

## **Health for You: 10. I'm Sick! What Can I Do?**

A Twenty-One Day Crash Course Challenge:

"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." Exodus 15:26

"Disease is an effort of Nature to free the system from conditions that result from a violation of the Laws of health." Ministry of Healing, Pg. 127

There are certain changes in diet and habit that benefit all conditions of ill-health, and for some the improvement may even be dramatic; in this lesson we will be looking at them. They are harmful to none, although they often require a positive choice and determination to carry them out. Here is a basic list of 10 simple steps that can surprise you with the improvement they deliver. The proof is in testing it out for yourself. They are arranged in a suggested 3 week program but feel free to implement them faster or more slowly if needful.

### **The First Week:**

#### **1: Kick your sweet Aspartame!**

If you are using any Diet drinks or any soft drinks--stop immediately!

Make sure you are not using ANY artificial sweeteners; Aspartame, diet drinks, sugarless gum, or diet foods with artificial sweeteners in them. By the way, it is said that some of the worse products for problems with artificial sweeteners can actually trigger seizures in some poor folk after using them and they get labeled as epileptic, unless someone clues into to the real cause! Sugarless drinks and sodas can be detrimental to health!

I have found that many folk use Diet Drinks and other diet foods that contain Aspartame, Nutra-sweet® or the same chemical or artificial sweetener by a dozen other names. They often also use sugarless gum, and they do this thinking it is a healthy choice, even feeding it to their children! But sadly--it is a health disaster! ("Look Mom, No cavities! Look Mom! I'm on Dilantin for seizures! Look Mom I have Multiple Sclerosis!")

You may not think that something with such effects can actually be on the market; but it is, and I won't bother you with the details. Document are included in this site's library collection giving the facts about it, but just to be brief, it messes up the nervous system, the hormonal system and other things, and as we said, for some it can even cause seizures.

The amazing thing is that diet drinks and sugarless gum actually cause weight gain; many folk lose weight once they get clear of those! My heart aches for the myriads of people struggling with weight, and trying to help themselves by using the very things that are causing it. It takes about 60 days to really get clear of the effects of the diet sweeteners; although improvements are often reported in just a few days! You will no doubt have some pleasant surprises as it gets out of your system.

More new names and slightly altered products in artificial sweeteners are hitting the market shelves continually. They all claim to be better and 'safe' but don't buy into the deception; walk away from them all!

**SO # 1: Ditch the Diet Drinks, all artificial sweeteners, and sugarless gum.**

## **2: Rehydrate your body!**

Get some good water; Distilled is best, or Reverse Osmosis. Avoid Mineral water, Flavored water, (which often contains aspartame and other chemicals) Sparkling water, vitamin water, or Re-mineralized water. If Spring or Tap is all you have, use that, But as quickly as possible acquire the good stuff! If you *have* to use Tap water, acquire a Filter set up and change filters on schedule. It at least removes some toxins and impurities. Because drinking water is so important to our health, do your best to get good water, but even marginal water is better than none, so if you are stuck, drink what you have, but plan to get better water as soon as you can.

First thing in the morning drink at least a pint, then drink another pint an hour, or at least, a half hour before each meal. This prepares the stomach to receive the food. You will not need to drink with your meals then, and so your digestion will improve. You can later increase the morning drink to a quart. Putting some juice of a fresh lemon in part of it in the AM is a wonderful aid to health! If you can't manage the pint at first start with a large glass but increase as fast as you can; it is best to work up to a quart, then for most people, constipation vanishes.

Most modern folk are chronically dehydrated, because the fluids they put into the body, actually pull water *from* the body rather than adding to it. We need a minimum of 1 1/2 - 2 quarts to even hold our own in hydration. Once the body has more of what it needs, it does some housework and many irritating toxins get washed away and the nerves feel so much better! Do not give up if you find yourself urinating a lot for a while. Many 'diseases' are actually brought on by a lack of sufficient water for the body to function properly.

Coffee, Tea, soft drinks and Colas take more out than they put in because the poisons in them have to be flushed from the body. It takes about 3 cups of water to flush toxins contained in one cup of coffee and it can take up to 3 days to do it! Soft drinks are the same idea. So ditch the coffee/tea/cola bit and do the pure water bit; your body and nerves will love you for it! (Yes I know it is rough for a few days because of the addiction, but the water soothes the symptoms and the withdrawal is not as bad. Feel the cravings? Drink a glass of water or lemon-water; it is well worth it to break this habit!) Although Caffeine hypes one up, studies have shown it actually decreases mental acuity. Plainly put, caffeine and stimulants hype you up and dumb you down.

You can use herbal teas for a hot drink; but not 'green tea' or anything that contains actual tea; 'Celestial Seasonings' make a 'Sleepy Time Tea' that is great to relax with and plain lemon, chamomile or mint is good too. It is best to avoid any teas with cinnamon or spices though, as they irritate the nerves. Plain is the key. Sweeten with a little natural honey if desired.

**SO # 2: Give your body plenty of Water for all its many needs!**

## **3: Can the Caffeine and Chemicals!**

Use no coffee, cocoa, colas, soft drinks, or tea as they contain caffeine and other chemicals and your nerves don't need that! Sometimes there is more to stress than just the overwork part. While you keep whipping up your body with poisons, you cannot have good health. You may seem to get away with it, you may feel you are not bothered by it, but sooner or later the pay-back time comes, and sometimes deadly illness strikes and there is no recovery. You will never regret learning and practicing good health habits.

Most people are aware of how dangerous alcohol and nicotine are to the body, but fail to realize that the caffeine in coffee, tea and soft drinks is also a very harmful substance! Caffeine is called a stimulant because it excites all of the nerve endings in an effort to rid the body of this poisonous substance. If a person drinks over two or three cups of coffee a day on a regular basis, they will usually develop severe drug withdrawal headaches if they suddenly stop drinking it. Alcohol, nicotine and caffeine are all harmful, disruptive drugs!

Addicted to Alcohol or Tobacco? As your body is relieved of toxins and receives hydration and some living food, you will be able to also break free from addictions. Did you know that Caffeine is called "Bad Habit Glue"? Yes! It makes other addictions much harder to break; so get the glue out first. Replace bad habits with good and remember--no addiction is stronger than the mighty Power of God available through the name of Jesus Christ. You can be set free! Make the determined choice today.

Get away from MSG and related chemical additives in food and eat more simply prepared fruits and vegetables. Read Labels! Canned and package soups, fast foods, and most pre-prepared frozen entrees, are chemical bombs. I know the simple foods will taste bland and unexciting for a while--but hang in and gradually your natural taste receptors will return to life and you will be amazed how delicious the natural, unprocessed foods really are!! One of the greatest rules you can have to improve your health is to eat what you prepare at home from the basics; by doing this you will eliminate piles of chemicals the process food companies add to pre-prepared foods and that do your body no good.

**SO # 3: Can the Caffeine and Chemical Additives!!**

## **The Second Week:**

### **4: Break Free from the Sweet-Sweet Sugar Blues!**

Sugar and Sweet craving is because we were meant to live mostly on whole fruit and other whole foods, but we have gotten bent out of shape and use sugar to satisfy cravings. As you use whole fruit, veggies and whole grains, you will lose the craving for sugar, but it is a battle for a while. You can use small amounts of whole dried fruits for sweetening, but no sucrose sugar of any type, white or brown, maple, or any other processed, refined sweeteners.

One serious problem is that it works the other way too, when a person is using sugar-laden foods, the taste does not relish the natural, plain fruits. Children love and thrive on whole fruit, but as soon as processed sugar foods are introduced into their diet, the interest in eating fruit fades away rapidly and you have instead children that clamor frantically for more and more sweets. Sugar is an addictive drug, not a nourishing food. Some researchers say it is as addictive as Cocaine! Many Dieticians deny that there is any difference in effect from refined sugar

compared to fruit or raw, natural honey, but actual research and careful observation of cause and effect denies this assumption.

Sugar is so changed and concentrated from its original plant form; that it is actually a drug! Just 10 teaspoons (approximately the amount found in one soft drink) will immobilize the immune system by about 33 percent. Approximately 30 teaspoons of sugar (One Banana-split) will shut down the immune system for a whole day; and people wonder why they get sick!

#### **SO # 4: Escape Away from Refined and Processed Sugar!**

##### **5: Replace Junk with Living Food!**

Think of it this way: if you build your house of fine quality bricks, you will have a good, brick house. But if you build your house of mud, you will have only a mud house. Whole, natural, good quality food will build a healthy body; but artificial, chemical-ridden, refined, counterfeit food-like substances can only build a sickly, junky body.

As our bodies get damaged by unwise eating choices, and we are addicted to harmful food-like-substances, it becomes harder to choose the good food because it seems boring to us; however, if we will persist for about three to six weeks, the addictions will be broken and we will relish the good food far more than we ever did the bad. I have to testify that I have far more pleasure from my Whole Food Diet today than I ever had from the junk. The taste for junk will disappear and a hearty appetite for what the body needs will take its place, sometimes very quickly. To gain this though, one must kick the junk entirely and not just cut down on it; as long as we continue to indulge in these things at all, even occasionally, we will continue to have a perverted taste.

The other essential if you are to succeed, you must add lots of whole starchy foods along with your colorful fruits and vegetables. This includes White potatoes; Sweet potatoes and winter squash; organic whole-grain Bread; whole grain cereals; whole grain pasta; rice, preferably brown but even white rice is not all that bad.

#### **SO # 5: Get to recognize the difference between Whole, Natural Food and Food-Like-Counterfeits; eat freely of the Whole and scrap the Junk!**

##### **6: No more than Three Meals a Day and only Water Between!**

Keeping to a meal schedule, and not eating or drinking anything but water between meals, is a wonderful shortcut to better health. Stomach problems and digestive distresses often seem to disappear as if by magic once the plan has been followed for a few weeks. This, along with the use of water before meals even clears up ulcers for many folk.

Cravings are easier to manage as the body gets used to only being fed at certain times especially if enough fuel is taken in at those mealtimes. There really is no such thing as a 'healthy snack' because eating between meals is a pernicious habit that actually interferes with proper digestion, the well-being of the digestive organs, and assimilation of nutrients.

The problem is that many are hypoglycemic and it can be a struggle for a while to overcome the 'eating every 2 hours' pattern. So don't limit the quantity at your meals, eat all you want of Vegetables, especially including starchy vegetables, Fruits, Whole Grains and organic bread

until you feel satisfied. As your body fights through and gets rid of the junk you will be hungry if you don't add enough starchy whole foods, so eat all you want, but not between meals.

Starving between meals? Drink a large glass of Water and see if that does not allow you to get through to next meal-time. If not, and you feel shaky, it is a good idea to have some dried whole grain flat-bread like Rye-Vita, or zwieback and slowly eat a piece, chewing well. Then at the next meal time make sure to eat more whole starch foods like potatoes, sweet potatoes, or whole grains.

**SO # 6: Set a meal schedule and stick to it; give your Digestive System a Break!**

## **The Third Week:**

### **7: Decrease Animal Products and Increase Whole Starch Foods, Vegetables, Fruits and Grains!**

Focus on addition and not subtraction just now. Increase the use of whole fresh fruit and raw veggies, and whole starches, adding some to each meal and at the same time reduce the serving size of animal products. As your body gets more whole and live food, the craving for flesh meat lessens. For example, eat a large fresh salad, some whole grain bread and a couple large baked potatoes and then see how much you are craving meat.

The hormones, antibiotics and other toxins in meat and dairy are worse these days than ever before. Seventh-Day Adventists were told by Inspiration that the time would come when there was no safety in using animal products, and that is certainly true today; also we see today that modern Animal Factory practices are harming the very Planet we live on!

Dairy is, if possible, an even bigger hazard to regaining your health. In fact the first animal product to eliminate totally should be animal milk, along with Yogurt, Ice-cream and cheese. Substitute unsweetened almond milk or some other vegan products while you kick the habit. You will find cheese to have a very addictive influence, which makes it hard to eliminate. I also found that every time I would partake of even a little cheese it tended to set off cravings, more so than any other animal product. The chemical Tyramine found in cheese is not only a highly addictive substance similar to morphine, but has a detrimental effect on the brain, especially the frontal lobe, and the neurotransmitters in the entire nervous system.

But what about all the protein hype? Even doctors and dieticians can make it sound as if you will quickly perish on the spot if you don't devour a great slab of dead flesh with each meal. However the most reliable research has shown quite the opposite and that research is irrefutable today!

Any combination of legumes and grains has complete protein. High percentages of the people of the world live on various grain-legume combinations and hardly ever get any animal products. Good, whole-grain bread eaten with vegetables or legumes gives enough protein. Baked potatoes are a food that we can live on, and no, they are not fattening unless fried or smothered in fatty dressings. Baked sweet potatoes are a wonderful staple, a complete food. No plant can exist unless it contains protein!

You see, we don't need near so much protein as is commonly believed. The time when the human grows the fastest is the new-born, and mom's milk is only around 2% protein. It is a fact

that the high level of animal protein is what is behind most of our terrible diseases today and also the overweight epidemic. When you add on top of that, the hormones naturally occurring in animal products and the hormones they feed the animals to grow them fast; one can't help but be overweight; those hormones grow us fast too!

For the transition you can use small amounts of Veggie Meats, perhaps cut up and sprinkled on your salad or vegetables. Artificial meat analogues are not the best way to go; they are not whole foods and they are highly refined and too high in chemicals. They may be useful for occasional use or for help in transitioning, but are not the goal. You will easily learn how to make your own simple patties and roasts--recipes abound; but better yet learn to enjoy the Whole Foods in their natural state, simply prepared. Why would we want to take the good products of the earth and doctor them up to look like dead animal flesh anyway? It sure says a lot about where our minds are.

What about Essential Oils? Well, only plants actually produce essential oils. See the next section for more on this.

### **SO # 7: Lower the Animal as you add an abundant variety of whole plant foods!**

#### **8: Hunt Down Other Hazards!**

Avoid using aluminum cooking utensils, foods or drinks in aluminum tins or packages, and all foods made with baking powder, which contains aluminum) or alum, and any chemical that has aluminum or alum in its name. They are often used to keep foods crisp or as a lightening agent in biscuits, pancakes, quiche, some pizza and cookies.

Avoid fried and oily, greasy food, and all snack foods like chips and cheezies. Animal fats are definitely harmful but sad to say, so are most of the products people use to substitute for them. Our bodies need some fat but it is better if we get the small amounts we need from natural foods such as nuts, seeds, olives, avocados and such. In the natural state these items are in balance, but when the oils are taken out and refined, they become harmful and clog the body's functions. Avoid hydrogenated oils, trans-fats, and shortening.

The way to go is to avoid adding extracted oils; even extra virgin olive oil; or virgin coconut oil should be used very little if at all. You can use those for your skin; but limited within! Eliminating all refined free fats and oils is a big step towards becoming heart-attack proof and reducing chronic disease risks dramatically, it even helps your brain. Healthy margarine is really an oxymoron, but there are many recipes for healthful and tasty oil-free spreads and salad dressings that can take the place of the harmful ones.

Whole Flax seed is a good source of the essential oils needed for your nerves and body functions. The best and cheapest way to utilize this excellent health enhancer is to buy the whole flax seed bulk in a health or bulk-food store at pennies a serving. Acquire a simple coffee grinder and grind 2 tablespoons of the seed fresh, and add it to whatever you are having for breakfast. Although flax seed can be added to breads or cereals, the essential oils are lost when heated--so use your seed raw. It is better not to buy it already ground because once the seed is broken, the oils oxidize quickly. Both regular and golden flax are equally good.

More Chemicals: It is of great benefit to move away from any use of strong chemical cleaners and aerosols in cleaning and use simpler more natural things like vinegar, baking soda, hydrogen peroxide, and of course, old-fashioned soap. The same thing applies to personal grooming items, toothpaste, deodorants and cosmetics. Remember, if it goes onto your skin--it goes into your body!

**SO # 8: Chuck the oils; Get the Flax; and be Alert to potential poisons and unhealthful conditions in your environment!**

### **9: Keep it Simple!**

Keep meals whole, simple and natural, using more fresh and raw fruits and vegetables. Avoid using a great many foods at one meal or complicated dishes with many different foods combined. One to three dishes, containing approximately three main ingredients or less, is a good rule to follow to avoid digestive complications which can cause nutrient loss as well as irritability, dizziness and sluggishness. However, raw fruit or vegetable salads can contain several items with no problem.

There are many folk that have questions regarding the counsel on not using a combination of fruits and vegetables at the same meal. I have seen too many folk go way to extremes on this; but in my experience and research this seems to apply to the heavier cooked starchy vegetables and the sweet fruit. Stick to the idea of what we commonly think of as fruit and not the botanical definition. Pumpkins and squash, eggplants and cucumbers are all fruit but we don't usually see them in a fruit bowl. Broccoli and cauliflower are flower buds but they are served like veggies. Lemon goes good with veggies. When eating raw food, raw greens usually go fine with raw apple, pear, grapes, raw pineapple, lemon, avocado, tomatoes etc.; but sweet fruits like apples and oranges, peaches and pears for example, do not go good for desert after a big meal of cooked vegetables and potatoes. The best thing is roughly have fruit and grains at one meal and the heavier starchy veggies and grains at another; but do not go crazy in strictly defining them; experience will tell you what goes best together.

Increase the use of fresh fruit and fresh and raw veggies. Plain whole-grain breads and a big raw fruit salad make a refreshing meal in the evening. Children like fruit meals too, once given the chance. Fruit is easy to digest, soothing and cleansing and a fruit based meal in the evening allows for more restful sleep at night.

A Veggie salad and whole grain bread along with a baked potato is a simple but good meal. Eat your salad with generous slices of good, healthy, whole grain bread, buns, pita or something good like that. Baked Potatoes, sweet potatoes, there are so many delicious vegetables to make tasty meals from—the variety is endless. Greens are very high in excellent quality protein and other nutrients.

Cooked cereals eaten with fruit and seeds or a few nuts on them are good for breakfast. Don't be stuck in a breakfast stereo-type however; you can eat what you want. Even potatoes and beans or beans on toast are tasty breakfast fare.

Chuck the Fast Foods as they are chemical bombs and you really do not know what you are eating! Hot, spicy foods are irritating to stomach and nerves. Want a real Fast Food? Grab an apple or a banana!

**SO # 9: Simplify your diet and lifestyle, look for the whole and real and throw away the artificial food-like substances!**

**10: Heavenly Help for Every Change, Every Day!**

It takes real courage and heavenly power to make changes which require breaking free from media and cultural brainwashing that is often the source of our sufferings. You will need to address the Spiritual side big-time or you will frustrate and fail. But God will carry you through if you surrender to Him and put Him first in your life.

The secret of making changes, overcoming habits and breaking free of addiction lies in the Power of God made available to us through Jesus Christ. Many know that forgiveness for past sins was provided by Christ's death for us; but fewer realize that victory over sin is available because of Christ's life of obedience to His Father's laws; including the natural laws of our bodies. The power Christ used to live a sinless life is willingly given to us for the asking; but the asking requires us to make a positive choice.

God has given us free choice; that is all we have to work with. He gives the Power but only when we make that determined, positive choice and cry to Him to back it up with His Grace and Power. When tempted, frustrated or discouraged, say firmly "Lord, I CHOOSE to do what I know You want me to do. I am weak but I believe, Help Thou my unbelief and empower me to break free!" He never fails to hear and respond to that kind of prayer!

The Power of God created the world and it is available to re-create you and set you free. It comes from the Holy Spirit, and He is accessed through the Word of God. Lay aside all other reading and get into the old-fashioned, Authorized, King James Bible and the Spirit of Prophecy writings. Pray first before reading and ask God in the name of Jesus, for the aid of the Holy Spirit and holy angels. Tell the Lord you are making a positive Choice to obey Him, have Him set you free and lead you into a new life in harmony with His will.

Prayer without the Word and without a positive choice to believe and obey is a waste of time. God hears *us* when we are hearkening to Him!

God's true Word has power to Create! He spake and it was done. When you read something in the Inspired Word, it is there for *you*. If God tells you to do something, the *Power* is already there in the Word to do it, just ask for it.

Don't try to force your whole family to change at once; until you get yourself past these first steps just work with yourself. Later you can *invite* them to join you or better still wait until they see changes in you and start wanting them for themselves.

It is best not to go telling everyone around you what you are doing, as you will get a lot of discouraging feedback and you don't need that right now. The less said, the more done, and time will provide the evidence. If you are the meal provider you can just add some extra fruits and fresh things to the menu, and, if it is not made into a 'crisis situation', your family will no doubt cheerfully welcome the additions.



If you make a big issue of what you are trying to accomplish, friends and family will say you are crazy and will surely harm yourself, but don't try to convince them; you do not need their permission to obey your Creator and improve your health. You can politely and cheerfully ignore them. When you succeed in His strength then, they will have the evidence that speaks louder than words.

You may run into cravings and even feeling weak at first as you move away from harmful and addictive substances. Cling to the promises and pray as often as you need. Remember, Jesus said He came to set the captives free; claim His promises and cling to Him. The power to overcome is assured if the decision is made solidly! I know by experience; I am not quoting a book. By the way, you don't need to go to a church or consult with clergy to talk with God; nor do you need to schedule an appointment.

**SO # 10: Take the first step and walk forward calmly with your hand in the Hand that was nailed to the cross for you!**

**Precious Promises:**

John 8:32 "And ye shall know the truth, and the truth shall make you free."

John 8:36 "If the Son therefore shall make you free, ye shall be free indeed."

Isaiah 41:10 "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

Psalm 41:3 "The LORD will strengthen him upon the bed of languishing: thou wilt make all his bed in his sickness."

Luke 6:19 "And the whole multitude sought to touch him: for there went virtue out of him, and healed them all."

"Jesus Christ the same yesterday, and to-day, and for ever." Hebrews 13:8

1 Peter 2:24 "Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed."

Psalm 103:3 "Who forgiveth all thine iniquities; who healeth all thy diseases;"

Isaiah 53:5 "But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."

Jeremiah 17:14 "Heal me, O Lord, and I shall be healed; save me, and I shall be saved: for thou art my praise."

Jeremiah 30:17 "For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord."

Matthew 11:28-30 "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."