about God.

I have chosen to pursue an **experience** with God as the center of my life, and my study of God then comes alongside my experience and helps me understand it. If I reverse the order and seek to analyze God BEFORE I have experienced Him, I find my analytical thoughts about God are generally a long way removed from the genuine article.

Note: If the item being considered *originated as an intrinsic part of heathen worship practices*, we would not recommend its acceptance. For example, **creating images to be used in worship of false gods** is not the same as an unbeliever discovering the laws of aerodynamics, which were established from the beginning of time by the living God. Nor is it the same as the New Age trying to take the rainbow as their symbol when it is obvious that the rainbow is a part of God's creation for all to enjoy, particularly those of the household of faith (Gen. 9:12,13).

2. "It is Eastern, so it must be bad."

Jesus was not a Westerner. He was born and grew up in the **Middle East**. The West's current worship of rationalism was brought about by the scientific method which was delineated about 400 years ago. In this century, our idolatry of rationalism is being broken down, and a more biblical worldview is replacing this particular false god.

If an Easterner had discovered gravity and the laws of aerodynamics and airplane flight, would that make these things evil? It is not the person who discovers the truth or the number of people within any group which practices the truth which make it evil or good. Truth is not a popularity contest.

3. "It involves spiritual encounter, so it must be bad."

The Bible is full of spirit encounter from Genesis to Revelation. Fifty-one percent of the Bible refers to spiritual experiences, including such things as dreams, visions, prophecy, revelation, healing, miracles and demons. Fully 1400 verses speak of the heart or the spirit within man. Christianity **centers** on heart and spirit issues. However, in the western culture which worships rationalism, most

or all sections of the Bible which discuss spirit encounter have been thrown out the window. This god of rationalism must be repented of, and Christians must come back to the worldview of Jesus of Nazareth.

4. “It is new and different, so it must be bad.”

The only constant is change. Nowhere does the Bible teach that new is necessarily evil. “Behold, I will do a new thing; now it shall spring forth; shall ye not know it?” (Is. 43:19). Jesus even said to His disciples, “I have yet many things to say unto you, but ye cannot bear them now” (Jn. 16:12). That sounds to me like we should be expecting new things, some of which perhaps were only alluded to in Scripture, and will be more fully developed as we are able to hear them.

Lord, make us ready to hear. Help us overcome our fears and prejudices so we can be open enough to explore the things of Your Spirit.

5. “I don’t understand it, so it must be bad.”

The Bible is quite clear that I am not supposed to lean on my own understanding. This, of course, is exactly opposite to what I was taught by my culture when it said, “God gave you a mind — use it!” My reply is, “I am supposed to present my mind back to God (as I do every part of my being) and ask Him to use it by anointing it with His revelation” (Rom. 12:1,2).

Trust in the LORD with all thine heart; and **lean not unto thine own understanding**. In all thy ways acknowledge him, and he shall direct thy paths. (Prov. 3:5, emphasis mine)

The Church has historically struggled with new doctrines and, in its struggle, killed the prophets who brought them (Acts 7). Jesus was no exception. He brought a new doctrine and was killed by the religious people of His day.

And they were all amazed, insomuch that they questioned among themselves, saying, “What thing is this? what **new doctrine** is this? for with authority commandeth he even the unclean spirits, and they do obey him.” (Mk. 1:27, emphasis mine)

Their warped conclusion was “He casts out demons by Beelzebub...” (Mk. 3:22). They could not accept that spiritual power belongs to God so they attributed it to satan. Today a portion of the Church attributes any and all displays of spiritual power to the New Age Movement. Nothing has changed. And the Bible told us this tension would not change; it will not go away (Gal. 4:29).

Let us not be classed with the Pharisees who relegated new things to satan. If we don’t understand something or have not examined it thoroughly from the Scriptures and used a biblical approach for discovering the truth about it (e.g. the aforementioned principles), perhaps it is wiser to say, “I do not know” rather than “That is New Age.”

How can I be truly spiritual and live in fear that satan is hiding behind every new idea or discovery that I do not understand? After all, John the Beloved teaches, “There is no fear in love; but perfect love casteth out fear...he that feareth is not made perfect in love” (I Jn. 4:18). Feeling secure in my own relationship with God, knowing that He knows me and loves me, I am not threatened by the beliefs, opinions, and ideas of others.

It is wrong to move in fear, and to have a “faith” that satan is behind most things in life. **God is the primary moving, empowering Agent in life.** Even satan’s power must come from God. God is Lord of all, and that includes satan. God does not respond in fear of satan’s conspiracies. No, God sees even the wicked as His servants (Jer. 25:9). And when the wicked make plans to come against God and His people, and to overcome righteousness with wickedness, God **LAUGHS and SCOFFS** at them from the heavens (Ps. 2:1-4)

God does not want His children to live in fear of satan or satan’s powers. God wants us to move in **faith in the power of God Almighty to overcome all evil and wickedness.** God says that “perfect love casts out fear” (I Jn. 4:18). “Fear-mongering” is not suitable behavior for the children of the King of kings.

6. “If people make money from the idea, it must be bad.”

Matthew 10:10 states that “...the workman is worthy of his hire.”

There is nothing wrong with receiving money for a service performed. Pastors do it all the time. They preach and they are paid. The problem is the charging of exorbitant rates, or the putting of

money before people. We are here to serve God and “through love to serve one another,” not money (Gal. 5:13). The pastor who will compromise his convictions in order to keep his salary, pension and security is as evil as a dispenser of drugs or herbs who puts profits and money **before** service to God and humanity.

We are to offer the most honest, true, valuable, cost-effective service possible to those we serve. We are to give our lives to those we serve, not ask them to give their lives for us.

As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep. (Jn. 10:15)

7. “I’m not sure about it, so I will call it evil. Better to be safe than sorry.”

Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter! (Is. 5:20)

It is a serious sin to call things evil which are not and to call things good which are not, especially if we are teachers, and passing our careless “judgments” on to others (Jas. 3:1). Getting on God’s “woe” list is not a valuable asset in life. It will indeed set one back a good way.

For many years I called various health methodologies “good” which the Bible forbids or cautions against (because I had never compared them to the Bible), and I called many other health methodologies evil or New Age which the Bible actually endorses.

Lord, I repent today of my sin. May this book help each of us see more clearly what the Bible says about various health modalities.

Many times an action in itself is not evil. Its righteousness is determined by who does the action and for what reason. A bride and a prostitute both perform the same act. However, for the prostitute it is evil because it is done for selfish reasons and outside the bonds of love and commitment, whereas for the bride it is done out of love, devotion and life-long commitment, and is therefore holy and pure. So perhaps surgery is not evil if it is done to truly help the patient, and is evil if done to help the doctor make his next car payment. Perhaps muscle testing is not evil if done to truly help the person, and is evil if done in order to sell a pile of supplements.

Application Questions

1. What is your epistemology?
2. Do you think the epistemology currently being used by modern western medicine is adequate or faulty?
3. Are you willing to accept the suggested epistemology above for evaluating various alternative approaches to health care? If not, what will you use?

Additional Resources

How Do You Know? by Mark and Patti Virkler. This book examines 5500 verses of Scripture to discover how the Bible teaches us to find truth.

References

¹ Rosen, George, "Semmelweis, Ignaz Philipp," *The World Book Encyclopedia*, 1989 edition.

5

Did God Make the Body “Mechanistic” or “Vitalistic”?

Disclaimer: The information and procedures contained in this book are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.

If the body is primarily a mechanical marvel of interconnected physical systems, then we should treat it as a machine, expecting restoration through drugs and surgery.

If the body is infused with divine energy from Almighty God, then we should treat it primarily as a spiritual living organism which has underlying energy that guides and nurtures its physical development. Maintenance of health would be achieved by monitoring and maintaining a balance in the energy which flows to, through and around man's mechanical frame of dust (Gen. 2:7).

In this chapter, we will seek to determine which of these above perspectives is proven to be true, biblically and scientifically.

The traditional western view of the body

The western world has adopted a mechanistic view of the human body. They see it as a system of organs, each of which carries out specific bodily functions. The heart pumps blood. The blood vessels carry the blood. The blood carries oxygen, and so on.

If a part of the body breaks down, that part is either bombarded with drugs, radiation or chemotherapy, or removed and/or replaced through surgery. For example, a heart valve can be replaced. A whole heart can even be replaced. Blood vessels which have become restricted can have balloons inserted into them and be pumped up, thus re-expanding the blood vessel. A leg can be cut off, and a new artificial leg put back on. A cancerous section of the colon can be cut out and the remaining part of the colon simply sewed together. Or if the entire colon must come out, that is fine, too. An exterior bag can replace the colon.

If a part is not functioning properly, most likely a drug can be administered which will either force a chemical adjustment upon the body, or provide for the body that element which it is not generating for itself. For example, if the body is not producing proper amounts of insulin, the body can be given insulin. If the blood is too thick, drugs can thin it out. If there is a chemical imbalance causing emotional problems, drugs can be administered to restore the proper balance of the body. Drugs which are used as pain killers simply block the messages from a part of the body so that part can no longer speak to us. (Pain is not caused by an aspirin deficiency! Pain, of course, is the body telling us that something is wrong. Do we really not want to hear our bodies' warnings?)

So the primary focus of western medicine is on altering body functions through use of drugs or removing/replacing worn out body parts with new or artificial parts.

Newtonian conceptualization underlies the western view of the body

The view of the body as a set of interconnected parts which can be mechanically manipulated is based squarely upon Newton's world-

view. Sir Isaac Newton (1642-1727) is best known for his laws of motion and theories of gravitation which were published in 1687 under the title “Mathematical Principles of Natural Philosophy.” This work is considered one of the greatest single contributions in the history of science. It was the first book to contain a unified system of scientific principles explaining what happens on earth and in the heavens.

Newton gave us an understanding of gravity, matter, objects, and their interrelationships with one another. Modern medicine sees the body as just such a system of interactive systems and organs. The foot bone is connected to the ankle bone; the heart is connected to the arteries. The liver is quite different from the thymus.

Often western doctors specialize in a practice which involves caring for just one of these body parts. For example, some doctors are throat specialists. Others are foot specialists. One of my friends, Dr. Balch, told me that he was a LEFT kidney specialist. (This, of course, was before he left western medicine and embraced much broader healing modalities and co-authored *Prescription for Nutritional Healing*, which has sold millions of copies.) You have probably gone to one of these specialists.

Perhaps rather than specializing in the left kidney, one could try to understand how the kidneys are supported by the proper functioning of the entire body, from both mechanical and energetic perspectives, and then restore the left kidney through balancing the body.

Instead, western doctors choose a particular structure within the human body and focus on attacking it on a molecular level with chemical compounds (i.e. drugs) which alter the cells, or removing the body part entirely, if it cannot be chemically forced into some semblance of proper function.

I believe that instead, doctors should view the body as a living organism, divinely programmed by God to maintain its health and heal itself when given the right tools and the right environment. Doctors should discover what the body needs and give it to the body, so that the body can continue its work of maintaining its own health.

Rather than giving the body the tools it needs to heal itself, modern medicine rushes in to fix the problem with chemically-synthesized body-altering drugs and surgery.

Einstein gave us a new scientific conceptualization for the body

I have one of Einstein's statements on a poster in my office which says, "I want to know God's thoughts...the rest are details."

"Albert Einstein, the German-American physicist, rejected Newton's explanation of universal gravitation but not the fact of its operation." (*The World Book Encyclopedia* Vol. 14 p. 394)

"Einstein's relativity theory revolutionized scientific thought with new conceptions of time, space, mass, motion, and gravitation. He treated matter and energy as exchangeable, not distinct. In so doing, he laid the basis for controlling the release of energy from the atom." (*The World Book Encyclopedia* Vol. 6, p. 144)

Einstein's famous equation, $E = mc^2$ (energy equals mass times the velocity of light squared), has become a new theoretical foundation for looking at all of life, including the body, and the subsequent modalities for health care. If energy and matter are interchangeable, and if energy is at the core of all matter, then the human body becomes a vitalistic organism rather than simply a mechanical one. Or put another way, the body is fundamentally an energy organism rather than fundamentally a mechanical entity.

If energy underlies matter, then health care modalities need to become energy-focused rather than primarily matter-focused.

The western world is in the midst of changing from a materialist, mechanistic, Newtonian worldview to an Einsteinian, quantum, vitalistic holism. Medicine is also changing to a vibrational medicine, but not without much protest by those entrenched in Newtonian thought.

Energy versus matter: Which underlies which?

Biblically speaking, Genesis records that God, a Spirit Being, created matter. God spoke the world into existence, so according to Genesis 1, matter was created from a base of spiritual energy. Spirit energy came first; matter came as a by-product of spiritual energy.

This is important, because *if some "matter" part of the body breaks down, then perhaps the underlying spiritual energies could be called upon to fix the problem.* Thus, our focus would be how to release and apply spiritual energies to a malfunctioning body part, rather than drugging the body or cutting out the malfunctioning part.

The Bible speaks specifically concerning “energy”

One of the Greek words translated “power” in the New Testament is *energes*, and it literally means “active energy.” *Strong’s Concordance* defines *energes* (# 1756) as “active, operative, effectual, powerful.” *Strong’s Concordance* goes on to define another form of *energes*, (*energeia* - # 1753) as “efficiency, energy, operation, strong, effectual working.”

Young’s Concordance defines *energes* as “energetic, efficacious.”

Colon Brown defines *energes* as “adopted to accomplish a thing; to communicate energy; to come into activity; energetic in-working.”

The Analytical Greek Lexicon by Zondervan defines *energes* as “active, energetic, effectual.” It defines *energeia* as “energy, efficacy, power, active energy, operation.” It defines *energew* as “to effect; to put into operation; to be active; to communicate energy and efficiency; to come into activity; to be an active power of principle instinct with activity; operative.”

Energeia is used in II Thessalonians 2:9 and 2:11 to describe the “working” of satan and the “working” of error or delusion.

Ephesians 2:2 speaks of living according to the prince of the power of the air, the spirit that is now “working” within the children of disobedience. “Working” is a form of the Greek word *energes*, which means that this indwelling evil spirit is *energizing* the individual.

Note: Perhaps the phrase, “the spirit that is now energizing the children of disobedience” could be describing what alternative health care professionals call a “miasm” - which they define as “energetic tendencies which predispose an individual toward manifesting particular illnesses.” (*Vibrational Medicine*, p. 260)

The above Greek words are also used for God’s positive energy. *The Theological Dictionary of the New Testament* (Vol. 2, p. 652) says, “In the O.T. and N.T., *energeia* and *energew*, are used almost exclusively for the work of divine or demonic powers.”

The Bible says that Jesus Christ “fills everything everywhere with His presence” (Eph. 1:23 NLT) and that “in Him all things hold together” (Col. 1:17 NASB).

In summary, the Bible speaks of a spiritual energy from God which created the physical universe, is built into the fabric of the

universe, and sustains the universe. We must become aware of this spiritual energy and how it “fills all and is in all” (Eph. 1:23 NASB). It is energy from Almighty God. For those working toward the health of the human body, understanding and working with this energy must be a primary consideration.

Science discovers subtle “energy”

Science has known about electricity for a few hundred years. However, science now has much more sensitive instruments which are able to measure energies which they never before knew existed. These new studies are astounding in two ways. They show: 1) that some form of energy underlies all living organisms; and 2) that the development, growth and maintenance of living organisms is guided by this energy.

As a Bible-believing, Spirit-filled Christian, who sees through a glass darkly (I Cor. 13:12), my guess at this time is that the energy they are measuring in these amazing experiments is the energy of God which is built into the fabric of the universe and which sustains it. I assume their instruments are detecting and measuring some reduced version of this divine energy.

Let’s take a look at some of the astounding scientific discoveries of this underlying subtle energy. The information on the following experiments is taken from the book, *Vibrational Medicine* by Richard Gerber, M.D. Rather than footnote each statement, the interested reader may find the complete study of the experiment and full documentation in this book. However, if you choose to read *Vibrational Medicine*, please use caution. Although Dr. Gerber cites many fascinating experiments and studies, he does not interpret them from a biblical worldview, so I cannot recommend his book as having a solid theological Christian base.

The holographic principle: Science has discovered that by using coherent lightwaves, a hologram can be created which is a perfect three-dimensional replica of the original object. A most interesting aspect of the hologram is that every part of the hologram is in itself a complete replica of the original object. This gives us what can be called the “holographic principle,” that each piece contains the whole.

The DNA blueprint mirrors the holographic principle: Scientific discoveries in the world of cellular biology have demonstrated that every cell contains a copy of the master DNA blueprint, with enough information to make an entire human body from scratch. This reality is what allows cloning to work. The fact that every cell within the human body contains the information to create an entire duplicate body mirrors the holographic principle, whereby every piece contains the information of the whole.

A holographic-type energy field surrounds the physical body and guides its growth and development: During the 1940's, Yale University neuroanatomist Harold S. Burr was “studying the shape of energy fields around living plants and animals. Some of Burr’s work involved the shape of electrical fields surrounding salamanders. He found that the salamanders possessed an energy field roughly shaped like the adult animal. Burr wanted to find precisely when this electrical axis first originated in the animal’s development. Burr discovered that the electrical axis originated in the unfertilized egg. Burr’s data suggested that any developing organism was destined to follow a prescribed growth template and that such a template was generated by the organism’s individual electromagnetic field.”

Kirlian photography can photograph this subtle energy field: Kirlian photography is a technique whereby living objects are photographed in the presence of a high frequency, high voltage, low amperage electrical field. This technique was pioneered by the Russian researcher Semyon Kirlian in the 1940's. Evidence of an energy field surrounding living things is provided by the “phantom leaf phenomenon”: When a leaf is cut in half, with half being removed or destroyed, a Kirlian photograph taken of the remaining half will still show the energy field of a whole leaf.

Studies by I. Dumitrescu in Rumania, utilizing a scanning technique based on the electrographic process, added a new twist to the Phantom Leaf Effect. Dumitrescu cut a circular hole in a leaf and then photographed the leaf with his electrographic equipment. The image revealed was that of a tiny leaf visible within the hole of the larger leaf, and interestingly enough, this tiny leaf also had a hole in it. Thus Dumitrescu’s results with the Phantom Leaf Effect would

seem to confirm the holographic nature of an organizing energy field that surrounds all living systems. This energy field, in all likelihood, is an energy interference pattern similar to a hologram.

Matter can be viewed as frozen light: $E = mc^2$ describes an energy-matter relationship. We know from the atomic bomb that we can turn matter into immense amounts of atomic energy. Can we also turn energy into matter? The answer is, "Yes."

Electrons spin around the nucleus of an atom. The flow of electrons gives us what we call electricity. Is an electron energy, or matter, or both? In the early twentieth century, scientists noted that in certain experiments electrons appeared to behave as tiny billiard balls. They would careen off each other in collisions, similar to balls colliding on a pool table. To the mechanistic thinking of the Newtonian physicists, this was a predictable pattern of particle behavior. However, in other experiments, electrons behaved more like light waves. For example, in one experiment, they were able to make a single electron pass through two holes simultaneously, which is more the behavior of wave energy, not particles.

A cosmic ray - a highly energetic photon of light - when passing in the vicinity of a heavy atomic nucleus, leaves its imprint on film as it spontaneously becomes a particle/anti-particle pair. The photon changes form to become two mirror-image particles. Literally, energy becomes matter. This is the opposite of what happens in an atomic explosion, when matter becomes energy.

These and other related facts lead to the conclusion that matter can be viewed as frozen light. (Light, of course, exists in waves, or vibrations.) Thus, when a part of one's body (i.e. matter) is infirm, the vibrational rate of the specific energy which underlies this section of matter in one's body is disturbed. The tissue (body matter) can be healed by restoring the vibrational rate of the energy underlying the matter.

Meridian lines and acupuncture points are part of the body's subtle energy field: If indeed the body is more than chemical elements, if indeed various soul and spirit energies from God, the Creator and Sustainer of life, also run through the body, then we would expect that there might be "wires" carrying this energy, and points where this energy enters and exits the body. Well, indeed there are. The energy "wires" have been called meridian lines

and the places where energy enters the body are called acupuncture points or acupoints. Their existence has been proven through some amazing scientific experiments.

French researcher Pierre de Vernejoul conducted the following experiment. "Radioactive technetium 99m was injected into the acupoints of patients, and the isotope's uptake was followed by gamma-camera imaging. De Vernejoul found that the radioactive technetium 99m migrated along classical Chinese acupuncture meridian pathways for a distance of 30 cm. in four to six minutes. Injection of the isotope into random points on the skin, as well as deliberate venous and lymphatic channel injection, were unable to demonstrate similar results, suggesting that the meridians were a unique and separate morphological pathway." (Ibid. p. 123)

In another experiment, fluid extracted from an acupoint contained over ten times the blood level of adrenalin, high concentrations of DNA, amino acids, and hyaluronic acid, sixteen types of free nucleotides, corticosteroids, and estrogen, as well as other hormonal substances in levels far different from those ordinarily found in the bloodstream. This suggests some link between the meridian system and the endocrine glands of the body.

During the 1960's, a team of researchers in Korea, headed by Professor Kim Bong Han, uncovered the following: When Kim severed the meridian going to the liver of a frog, within three days serious vascular degeneration took place throughout the whole liver. Within 30 minutes of severing the perineural ducts, reflex time was prolonged by more than 500 percent. These studies would tend to confirm the classical Chinese acupuncture theory stating that the meridians provide a specialized nutritive flow to the organs of the body.

Kim began to study, in different species, the time at which these meridians were formed. Within the embryonic chick, the meridian ducts were formed within fifteen hours of conception! This is most interesting because even the most rudimentary organs have not yet formed at this stage. This would suggest that the functioning of the acupuncture meridian system exerts an influence upon the migration and spatial orientation of the internal organs.

Quantitative measurements by various researchers have demonstrated that there occurs a nearly twenty-fold drop in electrical

resistance at the acupoints. It is well known that energy tends to follow the pathway of least resistance. Dumitrescu, utilizing abdominal electronographic body scans, has found that changes in brightness of the acupuncture points precede the changes of physical illness in the body by hours, days, and even weeks. (Ibid. p. 127)

Electroacupuncture According to Voll (EAV machines):

The next chapter will examine in some detail EAV machines. Suffice it to say for now that this equipment utilizes sensors which electronically measure and record data from the acupoints of an individual. They are astounding in their abilities and very user friendly. For example, along with the detection and measuring sensors, “The Best System” includes a data base of thousands of herbal, homeopathic, and nutritional products which can be matched by frequency against the client’s tested needs. This is truly a marvel of 21st-century technology and research. See their website at www.biomeridian.com. “The Best System” is one of the better such programs available at this time. However, things change every couple of years, so feel free to check with us as to what system we feel is currently on the top.

Herbs restore because of their God-given energy frequencies: God created the herbs of the field to give service to mankind (Ps. 104:14). Herbs, which are plants, roots, leaves, barks, and so on, all come with their own individual, natural, God-given energy frequencies. These frequencies can stimulate the body to restore the proper frequencies to disturbed cells, organs, or systems within the human body.

Man-made, synthetic drugs do not replicate herb frequencies: Pharmaceutical companies do not try to match energy frequencies between a drug and an herb, or a drug and an illness. Instead, they try to isolate a chemical property in an herb and create a synthetic counterpart to it which will produce a chemically-induced effect upon the cells of the body.

Homeopathic remedies restore through the use of frequencies: Samuel Hahnemann (1755-1843), a German physician, became disillusioned and dissatisfied with the medical approaches of his day and developed a system of treatment based on the unique principle of “like cures like.” He treated patients with vibrational medicine. Hahnemann isolated various vibrations from herbs which were similar to the vibrational rate of the entity causing the sickness.

These vibrational signatures were extracted from the herb and stored in water through a process called succussion, wherein a container of water and tincture is forcefully shaken about 100 times. The more a homeopathic remedy is diluted, the more potent the energy vibration is. Not even a molecule of the original tincture needs to remain in the homeopathic solution for the solution to be effective. The vibrational signature of the original tincture is being transferred as a remedy, not the tincture itself.

When a bit of the homeopathic water is taken as a remedy, the vibrations (similar to the sickness) enter the body, and create an artificial “simulated” sickness on top of the real sickness. This stimulates the immune system to function at a higher level, thus quickly overcoming the disease. The person may actually feel worse for a day or so after beginning a homeopathic remedy, until the immune system has been energized to a higher level. Then he should improve rapidly. (You will recognize the similar philosophy between homeopathy and vaccinations; however, homeopathic remedies can never cause illness, as vaccinations often do.)

For the human whose energetic systems are in an orbit of “dis-ease,” only subtle energy of the proper frequency will be accepted to shift the body into a new orbit or steady-state of health. Homeopathic remedies are able to deliver that needed quantum of subtle energy to the human system through a type of resonance induction. This energy injection moves the system from the sickness vibrational mode to the orbit of health.

From the frequency-specific viewpoint of homeopathy, it has been stated that, “There exist the treatments for all of our ills within the herbs God has created for mankind.”

Allopathic versus homeopathic methods for treating the common cold: Allopathic medicine (i.e. the traditional western drug approach to medicine) would prescribe a fever-reducing product, a decongestant and a cough suppressant to control the symptoms of a cold. The homeopathic physician would prescribe a single agent, in this case *Allium cepa* (Latin for “red onion”), which has a close vibrational match to the illness of a cold. This example highlights the philosophical differences between giving multiple drugs that work at the cellular level and single vibrational agents that work at the subtle energetic level.

Other developing electrical therapies of interest

Electrotherapy - pain suppression and healing fractures:

The Dorsal Column Stimulator, designed by Dr. Norman Shealy, a neurosurgeon in Wisconsin, provides electrical stimulation for the relief of pain. When placed on the spinal cord at a level above the entry of the pain impulses, it is said to “close the gate” electrically and block further ascension of pain messages to the brain.

Researchers have reported that a weak electrical current applied to the skin can give analgesia or pain relief.

Dr. Robert O. Becker, an orthopedic surgeon in New York has revealed fascinating information about how electrical currents within the nervous system mediate tissue repair and regeneration. The most widespread application of this research has been in the area of accelerated healing of bone fractures by externally applied electromagnetic fields.

Becker’s original work dealt with a phenomenon known as the “current of injury.” An example of this current of injury is the electrical potential that can be measured across the stump of an amputated limb in an experimental animal. Becker found that he could surgically remove a limb from a test animal and measure changes in the electrical potential on subsequent days of wound healing and repair.

Becker noted that when the arm of a salamander was amputated, electrodes measured a positive charge, followed by a negative charge, and finally a return to zero. Salamanders can re-grow a limb, and by the time the charge was at zero, the limb was re-grown.

Frogs, on the other hand, cannot re-grow limbs. Becker noted that when a frog’s limb was amputated, the electrode measured a positive charge which simply went to zero when the wound was healed. However, Becker discovered that if he applied a negative charge to the wound, the frog would re-grow the amputated limb! (Ibid. p. 95,96).

It has been found that the external application of weak electromagnetic fields across a fracture site (actually placed over a plaster cast) appears to be all that is needed to speed up the healing of a broken bone. However, a slight shift in the energetic frequency delivered can either strengthen or break down bone tissue.

Electrotherapeutic approaches to cancer: Dr. Bjorn Nordenstrom, head of Diagnostic Radiology at Stockholm’s Karolinska

Institute, has been exploring the issue of specially applied electrical currents to the treatment of cancer. In a limited number of patients, Dr. Nordenstrom has been successful in producing complete remission from various types of cancers metastatic to the lung. (Ibid. p. 98)

Electrocardiograph: The electrocardiograph was first developed in 1887 and records in graph form the electrical activity emanating from different areas of the heart.

Electroencephalograph: The EEG was developed in 1875 and simply records the electrical activity emanating from various areas of the brain.

In summary, let's recognize and treat the body as the vitalistic organism which God has created it to be. God is a Spirit Being. God has used His divine energy to create and sustain every molecule of the universe, including, obviously, every molecule of the human body. The human body is much more than a marvelously intricate machine. It is alive. God breathed into man the breath of life. Man is full of God's life and God's energy. This energy probably operates on many different levels. These energies actually underlie the physical matter parts of the human body.

Imbalances in the body's energy fields precipitate physical imbalances and ultimately sickness. Early warning of potential, impending sicknesses can be received by measuring the body's energy fields manually or with sensitive EAV computerized equipment. It makes sense that God would provide a simple, free approach to health care, doesn't it? The next chapter will introduce you to a way of measuring the body's energy systems, free of charge, by using kinesiology. Rebalancing the body's energy fields will forestall an upcoming sickness before it manifests itself in the physical body. Restoring the physical body can also be accomplished through balancing the body's energy fields.

Let's heal the body from the inside out, starting with spirit, then soul, and then body. Isn't that a much more reasonable approach than simply introducing drugs which cause a chemical alteration in some area where the physical body has malfunctioned, or simply cutting out a malfunctioning part through surgery, thus decimating the temple in which the Holy Spirit lives?

Application Questions

1. Have you ever meditated on whether the human body was primarily mechanistic or vitalistic?
2. Has your worldview been more Newtonian or Einsteinian?
3. What did you learn from this chapter?
4. Do you feel this chapter has given you a base of understanding which will allow you to explore vibrational remedies in greater depth?

Additional Resources

Vibrational Medicine by Richard Gerber, M.D.

The Body Electric by Robert O. Becker, M.D. and Gary Selden

Cross Currents by Robert O. Becker, M.D.

6

Examining Alternative Health Care Methodologies

by Reuben DeHaan

Disclaimer: The information and procedures contained in this book are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.

I am so pleased that this book is finally being written. The information contained herein has been on my heart for so long that the truths and principles explained have become absolute convictions of mine. Convictions are many times tested. However, in this case it is

easy to abide by these convictions because I am a holistic practitioner and I see and hear first hand the terrible things that people must endure when they follow the modern medical protocol. Staying on the straight and narrow when it comes to refusing modern medicine's options (with the exception of trauma care) is easy for me.

As previous chapters explained, the science upon which modern medicine is based is not solid, and there are precious few attempts to overturn the horrors that result inside its walls and through its influence. Again, I hear the stories people tell me who have chosen the medical route and then decided to come and give alternative methods a try. These stories will make anyone a believer in alternative approaches to health care.

I find it sad and yet somewhat amusing that people turn away from the alternative therapies God created and intended for their use, yet easily find their way to medical institutions for advice as to which drug would be best to cover up their physical complaint or which body part should be removed to alleviate their physical condition. That mentality is extremely disheartening for the following reasons.

No harm comes from most alternative therapies. So if a person would give God's remedies and therapies a chance to work first, even if he had no positive results, he would at least keep his body from any harm and would still have all his body parts. At that point he could decide to take the medical route as a last resort, and he could do what they felt he must.

Unfortunately, the story generally reads the other way around: after all medical routes have been explored with no success, then people begin to wonder if there really is anything to this "alternative" stuff. Thank the good Lord that our bodies are so wonderfully made that they will continue to respond and heal themselves once a person gets on the right path and begins working with the body and not against it. I am still awed at the way the body heals, especially after we have removed various parts and altered it in so many ways through today's medical technology.

To be perfectly honest, my experience and convictions have brought me to the conclusion that it is more of an abomination to cut into the body and take out some of the parts God created than it is to pierce our bodies or get tattoos. However, the Bible would

not have us live under judgment of past mistakes which we might have committed. By reading and applying the truths and concepts explained in this book, you are beginning to assume your God-given responsibility for your health. The Lord will honor this. Each day is a new day, and you have a chance to make a fresh start. May you choose wisely and may these choices grant you the ability to live long enough to fulfill your destiny.

My personal background

I understand that many readers are either skeptics in these matters of alternative medicine or have been taught that many or all of the therapies explained in this chapter are “of satan” or some other such evil origin.

I was raised by missionary parents, and I have withstood the ridicule and scorn that so many in my position endure as they practice alternative therapies. If you are one of those who has been persecuted for following God’s ordained remedies and therapies, I want to impart a blessing to you and encourage you to continue in your stand in faith. God will honor your stand and use you to bless others that need your ministry but may not be at a place to accept it right now.

Does the fact that one doesn’t understand something make that thing evil?

I was born and raised in the Amazon jungles. No electricity, no running water, not even shoes, at times. As a 10-year-old boy I was introduced to toilets, electric switches on the wall, remote control cars and so many of the things that we would normally take for granted as common items. Now, as a little boy, I did not have a rush of thoughts that all these things must be from the devil. I did not understand them and certainly I could have assumed that they were not right because I had never seen them before. As Mark stated earlier in this book, it is human nature to fear what we don’t understand. Essentially every new discovery in history has had to endure its share of ridicule and attack by society and by religious people.

Have you ever wondered what Moses might think if he had a chance to see something as simple as a flashlight? In his day, illumination at night came either from a fire or supernaturally from a

pillar of light that God created so the Israelites could travel. Do you think that he might see a flashlight as some see alternative therapies - as evil?

I took my car to the mechanic to have it checked for a funny noise. The mechanic went behind my car and stuck a wire in the exhaust pipe. I learned that the wire he placed in the car could tell him almost anything he wanted to know about certain components of the car! Did I understand what he was doing? Maybe not, but I didn't walk out thinking he was doing satan's work. Do I understand how several wires placed on my chest could indicate how well my heart is doing? Have you ever questioned a technique used by your mechanic, or by your doctor? Don't we instinctively believe that they must know what they are doing? So why do we question so many of the therapies that God created to help us get well and stay well? My guess is that satan is behind this fear, seeking to keep the Church away from natural approaches to healing, and committed to drugs and surgery.

I pray, for your sake, that you take a few moments to become more educated in those areas that you may have had previous reservations about. Remember that the mind is like a box and what is in our box is always right. When someone approaches us with information that is outside our box, our first reaction is to think it is wrong. If I don't know about it, it can't be true, right? That is a dangerous mentality, but we all have it. It is part of human nature. It is actually a safety mechanism, so it is not always bad. However, we must be careful not to rule out information that could potentially help us or even save our lives in the long run.

Previous chapters have overviewed numerous proven methods for preventing and even reversing known killer diseases. This book's purpose is not to provide detailed instruction about each of these modalities. Instead we have referred you to other books that will give you this specific information. I trust you will explore them.

A question

I am sure most of us believe that God has a plan for our lives. Before going any further, I would like to ask you if you believe that God's plan for your life includes sickness and disease. Think about that for a moment. Take the time to ponder before answering.

Does God's plan for your life include sickness and disease?

This question may cause many things to come to your mind. Let me suggest that God has a perfect will and an acceptable will for your life. Sickness and disease are not God's perfect will for you. Yes, God allows us to become afflicted at times, but if we had been obedient and had been incorporating all of the principles He laid out in the Bible, we would not have become ill.

I understand that God works in mysterious ways, but physical illness is the direct result of violating natural and spiritual laws which God has set up for us. God's perfect will is that we would be righteous enough to abide by all of His laws, spiritual and physical. It is when we do not that we begin to reap consequences. I believe that most physical consequences (which are what sickness and disease are) are the direct result of violating one or more of God's natural laws.

In III John 2, John says, "Beloved, I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth." There are perhaps many interpretations for a verse like this, but it is obvious that health and feeling good were very important to John and he wished it on us; even as much as our soul's prosperity.

In Exodus 15:26, God promises that all of the diseases would be kept from us if we follow His statutes. Are we overlooking some of them? Have we left out some of the foundational principles laid out for us by the God Who created this physical body? The Bible is clear concerning what we must do to maintain health. Unfortunately, we have not heeded these laws for several generations and I believe that much sickness, disease and physical death is directly related to ignorance of these principles.

Many Christians consider themselves set apart from the rest of the world. We should feel that way, as the Bible calls us to be a peculiar people (I Pet. 2:9). The problem is that we are not being consistent. We are to be in the world yet not of it in all respects, not just the ones that suit us. This includes being set apart in the area of health and health care. The people in the Church are living the same dietary lives and taking the same drugs and getting the same surgeries as the rest of the world and they are dying at the same rate as the rest of the world. Yet we are called a chosen generation, a holy nation. We are to be examples! Why are we dying of the same diseases even

though we have a God Who can move mountains and part the seas? Could it be that we are not living up to our part of the bargain and keeping His statutes? We are waiting for supernatural miracles when God gave us simple instructions that would keep us from becoming diseased if we would but follow them.

Can a sick body hinder one's spiritual walk?

This may seem like a silly question, but it is not. I see such a need in the area of health care in the church. Obviously, one must walk in obedience to God's laws in order to reap the blessings and promises which come from keeping these laws. How much harder is it to be obedient to God's laws when our body is riddled with tumors, toxins, disease, pain and other areas of weakness? How much harder is it to worship God when we are depressed and miserable in general?

I think it is possible that the body can get into such a state of physical turmoil that the spirit gets distracted from God. No, I don't believe the health of your physical body is the key factor in salvation, but the health of our physical body is important to keeping the temple of God in good condition, vibrant and prosperous.

According to John, the physical body should be as healthy as the soul. From my research and personal experience, I am coming to the conclusion that it is difficult for the soul to be healthier than the physical body, and vice versa. We are a three-dimensional creation: spirit, soul and body. I feel that the health of our physical body can play a major role in our spiritual health. We do not perform well on a spiritual level when we are not well on a physical level.

Maybe you are wondering why I am trying to convince you to take better care of your temple when this chapter is on alternative therapies. The point is, if you don't care about the health of your body, you will never be motivated to look at some of the methods needed to maintain and treat the body. I hope that the little I have shared up to this point will instill a bit of conviction about how important it is to care for our physical bodies.

Is satan behind the deception that natural health care approaches are evil?

Could it be that the devil knew all along that God created these natural therapies and alternative options to not only keep the body

well, but to treat it when health needed to be restored? Could it be that Satan knew we, as God's chosen, would greatly benefit from these natural health modalities, so he made them appear evil so we would not be able to flourish and "be in good health," as John states? I wonder if the attitude of judgment against these natural therapies is part of the enemy's plan to keep us from being "more than conquerors." I personally believe this is so. How can we conquer and be of good cheer for Christ when our bodies are a toxic wasteland of medication and our minds are altered by the antidepressants we take?

Satan has us so very deceived in this area. Do you know how many people have rejected free advice concerning natural options that could help them, and yet run home to take their blood pressure medication or their antidepressant? It astonishes me, and when I see such reactions I can't help but see the enemy at work. He has really done a wonderful job in leading us astray, folks. I, for one, am not about to let him win any longer and I am willing to "search these things out," to "show myself approved" (Acts 17:11; II Tim. 2: 15). I believe that anyone coming against natural therapies is simply ignorant in what they are saying. They have been deceived. It is the enemy's plan that you reject the natural, God-given, God-created approaches to health and wellness.

Jesus' approach to healing

There are many instances where Jesus used different media to assist in healing people. Sometimes He had them dip in a pool (Jn. 9:6,7) and sometimes He just told them to get up and walk (Mk. 2: 11). One time He used His spit to make mud that He rubbed on a man's eye.

Did Jesus have the power to heal those people by just touching them or speaking a word to them? Certainly. He did so in many cases, but I think He used the additional means from time to time in order to show us that we could use remedies. I believe that when we begin to incorporate the basic principles of caring for our physical bodies in a manner that is pleasing to God, He may find it more fitting to give us the gifts of instant healing.

Prayer and ACTION

We all believe in prayer, and we have all had times when prayer seemed to produce no benefit on a physical condition. Did we stop praying altogether? Certainly not, but we probably incorporated some additional help. If it was a toothache, we took a pain killer; if it was depression we took an antidepressant; and so on.

I don't believe we should become discouraged when a prayer for physical healing does not result in an immediate healing of some physical condition. We are to pray without ceasing (1 Thess. 5:17). However, we are not **ONLY** to pray without ceasing. We are also to take any action which God instructs us to take (Jas. 2:17).

Most of our physical problems are a direct consequence of how we have lived. Our lifestyle has brought some physical or spiritual imbalance into our lives. If God did not create the imbalance, it is not ultimately His responsibility to correct it - it is ours!

Wow, that's heavy. Does this mean there is no need to pray? No, but God's blessing flows freely upon those who are taking responsibility for their actions or repenting of their past sins. It is a change in lifestyle. So if you want a miracle, have you done your part? Are you incorporating health principles which God and the Bible have told us to follow to maintain health and reverse disease?

Alternative therapies explained

As Mark pointed out in a previous chapter, you won't find most of the terms we use for these therapies in the Bible, but you are able to apply biblical principles to help you discover whether there is truth in a particular health modality or not. We are going to start by exploring the diagnostic or evaluation procedures, and move on to the various therapies or ministries that we incorporate in our centers.

As I go through each of the areas listed below, I am going to answer the following questions, though they will not be answered in any special order.

- ❖ Where did this approach come from - what are its roots?
- ❖ How does it work?
- ❖ Is there any proof that it works?
- ❖ Are there any precautions you should know about?
- ❖ Does the Bible make any reference to this modality?

Evaluation procedures

The first and probably most important approach to evaluation is to draw upon divine inspiration. Everyone who wants to offer health care as a ministry must be open to hear from God. Thus they will receive divine inspiration. It is vital to have a good biblical and spiritual foundation because we believe that inspiration through the Holy Spirit is the best diagnostic procedure available. In everything we do, we are to be led by the Holy Spirit (Rom. 8:14), even if it is a physical task such as massage. The Bible says that everything we do should be done with all our might, to the best of our abilities (Eccl. 9:10). Bringing restoration to a person's spirit, soul and body is surely a good time to put these principles into practice.

And whatsoever ye do, do it heartily, as to the Lord, and not unto men. (Col. 3:23)

Human electromagnetics - the foundation to vibrational remedies

Please pay close attention to this section. Many of the therapies used in alternative practices are based upon the fact that the body is electromagnetic in composition. The information provided in this section will be a foundation for many of the modalities mentioned from now on.

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well. (Ps. 139:14)

We have all heard of the polygraph test, otherwise known as a lie detector test. If you have seen it done, you know that electrical probes are connected externally to the body and that what you say and think will give either a positive read-out or a negative one (truth or lie). Now, how does that work? Have you ever questioned it? Have you ever questioned how, in an EKG, they can place electrical tabs on your chest and detect possible heart weakness?

One hundred trillion impulses travel between your brain and your body each second. These impulses travel along the nervous system (conducted via neurons). The same neurons that communicate the information to your brain are located in your skin. Thus the electri-

cal tabs from, say, an EKG unit, which are placed on your skin can detect a response from the electrical currents running through your nervous system.

These electrical impulses are constantly monitoring the health of each part of the body and circulating the information along the nervous system. Any disruption in normal energy flow will, of course, be sent along the nerves as information in the form of impulses. These impulses are what the lie detector and the EKG test pick up on. In the case of the lie detector test, it is known that a negative thought will create a kind of short circuit in the voltage magnitude of the impulses, thus they can tell with fair assurance if you are lying or telling the truth.

Understanding how an electrical impulse is created in the body

The World Book Encyclopedia (Vol. 6, p. 189) states that:

“Everything around us consists of atoms. Atoms, in turn, are made of three main types of tiny particles - electrons, protons and neutrons. Both electrons and protons have an electrical charge. An electron has one unit of negative charge, and a proton has one unit of positive charge. A neutron has no charge. Protons and neutrons are heavier than electrons and are crowded into the nucleus, the central core of an atom. Electrons whirl around the nucleus.”

Electricity is the movement of electrons. As indicated in the quotation given above, quantum mechanics reveals that in an atom, tiny particles of negative electrical charge called electrons move in orbits around a nucleus of positive charge. An electron remains in its state of orbit as long as its atom is not disturbed. If any outside force acts upon the atom, the electron can change to another quantized orbit. This simply means that any change in the body will create a change in the electrical current, or as we need to understand it, a voltage output change because of a change in the state of orbit on the electron.

Everything in life is made of atoms, which are made of protons, electrons and neutrons, so everything has some sort of an electrical or electromagnetic resonance. The frequency of each element will

vary depending on the speed at which the electrons are moving in that element. Anytime there is movement of electrons, electricity is created. Electricity creates a magnetic field. Through induction, this magnetic field can influence objects near by. The stronger the electromagnetic field, the stronger the influence will be. These constitute some of the basic scientific laws which underlie a number of the following alternative health care approaches.

Five stages of a nutritional deficiency

1. Nutrient reserves in the body are depleted.
2. There is a depletion of the nutrient from the body's tissues.
3. The depletion causes biochemical changes which can be detected in blood or urine.
4. Depletion causes functional changes internally, such as fatigue, gas, bloating.
5. Depletion causes notable/visible manifestations such as changes in skin, skeleton, tongue, etc.

Modern medicine cannot detect an illness until it is at stage four or five, but the body will reveal the weakness when the reserves become depleted (stage one) by creating a voltage irregularity. Any imbalance in the body is going to create some form of irregular voltage signal. The question is, "How do we monitor the body for such voltage 'spikes' or electromagnetic imbalance?" If we could find a way to do this, we would have a method of asking the brain itself what was wrong. Remember, the brain monitors every condition in the body every trillionth of a second. Using voltage testing, we could detect problems while they were still in stage one. We would call this "preventative testing," as we would not even experience the symptom until the problem reached stage four or five.

EAV testing - A computerized system for testing the body's electromagnetic currents

EAV stands for Electroacupuncture According to Voll. Dr. Voll was a medical doctor from Germany who stumbled across electroacupuncture when seeking a method to cure himself of terminal cancer. He had been dismissed from the medical institution and was told to

enjoy his last days, as there would only be a couple months of them left. Voll was the first to find a way to measure the electrical currents running through the body. Over time, he discovered that there were specific points on the skin that reflected the general health of internal body functions. It was almost as if the voltage irregularities created by imbalances in the body were stored in peripheral areas of the nervous system instead of the brain alone (as previously thought). When Dr. Voll died, he had discovered over 800 of these points on the skin that could be measured for voltage output. Now the art of EAV is called electrodermal testing or electrodermal screening, and there are almost 2000 mapped points.

An EAV evaluation is generally done with the points on the hands and feet, as these areas have the points that correlate to major organs and other important body functions.

If you were to be evaluated, you would sit in a chair next to the practitioner doing the evaluation, and take all metal off your body, as it can interfere with the body's own electromagnetic charges. You would hold a probe that is connected to a computer system, and the practitioner would commence testing those points of interest on the opposite hand or foot. The computer would indicate if there was an extreme amount of voltage running through that point, or not enough voltage. This information is interpreted as either an under-active or over-active function in the body (for whatever area corresponded to that specific point).

Thus we have a method that will not only determine areas of weakness, but will let us know what areas are becoming weak before the physical symptoms become present.

It is very comforting to the western mind to be able to have a computerized software program which precisely measures the electrical stimulus coming from various points of the human body. This removes human bio-energetics from the realm of superstition, mysticism, and demonization, and puts it squarely into the realm of normal physical phenomena which can be mapped by a computer with standardized results throughout the human population. One would have to be viewed as pre-modern and superstitious to not accept this astounding advancement in science and technology.

But there is another aspect of this electromagnetic testing that is wonderful. Remember how we discussed that any outside influence

to the electron's orbit would create a variation in the voltage reading? It goes even deeper than that. Anything that has an electromagnetic charge will have an influence on other items with electromagnetic charges, and will either strengthen the bonds or weaken them. This is the principle that makes two same magnetic poles repel while opposite poles attract.

This principle can also be applied to things that come into contact with the body. If you place a magnet on your person, there will be a variation in the electromagnetic circuits. I bet you never thought of it that way, but this is a wonderful thing to know, because the EAV equipment is able to test the variation in frequency caused by any item touching the body. The reading may be very low to begin with, but when a nutritional item (or a medication) is placed on the body, those neurons on the skin pick up on its signature and combine it with the electromagnetic charges already in your system. The combination of the two either brings the electrical charge to a normal range or throws it out of balance even more. Thus we are able to predict the possible effects of items such as foods and supplements before you even take them. We truly are marvelously and wonderfully made. The more I understand about God's most valued creation (the human being), the more I am amazed at the awesomeness of our Creator.

Biblical support for electromagnetism

God's energy sustains every molecule in existence. Again, this shows that there is an energy base to every atom of the universe. All atoms are actually held together by the energy which is from God. (Atoms are spinning at such a velocity that they should fly apart, except that some "mysterious" force holds them together - i.e. the energy that is Divine energy.) Thus one can argue that we were created to exist WITH God. If we do not have God in our lives, the human frame IS incomplete and true health is impossible to obtain.

He is before all things and in Him all things hold together.
(Col. 1:17 NASB)

Who being the brightness of His glory, and the express image
of His person, and upholding all things by the word of His

power, when He had by Himself purged our sins, sat down on the right hand of the Majesty on high. (Heb. 1:3)

Man is created from the dust of the earth. This dust is made up of the atoms which are held together by God's energy.

And the LORD God formed man of the dust of the ground... (Gen. 2:7)

God gave man the herbs of the earth to sustain himself. Those foods and herbs bring with them nutrients from the soil which strengthen and restore the organs of the body.

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." (Gen. 1:29)

...and the fruit thereof shall be for meat, and the leaf thereof for medicine. (Ezek. 47:12)

God breathed into man the breath of life and man became a living soul. So mankind has an additional energy from God. God is Spirit, and He has created mankind with a spirit, also. God's Spirit is what holds the atoms together.

...and breathed into his nostrils the breath of life; and man became a living soul. (Gen. 2:7)

An examination of the words for "power" in the New Testament

There are three words translated as "power" in the New Testament. *Energes* is very interesting in light of our discussion.

Exousia (used 108 times) means "right or prerogative."

Dunamis (used 118 times) means "might or power."

Energes (used 31 times) means "active energy."

Following is an example of *energes* as active energy within a person: (the words translated from *energes* are "working" and "worketh" in the following verse)

Whereunto I also labor, striving according to his **working**, which **worketh** in me mightily. (Col. 1:29, emphasis mine)

When one is anointed for ministry, he has an ability beyond his own. He also has the ability to impart spiritual energy in this particular area to the person to whom he is ministering. That is why we require people to have a God-ordained calling in their ministry area if they wish to be staff members of the Lifestyle Centers.

The Hebrew word for “anointing” is *mischah*, which means “smearing.” The Greek word for “anointing” is *charisma*, which means “a rubbing in.” There is a tangible impartation of the substance of the anointing upon a person when he is anointed.

Elisha’s bones had so much anointing rubbed into them that when a dead man touched his dead bones, the dead man was resurrected (II Kings 13:21)!

This spiritual energy can even be passed into inanimate objects

Handkerchiefs or aprons were carried away from Paul’s body to the sick, and the diseases left them and the evil spirits went out (Acts 19:12). Even Peter’s shadow conveyed healing power (Acts 5:15).

(Note: Spiritual energy seems to be similar to electrical energy in that an item can carry a charge [i.e. static electricity] which can be released upon touch. Walter Weston writes in his book, *Praywell*, that studies have been done in churches conducting hands-on healing prayer and a certain voltage was actually measured when there was anointing present.)

In summary, we can say that on an atomic level there is energy which comes from a loving personal God which radiates through the molecular structure of all things. This divine energy promotes growth and healing and, with today’s sensitive instruments, can even be measured. It can also be tested using such techniques as kinesiology.

Kinesiology - one of the most accurate diagnostic tools available

Wouldn't it be nice to have a way for your body to tell you exactly what it needs and desires without having to take expensive or invasive tests? Wouldn't it be nice if you could perform these tests as often as you wanted, free of charge, and right in your own home (or anywhere you wanted), with no costly instruments necessary?

Wouldn't it be nice if you could customize a diet, as well as a vitamin, mineral, and herbal supplement program, specifically for your body rather than adopting one that was based on some national norms derived for the hypothetical "average" human body? No longer would you have to take a handful of supplements, hoping they were the right ones.

Wouldn't it be nice for a mother to always know if her children were properly nourished, and, if they were deficient in any nutrient or any organ was weak, exactly what that deficiency was and exactly how to remedy it?

Kinesiology is a simple method of accessing information from the body's stored data traveling in the neuron pathways. Kinesiology is a way of doing everything the EAV evaluation does, without the computer system. The body is intelligent, and you must believe that any Being ingenious enough to create something as wonderful as the human body was also smart enough to design a method of diagnosis. Today we think of diagnosis as being something done with great medical equipment, but what kind of luck would the people of old have had? It would seem that God wasn't fair, unless a method for diagnosis was available all along and we just didn't discover it or refused to use it, allowing people to convince us that it was of the devil.

Many stories can be shared about the effectiveness of kinesiology. One woman had tried to become pregnant for five years. She had used every suggested medical procedure to no avail. Finally she switched to natural means. She tried many herbs which did not help. Then she was tested by a person with advanced skills in kinesiology.

He discovered that her body had stored a vaccine in her right ovary. Kinesiology also helped identify which remedies would be of

benefit to fix the problem and cleanse the vaccine out of her ovary. The result: she became pregnant within five days.

We have already discussed the scientific basis and the biblical basis for kinesiology, so let's get right into a working knowledge of it. Simply stated, the practitioner must locate a strong indicator muscle. This muscle is challenged for electrical strength (this is different than brute strength) by placing a small amount of pressure on the muscle to see how strong it is. This is only about five pounds of pressure, so a lot of physical strength is not necessary. A good amount of training is needed to be an exceptional kinesiologist, but the technique is incredibly simple once understood. Actually, modern medicine has a hard time accepting kinesiology because it can be done with no equipment, nothing more than a strong muscle. They find it just too simple to be worth anything.

Once we have identified a strong indicator muscle (which is generally done by holding out your arm parallel with the floor) the practitioner places just enough pressure to try and push the arm down toward the floor. The practitioner uses one arm to put pressure on the arm being challenged (simply because that is the easiest muscle to use) and the other arm is used to touch specific points on the body. Many times these are the same points used in the EAV testing. The EAV testing will give a computerized version of imbalance in one of the points, but the body can do the same thing without the computer! If the practitioner touches one of these points on the body which is revealing an imbalance of voltage or electromagnetic charge while applying pressure on the arm, the arm that was strong just a moment ago becomes weak. Isn't that phenomenal? How does it work? The EAV machine can read the voltage output because of specialized sensors, but the body is just as sensitive as a machine. When the practitioner touches the weak point, it literally short circuits the entire system of the person being tested. If the voltage could be measured in amps, both the person being tested and the practitioner would have had a "shocking" experience, but the body only generates milli-current, so nothing is felt other than the weak muscle. Again, it does require some training to be efficient in this procedure, but we now have video tapes available with such training so you can learn to do a complete evaluation at home.

If the person being tested holds a bottle of herbs, vitamins or medication against his body and the point is tested again, the arm will suddenly go strong if the new item will help to balance that area being tested, or stay weak if it will be negative for the body. Remember that any outside electromagnetic force (which is anything containing electrons in orbit) can influence the orbit of the electrons in the body.

So we see that kinesiology is not only far from being evil and occult, but is perhaps one of God's intended tools for diagnosis, as it is simple, virtually anyone can learn to do it, and it requires no fancy machinery. It can even be done on the mission field with great success. The only possible potential for getting wrong results is the practitioner's lack of knowledge and experience, but this is true in any procedure.

Bio-kinetic testing - used for localizing the root cause of many conditions and complaints

I developed the Bio-kinetic testing protocol because I saw a need for it. There were thousands of people practicing kinesiology with various levels of skill around the country. Most of these people were just dabbling in getting some of the information available to them from the brain and nervous system, but there was no complete procedure. One person was using one point for testing parasites in the body while someone else used a different point. While both points might have been accurate, the client who was new to the kinesiology world felt that one of those kinesiologists must be wrong. Some of the testers were not aware of points that existed, so some points did not get tested, and the client wasn't receiving a complete evaluation. That wasn't really fair, either. And so, out of great need for a complete system of evaluation that was simple, reproducible and available to anyone with the desire to learn, came the Bio-kinetic System.

The Bio-kinetic System consists of several hundred sample vials. We know that any item introduced to the body is going to create a change in the electromagnetic field, so the basis of the test is to introduce these samples into the client's electromagnetic field to see how one of his strong indicator muscles reacts. We have everything that could possibly be wrong with your body in this system for identifying the cause of your complaint - from hormones and allergies

to samples of parasites, fungus, infections, bacteria, and anything else you could think of. It is really the most all-inclusive testing system available to date. We consider it a complete pharmacy, in the respect that everything needed to diagnose and treat is included, and the same samples can be used to make the exact remedy needed to eliminate the complaint. Again, it is simple enough for anyone to use. It requires no electricity, so it is also great for missionaries. Because a person can create the perfect remedy tailored to the exact problem at hand within minutes, it requires nothing additional in the way of medications or vitamins or other natural supplements. See video #4 for more information.

Constitutional and complex homeopathy

Homeopathy was developed in the 1800's by a German doctor named Samuel Hahnemann. Since that time, homeopathy has spread to every country in the world. Homeopathy is based upon the law of similars: "*Similia Similibus Curenter*," meaning, "Like cures like." All this means is that a substance given in large doses will produce specific symptoms, while the same substance given in minute doses will stimulate the body's reactive processes to remove the symptoms. For example, Ipecac taken in large doses will induce vomiting, while small doses will cure vomiting. If that example isn't personable enough, think of the vaccination. The point of a vaccination is to introduce a small amount of a product into the body so the immune system will recognize it as a foreign substance and create the proper immune cells to fight it off. A homeopathic functions on the exact principle, but is simpler and unpatentable. Thus, if one finds it wrong to submit to homeopathic therapies, it would also be wrong to participate in vaccinations.

Most constitutional homeopathics are made from these same natural substances (herbals); they are simply administered in minute doses in order to get the results. Homeopathic medicines are referred to as "remedies" as we do not wish to confuse them with drugs and medications, and they can be safely taken with any medication without side effects. Now we also have something called complex homeopathy, by which one may place a sample of any given item in a machine that can analyze its electromagnetic signature and clone it into any other substance (generally water).

A properly prepared homeopathic is the only type of medicine in the world that can trigger the immune system into a lightning response without causing damaging side effects. A person does not experience side effects with homeopathic remedies as they would with allopathic drugs, and there certainly isn't any harm brought to the body with a homeopathic remedy as there would be with any given allopathic drug.

A homeopathic remedy is created by taking a portion of the substance you wish to make the homeopathic from and placing it in a solution. One part of the substance to nine parts of the solution is about average. The remedy is then shaken vigorously and "banged" against the hand or a book 50 to 100 times. This is called "succussion." This process literally beats the electromagnetic signature of the substance into the solution (the one part into the other nine parts). Electromagnetic signatures are stored primarily in the oxygen molecule, so the more oxygen that is in your solution, the better lasting the homeopathic will be. If created correctly, a homeopathic remedy can last indefinitely.

Let's make a remedy. Imagine that you have been stung by a bee and you are allergic to the venom. We will take a small amount of venom (from another bee or the actual site where you were stung) and place it in an ounce of water. We are going to succuss the solution which now contains a substance (the bee venom). After we have finished succussing, we will call this a potency of 1X. This represents 1 part of the substance to 9 parts of water. If we were to take 1 part of the remedy we just made and place it in a new ounce of solution (and succuss it), we would call this new remedy a potency of 2X. This process can be repeated indefinitely until you have reached the desired potency. As parts of each new remedy are taken and added to new parts of solution, you can see that the original substance used in the original remedy eventually dissipates. By 6X to 8X, no molecules of the original compound will be found in the homeopathic remedy. Logic would dictate that the remedy must be deactivated altogether if there is none of the original chemical (substance), but this is not so. The most incredible phenomenon of homeopathy is this: the greater the dilution, the more effective the remedy becomes. Although this is hard to believe, if you took a remedy that was 100X, you would probably get the exact symptoms that remedy was sup-

posed to be curing (unless you already had the symptoms, in which case it would eliminate them)! Because of the ability to make such potent remedies of any substance (including herbs, foods to which you have allergies, medications or anything), homeopathics can be far more effective than any other remedy in the world, medication and herbs included.

This book is not intended to give detailed descriptions about every area of homeopathy, but to give you enough information that you might have resolution in your heart as to its origin, intent and the science behind it. There is no evil and no spiritual influence in a homeopathic remedy. One of the main reasons that I use homeopathic remedies is their ability to work like a vaccine, only faster and with no negative reactions. (All modern vaccinations have harmful effects on the body, although the symptoms may not be visibly apparent.) There are so many forms of toxins that come against our bodies' natural immune processes that I believe we are lucky to have methods for identifying these toxins (kinesiology and EAV testing) and precise methods of desensitizing and eliminating them from the body - homeopathic remedies specifically prepared for the exact toxin creating the harmful effects.

Live blood cell analysis - used for assessing blood quality and monitoring progress

Most people are aware that the Bible declares that life is in the blood (Lev. 17:11). This verse is often misinterpreted, however. Blood testing and evaluation for disease are standard modern medical procedure. But listen to the verse again, carefully this time: "Life is in the blood." What did you hear? Is *life* in the blood or is *disease* in the blood? People commonly mistake the answer. Modern medicine is looking for indication of imbalance in the blood, but *life* is in the blood, which means that the body will hide illness and signs of weakness from the blood for as long as possible. Once indications of illness are seen in a blood test, the problem has become severe. We believe that blood tests are the last resort in testing for disease. We do not discount that many things can be seen in a standard blood test, but we do not believe it should be used as a main diagnostic tool because a person may be sick without it being revealed in a blood test if the problem is not severe enough.

We use live blood cell analysis primarily to help determine the state of life in the blood. There are many things that can be seen in a live blood test (known as “phase contrast” or “dark field microscopy”). The live blood cell analysis can show us the “life” of a person primarily by showing us how the viscosity of the blood and the plasma is. When healthy blood is seen in a microscope, each blood cell can be seen individually floating around in the sample. The blood cells of a person who is degenerating are all sticking together, and many times are so clumped together that the evaluation cannot proceed as normal. This person is severely deficient in enzymes and metabolic processes. We take initial samples (with a simple prick of the finger) when a guest arrives and again after he has been on therapies for a few days to demonstrate to the guest and the practitioner if the therapies are restoring the body on a level that can be seen in the blood.

This particular procedure is very useful in helping to convict a person in dietary habits. The body should be able to digest all foods or items ingested within four hours, if the body is functioning normally and has all the enzymes and metabolic processes working. When a person eats a food like a hamburger, to see the blood after the meal would literally terrify you. One can see bacteria, parasites, undigested items, chunks of fat and so many other things that we simply don't think about because we can't see. So this tends to be a favorite test used in training and helping people realize (because they have seen) how important it is to live well.

Urine/saliva analysis - used to analyze blood quality and chemistry and lymphatic health

The primary reason for analyzing the urine and/or saliva is for pH readings. “pH” means potential hydrogen. In simple terms, disease cannot survive in the body unless the pH is out of balance, so we use pH testing to ensure that the therapies we are using are bringing the body back to a proper pH range. Thus, pH is used primarily for confirmation purposes.

On the pH scale, 7.0 is considered neutral, being neither acidic nor alkaline. A pH of 8 would be considered slightly alkaline, while a pH of 12 is very alkaline; a pH of 6 would be considered slightly acid, while a pH of 3 would be considered very acid. A typical pH

scale runs from 0-14. It is interesting that, if you are healthy, the only acid fluid in the body is in the stomach. That means that for any part of your body to become diseased or imbalanced in any way, the pH must become overly acid (except in the stomach). (If you wish to study more in this area, please read *Alkalize or Die* by Dr. Theodore A. Baroody.)

There is a complete evaluation procedure based on the readings from urine and saliva. Dr. Carey Reams pioneered much of this research. You won't find this information in the above-mentioned book, but testing with Reams' equations can prove to be invaluable in finding information about the general health of the body, especially in respect to cellular function and metabolic activity. Over 2,600 differential numbers can be assessed with urine and saliva testing.

Bach flower remedies and flower essences restore emotional balance

Dr. Edward Bach was a respected homeopathic practitioner in London during the early part of the twentieth century.

Bach flower remedies are a vibrational modality. The subtle energy essences from flowers are stored in water, similar to homeopathic remedies. Bach flowers are used for the treatment of emotional disorders and temperaments.

For instance, if a patient suffers from a known fear or phobia, he could be given the essence of *Mimulus*. Those suffering from a shock of any kind could be given a tincture of the *Star of Bethlehem* flower. Individuals' problems of constant indecision appear to diminish when treated with flower essences made from *White Chestnut*. Many have achieved clinical success in relieving long-standing patterns of emotional distress and personality dysfunction through the application of Bach flower remedies.

In 1979, Richard Katz established the Flower Essence Society (FES) to provide a framework for flower essence workers and therapists to network and exchange information on the use of essences.

Reflexology

Reflexology involves the external stimulation of nerve reflexes on the feet and hands. It is based on the belief that nerves in certain areas of the feet correspond with certain areas in the body. The

practice of reflexology involves activating peripheral nerve endings which in turn stimulate healing and balance of internal systems. The massaging of these areas in the feet will affect the related area in the body. A therapy may typically last one hour. When this is the right remedy for your problem, notable relief should be observed in two or three sessions.

LED acupuncture (Light Emitting Diode acupuncture)

This is an energy medicine based on frequency. It involves an external stimulation of acupuncture points with an LED or laser instrument. It provides an effect similar to acupuncture except you bypass the insertion of needles into the flesh. You can do it on yourself or on a friend. (Generally your friends stay around longer if you are not poking them with needles!)

The traditional acupuncture points are used in this therapy, as these are the best points for the body to receive energy. The energy received initiates healing on an internal level in the related areas.

In this case, the energy is partially stimulated by and partially coming from an LED or a laser. A laser is monochromatic, which means it emits one wavelength only. An LED emits more than one wavelength. They both emit light that is red in color.

These lasers emit cold energy, rather than the searing hot energy many typically connect in their minds with lasers. A laser beam may be either hot or cold, depending on the way the beam is created during the engineering process.

The principle underlying this therapy is that if one uses the right frequency, the cells will respond and begin to initiate healing on their own. Light actually has some of the truest frequencies available, and these frequencies are closest to actual cell frequencies. That is why this therapy can be so effective.

The therapy can last from 15 to 45 minutes, covering a series of points. Noticeable improvement should be seen in two to three sessions.

A well-trained practitioner with LED will be just as good as any acupuncturist. You can view LED as “alternative acupuncture.”

Acupressure

This involves external stimulation of acupuncture points by the practitioner's hands to initiate healing on an internal level. It is based on the same principles as acupuncture and LED.

As you have learned, there are acupuncture points along meridian lines. Acupressure involves the energetic stimulation of body parts which correlate with the particular acupuncture point or meridian line being treated.

One basic underlying principle is: "If a point on your body hurts, and it is not a bruise or otherwise related to a recent physical trauma, then you should push (or put pressure) on that point, because the pain is indicating that there is an imbalance of the energy flow in that area." Pushing on the area will help stimulate and balance the energy flow, which may help to balance one of your internal organs or functions. It will never damage your health to push on a sore point in your body, other than causing momentary external discomfort.

Meridian balancing

This involves the balancing of internal systems through external stimulation. It involves the practitioner touching two spots: where the client's meridian begins and where it ends in the body. This creates an energy loop, and because the practitioner's own hands, body and energy field are now in the loop, the energy in the loop is amplified. This helps bring a balance of energy to the particular meridian being touched.

The only tools being used are the hands of the practitioner. A typical session lasts about 15 minutes. When this is the proper therapy, the client should show improvement within two to three sessions. However, this is not a stand-alone therapy. In order to get lasting results, this therapy must be coupled with other types of therapies.

Detox wraps

This is a phenomenal method for pulling toxins out of the body through the skin. The second main purpose of a detox wrap is the losing of inches.

The excess weight which most people carry is created by a stagnation of lymphatic fluid within their bodies. The detox wraps will pull this extra fluid out through pores of the skin.

The job of the lymphatic system within the body is to destroy and remove toxins such as parasites, fungus, bacteria, virus, etc. When a person gets a detox wrap, a lot of these toxins are actually eliminated from the body. If you examine the fluid which has been pulled from the body under a microscope, you can see these viruses, bacteria, fungi, and so on are actually present in it.

The detox wrap involves soaking a special Ace bandage in a concentrated mineral solution. The nearly naked body (i.e. undergarments remain on) is wrapped entirely in these Ace bandages using a specific technique. The minerals in the Ace bandages create a “pull” and draw the fluids out of the system.

Typically a session will last 60 minutes. The effects of just one session are that not only will the client detoxify his body, but will also experience a difference in skin texture and tone, and will actually lose inches!

Gravity-fed colonics

A gravity-fed colonic is essential in many cases for removing old stagnant toxins from the bowels.

This therapy is not needed unless one has too many toxins stored in his system. Unfortunately, many people *are* storing too many toxins in their systems. God never designed us to eat and drink the toxins we do, or to live in the extremely toxic environment in which we live. Disease is essentially the result of carrying too many toxins in the body. The immune system simply cannot keep up with the job of removing these damaging toxins from the body.

A gravity-fed colonic involves the client consuming some supplements and herbs which loosen materials encrusted on the inside walls of the colon. The client then hooks himself to the colonic, allowing three to five gallons of water to flow in and out of him in a 45 to 60 minute period of time. The tip of the colonic which the client inserts into his rectum is smaller than a number 2 pencil. Water is going in while water and any toxic material it loosens come out, all at the same time. Since it is gravity-fed (rather than pressurized), there is no chance of damage being done to the colon.

A special herbal and homeopathic remedy is placed in the water solution to assist in pulling encrusted matter off the the colon walls.

Two to three sessions are generally sufficient. They can be either every day or weeks apart, depending on your condition and severity of your problem.

Anyone who might think this doesn't work should try it and see what happens. You'll be shocked at the evidence produced. Obviously, this is a cleansing remedy. The cleaner the body, the healthier it is.

Summary

The "alternative" systems for vibrant living which we have examined in this chapter should be considered the regular modalities for maintaining optimum health, and should come before drugs and surgery. They deal essentially with energy and vibrational approaches. They begin with Einstein's realization that energy and matter are interchangeable, and that at the core of all matter is energy. They also take into account the biblical revelation that God's Spirit and God's energy permeate the universe, even holding the atom together (Col. 1:17).

These approaches build upon the basic understanding that this spiritual and molecular energy pervades every cell of the human body. These modalities work with this energy, balance this energy, and release this energy within the individual.

The other key biblical principle upon which some of the above approaches to optimal health are predicated is the exhortation to purity and cleanliness, which is mentioned over and over in Leviticus (Lev. 19:2; 20:7,26). We are to be clean and not unclean. We are to eat the clean and not the unclean. Any modality which cleanses the body honors the biblical injunction toward cleanliness.

Application Questions

1. Can you set aside your fear of those things which are new to you, and explore them with an open heart and mind, seeking which biblical and scientific laws support them?
2. Which of these modalities have you already tried?
3. Which ones would you like to try?
4. What books have you decided to read to deepen your understanding of these modalities?

Additional Resources

MRT Videos and book by Reuben DeHaan

Health Mastery Through MRT (Muscle Response Testing - i.e. applied kinesiology) by Mark and Patti Virkler

Stories the Feet Can Tell Through Foot Reflexology and *Stories the Feet Have Told Through Foot Reflexology* by Eunice D. Ingham

An Introduction to Acupuncture by Prof. Johannes Bischko, M.D.

Establishing Christian Lifestyle Centers

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In summarizing what we have learned in this book, I am going to suggest two principles. For those who embrace these principles, I will then suggest a course of action.

Principle One: Every person must take personal responsibility for his own health.

I live in my body. So does God. It is my responsibility to seek God and to obey His principles concerning health so that He and I have a vibrant, healthy body in which to live.

God's foundational covenant with mankind concerning health is instituted in Exodus 15:26. It lists four underlying responsibilities which God has entrusted to me in order to walk in the fullness of the covenant blessing of health.

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." (Ex. 15:26)

According to the above covenant of health, in order for me to walk free of disease God requires that I do four things:

1. Hearken to His voice;
2. Do what He is telling me to do;
3. Meditate on the commandments He gave me in the Bible;
4. Keep them all.

So health is not just a snap of my fingers, and a command saying, "God, heal me." Neither is it going to the doctors. If you want to walk in vibrant health, then you must take personal responsibility, which means you must do the four things listed above in God's covenant of health.

Principle Two: Health care is to be under the oversight of spiritual leaders.

In both the Old and New Testaments, God placed health care under the covering of spiritual elders (Lev. 13; Jas. 5:14-16). Nowhere did God ever place health care under the covering of doctors. Even though Luke was a physician, we never see Jesus encouraging him in his practice as a physician. No, as a follower of Christ, he was instead given the same commission as the rest of the disciples, to heal the sick and cast out demons, and to do it freely.

Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. (Matt. 10:8)

This is what the Church is still commissioned to do. Nowhere has this commission been altered or changed. The world is still waiting upon the Church to fulfill this mission, and it will be richly blessed when she does so.

Christian Lifestyle Centers as Ministries – A Vision for the Future

Christian Lifestyle Centers would be one way of the Church fulfilling this great commission of the Lord. They could offer teaching, training, apprenticeship and counsel to help people meet God's prerequisites in His covenant of healing.

What does a Christian Lifestyle Center offer?

Complete healing, spirit, soul and body:

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. (III Jn. 2)

First and foremost, a Lifestyle Center provides teaching in the principles of health from the Word of God. As people understand and apply these principles, they will be reminded again that God has designed their bodies to heal themselves, especially as they live in compliance to God's Word and seek God's healing power. God grants His blessing of divine health to flow down upon obedient Christians.

Vibrant wellness comes through:

Peace with God and man; faith in God's healing power; and obedience to God's principles of cleansing the system, building the immune system, nourishing the cells, and balancing the body.

Who ministers in Lifestyle Centers?

The people who minister in a Lifestyle Center are those whom God has called, gifted, taught and anointed to release unto others the experience of vibrant living. Typically, a Lifestyle Center has a team of at least three to five people who provide training, apprenticeship and counsel in the areas of vibrant life for the spirit, soul and body.

This team of individuals is people with various specialties and complementary ministries. Some on the team may specialize in restoring spiritual health. Some may specialize in restoring the soul's health. Some may specialize in restoring physical health. In the area of physical health, some may specialize in the use of supernatural approaches (i.e. the laying on of hands, anointing with oil and the command of faith), while others may specialize more on alternative approaches to wellness (i.e. muscle response testing, acupressure, homeopathy, Bach flower remedies, and so on). God grants to individuals knowledge, wisdom, training and anointing in the areas to which He calls them to minister. Each one ministers in the areas of his unique training, anointing and gifting.

No one person will have to know it all. Team ministry is what God has ordained (Eph. 4:11-13) and what provides a well-rounded and complete ministry.

For liability reasons, each part of a Lifestyle Center may want to be its own legal entity, having a number of ministries operating side by side rather one overseeing everything.

Minimum standard requirements for Lifestyle Center staff

- ❖ Christian conversion and baptism in the Holy Spirit
- ❖ Excellent education in their ministry area
- ❖ Practical experience in their ministry area
- ❖ A team spirit and an attitude of submission
- ❖ The heart of a servant

What is taught in these Lifestyle Centers?

There are a number of courses which ministers of health care will take themselves to help them prepare to minister in Lifestyle Centers. These are courses which they, in turn, will teach to those in their community. Examples of some of these courses are listed below. [These courses are all available through Christian Leadership University (www.cluonline.com) and Health Care Ministry International (www.hcmionline.com).] The website of Health Care Ministry International may have additional guidelines for establishing, maintaining and certifying a Lifestyle Center.

Healing the Spirit

- ❖ The Basics of Christianity (salvation and Holy Spirit baptism)
- ❖ Communion With God (how to hear God's voice)
- ❖ Christian Dream Interpretation (God's counsel at night)
- ❖ Increasing the Anointing (how to release God's healing power)
- ❖ Praying and Fasting for Results (the place and power of fasting)

Healing the Soul

- ❖ Counseled By God (emotional healing)
- ❖ Naturally Supernatural (drawing upon Christ's life within)
- ❖ Prayers That Heal the Heart (cleansing from sin energies)
- ❖ Cornerstones of Communication (a key to reducing stress)

Healing the Body

- ❖ God's Provision for Healing (divine supernatural healing)
- ❖ Take Charge of Your Health (overview of health approaches)
- ❖ Muscle Response Testing (letting your body speak back)
- ❖ Christian Leadership University can direct you to additional courses.

What other services are offered by Lifestyle Centers?

Those who come to a Lifestyle Center not only receive teaching in the above areas, they also receive hands-on ministry, personally experiencing each area as they feel it is needed and with the advice of the resident staff. They will be prayed with to receive salvation and the baptism in the Holy Spirit as they feel ready. They will be shepherded in the hearing and obeying of God's voice. They will

receive guidance in interpreting the dreams God gives to them. They will be prayed with for spiritual and emotional pressures to be released. They will be anointed with oil and have hands laid on them for healing. They will be given counsel as to appropriate diet, nutrition and herbs. They will be taught how to cleanse and rebuild their bodies and all they will need to know to “go and sin no more” in regards to their health.

Lifestyle Centers may have a Prayer Ministry Counseling Room for ministry to soul/spirit needs, a Healing Room for prayer for physical healing, an Educational Center including a classroom for teaching and training and a library/bookstore for obtaining additional resources. There may also be an herb shop to purchase needed products, and various rooms with equipment and services, including a room for nutritional consulting, a room for detox wraps, a kitchen for juicing and much more.

The key purpose of the Lifestyle Center is to offer a fully-integrated ministry to the client. It is designed so that the client will receive ministry and counsel from all aspects of the Lifestyle Center.

The following healing modalities can be offered in a certified Lifestyle Center. We have seen from the previous chapters that they are all compatible with Scripture.

1. How to hear God’s voice for healing
2. Hearing God through Christian dream interpretation
3. Breaking generational sins and curses
4. Severing ungodly soul ties
5. Repenting of negative expectations
6. Renouncing inner vows
7. Healing negative pictures
8. Casting out demons
9. Anointing with oil
10. Laying hands on the sick
11. Soaking prayer
12. Forgiveness
13. Faith, hope, love
14. Fasting

15. Diet and nutrition
16. Cleanliness (food, water, air, environment)
17. Exercise
18. Herbology
19. Reflexology
20. Acupressure
21. Kinesiology/Muscle response testing
22. Computerized EAV analysis
23. Homeopathy
24. Bach flower remedies
25. Chiropractic
26. Urine/Saliva testing
27. Live blood cell analysis
28. Meridian balancing
29. Laser therapy
30. Detox wraps
31. Colonics

Lifestyle Centers will offer as many of these therapies as they desire and in which they are able to train people (or find trained people) to minister.

Certification ensures high standards and quality control

Network leaders should certify a Lifestyle Center. This certification would indicate that those who are ministering in this Lifestyle Center have completed an approved training/discipling program and have been certified to minister in one or several of the health modalities. Areas that they are certified to minister in will be listed and should be posted for all clients to see.

In addition, a certified Lifestyle Center means that the entire center itself is submitted to the ongoing oversight of network leaders and is conducting itself according to the standards established by them.

The vision statement of Lifestyle Centers

Embracing complete healing: spirit, soul and body

Mission statement of Lifestyle Centers

1. We have trained, certified ministers who serve.
2. We use teams that offer Spirit-anointed ministry.
3. We honor God by equipping people for vibrant lifestyles.
4. We use only modalities that are compatible with Scripture.
5. We incorporate spiritual and natural laws concerning health.

Lifestyle Center - staff training

Staff are expected to complete courses and ideally to receive a degree from either Christian Leadership University or Health Care Ministries International. Other training programs may also be recognized and acknowledged.

Standards by which products are judged

- ❖ Excellent quality
- ❖ Natural/organic
- ❖ Competitive price
- ❖ Track record of results and no harmful side effects

Standards for evaluating procedures and training materials

- ❖ Supported by biblical principles and spiritual revelation
- ❖ Demonstrate value and effectiveness
- ❖ Approved by Network leaders

Application Questions

1. Would you like to have a Christian Lifestyle Center available in your community for you, your family and your friends to go to when necessary?
2. Are you to be involved in any way in helping create a Christian Lifestyle Center in your community? If so, how?

Appendix A

Declaration Concerning Health Care

Disclaimer: The information and procedures contained in this book are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is a sign of wisdom, not cowardice, to seek a second or third opinion.

Following is a sample statement concerning one's wishes about hospitals and medical procedures as they near the point of death. This sample has been used with permission from Carol Balizet. You may wish to enact a declaration similar to Carol's yourself, so that your personal health care wishes are followed. Eighty percent of all health care costs in the U.S. are incurred in the last six months before death (i.e. in heroic attempts to keep the patient alive a little bit longer). Is this what you want?

In the declaration below, Carol has chosen to refuse all traditional health care. You may want to go this far yourself, or you may choose an approach which limits the amount of traditional health care you are willing to accept.

Declaration Concerning Health Care

If I am no longer able to make my own health care decisions, this form sets forth my desires concerning the attempts by anyone else to make health care decisions on my behalf; this form also sets forth the reasons behind my desires.

I have based all personal health care decisions on my firm belief that the Holy Scriptures contained within the Bible are the inerrant Words of God and completely accurate. To that end, I have further set my faith and trust on the Scriptural truth that the exact number of days my life exists on this earth have been ordained by my Lord and Savior, Jesus Christ. These personal convictions of mine have resulted in a total abstinence from institutional and professional health care for many years. It is my sincere desire and demand in executing this form that my convictions be adhered to in the absence of my ability to declare and apply them of my own accord and for my own account, for whatever reason.

In applying the foregoing statements, if I am unable for whatever reason to make my own health care decisions, it is my personal declaration that I do not desire to be subjected to or placed under the care of any medical doctor, hospital, nursing home, drugs or medicine, surgery or other institutional or professional medical or health care treatment, care or service, as I do not desire any of these intrusions of my personal faith and convictions. I hereby declare that NO ONE has any right or authority to make any medical or health care decisions on my behalf, to sign any medical treatment or waiver form in my name or my behalf or to otherwise act for me, on my behalf or in my stead concerning any medical or health care decision or concerning the administration or performance of any medical health care treatment, procedure, service, medication, drug or other health or medical attention.

I want to be treated with dignity, particularly as it concerns events which may lead to or result in the end of my life. To be treated with dignity means that I would like people to respect my wishes as stated above.

I wish for my physicians, family members and loved ones to know that because of the faith I have in Jesus Christ, I do not fear death itself. I think death is not the end, but a new beginning for me.

I, CAROL BALIZET, ask that my family, my doctors and other health care providers, my friends and all others, follow my wishes as communicated by my Declaration Concerning Health Care expressed in this form.

CAROL BALIZET

Witness 1:

Name _____

Signature _____

Address _____

Witness 2:

Name _____

Signature _____

Address _____

STATE OF FLORIDA
COUNTY OF HILLSBOROUGH

The foregoing instrument was acknowledged before me this ____ day of _____, 2000, by CAROL BALIZET, who is personally known to me or who has produced Florida Driver’s License Number _____ and who did/did not take an oath.

NOTARY PUBLIC
State of Florida
My Commission expires:

Appendix B

Herbs – God’s Natural Health Remedy

Herb defined

“Any seed plant whose stem withers away annually; any plant used as a medicine; seasoning.” (Webster’s)

“Any plant, or any part of any plant having nutritional and medicinal values. Thus an herb may be a bark, a flower, a fruit, a leaf or a root, as well as a non-woody plant.” (*Nutritional Herbology* by Mark Pedersen, p. 1)

Brief history of herbs

Use of herbs as medicine is recorded as far back as 4000 years. Many herb books are available listing traditional uses of herbs as medicines. Many cultures of the world still use herbs as medicine, and there is a strong comeback of this approach to health taking place in America.

Herbs have medicinal value as evidenced by the fact that from 1959-1980, one out of every four prescriptions issued in the United States was derived from an herb. When over-the-counter (OTC) medications are included with prescription drugs, the percentage of drugs derived from or containing an herb rises to well over fifty percent. It is amazing that so many doctors are against the use of herbs when so many of their own medicines are taken from them.

For example, the most widely used drug in the world, aspirin, is based on the naturally occurring salicin in white willow bark. The entire class of compounds called amphetamines is based on the alkaloids found in the Chinese ephedra herb. Pseudo-ephedrine and ephedrine are the basis for most over-the-counter decongestants, including Sudafed, Actifed and many others. One can even hear portions of the root word “ephedra” in many of the brand names.

How and why an herb becomes a drug

In the United States, the legal definition of a drug is “anything which affects the structure or function of the body and is sold for the cure, prevention, treatment or mitigation of a disease.” Of course, foods may affect the structure and function of the body as well, but they do not become drugs unless they are sold for curing, preventing or treating disease. If this provision were not the law, then all foods would be drugs, since all foods affect the structure or function of the body.

In order for a manufacturer to make claims that a substance will act on the symptoms of a disease, the substance must be put through a series of rigorous tests, which takes many years and costs about \$200 million.

To recover this tremendous cost, drug companies rely on patents. They formulate a unique arrangement of the molecules which are similar to the initial herb from which it was drawn. Often they remove the natural buffers which God included in the herb to keep it from having toxic side effects. That is why so many prescriptions do have toxic side effects, and so many thousands of people die from prescribed medications every year.

The above process explains why herbs are not used as medicines today in America - an herb, being natural, cannot be patented. Therefore, even if a drug company spent \$200 million in tests and research, and proved that garlic does indeed build the immune system, they could not patent it and market it, because everyone can go to their local grocery store and buy it very inexpensively.

So, rather than the basic healing herb being available from your local doctor, only man’s “improved,” more potent, synthetic, caustic adaptations of God’s herbs are used as medicines by doctors in America today.

Biblical principles relating to herbs

Special thanks to Sherry Slider who researched and wrote most of the remainder of this appendix.

The Bible is not silent about man’s use of herbs. We do not have to guess what the Bible’s view is. It is clearly stated in many ways. Following are a few:

He causeth the grass to grow for the cattle and **herbs** for the service of humanity. (Ps. 104:14, emphasis mine)

The Hebrew word used for herbs in the above verse is *eh'-seb*, meaning “to glisten (or be green); grass (or any tender shoot).” This can include more than herbs, but it would also include many herbs.

Since we know that many healing herbs come from the bark and leaves of trees, consider the following description of the New Jerusalem.

And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and **the leaves of the tree were for the healing of the nations.** (Rev. 22: 1,2, emphasis mine)

And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and **the leaf thereof for medicine.** (Ezek. 47:12, emphasis mine)

Just a few trees that are used today for medicinal herbs are the Slippery Elm tree, the White Oak tree, and the Black Walnut tree. There are leaves that are medicinal as well; raspberry leaves, comfrey leaves, dandelion leaves and mullein leaves are just a few.

We know that people in the Bible gathered herbs in their fields (II Kings 4:39-41) and on the mountaintops (Prov. 27:25). In II Kings 4:39-41, someone picked and used a poisonous herb. Even this had a remedy. This wrong herb was put into a pot of food (we might suppose soup), and when the mistake was discovered, they merely added “meal” to solve the problem. “Meal” was probably an absorber of poison, like charcoal or clay or a fiber like psyllium that would soak up and neutralize the poison. At any rate, they immediately knew what to do to remedy a bad situation.

Today, in this country, we do not often gather our own herbs, as other people still do around the world. We have lost our herbal heritage, knowledge of the herbs, what they do and what they look like. The herbs we use come from herbal manufacturing companies who only sell traditionally safe, medical herbs.

People in Bible days gathered herbs because herbs were considered valuable, in fact, extremely valuable. In Malachi, God was disappointed with the Israelites because they offered lame, blind and polluted animals on the altar. They did not offer to God their best. In preparing to build the Temple, however, the Israelites gave their best. Herbs (spices) were given as a sweet fragrance to the Lord (II Chron. 2:4). For the highest sacrifice and worship to God, herbs were used on the altar.

Herbs were used in the marriage bed for pleasure (Song of Sol. 4:9-14). Even Solomon himself, so highly beloved and valued by his Shulamite bride, was compared to an herb (Song of Sol. 1:13)! Herbs, so valuable, they were compared to your special, lifetime love and partner!

When Jesus was born, the Wisemen brought Him three gifts: One was gold, a valuable commodity in every culture throughout history, and two were herbs (Matt. 2:11). Today would myrrh and frankincense be appropriate baby shower gifts? Hardly. A young mother would open these “weeds” and throw them away. It would be an insult! But the Wisemen gave the God of the universe these gifts. Why? Frankincense may have been given as we would give a gift today - something fine and lovely that one would not buy for himself, for frankincense was a gift of pleasure, of luxury. Myrrh, on the other hand, was a practical gift. Even today myrrh is used as an

infection-fighting herb. As babies leave the perfect and protected home of the womb, they enter a world of germs. Babies, therefore, seem to get colds and are sick more often than adults. Does it not seem practical and merciful to give the Christ Child such a medicinal gift?

Herbs were also used to bury Jesus, as was the custom of the Jews (Jn. 19:39,40). Herbs were used for burial probably as preservatives are today, to nourish the body long enough to keep it from decaying and smelling. This tells us herbs have nutrients which nourish the body and life process.

The knowledge of herbs was considered a subject of wisdom (I Kings 4:29-33). King Solomon gave speeches of wisdom to people who traveled long distances to hear him. In verse 33, he spoke of trees and hyssop that grows out of the wall. Besides naming trees and their leaves as a botanist would do, I believe he knew and spoke about the medicinal attributes of these trees and bushes, since he had the greatest of wisdom. Would he have covered the wisdom of Slippery Elm, which has high enough nutrition to keep a starving baby alive? Would he have spoken of how the Black Walnut hulls will nourish your thyroid and expel parasites from your body? Did women have varicose veins after many childbirths and need the valuable White Oak Bark? Hyssop is mentioned specially, and we know Bible people considered this a blood cleanser (Ps. 51:7).

We know that herbs were valuable in biblical times because they were given as gifts, even to kings and the wealthy. Herbs were a gift of precious quality and luxury.

In I Kings 10:25, we read how the kings of the earth brought King Solomon gifts when they came to hear his great wisdom. Articles of value were silver and gold, clothing, horses (as valuable as our automobiles or tractors and machinery today), and herbs.

When the Queen of Sheba paid a visit to King Solomon, she brought him a very great quantity of herbs (I Kings 10:10). She was so overwhelmed by all the opulence and wisdom of King Solomon that “there was no more spirit in her,” that is, there was no energy left in her to cope with it (I Kings 10:5). She was very impressed. She, therefore, gave of her **best**. All of those gifts were very valuable in Bible days, even in the palace of the richest king on earth.

God's covenant of health through herbs

And he cried unto the LORD; and the LORD showed him a tree, which when he had cast into the waters, the waters were made sweet: there he made for them a statute and an ordinance, and there he proved them, 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." (Ex. 15:25,26)

It is interesting that when God gave Israel the Covenant of Health, it was not actually connected with a power miracle. It was connected with a miracle of knowledge (word of knowledge), as God showed Moses a tree which he could put into the bitter water to make it sweet. Is God saying that if we will let Him give us wisdom concerning which herbs to use, He will show us a way of living in health? It appears so to me.

It is also interesting that this covenant of healing which God established with His children said that this was going to be a test for them (Ex. 15:25). My belief is that God is giving us a test to see if we will meet the four "if" clauses for His covenant of healing which are found in Exodus 15:26. Those who pass the test live in health and those who don't miss the joy of health.

Principles concerning the use of herbs

Herbs are nutrition, and they nourish the body, helping maintain or restore homeostasis (balance) to the body. As homeostasis is restored, the body heals itself of any ailments it may have had. Herbs activate, build and cleanse bodily organs and tissues.

"In herbal therapy, the practitioner views disease as a general imbalance of the body. In the case of the kidney infection, an herbalist would seek to correct this imbalance by administering three types of herbs. These include herbs which would prevent toxins from being absorbed from the bowel, herbs which would tonify and build the kidney and other related organs, and herbs which would increase

the discharge of toxins through the urinary tract and other eliminative organs. In other words, herbology focuses on assisting the self-healing process of the body. The herbalist’s approach is more often nutritional than medicinal.” (*Nutritional Herbology* p. 2)

This is very different from many synthetic drugs which seek to kill a germ or virus. Synthetic drugs often function as poisons to the body rather than nurturing the body’s own defense mechanisms.

Some herbs may take longer to bring about a desired result than a drug. However, other herbs will give almost instant relief. For example, I have found potent forms of Aloe capsules will build my immune system sufficiently so that it will drive away a cold that is seeking to invade my body, and leave me healthy instead. Cascara Sagrada works quickly as an effective laxative with so few side effects that to date, no synthetic preparation can match it.

Normal herbal dosage is one capsule per day, per 25 pounds of body weight.

It takes 5 - 7 times the normal amount of nutrition to build and repair than it does to maintain.

Generally if you were seeking to rebuild an organ using herbs, you would give a minimum of three months. Then add one additional month of supplementation for every year the organ has malfunctioned.

Understanding the place of herbs in maintaining health

Herbs are key in: 1) providing nutrition for the body; 2) regulating body systems; 3) cleansing the body; 4) raising the energy level of the body; and 5) stimulating the body’s immune system.

The bark and roots of trees (from which certain herbs come) are anti-fungal and anti-bacterial because they are designed to ward off insects. As a result, they assist our bodies in warding off germs and bacteria.

Many other herbs like alfalfa (whose root goes down 20 feet), are simply super-packed with nutrition and they nourish the body’s cells and organs. Some herbs help our bodies cleanse. Some help build organs within our bodies. Herbs serve many different functions.

Summary

Herbs are God's medicine, and should be skillfully used in maintaining optimum health and in restoring sick bodies. One should take the time, as Solomon did, to study herbs in-depth so he knows which herbs to use to best serve his own body's needs as well as the needs of his loved ones. Proper use of herbs can easily prevent an early death, or living with a failing body for many years. We must learn to honor herbs as the Bible does.

One should also locate a source of excellent herbs so that he may always have any needed herb available for his personal use.

Additional Resources

Nature's Sunshine, the largest encapsulator of herbs in America today, sells over 400 different encapsulated herbs, with a total annual volume of \$100 million in sales. Nature's Sunshine was founded 24 years ago and continues to increase annually by 20 percent. It currently owns a 125,000 square foot production facility, operated according to pharmaceutical standards, even though it is not required to do so by any regulatory agency. It maintains over \$1 million in state-of-the art analytical equipment for its Research and Development and Quality Control departments. Your local health food store most likely can sell you Nature's Sunshine herbs. You may also purchase them at a wholesale price by joining Nature's Sunshine as a customer or distributor. If you would like information about this option, contact either of the authors of this book.

Prescription for Nutritional Healing by James F. Balch, M.D. & Phyllis A. Balch, C.N.C.

The How-to Herb Book by Velma J. Keith and Monteen Gordon

Nutritional Herbology by Mark Pedersen

Appendix C

Magnetic Therapy

Magnetic Therapy is the science of applying therapeutic magnetic fields to the human body to give provisional relief from pain, remove stiffness, improve blood circulation, and treat various chronic and acute conditions.

Therapeutic magnets are not the same as the magnets found on your refrigerator door. The best therapeutic magnets include centrifugal force, a patented way of creating an integration of north and south poles.

The magnetic field from the permanent magnet penetrates the skin, tissue and bones, causing the blood vessels to dilate or widen. This results in increased blood flow, carrying oxygen and nutrients to the affected area and provides for the efficient removal of waste products.

In addition, our blood contains positive and negative ions. When a magnetic field is present, the supply of ions in the blood increases, which stimulates the autonomic nerve, resulting an increased overall circulation.

These magnetic fields assist in balancing the levels of sodium, potassium and calcium within individual cells, creating more efficient and healthy cell operation. Cell health is essential to continued good health and vitality.

In Japan, 30 million people sleep on magnetic mattress pads, as do tens of thousands throughout North America. In general, any condition that would be helped by improved circulation is a good candidate for properly designed and placed magnetic devices.

“I believe that the discovery of magnetic fields and the effect they have on living organisms will prove to be the most significant discovery of this century.” (Dr. Robert Becker, author of *The Body Electric* and *Cross Currents*.)

“The magnetic field will in due time develop into a powerful new analytic and therapeutic tool of medicine.” (*Biological Effects of Magnetic Fields* by Dr. Madeleine F. Barnothy)

“This is a revolution in the therapy for muscle injuries, joint pain and posture problems. We have treated 4,000 patients with whiplash injuries and cured 80%.” (Dr. J. B. Baron, Medical Convention at the Baylor College of Medicine, Texas)

How safe are magnets? Studies show no harmful effects are caused by the proper use of magnets on the body. Obviously, the body is designed to handle magnetic attraction, for the earth is one huge magnet which exerts a continuous magnetic attraction upon the body.

Magnets are not like electrical fields, which invade our bodies' own electrical field. A magnetic field is created by the alignment of atoms so that their electrons are all spinning in the same direction. Whereas electrical fields have traveling waves of energy, each of which has its own specific frequency, the pure magnetic field is static, meaning it has no frequency.

Physicist Thomas Barnes points out that the Earth's magnetic field has been decaying regularly since it was first measured in 1835. If the half-life of the field is truly what Dr. Barnes has shown from careful measurements, the conclusion is that Earth's magnetic field would have been equal to that of a magnetic star as little as 10,000 years ago. (Thomas G. Barnes, “Origin and Destiny of the Earth's Magnetic Field,” Institute for Creation Research, San Diego, 1973)

Research by Rikitake states that the magnetic pull of the earth is decreasing at the rate of 5% per one hundred years. (T. Rikitake, “Why a Magnet Points North,” 86 Kodansha-publication, 1975)

So restoring to the body a magnetic field, similar to that which God created the earth with several thousand years ago, appears to offer health benefits in line with those who lived in the book of Genesis.

“The application of a magnetic field has the virtues of simplicity, freedom from danger and low cost. It offers the lay man or woman a suitable form of self-treatment for the minor ills of everyday life.” (Dr. Evelyne Holzapfel, *Magnet Therapy*)

“Every family should have a couple of magnets and know how to apply them in minor ailments and infections.” (Dr. A. K. Battacharya, M.D., *Healing by Magnets*)

A Nikken distributor (which can be found in most cities) can direct you to a supply of books and magnets and train you how they may be used.

Appendix D

JAMA

(Journal of the American Medical Association)

Statistics Tell the Tale

by Don Harkins

Monday, November 15, 1999

Last St. Patrick's Day, chiropractor Blaze Welch gave a lecture on how to get off of the disease scary-go-round at the Gardenia Center. The purpose of the talk, which was sponsored by the North Idaho chapter of Vaccination Liberation, was to teach people that they are responsible for their own health. Dr. Welch also discussed figures from right out of the *Journal of the American Medical Association (JAMA)* which prove, through accurate interpretations of their own words, that in the last century we chose the wrong fork in the road with regard to our health care paradigm.

Most people have been conditioned to believe in what is called the germ theory of disease — that germs cause disease. The truth is that germs (bacteria) are everywhere and they are attracted to, and proliferate in, diseased tissues.

Bacteria decompose dead matter. That is their job. For instance, when a tree dies, bacteria come in and eat the tree and it eventually becomes soil. Bacteria do not eat a live, healthy tree. The same thing is true in people — bacteria are attracted to dead matter. Therefore,

if you have dead matter in your body, bacteria will come in and get to work decomposing the dead tissue so that it may eventually become soil.

In the mid 1800's, western medical science had the choice of going one of two ways: Bechamp's theory of disease maintained that every living thing has arisen from the microzoma (the fundamental unit of the corporate organism) and every living thing is reducible to the microzoma. Bechamp believed that microzymas secrete fermentative substances that aid in digestion in a healthy body and evolve into bacteria when they encounter dead or damaged cells.

Pasteur's germ theory of disease maintained that germs come into our bodies and make diseases that we must fight so that we may be rid of them. J.I. Rodale explained Pasteur's germ theory of disease by stating that, "Germs live in the air, and every once in a while get into a human body, multiply and cause illness. Nothing to it at all. All you have to do is kill germs and disease is licked."

Bechamp's theory placed all of the responsibility of disease prevention on the individual and his lifestyle. In a practical sense, there was no money in that and people would be empowered with the ability to resist disease by taking care of themselves.

Western medical science went with Pasteur's theory because it opened the door which created the world's medical and pharmaceutical industries. Since the 1850's, we have been developing new drugs to attack and kill the disease invaders. The result has been epidemics of cancers, sicknesses and diseases, as well as a very rich and powerful pharmaceutical industry.

Last year, commented Dr. Welch, the pharmaceutical industry did \$182 billion in drug sales world wide. In contrast to that figure, it cost approximately \$183 billion to treat adverse reactions from all of those drugs, said Dr. Welch.

Dr. Welch read off some statistics which should cause concern to anybody who sees an allopathic doctor, has medical insurance or may end up in the hospital someday. Again, the following admissions were taken from *JAMA*:

According to *JAMA*, doctors kill more people than auto accidents and guns. With that in mind, one has to wonder why gun control is such a hot legislative issue when, perhaps, we should be more concerned about doctor control.

Another *JAMA* statistic stated that 20 percent of all people who see an allopath will suffer an iatrogenic (doctor-induced) injury.

Again, according to *JAMA*, 16 percent of all people who die in the hospital are determined by autopsy to have died of something other than their admission diagnosis. In other words, the doctor had no idea what was really wrong with the patient and, therefore, the patient may have died for want of appropriate care that would have been subsequent to an accurate diagnosis.

Another trade publication, *American Medical News*, stated that 28 percent of people admitted to hospitals are there because they have suffered an adverse reaction to prescribed drugs.

We are miserably losing the battle against viruses and bacteria. Antibiotics do not work. We need to take a different tactic because this is obviously not working, said Dr. Welch.

Dr. Welch made numerous practical and logical observations throughout his lecture. One of them is so obvious that it deserves mention here. "When there is an epidemic of, say, pertussis in a school and 14 of 200 kids get sick, who gets studied?" he asked.

The answer, of course, is that the sick kids get studied. They get studied by the county health district and the health district accumulates its data and then tells the newspapers about the epidemic of sickness and everybody then flocks down to the health district or goes to see their doctor to get vaccinated.

"Would it not be more appropriate to study the 186 kids that did not get sick?" asked Dr. Welch.

Appendix E

The Science, Art and Philosophy of Chiropractic

by (Dr. Tom Insinna)

Chiropractic is defined as a system of healing based on the premise that the relationship between the structural integrity of the spinal column and the function in the human body is a significant health factor, and the normal transmission of nerve energy is essential to the restoration and maintenance of health.

On September 18, 1895, Dr. Daniel David Palmer performed the first chiropractic adjustment on a gentleman named Harvey Lillard. Mr. Lillard was a janitor working in Dr. Palmer's office building in Davenport, Iowa. Apparently, Mr. Lillard had felt a stabbing pain in his upper back when lifting a heavy object. He stated that he experienced an almost immediate loss of hearing. It is said that Mr. Lillard was so deaf, he could not hear the streetcars as they passed right beside him.

Dr. Palmer reasoned that the injury to the spine was the cause of Mr. Lillard's deafness. Upon examination, Dr. Palmer found an area of tenderness and restricted motion in the upper thoracic spine. He delivered a manual thrust into the affected area, thereby replacing the vertebra and restoring normal motion. History tells us that almost immediately Mr. Lillard's hearing began to return, and within several

adjustments, he was able to hear the ticking of a pocket watch at arm's length. The act of replacing that misplaced vertebra constitutes the birth of modern chiropractic. (I say modern chiropractic because some form of physical manipulation to the spine has been practiced almost since the dawn of time.)

God created man to walk on soft earth in bare feet; to rise when it got light and to retire when it got dark; to sleep on a bed of soft grass, and to eat from the bounty He provided as food. Since the fall from grace, humankind has had a different idea. After being scared awake by an alarm clock, we wear high-heeled shoes, stand on concrete floors, spend hours in front of computer screens, and finally fall asleep on over-stuffed couches, after watching television until all hours of the night. We eat man-made foods full of dangerous chemicals, breathe toxic air, and drink poisonous water. All these things produce what chiropractors refer to as VERTEBRAL SUBLUXATION.

A vertebral subluxation is a misalignment of one or more vertebra producing a lack of normal motion, and more importantly, interference to the delicate nervous system it was designed to house and protect. Sometimes a vertebral subluxation produces pain, but many times it does not. This substantiates the importance of a thorough spinal examination by a trained Doctor of Chiropractic. Only a Doctor of Chiropractic can determine the presence of vertebral subluxation. Once located, the chiropractor can then develop a care plan specifically designed to correct the problem.

“Look well to the spine for the cause of disease.” Hippocrates

There are five major components that make up Vertebral Subluxation Complex, thereby effecting health and longevity. They are as follows:

1. Kinesiopathology - abnormal motion and position of the spine.
2. Myopathology - abnormal muscular function due to altered motion or nerve function.
3. Neuropathology - abnormal nervous system function, due to pinched or irritated nerves.

4. Histopathology - abnormal cell function, due to alterations to the nervous system.
5. Pathophysiology - the cumulative effect of time, due to abnormal spinal motion and disconnection of the cell, tissue, or organ from the brain.

Subluxation and disease

Because every cell, tissue, and organ is dependant upon the brain for its function, Doctors of Chiropractic believe that many if not all diseases can be cured by removing any interference to the normal flow of messages (life force) to and from the brain. It should be emphasized that neither the chiropractor nor chiropractic itself cures or heals. It is the body's own innate, God-given ability that does the healing. Chiropractors believe the human body possesses an inherent intelligence, which allows it to heal and protect itself from disease, that the body needs no help, just no interference, that the power that made the body can heal the body. Although, obviously not all chiropractors adhere to Judeo-Christian beliefs, many agree with the idea that God's healing power works through the nervous system to effect healing.

Unlike conventional medicine, chiropractors do not view health or sickness as being caused by outside forces. Health flows from above, down and inside, out. Health is realized only to the extent to which the nervous system allows the innate intelligence to be expressed throughout the body. Sickness occurs only when the natural intelligence cannot be fully expressed, due to interference produced by vertebral subluxation. Symptoms are seen as merely a warning sign, telling us something is wrong; an outward manifestation of an internal malfunction.

Chiropractors believe symptoms should not be masked by drugs or surgery, and certainly not ignored, but it should be emphasized that chiropractors do not treat symptoms or diseases. Chiropractors focus their attention on the cause of the condition, knowing if the condition is caused by subluxation, the best service he or she can provide to the patient is to correct the subluxation, and allow the body the opportunity to heal itself. Many patients consider chiropractic to be the ultimate in natural healing, because the Doctor of Chiropractic puts nothing in you, and takes nothing out of you.

Chiropractors do not prescribe any pills, shots, lotions or potions. Understandably, the very same things many patients love about chiropractic cause the big drug companies to hate chiropractic, but more about that later.

Chiropractic treatment involves first a thorough examination to locate the area of the spine which is out of alignment, thereby producing the interference. The modern chiropractor employs many of the same methods in the examination process as other physicians, but x-ray, spinal ranges of motion, digital palpation of the spine, postural examination, muscle testing, and heat sensing instrumentation are the most common. After the subluxation is located, analyzed, and the correction plan determined, adjustments can begin.

Although there are about as many chiropractic techniques available as there are chiropractors, the objective is the same: To move spinal vertebra to a more normal position. This will remove the interference from the nervous system, and allow the body to heal itself.

There are those who see the variety of chiropractic techniques as a hindrance which sometimes causes confusion while communicating with insurance companies or other health care providers. And although I agree this can be challenging, I feel the additional choice offered to patients is well worth the challenge. From very low-force techniques for elderly, infants, and/or sensitive patients to techniques suitable even for professional athletes, there is a chiropractic technique that is right for everyone.

How do I find a good chiropractor? When fielding this question, I prefer the answer Jesus gave the rich man in Mark 10:18, "Why do you call Me good? Only God is good." Chiropractors are licensed in all fifty states, and over thirty countries worldwide. In the U.S. chiropractors must have between sixty and ninety units in an accredited undergraduate college, and four academic years of professional education averaging a total of 4822 hours. State licensing boards regulate, among other factors, the education, experience and moral character of the candidates for licensure, and protect the public health, safety and welfare.

The National Board of Chiropractic Examiners (NBCE) was established in 1963 and functions quite similarly to the National Board of Medical Examiners. The NBCE maintains consistency and fairness

among the state licensing boards. The NBCE also administers the national board examination necessary to practice as a chiropractor. The exam is divided into several specific sections:

Part I covers the basic sciences and may be taken after the first year of chiropractic college education.

Part II covers clinical sciences and is administered when students are in their senior year of chiropractic college.

Part III is a written clinical competency examination that requires that a student has passed parts I and II and be within eight months of graduation (or already graduated).

As you can see, by the time doctors of chiropractic have reached private practice, they have been proven fully competent in all areas relating to patient care. Therefore I find these steps to be the best advice when looking for the chiropractor that best suits you:

1. Ask your friends and family for a personal referral. Those who have visited a local chiropractor would be the best to start you in the right direction, due to the fact that they know both of you.
2. Begin with doctors in your area. Because of the nature of chiropractic and the functioning of our bodies, multiple visits are required to fully correct vertebral subluxation, therefore the closer the better.
3. Call the office and discuss charges, requirements and office policies. This will prevent any surprises and perhaps save you some time in the long run.
4. The most important step is a personal interview and consultation with the doctor. Remember, you are entrusting this individual with not only your health, but also hopefully the health of your entire family; therefore be very sure the chemistry is right. Ask if the doctor will do a thorough examination, and provide you with a complete report of findings. Be certain the doctor will have a detailed plan of action; including how long correction will take, and how much it will cost. You will want to ask about provisions for family care. In short, get to know the doctor and let the doctor know exactly what you expect to achieve from chiropractic. The doctor's goals and yours should be very closely aligned in order for the experience

to be a positive one. Remember: to gain the maximum benefit from chiropractic, this must be a long-term relationship, so don't make a hasty decision.

5. Remember that you are the boss. The chiropractor is there to serve you, not vice versa. Your health is ultimately your responsibility, so ask questions until you fully understand all aspects of your care.
6. Finally, pray. Once all the information is gathered, ask the Lord to guide and direct you to the right chiropractor.

I don't think this discussion would be complete without the mention of maintenance care. Virtually anything in nature must be cared for with some level of regularity. You can't water a flower just once, and expect it to continue to thrive. If you go on a diet, lose the desired amount of weight, and don't maintain it, you will very quickly regain that weight. Whether it's an exercise program or a foreign language, everything requires some level of maintenance to continue at a level of peak performance. Most chiropractors would agree that once a subluxation is fully corrected, a program of regular adjustments is recommended to maintain that normal function. This can be anywhere from weekly to monthly, according to the individual situation.

Since its inception in 1895, there has been a certain degree of animosity between doctors of chiropractic and doctors of allopathic medicine. I believe it began with the fact that early on, the Palmer School of Chiropractic was awarding doctoral degrees to individuals having only high school diplomas and several months of formal training. The medical profession was perhaps justified in its contention that doctors of chiropractic were poorly educated and not qualified to be referred to as doctors. In fact, they were not licensed in any of the 50 states.

As recently as 40 years ago a chiropractic degree only required a high school diploma and 18 months of chiropractic education. But as the times have changed, so have the educational standards of the chiropractic profession. The Palmer School of Chiropractic has become a fully accredited college offering not only a doctoral degree, but also a Bachelor and Master of Science program. Along with 15 other educational institutions nation-wide, they have raised

the educational standards to equal that of any other health care profession.

Well, why is there still an undercurrent of strife between allopathic and chiropractic health care? I bent over backwards trying to be fair to the medics earlier, but I must contend that once the educational issue was addressed, any other disagreements between the professions amount to ego, philosophy, competition and, money.

I believe the medics would have welcomed chiropractors into the health care arena as underlings, dependent upon them for advice, opinions and referrals, but since day one, chiropractors have been tenaciously independent, desiring to be totally and distinctly separated from their medical counterparts. Our method of treatment, philosophy and objectives are diametrically opposed to that of conventional medicine, and unfortunately, human nature seems to cause us to look at someone who is different with cynicism, distrust, and even hatred.

Regrettably, chiropractors and medics see themselves as adversaries, competing in the same market. Whether it's ego, pride, or money, the patient suffers from this outdated "them or us" attitude. Chiropractic and allopathic medicine are different. So are a grapefruit and an acorn squash. They are neither good nor bad, neither evil nor righteous. They just are! Our bodies need both for optimum health. Chiropractic is not an alternate to medicine. They are too different to be alternates. A medical doctor cannot adjust your spine to correct vertebral subluxation, thereby releasing the innate healing power, and a chiropractor cannot properly care for all aspects involved in a compound fracture. It is time we put aside our petty differences, stood on our own separate virtues, and allowed the patient to decide the type of health care that suits him.

This leaves only the drug industry. Most chiropractors would agree with the statement, "Chiropractic first, drugs second, surgery last." This goes from least to most invasive, and in most cases, as long as the patient is properly examined, offers the best opportunity to get well and stay well. It is not my desire to demonize any industry or profession, but eventually it comes down to one issue: Money! Chiropractic costs the drug industry millions, maybe even billions of dollars of lost revenue in pain relievers, antibiotics, and anti-inflammatories to mention just a few (Praise the Lord!). There is nothing

chiropractors can do, say or think to make them happy about that, and I see no reason for us to even try.

In closing, I feel it is only fair to say that not all chiropractors would agree on everything I have stated, but that holds true for any profession involving intelligent, caring people striving to do their best to help others. Chiropractic is a dynamic profession containing a plethora of varying ideas, philosophies and treatment modalities, allowing the public to seek out and support those which they consider to be the best and most effective.

Appendix F

Restoring Health Care for Pets, Livestock and the Creation

by Roger L. DeHaan, DVM, MTS, CVC

Disclaimer: The information and procedures contained in this book are based upon the research and the personal and professional experiences of the authors. They are not intended as a substitute for consulting with your physician or other health care provider. The publisher and author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or procedures discussed in this book. All matters pertaining to your physical health should be supervised by a health care professional. It is also a sign of wisdom to seek a second or third opinion when necessary.

Introduction

Did you know that much of what you are reading in this book is relevant to your companion animals also? I was educated as a traditional veterinarian, but was privileged also to spend 12 years of

my life in the jungles of Colombia, South America. We had some nurses, but I was the only “doctor.” What I did on animals, I began to do on people! I sutured wounds, gave medicine, even learned dentistry on people. I discovered that what I had learned on animals, in veterinary medicine, worked on people also. The physical body is essentially the same. Nutritionally and medicinally, what works on one works on the other! Later, I took many advanced holistic courses in human health - and applied what I learned on animals. The basic principles work in all directions, I discovered; in fact, they even work with plant life and with the soils from which we all have our common origin.

In practice, I am a “holistic veterinarian.” That means I use modalities other than surgery, medicine and dentistry. I incorporate acupuncture, chiropractic, herbs, whole-food diets, homeopathy, glandular supplements, and even emotional treatments. I have a habit of praying daily for the animals, and sometimes even with the clients. Above all, I ask for guidance, wisdom and inspiration.

You may not realize it, but animals have inherited our problems, our diseases, even our fears. What we learn about ourselves is relevant to our pets and what we learn about our pets is relevant to ourselves. Actually we live in a continuum. The order is ascending, from soil, to plants, to animals, and finally to mankind. What happens to one, ultimately affects every other level on the continuum. We are related on the emotional and spiritual level, first of all. But secondly, every physical change on one level ultimately rebounds into the other levels as well. Those are laws of God, and laws of nature. If you study soil microbiology, you will understand that even the soil is teeming with life, that the whole creation has a common origin, that everything is “connected.”

This is only partly recognized in Newtonian physics, but is much more apparent in Einsteinian and quantum physics and in the other dimensions of science and life currently being discovered.

Personal background and spiritual insights

In Genesis, the “Book of Beginnings,” we encounter the magnificent Creation Mandate, to “replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moves upon the earth” (Gen. 1:28).

Let me begin by asking two poignant questions: 1. What does that mean? 2. Are we doing that?

I grew up on a very diversified farm in southern Michigan. Food was raised organically and sold at the farmer's market. We raised 1000 chickens for eggs, for local customers; and founded a goat dairy with some of the highest-producing milkers in the United States. In addition, we ran a feed mill to grind and balance feed for farmers in the area. After some years in partnership with my father, I decided to become a veterinarian. I then went on to Gordon/Conwell Theological Seminary, and after that, experienced 12 wonderful years in the jungles of South America in agricultural and Christian missions. Through those experiences I developed a deeper love of the land, and for all classes of animals. I even learned to love people!

The first half of my life I studied more about disease than about health. I also began to understand that the creation was badly "out of balance." I also realized very few had answers when the simple things, like antibiotics and drugs, failed to work. Furthermore, I discovered the scientists and theologians were not even looking in the right place for answers. (Well, can you find the answer if you're not looking in the right place?) Over 70 major diseases have "no known cause and no known cure." That, to me, is an indictment against our present ivory-tower (white coat and black bag) medical system.

Have you ever looked in the Scriptures and noted the thousands of references to agriculture? Have you noticed that in the very beginning God "planted a garden" (Gen. 2:8)? He decorated this garden with delicious fruit trees, culinary and medicinal herbs, great varieties of animals, and the crown of creation: mankind. All this in a community relationship, with Adam given the awesome responsibility of oversight! Have you even pondered Adam's "job description"?

Unless we can discern creation's design and purpose, we will probably spend our lives puttering around doing menial tasks, trying to make our credit card payments, and hoping to have a heavenly address when we die. But there is dramatically more involved than that - such that it should boggle our imaginations - and stimulate every human to higher levels of being!

The real intent of creation, originally, was that mankind be a husbandman to the creation. Adam was given a heart and talent to be

God's ambassador to the earth. Enjoying perfect health himself, he was called to tend the garden in such a way that perfect health would reign there also. Do you think that mandate ever changed? Obviously there is confusion over this issue. And thousands of ideas on what to do about it! But the real question has to do with success. Has mankind succeeded, or is he even moving in the right direction in restoring an obviously "fallen creation"? What do you think? Have you studied the pattern of "the Book"? Have you spoken recently with the Great Source and Designer of Creation - the One some call the First Cause? And do you, as one individual human being, have any responsibility in this great dilemma?

When I was in theological seminary, my Master's Thesis was titled: "The Image of God in Animals." A rather challenging subject in a seminary with professors of Biblical Studies and experts in the subtleties of language meanings. But hey, I was a veterinarian! I was raised on a farm. And I was curious! I discovered, interestingly, that animals are unique. They are "groaning for the redemption of creation," for the "manifestation of the sons of God" (Rom. 8:19,22). That's Scriptural! But, I also noticed man was more unique than any animal. He was subsequently inspired (in-breathed) by the great Creator of the universe, and given a very crucial role in God's ongoing plan for the earth. (Gen. 2:7).

What am I driving at? That we have a direct responsibility for more than ourselves and our own personal well-being. And although we dwell in a creation that has been corrupted, we, blessed in the "Second Adam," have a calling to reverse this curse, daily living to be a redemptive blessing to all creation. How? By keeping our covenant with the Creator! By our father Adam, corruption was seeded into the world, and that curse tainted every aspect of creation. We all know the tragic result, frustration in our work, weeds out-growing fruit trees, struggles and heartache in childbirth, man against man, and fear, stress and anxiety between animals and toward man. How sad! (Gen. 3:16-19; 9:2).

When I was in the jungles of Colombia in the 70's, I was one day handed over the hog program of about 40 pigs. The grown sows visibly looked like skinny greyhound dogs. Most of the piglets died or were dying. Fortunately my goal was *not* to apply the medicine I had learned in a cultured society, but rather to discover and apply

spiritual and nutritional *principles* that would work *consistently* in the rainforests of the Equator. That very week, in prayer, I had a unique vision of a giant snake slithering into the pigpen. Six large lumps protruded from its huge belly. I instantly “knew” I was in a gigantic battle on a spiritual level. What else could that mean? And suddenly I understood clearly one part of the answer, and one reason exactly *why* the pigs were dead and dying! Immediately I went into spiritual warfare, taking authoritative command over the situation - until that fat serpent left!

Next I began to study the principles of health and nutrition that applied. I researched and discovered what was available in the jungle to solve malnutrition. God began to answer in amazing ways! I discovered the wood ashes we discarded from the cooking stoves had dozens of useful applications--not the least of which was nutritional – *essential minerals* brought from deep in the earth, which were washed from the surface soil by torrential rains. I spiced these wood ashes into the pig food. Next, I searched out the truth that the young leaves from the garden sweet potato, and the yucca leaves (the roots which were food for us and the animals) were laden with the very protein and nutrition that the pigs desperately needed. So I added these to their diet, also.

About that time a missionary from Japan happened by, telling us about a healthy bacterial/yeast culture used by the pig farmers in Japan. It was cultured on rice bran, the very product we had been discarding as a useless waste product. Now it became “gold” with its newly-discovered nutrients: B complex vitamins, amino acids, and other vital growth factors. God certainly moves in inspiring ways, and within six months the pig program was prospering. I began to teach others! Interestingly, most of the answers were under our noses every day. But we were ignorantly blinded to them, until they were revealed. And they were only revealed **after** I began searching!

Some animal husbandry Scriptures

A major limitation in health care progress, from my standpoint, is the failure to understand an animal from the animal’s perspective or a plant from a plant’s perspective. A major point I stress with domestic pet owners, to help them understand diet requirements is

this: What does a cat or dog or cow eat *in nature*? In the wild, an animal will forage for miles to get its diet balanced, by instinct, *without book knowledge*. God put that *innate* ability in them. We, in our wisdom, assume we can improve on that. We cook, preserve, de-nature, fractionate, adulterate; sublimely subtract living germ, then ignorantly add pharmaceutical, factory synthesized vitamins, chemicals and salt minerals - then we, with authority, call it “improved” and “100% complete”?!

Here is a much better approach. By astutely watching “the beasts” we would undoubtedly learn several key principles about nutrition, and undoubtedly key truths about ourselves. Consider the following surprising statements:

Who teaches us more than the beasts of the earth, and makes us wiser than the fowls of heaven? There they cry (speak), but none giveth answer, because of the **pride** of evil men. (Job 35:11,12, emphasis mine)

But ask now the beasts, and they shall teach you; and the fowls of the air, and they shall tell you: Or speak to the earth, and it shall teach you: and the fishes of the sea shall declare unto you.... (Job 12:7,8)

For GOD speaks once, yea twice, but man perceives it not. In a dream, in a vision of the night, when deep sleep falleth upon man, in slumberings upon the bed; Then he opens the ears of men, and seals their instruction, that He may... hide **pride** from man. (Job 33:14-17, emphasis mine)

What insight do you get from these Scriptures? To me they speak this truth, that man is not finding answers that even the brute natural creation could give. The problem is simple: man’s pride and rebellion. We refuse to look in the right places, or to observe what we are seeing. We are like husbandmen intent on raping the creation for our lusts, rather than nurturing, listening, understanding. Patiently God is nevertheless attempting to get through to us! But “pride” and preconceived positions must first be sacrificed on the altar of humility and brokenness.

Note the following, written at a time in history when 90% of the population was agrarian:

Be diligent to know the state of your flocks, and look well to your herds. (Prov. 27:23)

A good man looks after (is concerned about) the welfare of his animals. (Prov. 12:10)

Yet in my office today, the average animal is brought in weeks, months, or sometimes years after symptoms first appear. Why? Due to lack of both careful observation and of intuitive knowledge. Today only 3% of the population lives on farms. Perhaps only 1 in 1000 has the heart of a husbandman, the nurturing of a mother, the shepherding ability of a King David!

Resolution of this problem begins with you and me. God's covenant, according to the prophet Hosea, includes "...the beasts of the field, the fowls of heaven...the creeping things..." Then he prophesies: "And it shall come to pass in that day, I will hear,' saith the Lord, 'I will hear the heavens, and they shall hear the earth. And the earth shall hear the corn, and the wine, and the oil; and they shall hear Jezreel..." (Hos. 2:18-22). Surely this is distinctly prophetic, and has a deeply profound spiritual meaning, but let us not discount the obvious. The entire creation is in relationship, in communication. A message is out there crying to be heard. A "groaning" is going forth. Will we get the message?

Blessings and cursings

Blessings are contingent on man keeping his covenant with God. Mount Gerizim, in old Israel, was known as the Mountain of Blessing. Across the valley was a barren and rocky hill called Mount Ebal. It was known as the Mountain of Cursing. A solemn assembly took place there one eventful day, and the words of the covenant were read with a loud voice. Deuteronomy 27 and 28 enumerate an awesome list of blessings, and how to obtain them. The people were commanded to "eat and rejoice" that day. But the list was even longer of those who would be cursed and why, and all the diseases and plagues that would follow. That covenant included our land and animals!

The blessing says, "Blessed shall thou be in the city and blessed shall thou be in the **field**. Blessed shall be the fruit of thy body, and the fruit of thy **ground**, and the fruit of thy **cattle**, and the increase

of thy **kine**, and the **flocks of thy sheep**” (Deut. 28:3,4, emphasis mine). “And the Lord shall make thee plenteous in goods, in the fruit of thy body, and in the fruit of thy **cattle**, and the fruit of thy **ground** (v. 11, emphasis mine). This was all contingent on being a holy people, however, and obedient, and walking in God’s ways. That is, keeping our part of the covenant. We are called to be a covenant-keeping people!

A viewpoint and a vision

I see all across this land a people crying out for health and healing. But healing must begin in individual hearts, and expand to families and communities and nations. We have drunk of the cup of selfishness long enough. Our land, our families, our homes and possessions have been under a blistering curse long enough. As a nation we have prospered mightily. Yet the evidence of corruption, disease and degradation is everywhere. I see a people crying out for holiness and perfection, willing to take up the mantle of responsibility. Their cry is to be healed, so they may heal. That everything that has been touched by the wave of violence and corruption might also be healed.

Our sons and daughters have lost their first love. Our homes and properties are being taken over by the bankers. Our lands and crops have lost their nutrition and vitality. But in the midst of this, I see a remnant joining hand-to-hand, again seeking for the blessings of the covenant, seeking to be free from the darkness of secularism as it finalizes its death grip on a pleasure-hungry world. I see these brave ones living in simplicity, yet prospering. They have health and joy. They have light radiating from inside their beings. They are the ones who will have the final answer when the tribes and nations are ready to bow to the Mighty One of Hosts.

Some practical helps

In the transition, we as the Church must be faithful to what each of us intuitively knows. Some of the following are obvious to me:

1. **NUTRITION.** Move toward “Creation Law,” whole foods, in their season, with concentrated supplements to make up for the severe soil deficiencies. These deficiencies are primarily due to current worldwide agri-business farming practices.

That means getting off the generic, processed, sterile, chemical-ridden manufactured brands, or at least supplementing them with whole and live foods, clean water, and super-food supplements.

2. **VACCINATIONS.** Current research is clearly demonstrating that shotgun vaccinations do more harm than good for our animals. Immune systems are being reprogrammed. However, there are several natural, safer alternatives. This includes, but is not limited to, powerful herbal, dietary and homeopathic antidotes. We need a strong immune system, not one reprogrammed by questionable vaccinations. Recent science, plus my own experience, substantiate that over half of the current immune problems in animals are due to over-vaccination, combined with too much stress and chemical exposure. (The other major problem is serious malnutrition in the midst of plenty, empty foods, devoid of enzymes and “life.”)
3. **SOURCES OF INFORMATION.** Alternative answers are exploding, although there is also much confusion and contradiction. It is wise to have some good source materials, and then join clubs, cooperatives and newsletters of like-minded individuals. Having links is necessary for stimulation of our own spiritual minds, as well as providing the avenue to open up relationships with other people of similar beliefs. (I will mention several links at the end of this article, but there are many good possibilities, and more every week, including on the internet.)
4. **TRAINING FACILITIES.** It must be our prayer that God will raise up training opportunities all across this nation and around the globe. Some of the knowledge and anointing are already available, but discipling and training must be our goal. I have had a personal burden for this, but the mega-challenge and cooperative team-effort needed will require apostolic-type leadership. I am currently not aware of that type of vision or clear leadership at this level of need. But if the need is there, and it is, and it combines with a grass-root cry for that leadership, I am sure that leadership will manifest. In my own understanding, this training could include anointed

videos, seminars, and printed or internet papers. There must be resources and principled teaching materials, as well as experimental family and community farms which actively practice and teach these principles.

5. **THE ANOINTING.** What we need for our livestock and lands will require a great deal of prayer and anointing. I remember the success of our own organic gardens in the 1950's. I distinctly recall my father walking the fields on Sunday afternoons, and seeing him on his knees in the early mornings, before chores. Success came with hard work, diligence, seeking answers, guidance, and prayer. We can expect miracles, if we sow the right seeds today, always using Kingdom methods and Kingdom principles.
6. **COMMON SENSE.** Where we don't have obvious answers, we begin doing what we know to do and experimenting, using common sense. I have found that God will put a seed impression in my mind or heart. I will then interrelate with others, seeking their wisdom and experience. Taking what I conclude, I sow it on a small experimental basis, watching for the fruit. Always learning and expanding, the sum total has been a large measure of success! A lesson learned from my father, although he did not use those exact words, was "Nothing ventured, nothing gained." We must be willing to experiment, innovate, and press on from past mistakes if we are to "win the prize."
7. **BE A LIGHTHOUSE!** As you and I diligently practice what we believe, others will see and ask. It is amazing how blinded and narrow human nature is, including (sometimes especially!) our friends and neighbors. Nevertheless, truth wins out in the long run. And if a commodity is to be exported, it must first work in our own homes and fields. That is a catalyst for true change!
8. **USE PROFESSIONAL GUIDANCE.** But don't be addicted! I am blessed by how many good professionals are out there, who help give me one piece of the puzzle. But if I follow professionals blindly, I also accept their limitations. "Here a little, there a little," seems to be a divine principle. So glean in every field where you are invited and accepted. More importantly,

seek divine guidance. And never go beyond your own internal peace, wisdom, and witness. How often I have heard this lament, "I knew it was wrong, but didn't know what else to do"! Hard lessons, but we alone must accept primary responsibility for health decisions for both ourselves and our animals, and never relinquish that to another "professional," no matter how many credentials. **Never violate your own inner sense of conscience or witness.**

9. FOLIAR SPRAYS. If not currently knowledgeable in this, be open! Foliar sprays are pump mist spraying of small (micro) amounts of nutrients and other specific balancing ingredients over plants, animals, and soils. I have been blessed and pleased by my own results and experiments over the past 20 years. This can include misting products on yourself and your plants with mist bottles, as well as pressure sprayers over lawns, orchards, crops, or animals. It can include plant flower remedies and essences, as well as plant stimulants and various types of insect and disease repellents. The list is limited only by our own lack of imagination. Foliar sprays can be a powerful and very economical form of health treatment and nutritional and genetic manipulation, properly applied. The cost can be as low as \$10 per acre.
10. THE LAW OF THE CONTINUUM. Do not forget that soil, plants, animals and we ourselves, are intimately related on the biological level. Major frequencies of the human body have been found in every form of life, although the details may differ. For instance we have blood; a tree has sap. We have lungs, but a plant still has a form of respiration. Experiments have proven that every form of life has feelings and responses. (For more information on this, read the book *The Secret Life of Plants* by Tompkins & Bird.) The blood and lungs, are just examples. On the emotional level there are various other frequencies (love, fear, anger, etc.), which are present in every form and level of life. This means the very herb, nutrient, homeopathic or medical remedy that helps you may also be equally effective for your animals and crops. Please do not forget that!
11. PRAYER. Laying on of hands, anointing with oil, and bathing in specific prayer the land, soil and animals are part of our

covenant right and **responsibility**. However, often we have our hands out for the blessings, without first fulfilling our own responsibility! Begin by blessing the Creator! Then bless everything under your home and covenant jurisdiction. Paul says to “bless and curse not.” But as you minister outward, be aware of the need of internal ministrations, such as forgiveness and repentance.

In addition it is important to follow every creation law that God brings into our consciousness. I recall an entire litter of German Shepherd puppies that had severe hip dysplasia. As the caretakers became aware of the nutritional laws involved, the same pair of Shepherds sired a new litter. In that litter not one puppy developed hip dysplasia. They were now obeying Creation Law on the level of nutritional principles, and the curse was lifted. I see this every week in my veterinary clinical practice!

12. CONSULTATIONS. I am available for professional consultations for those who have that need and desire. This can be either at my office in Kings Mountain, North Carolina, or over the phone. Further details can be found on my website: www.aholisticvet.com. It has been my specific and regular prayer that the Lord would direct me to those who I can help; and by the same token, keep away who I can't help, or who would not appreciate or benefit from the type of help I offer. So don't call unless you are specifically directed!

Links for basic pet, animal and soil information

1. ACRES USA. A monthly magazine voice for “Eco-Agriculture.” For the farmer, it has a wide variety of hard-to-find information, very free-thinking, may require discernment, but contains some dynamic and very useful facts and insights. Seminars, books and tapes covering everything from backyard farming, goats, beekeeping, poultry, and so on, to large sustainable agriculture. Subscriptions \$24/year, 1-800-355-5313, or information at 512-892-4400 (Austin, TX).
2. NATURAL CARE OF PETS. Over 33 articles including: diet and nutrition; home-cooking; herbs and supplements; parasite prevention; skin problems; food allergies; cancer helps;

stress control; corneal ulcers and “dry eye”; new puppy care; new protocols for vaccinations; importance of food enzymes; and many others. Send \$12 plus \$3 shipping & handling to: Dr. Roger L. DeHaan, Holistic Veterinary Services, 105 Police Club Drive, Kings Mountain, NC 28086.

3. WEBSITE with Dr. Roger L. DeHaan, DVM. Newsletter articles will eventually be published monthly on various interesting aspects of health care. Select high-quality pet products are currently available for purchase, and may one day be available on a link-website. Check us out at www.aholisticvet.com.

PHONE CONSULTATION policy, details and charges are given on the above website. For those wishing a personal phone consultation with Dr. DeHaan, he may be reached at the following number in his veterinary office: 704-734-0061. Current charges are \$30 minimum up to 20 minutes and \$10 for each additional 10 minutes.

Consultations are for the purpose of imparting specialized nutritional information for a variety of nutritional or medical conditions. Also laboratory tests can be interpreted from a nutritional standpoint, so please have all relevant information available.

Note that it is often possible, and even preferable, to work with your local veterinarian. I find many professionals are open to holistic and nutritional ideas when they have non-responsive cases to drugs and orthodox medicine. As an ethical standard, please note that we can never sell or prescribe prescription drugs over the phone. By law, those must be prescribed by your local veterinarian. However we do have many professional-quality nutrients, herbals, glandulars, homeopathics and other supplements available at our clinic.

God bless, keep and guide each one, as we together press into answers and opportunities that are daily waiting for each of us to discover.

Roger L. DeHaan, DVM, MTS, CVC
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Kings Mountain, NC 28086
704-734-0061
website: www.aholisticvet.com

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Creative Management Seminar audio/video series
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Ethical Network Marketing
Experiencing God: Lamad Encounter Groups
Flow of Life, The
Four Keys to Hearing God's Voice audio/video
Foundations of Life, The
Fulfill Your Financial Destiny
Gifted to Succeed
Go Natural! - Eden's Health Plan: book, workbook, teacher's
guide, audio/video series
Great Mystery, The
Health Mastery Through Muscle Response Testing*

Hear God Through Your Dreams

How Do You Know?

How to Hear God's Voice: book, seminar workbook, teacher's guide, teen edition, audio/video series

"How to Receive the Baptism in the Holy Spirit" booklet

Intimacy with the Holy Spirit

Naturally Supernatural: book, audio and video series

Pharisee's Struggle with the Holy Spirit, The audio

Prayers That Heal the Heart: book, seminar guide, audio/video series

Revelation Knowledge audio

Rivers of Grace – Raising children by the Spirit rather than the law

Sense Your Spirit

Sound Doctrine Through Revelation Knowledge

Spirit Born Creativity: book, teacher's guide, audio/video series

Spirit-Anointed Teaching Seminar workbook, audio series

Supernatural Church, The

Through the Bible: book, teacher's guide, handbook of answers

Twenty Key Biblical Principles for Management

Tools for the Workman: book, teacher's guide

Wading Deeper Into the River of God

What Do Left-brainers Receive? audio

Why Christian Home Education?

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Tracts and Articles

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The De-secularizing of Health Care

When the Church decided to secularize health care and removed the Bible, the revelation of the Holy Spirit and the anointing to heal which comes from the Holy Spirit, from medical schools and the training of its doctors and nurses, traditional health care went off track to the detriment of patients under its care.

Today, God is rising up an alternative biblical approach to vibrant health which incorporates Scripture, Spirit-anointed revelation, and the healing power of God, as well as several biblically-grounded natural lifestyle approaches to health and well-being.

Christians must explore, understand and use all available biblical and Spirit-anointed tools for optimum health. Applying these approaches could save their lives, as well as the lives of their friends, their families and their loved ones.

The history of health care:

2000 B.C. – Here, eat this root.

1000 A.D. – That root is heathen. Here, say this prayer.

1850 A.D. – That prayer is superstition. Here, drink this potion.

1940 A.D. – That potion is snake oil. Here, swallow this pill.

1985 A.D. – That pill is ineffective. Here, take this antibiotic.

2000 A.D. – That antibiotic doesn't work anymore. Here, eat this root.