

Health Quotes 'n' Notes™

Alternative Medicine & Sympathetic Remedies



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**A compilation of E.G. White,
Bible texts, and more.**

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DISCLAIMER: This booklet is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

Dangers of New Age therapies

***Note from the complier:** In addition to *Spirit of Prophecy* Ellen White, this booklet has notes from the complier, Angela Poch, NC, a trained credentialed Nutritional Counsellor and refers to several modern sources for information because while the principles are the same, but the names of certain practices are new (or at least new to America). I've tried to italicized all info NOT from *Spirit of Prophecy* to make it easier but for complete information if it is an Ellen White quote it will not only have "quotation marks" but also the appropriate EGW reference in {brackets}, if you need a key for Ellen White books please see the end of this booklet.*

Warning to a Physician about hypnosis and mind cure (foundation of reiki and other new age practices). "I am so weighed down in your case that I must continue to write to you, lest in your blindness you will not see where you need to reform. I am instructed that you are entertaining ideas with which God has forbidden you to deal. I will name these as a species of mind cure. You suppose that you can use this mind cure in your professional work as a physician. In tones of earnest warning the words were spoken: Beware, beware where your feet are placed and your mind is carried. God has not appointed you this work. The theory of mind controlling mind is originated by Satan to introduce himself as the chief worker, to put human philosophy where divine philosophy should be. No man or woman should exercise his or her will to control the senses or reason of another, so that the mind of the person is rendered passively subject to the will of the one who is exercising the control. This science may appear to be something beautiful, but it is a science which you are in no case to handle... There is something better for you to engage in than the control of human nature over human nature. I lift the danger signal. The only safe and true mind cure covers much. The physician must educate the people to look from the human to the divine. He who has made man's mind knows precisely what the mind needs. In taking up the science you have begun to advocate, you are giving an education which is not safe for you or for those you teach. It is dangerous to tinge minds with the science of mind cure." {MM 111, 112}

Mind Cure Appears Valuable and Wonderful. “In taking up the science you have begun to advocate, you are giving an education which is not safe for you or for those you teach. It is dangerous to tinge minds with the science of mind cure. This science may appear to you to be very valuable, but to you and to others it is a fallacy prepared by Satan. It is the charm of the serpent which stings to spiritual death. It covers much that seems wonderful, but it is foreign to the nature and spirit of Christ. This science does not lead to Him who is life and salvation.... At the beginning of my work I had the mind-cure science to contend with. I was sent from place to place to declare the falseness of this science, into which many were entering. The mind cure was entered upon very innocently--to relieve the tension upon the minds of nervous invalids. But, oh, how sad were the results! God sent me from place to place to **rebuke everything pertaining to this science.**” {MM 112, 113} *Mind Cure of old is part of the “New Thought” movement - Christian Science, oriental medicine, and New Age religions.*

Tends to Destruction, Not Restoration. “I wish to speak plainly to you. You have entered upon a work which has no place in the work of a Christian physician and which must find no place in our health institutions. Innocent though it may appear, this mind cure, if exercised upon the patients, will in its development be for their destruction, not their restoration. Second Timothy 3 describes persons who accept error, such as one mind exercising complete control over another mind. God forbids any such thing. The mind cure is one of Satan’s greatest sciences, and it is important that our physicians see clearly the real character of this science; for through it great temptations will come to them. This science must not be allowed a particle of standing room in our sanitariums. God has not given one ray of light or encouragement for our physicians to take up the work of having one mind completely control the mind of another so that one acts out the will of another. Let us learn the ways and purposes of God. Let not the enemy gain the least advantage over you. Let him not lead you to dare to endeavor to control another mind until it becomes a machine in your hands. This is the science of Satan’s working.”{MM 113, 114}

Holistic Healing can lead to spiritualism: “Let the world go into spiritualism, into theosophy, into pantheism, if they choose. We are to have nothing to do with this deceptive branch of Satan’s work. The pleasing sentiments of pantheism will lead many souls into forbidden paths. God forbids His servants to leave their fields of labor to enter into a discussion of these sentiments. The last Testimony published opens to our people the danger of these theories, and the Testimonies published in the future (*we have them all now*) will urge still more strongly the necessity of lifting up and carrying high the banner on which are inscribed the words, ‘The commandments of God the faith of Jesus.’ God’s people are to let no one take this banner from their hands. I am instructed that false theories will be presented, and that some in the medical missionary work, who have been wavering, will yield up the faith, and give heed to seducing spirits and doctrines of devils.” {BCL 109.6}

Power in yourself is one of the KEY dangers of modern spiritualism: “I was directed to this scripture as especially applying to modern spiritualism: Colossians 2:8: ‘Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.’ Thousands, I was shown, have been spoiled through the philosophy of phrenology and animal magnetism, and have been driven into infidelity. If the mind commences to run in this channel, it is almost sure to lose its balance and be controlled by a demon. ‘Vain deceit’ fills the minds of poor mortals. They think there is such power in themselves to accomplish great works that they realize no necessity of a higher power. Their principles and faith are “after the tradition of men, after the rudiments of the world, and not after Christ.” Jesus has not taught them this philosophy. Nothing of the kind can be found in His teachings. He did not direct the minds of poor mortals to themselves, to a power which they possessed. He was ever directing their minds to God, the Creator of the universe, as the source of their strength and wisdom. Special warning is given in verse 18: ‘Let no man beguile you of your reward in a voluntary humility and worshiping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly mind.’” {1T 297.1}

Satan uses spiritualism, phrenology, and mesmerism to destroy souls: “The prayer of faith is the great strength of the Christian and will assuredly prevail against Satan. This is why he insinuates that we have no need of prayer. The name of Jesus, our Advocate, he detests; and when we earnestly come to Him for help, Satan’s host is alarmed. It serves his purpose well if we neglect the exercise of prayer, for then his lying wonders are more readily received. That which he failed to accomplish in tempting Christ, he accomplishes by setting his deceitful temptations before man. He sometimes comes in the form of a lovely young person, or of a beautiful shadow. He works cures, and is worshiped by deceived mortals as a benefactor of our race. Phrenology and mesmerism are very much exalted. They are good in their place, but they are seized upon by Satan as his most powerful agents to deceive and destroy souls. His arts and devices are received as from heaven, and faith in the detector, the Bible, is destroyed in the minds of thousands. Satan here receives the worship which suits his Satanic majesty. Thousands are conversing with, and receiving instructions from, this demon-god and acting according to his teachings. The world which is supposed to be benefited so much by phrenology and animal magnetism, never was so corrupt. Satan uses these very things to destroy virtue and lay the foundation of spiritualism.” {1T 296.1}

NOTE: “good in their place” Keep in mind phrenology was the predecessor to modern neuroscience. These terms ‘phrenology and mesmerism’ were often used very loosely as neuroscience was not a word yet. While phrenology has been disproved and is dangerous, neuroscience is a wonderful tool. Mesmerism is linked to ‘positive thinking’ and the power the mind has over the body, such as how bitterness can hurt you physically but yet we are not to involved ourselves with ‘mind cure’ - more on that latter. Likewise animal magnetism may be a ‘false’ science, but there are studies linking animals and people for emotional encouragement and even physical assistance which in turn can improve health, but the ‘energy’ of the animals are not curing disease. Pet therapy and therapeutic riding for example would not be condemned as they are about a real physical phenomenon and not about spiritualistic power that the

animals hold. Plants of the field have nutriments we need for health and aid our body defenses, but herbs themselves do not cure us from disease. Thus Ellen White is not contradicting herself with any of these statements when you read them all as a whole. Basic principles you can glean from reading all her writings - it is DANGEROUS IF (only one need apply):

- 1. If the healer attributes the healing to your mind, the power within you, or the spirit world. AND/OR*
- 2. The methods are not supported by natural law (true science)*
- see the section on "Natural Remedies" for more details.

Beware of "Natural Healers" & Sympathetic Remedies

Mystic Voices, Mediums, and so on are related to 'sympathetic remedies': "The mystic voices that spoke at Ekron and Endor are still, by their lying words, misleading the children of men. The prince of darkness has but appeared under a new guise. The heathen oracles of ages long past have their counterpart in the spiritualistic mediums, the clairvoyants and fortune tellers of today. The mysteries of heathen worship are replaced by the secret associations and seances, the obscurities and wonders, of the sorcerers of our time. And their disclosures are eagerly received by thousands who refuse to accept light from the Word or the Spirit of God. They speak with scorn of the magicians of old, while the great deceiver laughs in triumph as they yield to his arts under a different form. These Satanic agents claim to cure disease. They attribute their power to electricity, magnetism, or the so-called 'sympathetic remedies,' while in truth they are but channels for Satan's electric currents. By this means he casts his spell over the bodies and souls of men." {Signs of the Times, March 24, 1887.} *Not only do Oriental healing methods such as acupuncture, acupressure, reflexology, traditional chiropractic's, and so on rely on the mind over body connection but also on what Ellen White called 'electricity' or 'energy'. They call it chi, ying and yang, electrical currents, energy currents, meridians, the power within, and so on.*

Chiropractic's: Chiropractic's founder, Daniel David Palmer or D.D. Palmer, attempted to merge science and metaphysics. In

1896, D.D. Palmer's first descriptions and underlying philosophy of chiropractic was strikingly similar to Andrew Still's principles of osteopathy (a sympathetic remedy) established a decade earlier. Palmer, a teacher and grocer turned magnetic healer, opened his office of magnetic healing in Davenport, Iowa in 1886. After nine years, D.D. Palmer gave the first chiropractic adjustment to Harvey Lillard, on September 18, 1895. According to D.D. Palmer, manipulation is the cure for all diseases for the human race. [Sources: Leach, Robert (2004). *The Chiropractic Theories: A Textbook of Scientific Research*. Lippincott, Williams and Wilkins. p. 15. ISBN 0683307479. Ernst E (2008). "Chiropractic: a critical evaluation". *J Pain Symptom*. "The History of Chiropractic". *Worldchiropracticalliance.org*. Retrieved 2010-10-14. Ernst E (2008). "Chiropractic: a critical evaluation". *J Pain Symptom Manage* 35 (5): 544–62. doi:10.1016/j.jpainsymman.2007.07.004. PMID 18280103.]

We know truth is often mixed with error; such as God wants to live in us, but that doesn't give us cause to 'find the god' inside ourselves. Many chiropractors use the same meridians lines and energy release as acupuncture (the joints they move 'release' the energy that has been blocked, while some modern chiropractors use joint/muscle manipulation to aid in physical pain directly or indirectly related to that joint/muscle much like a physical therapist - they don't use a neck adjustment to cure cancer or fix heart disease. If you choose to look into chiropractic's you research this further, personally I will take counsel and avoid all such grey area and stick with Christian (whenever possible) physiotherapists who treat muscle pain for muscle pain, joint pain for joint pain and don't mess around with 'energy' or healing disease.

Christian Science, Oriental and Healing Cults. "There are many who shrink with horror from the thought of consulting spirit mediums, but who are attracted by more pleasing forms of spiritism, such as the Emmanuel movement. Still others are led astray by the teachings of Christian Science, and by the mysticism of theosophy and other Oriental religions. The apostles of nearly all forms of spiritism claim

to have the power to cure the diseased. They attribute their power to electricity, magnetism, the so-called ‘sympathetic remedies,’ or to latent forces within the mind of man. And there are not a few, even in this Christian age, who go to these healers, instead of trusting in the power of the living God and the skill of well-qualified Christian physicians. The mother, watching by the sickbed of her child, exclaims, ‘I can do no more! Is there no physician who has power to restore my child!’ She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hand of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power, which it seems impossible to break.” {Review and Herald, Jan. 15, 1914}

Iridology, reiki, psychic surgery, hypnosis, herbology/herbalism, touch therapy, etc. -- spiritual healer and steeped in oriental religion:

“We must keep close to the word of God. We need its warnings and encouragement, its threatenings and promises. We need the perfect example given only in the life and character of our Saviour. Angels of God will preserve his people while they walk in the path of duty; but there is no assurance of such protection for those who deliberately venture upon Satan’s ground. An agent of the great deceiver will say and do anything to gain his object. It matters little whether he calls himself a spiritualist, an ‘electric physician,’ or a ‘magnetic healer.’ By specious pretenses he wins the confidence of the unwary. He pretends to read the life history, and to understand all the difficulties and afflictions of those who resort to him. Disguising himself as an angel of light, while the blackness of the pit is in his heart, he manifests great interest in women who seek his counsel. He tells them that all their troubles are due to an unhappy marriage. This may be too true, but such counsel does not better their condition. He tells them that they need love and sympathy. Pretending great interest in their welfare, he casts a spell over his unsuspecting victims, charming them as the serpent charms the trembling bird. Soon they are completely in his power, and sin, disgrace, and ruin are the terrible sequel.” {CTBH 115.3} *Acupuncture, acupressure, reiki, and so on. ALL of these are based on what Ellen White calls “mind cure” - that the mind*

is stronger than the body AND/OR they work on the 'vital force' or body energy that she has said is dangerous to mess with. "Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind." {CG 446.3}

Mesmerism (positive thinking, mind cure) & Hypnosis

Satan goes after those closest to God: "Satanic agencies are clothing false theories in an attractive garb, even as Satan in the Garden of Eden concealed his identity from our first parents by speaking through the serpent. These agencies are instilling into human minds that which in reality is deadly error. The hypnotic influence of Satan will rest upon those who turn from the plain word of God to pleasing fables. It is those who have had the most light that Satan most assiduously seeks to ensnare. He knows that if he can deceive them, they will, under his control, clothe sin with garments of righteousness, and lead many astray. I say to all: Be on your guard; for as an angel of light Satan is walking in every assembly of Christian workers, and in every church, trying to win the members to his side. I am bidden to give to the people of God the warning: 'Be not deceived; God is not mocked.'" Gal 6:7. {8T 294}

Tamper Not With Hypnotism, don't even study it. "Men and women are not to study the science of how to take captive the minds of those who associate with them. This is the science that Satan teaches. We are to resist everything of the kind. We are not to tamper with mesmerism and hypnotism --the science of the one who lost his first estate and was cast out of the heavenly courts." {MM 111.1}

Cut Loose From Hypnotism and Mind Cure. "Brother and Sister N, in the name of the Lord I ask you to remember that unless your sentiments regarding the science of mind cure are changed, unless you both understand that you are in decided need of having your own minds converted and transformed, you will be stumbling blocks--pitiful spectacles to angels and to men. The truth has had but little influence over you. It is dangerous for anyone, no matter how good a man he is, to endeavor to influence another human

mind to come under the control of his mind. Let me tell you that the mind cure is a satanic science. Already you have gone far enough in it to endanger seriously your future experience. From its very first entrance into your mind until the present time, it has been a most injurious growth. Unless you can see that Satan is the mastermind who has devised this science, it will not be as easy a matter as you suppose to separate from it, root and branch. The whole philosophy of this science is a masterpiece of satanic deception. For your soul's sake, cut loose from everything of this order. Every time you put into the mind of another person ideas concerning this science, that you may gain control of his mind, you are on Satan's ground, decidedly cooperating with him. For your soul's sake, break loose from this snare of the enemy.” {Lt 20, 1902}

Hypnosis Definition: *Hypnosis is a state of consciousness involving focused attention and reduced awareness in response to suggestion. This shows up in brain scans and is a real phenomenon. There are two broad groups of theories as to what happens during hypnosis. Altered state theories see hypnosis as an altered state of mind or trance, marked by a level of awareness different from the ordinary conscious state (such as in yoga). In contrast, Non-state theories see hypnosis as a form of imaginative role-enactment. During hypnosis a person is said to have heightened focus and concentration with the ability to concentrate intensely on a specific thought or memory, while blocking out sources of distraction (such as in martial arts). Hypnotised subjects are said to show an increased response to suggestions. It is usually induced by a procedure known as a hypnotic induction involving a series of preliminary instructions and suggestions. [Sources: “New Definition: Hypnosis”. Division 30 of the American Psychological Association. Erika Fromm; Ronald E. Shor (4 2009). Hypnosis: Developments in Research and New Perspectives. Rutgers. ISBN 978-0-202-36262-5. Lynn S, Fassler O, Knox J (2005). “Hypnosis and the altered state debate: something more or nothing more?”. Theories of hypnosis: current models and perspectives. Guilford Press. ISBN 978-0-89862-343-7.]*

Mesmerism History & Definition: Franz Anton Mesmer -- May 23, 1734 – March 5, 1815) was a German physician with an interest in astronomy, who theorized that there was a natural energetic

transference that occurred between all animated and inanimate objects that he called animal magnetism, sometimes later referred to as mesmerism. The theory attracted a wide following between about 1780 and 1850, and continued to have some influence until the end of the century. In 1843 the Scottish physician James Braid proposed the term hypnosis for a technique derived from animal magnetism; today this is the usual meaning of mesmerism. [Classics: memoir on the discovery of animal magnetism (Franz A. Mesmer). Sep 1973. ISSN 0300-5062. PMID 4593210.] After studying at the Jesuit universities of Dillingen and Ingolstadt, he took up the study of medicine at the University of Vienna in 1759. In 1766 he published a doctoral dissertation with the Latin title De planetarum influxu in corpus humanum (On the Influence of the Planets on the Human Body), which discussed the influence of the Moon and the planets on the human body and on disease. This was not medical astrology. Building largely on Newton's theory of the tides, Mesmer expounded on certain tides in the human body that might be accounted for by the movements of the sun and moon. [Crabtree, Adam (1988). Animal Magnetism, Early Hypnotism, and Psychical Research, 1766–1925 – An Annotated Bibliography. White Plains, NY: Kraus International. ISBN 0-527-20006-9]

Spiritual magnetism is similar to mesmerise: “In New Hampshire we had to contend with a species of spiritual magnetism, of a similar character with mesmerism. It was our first experience of this kind, and happened thus: Arriving at Claremont, we were told there were two parties of Adventists; one holding fast their former faith, the other denying it.” {LS80 206.2}

Phrenology

Phrenology (from Greek: φρήν, phrēn, “mind”; and λόγος, logos, “knowledge”) is a pseudoscience primarily focused on measurements of the human skull, based on the concept that the brain is the organ of the mind, and that certain brain areas have localized, specific functions or modules. Developed by German physician Franz Joseph Gall [Fodor, Jerry A. (1983). Modularity of Mind: An Essay on Faculty Psychology. Cambridge, Mass.: MIT Press. ISBN 0-262-56025-9 p.14, 23, 131] Some people with causes used phrenology as justification for European superiority over other “lesser” races. By comparing

skulls of different ethnic groups it supposedly allowed for ranking of races from least to most evolved. Broussais, a disciple of Gall, proclaimed that the Caucasians were the “most beautiful” while peoples like the Australian Aboriginal and Maori would never become civilized since they had no cerebral organ for producing great artists.[38] Surprisingly few phrenologists argued against the emancipation of the slaves. Instead they argued that through education and interbreeding the lesser peoples could improve. During the 1930s Belgian colonial authorities in Rwanda used phrenology to explain the so-called superiority of Tutsis over Hutus. [Staum, Martin S. (2003). *Labeling People: French Scholars on Society, Race and Empire, 1815-1848*. Montreal: McGill-Queen’s University Press. ISBN 978-0773525801.] Phrenology had been mostly discredited as a scientific theory by the 1840s. This was only in part due to a growing amount of evidence against phrenology. During the early 20th century, a revival of interest in phrenology occurred on the fringe, partly because of studies of evolution, criminology and anthropology (as pursued by Cesare Lombroso). [McGrew, Roderick E. (1985). *Encyclopedia of Medical History*. New York: McGraw-Hill Book Company.]

Homoepathy or Homeopathy

Homeopathy also spelled homoeopathy; from the Greek: *hómoios*, “-like” and *πάθος páthos*, “suffering”) is a system of alternative medicine created in 1796 by Samuel Hahnemann based on his doctrine of like cures like, whereby a substance that causes the symptoms of a disease in healthy people will cure similar symptoms in sick people. [Hahnemann, Samuel (1833). *The Homœopathic Medical Doctrine, or “Organon of the Healing Art”*. Dublin: W.F. Wakeman. pp. iii, 48–49.] This is a “sympathetic remedy” not to mention there is absolutely no science to support homeopathy even though studies have been done. Only the placebo effect (the mind) has every been attributed to any related positive results. BUT God’s health remedies are proven by science to work! Look into the longevity studies from Harvard University and others: The keys they found in common with almost ALL persons who live vivaciously well into their 90’s -- forgiving spirit, socially interactive, physically active, lots of fruits, vegetables, grains, and spiritual connection are keys to a disease resistant long and happy life.

Herbology

Four approaches to the use of plants as medicine include:

1. The magical/shamanic—Almost all societies, with the exception of cultures influenced by Western-style industrialization, recognize this kind of use. The practitioner is regarded as endowed with gifts or powers that allow him/her to use herbs in a way that is hidden from the average person, and the herbs are said to affect the spirit or soul of the person. Very much a form of “mind cure” or sympathetic remedy.

2. The energetic—This approach includes the major systems of Traditional Chinese Medicine, Ayurveda, and Unani. Herbs are regarded as having actions in terms of their energies and affecting the energies of the body. The practitioner may have extensive training, and ideally be sensitive to energy, but need not have supernatural powers. Also a sympathetic remedy.

3. The functional dynamic—This approach was used by early physiomedical practitioners, whose doctrine forms the basis of contemporary practice in the UK. Herbs have a functional action, which is not necessarily linked to a physical compound, although often to a physiological function, but there is no explicit recourse to concepts involving energy. (Much closer to ‘natural’ remedies but still hints of the orient and sympathetic remedies.)

4. The chemical—attempt to explain herb actions in terms of their chemical constituents. It is generally assumed that the specific combination of secondary metabolites in the plant are responsible for the activity claimed or demonstrated, a concept called synergy. Again, a sympathetic remedy. [Source: Hirani, Sushma. “Herbal Therapy”. Sushma Hirani. Retrieved 5 June 2012.]

I will add a 5th one not included in the above ‘sourc’: 5. Nutrient assistance. Using plants for their actual physical nutrients and how those nutrients affect the body with no spiritual, mental, or energy connection. Example: Eating oranges to get vitamin C which will help cure scurvy. Eating garlic and onions for their antioxidants to help with cancer prevention and heart health.

Simple plants used by faith: “The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how to use these precious blessings in a way which will restore mental and physical vigor.” {2SM 289.2}

“The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary.” {PH144 13.1}

NOTICE the difference - 1. The plants are used not just the “essence”. 2. God is called upon to bless the efforts. 3. The plants don’t cure the body, the mind doesn’t cure the body, it is the nutrients working with the body to fight disease. It is a slow progression that must be used in conjunction with other natural and medical remedies to get a ‘full’ cure. Interestingly this last use of plants is NOT what any herbalist relies on. Trained herbalist’s use one of the four approaches first listed which puts them in the “mind cure” and spiritualism categories which can open the door to Satan and his agents.

Bach Flower Remedies

Bach thought of illness as the result of a conflict between the purposes of the soul and the personality’s actions and outlook. This internal war, according to Bach, leads to negative moods and to “energy blocking”, thought to cause a lack of “harmony”, thus leading to physical diseases. Rather than using research based on scientific methods, Bach derived his flower remedies intuitively and based on his perceived psychic connections to the plants. If Bach felt a negative emotion, he would hold his hand over different plants, and if one alleviated the emotion, he would ascribe the power to heal

that emotional problem to that plant. He believed that early-morning sunlight passing through dew-drops on flower petals transferred the healing power of the flower onto the water. [D. S. Vohra (2002). Bach flower remedies : a comprehensive study. New Delhi: Health Harmony. p. 258. OCLC 428012690.]

Wholistic vs Holistic

The danger of spiritualism applies to ALL 'natural health remedies' such as herbs, oils, tinctures, and so on. If the source is from a New Age healer or they are attempting to use New Age philosophy - you are in danger! Satan is disguising his methods even though it is 'just an oil' or 'just herbs'. Purifying the body, eliminating toxins, fighting some bacteria that is causing all your problems, and so on are the "new" deceptions.

So what about using herbs or food to help heal the body or alleviate symptoms? Is that dangerous in itself? Of course not. Oranges have vitamin C and help prevent survey, Peppers and carrots have vitamin A and help with eyesight. These are all documented scientific facts. Some essential oils have concentrated amounts of chemicals that aid the body's immune system. The difference? The food or 'herb' actually has a physical effect on the body that can be measured and quantified and is used ONLY for that effect not to cure disease. Also, individual herbs and foods are used not as 'special' concoctions created by a New Age healer. Just like massage therapy and physical therapy sometimes use apparently similar technics to chiropractic medicine but they rely on the body's response not the MIND's response. In addition they are not trying to heal a disease caused by genetics or violating God's health laws. Likewise modern neuroscience and psychology (after 1970's) is nothing like the old predecessor phrenology and old school Freudian psychology. Ben Carson, a famous Seventh-day Adventist neurosurgeon can attest to that. Now medicine studies the brain and body from a physical, real connection and not a metaphysical or spiritualistic methodology. As Christians we believe God has provided natural remedies for our health and healing. But Holistic medicine relies on the mind and/or spirit world and/or the practitioner to heal the body.

Natural remedies recommended by Ellen White

FIRST! God is the healer and to Him be the glory as we use natural remedies: “And we should teach others how to preserve and to recover health. For the sick we should use the remedies which God has provided in nature, and we should point them to Him who alone can restore. It is our work to present the sick and suffering to Christ in the arms of our faith. We should teach them to believe in the Great Healer. We should lay hold on His promise, and pray for the manifestation of His power. The very essence of the gospel is restoration, and the Saviour would have us bid the sick, the hopeless, and the afflicted take hold upon His strength. The power of love was in all Christ’s healing, and only by partaking of that love, through faith, can we be instruments for His work. If we neglect to link ourselves in divine connection with Christ, the current of life-giving energy cannot flow in rich streams from us to the people. There were places where the Saviour Himself could not do many mighty works because of their unbelief. So now unbelief separates the church from her divine Helper. Her hold upon eternal realities is weak. By her lack of faith, God is disappointed, and robbed of His glory.” {DA 824-5}

Seek to Understand Nature’s Remedies. “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.” {CG 366.2} “On one occasion Christ anointed the eyes of a blind man with clay, and bade him, ‘Go, wash in the pool of Siloam. . . . He went his way therefore, and washed, and came seeing.’ [John 9:7.] The cure could be wrought only by the power

of the great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.” {GW 221.1} *Drug therapies in Ellen Whites day were poisons, intoxications (heroin, cocaine), and oriental herbal remedies. The Ellen White estate and most Adventist physician agree she did not condemn all modern medicine (provided all natural remedies were tried first). But she NEVER endorses ‘alternative medicine’ as we’ve already seen is Satanic. See the book, “Holistic Health, Holistic Hoax” by Dr. Richard Willis an Adventist Physician. As you search Spirit of Prophecy for yourself, you will find she endorses whole health of body and mind together. Treating symptoms with herbs or drugs is NOT fighting disease, while herbs are there to help the body, without obeying the laws of health they are useless. You will also see she far more often refers to the natural remedies without mentioning herbs at all. Air, water, sunlight are the most common resources for health and obeying the laws of health - rest, exercise, proper diet, forgiving and cheerful spirit, faith in God (yes faith is a law of health). We have several studies on individual “natural remedies or doctors” see www.HigherPath.ca look for our Health Quotes n Notes series.*

Healing requires effort: “Many are unwilling to put forth the needed effort to obtain a knowledge of the laws of life and the simple means to be employed for the restoration of health. They do not place themselves in right relation to life. When sickness is the result of their transgression of natural law, they do not seek to correct their errors, and then ask the blessing of God. We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way. Many, even of those who profess to believe the special truths for this time, are lamentably ignorant with regard to health and temperance. They need to be educated, line upon line, precept upon precept. The subject must be kept fresh before them. This matter must not be passed over as nonessential, for nearly every family needs to be stirred up on the question. The conscience must be aroused to the duty of practicing the principles of true reform. The principles of hygiene as applied to diet, exercise, the care of children, the treatment of the sick, and many like matters

should be given much more attention than they ordinarily receive.” {CG 361} *I highly encourage you to take a simple anatomy class, qualified health course (In His Image by Terry McComb DVD series on our website) or better yet the Nutritional Counselling course by Total Health School of Nutrition which is a comprehensive course on the human body from a Vegetarian, Adventist perspective. AVOID extremes and unscientific resources.*

Learn to avoid disease: “The physician who endeavors to enlighten his patients as to the nature and causes of their maladies, and to teach them how to avoid disease, may have up-hill work; but if he is a conscious reformer, he will talk plainly of the ruinous effects of self-indulgence in eating, drinking, and dressing, of the overtaxation of the vital forces that has brought his patients where they are. He will not increase the evil by administering drugs till exhausted nature gives up the struggle, but will teach the patients how to form correct habits, and to aid nature in her work of restoration by a wise use of her own simple remedies.” {HL 248.1}

The doctors God has provided: “And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided--pure air, pure water, and the healing, precious sunlight.” {CG 367.1} “Many invalids have been confined for weeks and even for months in close rooms, with the light and the pure, invigorating air of heaven shut out, as if air were a deadly enemy, when it was just the medicine they needed to make them well... These valuable remedies which Heaven has provided, without money and without price, were cast aside and considered not only as worthless, but even as dangerous enemies, while poisons, prescribed by physicians, were in blind confidence taken. Thousands have died for want of pure water and pure air who might have lived. And thousands of invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened and let medicine alone, and accustom

themselves to outdoor exercise and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence.” {CH 55}

Water Treatments and Simple Herbs to aid the body in recovery.

“The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick we should discard the use of drugs. There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life.” {Manuscript 73, 1908}

We are not our own: “Our bodies are Christ’s purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws, which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practices. Therefore the question with us is not, ‘What is the world’s practice?’ but, ‘How shall I as an individual treat the habitation that God has given me?’” {CG 367.2}

TRUE healing: Find the cause of the pain or disease and work to restore health by following God’s natural laws.

Ellen White Book Key:

BCL - Battle Creek Letters

CG - Child Guidance

CH - Counsels on Health

CTBH - Christian Temperance and Bible Hygiene

DA - Desire of Ages

GW - Gospel Workers

HL - Healthful Living

LS - Life Sketches

Lt - Letter MM - Medical Missionary

PH - Pamphlet

SM - Selected Messages

T - Testimonies (Volume number in front)

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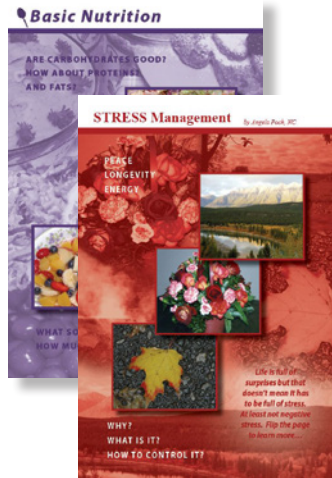
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