

HEALING LEAVES



Healing Leaves

TABLE OF CONTENTS

PART 1 - Diseases and their Natural Remedies

Allergies	2	Anemia	3
Arthritis	4	Athlete's Foot	5
Asthma	6	Body Odor	7
Cancer	8	Chicken Pox	9
Cold & Flu	10	Conjunctivitis	12
Constipation	12	Cramps	13
Cuts & Scrapes	14	Diabetes	14
Headaches	15	Intestinal Worms	17
Lice	19	Lyme Disease	20
Mumps	21	Poison Ivy	21
Pneumonia	23	Ring Worm	23
Strep Throat	24	Stress	25
Thyroid	26	Toothache	26
Ulcer (Peptic)	28	Urinary Tract Infection	29
Warts	30		

Part 2 - Prevention and Good Health

Introduction	31
Nutrition (Proper Diet)	32
Exercise	38
Water	39
Sunshine	40
Temperance	42
Air (Pure and Fresh)	44
Rest	46
Trust in God	48

PART 1 - Diseases and their Natural Remedies

“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.” – *Counsels on Health* 90.3

ALLERGIES

Symptoms: Runny nose, sneezing, stuffy nose, cough.

Natural Remedies:

- Neti pot is used for treatment for stuffed up sinuses. Rinse your nasal cavity with a saline solution. Flush out allergens (like pollen) and loosen mucus.
- Saline spray
- Eat local honey produced by bees in your region. The bees transfer pollen from flower blossoms to honey, so if you eat a little honey every day, you'll gradually become inoculated against the irritating effects of pollen.
- Air (HEPA) filters. Portable air cleaners or whole house systems
- Herbs and supplements: Spirulina, eyebright, and goldenseal, the plant extract butterbur, which is thought to reduce airway inflammation. They come in tablets.
- Bromelain found in pineapples can be used to curb inflammation of sinuses.
- Showering with steam
- Strip your shoes and clothes and shower immediately after weeding, pruning or planting.

Healing Leaves

- Inhaling steam-vaporizers: Flushes out mucus and moisten dry nasal passages. Boil water into a bowl or other container, drape a towel over your head to form a tent, and inhale deeply through your nose for five to ten minutes.
- Eucalyptus oil supercharges steam inhalation, helping to open your sinuses and nasal passages.
- Spicy food, chili peppers, wasabi (isothiocyanates), Dijon mustard, fresh garlic (allylthiosulfinate) provide a temporary decongestant effect.
- Tea, peppermint tea seems to work as a decongestant and expectorant. Green tea contains a compound (methylated epigallocatechin gallate) that has been shown in lab tests to have antioxidant properties that inhibit allergic reactions.

ANEMIA

Symptoms: Easily tired, dizziness, headache, rapid heart rate, shortness of breath, Pale skin, nails, lips, sensitivity to cold, poor appetite and cravings for clay, ice, or starch.

Natural Remedies:

- One (1) Tablespoon of blackstrap molasses (per day).
- Broccoli, lettuce, and tomatoes help iron regeneration.
- Whole Wheat flour and Oatmeal are effective in hemoglobin regeneration.
- Yeast and Wheat Germ are high in iron.
- More foods: Beets, beet greens, cabbage, whole grains, barley, peas, celery, parsley, cherries, dates, figs, and pears, sesame seeds, sunflower seeds, pistachios, pecans, almonds, kale, blueberries, carrots, celery, cranberries, grapes, and prunes.
- Herbs rich in iron: alfalfa, comfrey, dandelion, fenugreek, mullein, nettle, Chamomile, and red raspberry.
- Water from deep wells has more iron than city water.

- If there is not sufficient stomach acid to absorb minerals, then take some lemon juice. Squeeze half a lemon into a glass of water and drink it before meals.
- To increase absorption, eat a diet high in fresh, raw fruits and vegetables which are high in Vitamin C. For example, orange juice increases absorption.

Avoid: Spicy foods, tea, or coffee. They decrease absorption of iron. Do not smoke; and avoid secondhand smoke. Do not take calcium, Vitamin E, or Zinc at the same time with iron supplements as they interfere with each other's absorption. Avoid milk and other dairy products. Avoid foods high in oxalic acid, such as poke, rhubarb, spinach, sorrel, Swiss chard, chocolate, cocoa, cashews, and soda.

WARNING: Too much iron can damage the heart, liver, pancreas, and immune cells activity. It has also been linked to cancer. Be careful with iron supplements and have a complete blood test taken to be certain whether you have anemia or not.

ARTHRITIS

Symptoms: Swelling in the joints especially during damp weather, in the morning, or after strenuous activity. Sharp burning or grinding pain, stiffness, Recurring pain or tenderness in the joint, inability to move joint normally, obvious redness or warmth of the joint, unexplained weight loss, fever, or weakness combined with the joint pain. Symptoms last longer than two weeks.

Natural Remedies:

- Drink 1-2 glasses daily of any combination of raw juices of beets, carrots, celery, parsley, or alfalfa.
- A dietary calcium/phosphorus ratio of 2:1 is ideal (using supplements).
- Green leafy vegetables, whole grains, oatmeal, and brown rice supply vitamin K.

Healing Leaves

- Sulfur-containing foods such as asparagus, garlic, and onions help repairing
- The most beneficial vegetables include celery, parsley, alfalfa, wheat grass, garlic, comfrey, and endives.
- The most beneficial fruits include bananas, pineapples, sour apples, and sour cherries.

Avoid: Salt, caffeine, tobacco, paprika, citrus fruits, and foods with added sugar. Do not eat meat.

ATHLETE'S FOOT

Symptoms: Blisters and/or cracks on the skin of the foot, especially between the toes. This is accompanied by a sense of itching, burning, pustules, and ulcers. The blisters and cracks will soften, turn white, and tend to peel off in flakes. There may also be pain. It is worse in warm weather.

Natural Remedies:

- Mix into a basin of warm water ½ Cup of Apple Cider
- Vinegar, two (2) Tablespoons of Epsom Salt. Soak for 10 minutes or longer. This will relieve the pain, fungus, and will help with inflammation. It is a powerful disinfectant.
- Keep your feet dry. Dry carefully between toes. Wear cotton socks and change them daily (2x daily is ideal).
- When in the acute stage, try to leave your feet uncovered. Every so often, put them in the sunlight.
- Walking barefoot outside in the sunlight. Angle your shoes in the sunlight. Try not to walk barefoot around the house, so others will not be affected.
- Apply goldenseal powder to the area. At bedtime, cover the area with raw honey. Sleep in cotton socks and wash your feet in the morning.
- Do not wear the same shoes 2 days in a row. This gives a pair of shoes 2 days to thoroughly dry out. Spray Lysol on a cloth and wipe the inside of the shoe.

Avoid: Meat, cola drinks, caffeine, sugary foods, and fried foods. Avoid applying overly strong applications to athlete's foot. It can result in rashes breaking out on the hands, or elsewhere.

ASTHMA

Symptoms: Difficult breathing, coughing, wheezing, tight chest. Attacks of multiple symptoms can occur suddenly or gradually. Sometimes there is coughing with thick, persistent sputum that may be clear or yellow. There is a feeling of suffocation. Children often have coughing and vomiting episodes.

Natural Remedies:

- **Black Seed Oil:** Black cumin seed oil also contains an active compound called *Nigellon Semohiprepinon*. Nigellon can reduce the symptoms of bronchial asthma and allergies by relaxing the airways and reducing the release of histamines in the bloodstream.
- Boil water, and place it within a bowl, and mix it with peppermint, oregano, thyme, or bay leaf oil. Put the towel over your head and inhale the steamed oil. Do this for 7 minutes.
- **Hot Fomentations:** During the attack, with a hot towel (wear gloves) apply 1 hot fomentation to the spine (or the chest) for 3-5 minutes. Do this 3 times, and then switch to an ice-cold cloth to rub down the body. Leave a cold cloth on your head during the process and use a bowl of ice water to cool the cloth. The purpose of doing this is to have the individual sweat, so you can have them lay down under a sheet/blanket.
- Use a nebulizer and allow steam to flow into the lungs (can mix in some colloidal silver with it).

BODY ODOR

Symptoms: The secretion of foul-smelling perspiration.

Natural Remedies:

- The lack of soap and water applications causes sweat to accumulate. Wash your body more often, especially in the axial areas (under arms and groin) and change underwear daily. Make sure your clothes are clean.
- Food odors can be caused either by not changing the socks often enough or by wearing rubber or plastic shoes.
- Body odor can also be caused by an excess of toxins in the body which it is trying to eliminate. Are you eating too much food or the wrong food? Are you staying up late at night, drinking alcohol, or smoking cigarettes? Fast one day a week on juice, vegetable juices or water. Epsom-salt baths help the body eliminate toxins. Repeat daily for one week. Then reduce it to once a week.
- Not eating enough unsaturated fatty acids (quality vegetable oils) or not getting enough zinc can also produce body odor.
- Zinc deficiency may contribute to body odor. If this might be the case for you, check out the following foods, which are rich in zinc, to add to your diet: Spinach, whole grains, legumes, rice, nuts.
- Drink lots of water.
- The herb goldenseal can kill bacteria in the intestines, which will reduce body odors.
- Excessive body odor can be caused by liver disease, diabetes, chronic constipation, and certain parasites. Meat eaters have more odors than vegetarians.

CANCER

Causes: The type of food we eat, the way and individual lives their lives, and even environmental factors help contribute to cancer. It will be necessary for individuals to reform many aspects of their entire lives. Regression from healthy principles to unhealthy principles will help to bring cancer back. One of the stronger contributors to certain types of cancer is processed sugar. As far as what is defined as processed sugar; white sugar, brown sugar, agave and other artificial sweeteners such as Aspartame/Amino sweet, sucralose, and saccharin all encompass processed sugar. It is also of note that an estimated half of the white sugar in the U.S comes from sugar beets, and most beets are genetically modified as well.

Symptoms:

- The most common symptoms of cancers include:
- Sores that do not heal on the tongue, skin, mouth, or lips.
- Irregular/Unusual bleeding or discharge from the body.
- Persistent Change in bowels or bladder
- Persistent lump or thickening in the breast or anywhere on the body.
- Hoarseness or nagging cough.
- Difficulty swallowing. Persistent Indigestion or Loss of Appetite (especially accompanied by weight loss)
- Sudden/Rapid changes in form, appearance, or rate of growth of a mole, or wart, or if it bleeds.
- Persistent Fatigue
- Any condition which is not responding to treatment
- Inflammation from blood clotting
- Putrid intestinal gas

Natural Remedies:

- A high fiber, raw food, plant-based diet is the best approach. Foods high in vitamins A & C may help with cancer prevention.
- Some cancer fighting herbs include essiac tea, citrus pectin, Ojibwa herbal tea, and turmeric.
- If possible, it is necessary to get regular exercise outdoors.

Avoid: All kinds of meats, and dairy products. Do not eat processed or refined foods. Avoid candies, junk foods, or aluminum cooking materials. Avoid high fat foods.

CHICKEN POX

Symptoms: Small, round pimples on the face and body, filled with fluid, and appearing like water blisters. As the fluid leaks, it forms a crust.

Natural Remedies:

- Drink freshly made juices with added protein powder and brewer's yeast.
- Catnip tea with a little molasses is good during the fever.
- When fever drops and the appetite returns, give mashed banana, and fresh raw applesauce. Use a light, fat-free, sugar-free diet. You can give vitamin C to bowel tolerance.
- To avoid scratching the pox:
 - Cut nails (keep them short)
 - Wear gloves or mittens to avoid night scratching
 - Apply pressure to the area instead of scratching
 - Bathe often
- Oatmeal baths: Put 1 pound of uncooked oatmeal (or 1 heaping cup of uncooked rolled oats, ground fine in a blender) in a bag made of 2 thicknesses of old sheeting. Soften it with hot water and then float it in the bathtub or hang it on the faucet. Water will flow through it. You

can use the bag to gently sponge the body. Pat dry when finished; do not rub.

- Relieve itching with calamine lotion, moist baking soda, or starch baths. Vitamin E oil can be applied directly to each papule.

Avoid: Antibiotics and corticosteroids. They do not help in any way since Chicken Pox is a virus. Do not give aspirin to children. About 10% of Reyes Syndrome cases occur after chicken pox because of aspirin. Reye’s can cause irreversible coma or death.

COLD VS. FLU

<i>SYMPTOM</i>	<i>Common Cold</i>	<i>Flu</i>
<i>Onset</i>	Gradual	Abrupt and Dramatic
<i>Nose</i>	Drippy	Congested
<i>Throat</i>	Scratchy	Sore
<i>Chest</i>	Slight Cough as Symptoms wane	Cough can be severed and lingering
<i>Head</i>	Light headache from congestion	More pronounced headache
<i>Muscle Aches</i>	Absent	Usually present
<i>Chills/fever</i>	Absent or low	Usually present
<i>Sensitivity to light</i>	Absent	Sometimes present
<i>Fatigue</i>	Absent	Present
<i>Appetite Loss</i>	Absent	Present

Natural Remedies:

- Eat plenty of fruit and vegetables. Increase Vitamin C and Zinc intake.
 - Foods high in Vitamin C: Sea Buckthorn, Guava, black currants, chili peppers, parsley, bell peppers, kiwi, broccoli, persimmon, papaya, snow peas,

Healing Leaves

strawberries, lemons, oranges, cauliflower, cabbage, mango, collards, passion fruit, tomatoes

- Foods high in Zinc: Lentils, quinoa, Almonds, avocado, cashews, spinach, asparagus, hemp seeds, pumpkin seeds, watermelon seeds, shiitake mushrooms
- DIY Saline nasal spray: Mix 1/4 to 1/2 teaspoon of table salt with 1 cup of warm tap water. Make it fresh each day and put it into a spray bottle or a dropper bottle. Use as needed. You may even irrigate your nose with the solution using a Neti pot. This can be found at all retail stores in the health and pharmacy section.
- Mushrooms: Shiitake and Reishi mushrooms contain substances called polysaccharides that help improve the immune system. They can be put into your favorite soup or can be taken in a supplement form. Typical dosage for Shiitake: 500 mg extract capsules or tablets twice per day. Dosage for Reishi: 420 mg capsules per day; or up to three 1,000 mg tablets, up to three times per day.
- Herbal Teas:
 - Yogi: Cold Season, Honey Lemon-throat comfort, Echinacea immune support, Throat Comfort
 - Traditional Medicine: Breathe Easy, Gypsy Cold Care, Cold Care PM, Echinacea plus Elderberry, Seasonal Sampler, Throat coat
- Bath: hot water, 2 cups of Epsom salt, 1 cup of baking soda, 1 tablespoon of ground ginger, lavender essential oil. Combine all ingredients into the hot water and soak for 20-30 minutes.

CONJUNCTIVITIS (PINK EYE)

Symptoms: Swelling, bloodshot eyes, itchiness, pus that sticks the eyes together.

- There may be a discharge from the eye. The origin may be viral if the discharge is thin and watery (highly contagious). If it is white and stringy, the cause may be allergenic. If there is pus, it may be bacterial in origin.

Natural Remedies:

- Beta Carotene 3x a day (10,000 IU) for 1 week (25,000 IU daily afterwards)
- One (1) B complex a day with Vitamin C with bioflavonoids (1,000-5,000 mg) + Zinc (25 mg daily)
- Apply warm poultice of 3% boric acid
- Overnight charcoal poultice (thick paste)
- During the acute stage, ice-cold compresses can be laid upon the eye (only when closed). Apply wrung-out wash cloth for 30 minutes; change every 2-3 minutes; stop for 30-60 minutes.
 - Bacteria carrying this infection may be carried on towels, clothing, paper, toys, or hands. Clean infected items separately from others. All in the home should keep hands from the face.
- Very warm and cold compresses can be applied every 4 hours (do not use hot compresses). A cloth wrung out of very warm water can be applied for two minutes, then a cold cloth for 30 seconds. Do this for 15 minutes.
- Good Herbs for compresses and washes: Bilberry, aloe vera juice, chickweed, eyebright, fennel, catnip red raspberry leaf, slippery elm.
- Gauze pads saturated with witch hazel and placed over the closed eyes for 15 minutes may help relieve irritation.

CONSTIPATION

Symptoms: Stools are hard, dry, and infrequent. It is difficult to have a bowel movement. You may also experience abdominal discomfort, lack of energy, dull headache, poor appetite, and lower back pain.

Natural Remedies:

- For quick relief, drink a large glass of good water every 30 minutes until you have a bowel movement.
- Be sure to include enough fiber in your diet and drink enough water daily. Exercise daily. Relax, and avoid emotional tension.
- As soon as you wake up, start drinking warm water, a little at a time. By the time you are ready for breakfast, you should have taken at least a quart of water. Follow this regularly, and you will develop regularity in your bowel movements.
- Squeeze lemon into an 8. Oz glass of warm (or very warm) water and drink it first thing in the morning.
- High Doses of Vitamin C powder is a quick acting laxative.
- Eat prunes or figs. Drink prune juice.
- Freshly ground flaxseed meal is helpful to soften stools.
- Beta Carotene (25,000 IU) or carrot juice will maintain the health of the intestinal lining.

Avoid: Concentrated foods such as meats, sugar, and cheese. They produce constipation.

CRAMPS (MENSTRUAL AND MUSCLE)

Natural Remedies:

Menstrual:

- Increase water intake
- Black cohosh
- Peppermint tea or oil
- Cramp Bark

- Raspberry leaf tea
- Vitamin C
- Heating pad
- Epsom salt bath

Muscle:

- Proper water intake
- Increase or add good quality sea salt or pink Himalayan salt to diet
- coconut water
- lemon or lime water with sea salt - magnesium
- calcium
- potassium

Natural "Gatorade" Recipe: Lemon/lime juice, Water, A touch of honey, Sea salt

CUTS AND SCRAPES

Symptoms: A cut is damage to the skin that causes bleeding, pain, and inflammation to the surrounding tissue.

Natural Remedies:

When skin injury occurs from a cut, it is important to first start with putting pressure on the cut to stop the bleeding. When the bleeding has subsided, rinse the wound with clean, cool water to remove any dirt and debris. Once thoroughly rinsed, use a soft washcloth with cool water and mild soap to clean around the wound. Do not use soap in the wound as that can further irritate the damaged tissue. To promote healing to the surrounding injured skin, keep it clean and use petroleum jelly or aloe Vera. Moisture prevents the skin from drying out and forming a scab which subsequently lengthens the healing process. Apply a layer of petroleum jelly or aloe Vera over the cut and a light dressing to conceal the moisture. Reapplication of petroleum jelly/aloe Vera with a new dressing should occur after a shower.

DIABETES (MELLITUS, TYPES 1 AND 2)

Symptoms:

Type 1 - Excessive Hunger, thirst, frequent urination, depression, weakness, blurred vision, dry mouth, vomiting.

Type 2 - Unusual thirst, frequent urination, general weakness, obesity, skin disorders, boils, blurred vision, dry mouth

Natural Remedies:

- A high carbohydrate-high fiber diet will reduce the need for insulin. Get your protein from vegetable sources. A fat-free diet will help reduce blood sugar. A diet high in raw food is also helpful (plants).
- Eat smaller meals, chew food thoroughly, and do not overeat or eat food late in the evening. Eat meals at regular times.
- Dandelion root, Fenugreek, Onions, Uva Ursi, Huckleberry, Black Walnut, Burdock, Buchu.
- Inositol (500 mg, 2x daily) sometimes reverses nerve damage in some diabetics.

Avoid: Sugar, white flour, greasy food, meat, eggs, cheese, excess vegetable oils, cow's milk. Do not eat fruits and melons in high amounts.

HEADACHES

There are different headaches with unique pain levels for each one. Some can be a dull ache; others come with pain levels that have you wanting to stay in bed. Causes can vary.

Tension headaches: The most common kind of recurrent headache. They arise from tight muscles in the shoulder, neck, and scalp. These headaches usually come on during the day and resolve after rest or a good sleep. If there is a lot of stress in your life, they can persist for several days.

Migraines: Result from a narrowing of the arteries in and around the brain. When that happens, insufficient blood flow sometimes produces what is called an aura (when symptoms are only visual) or prodrome (when they include different types of sensory disturbances).

- The symptoms include sensitivity of light, abdominal discomfort, sweating, moodiness, numbness or weakness on one side of the body, difficulty speaking, and visual disturbances such as moving black dots, zigzag lines, and blurred vision. After this, the brain arteries dilate which causes pain--typically throbbing pain on one side of the head. The pain may become constant and involve the whole head later. This can last two to three hours, even up to a few days.
- Common triggers include stress, insufficient sleep, sleeping late, a less-than-optimal diet, menstrual periods, excessive noise, and bright lights.

Cluster Headaches: Severe and begin suddenly and produce one sided pain that localizes in the area around or behind the eye. The term "cluster" refers to the occurrence of such headaches in episodes; for example, once a day for a week or month then disappears for a while. Cluster headaches produce restlessness unlike migraines and are usually less common, although the pain is intense and lasts about 30-45 minutes.

- Other reasons for headaches: including head injury, sinus infections, TMJ, hangover, depression, overuse of OTC pain medications, brain tumor, bleeding into the brain, and high blood pressure.

Natural Remedies:

- **Compress:** Apply hot or cold compress to the area that is hurting. If heat seems to work, wrap a damp, hot towel around neck and shoulders. This promotes circulation and relaxes tight muscles. If the cold is more

Healing Leaves

soothing, apply a cold pack or a bag of frozen veggies to forehead, neck or shoulders.

- Teas: Ginger Tea, Peppermint Tea
- White Willow Bark: Up to six 400 mg capsules per day.

Additional Information for migraines:

Fill the bathtub with very warm water just until the water covers your legs. Then put a cold wet rag or icepack on your head. The pain will ease up quickly. Or sit in a chair, put your feet in a bucket of very warm water and place a wet cold rag or an icepack on your head. You'll get the same results as the bathtub method. (Do not do this if you are diabetic.)

Avoid: Caffeinated products. Get plenty of exercise every day.

INTESTINAL WORMS

Symptoms: Nausea, lack of appetite, diarrhea, abdominal pain, weight loss, general weakness, teeth grinding in your sleep, constipation, gas, fatigue, sleep problems, poor appetite, feelings of constant hunger, fever, iron deficiency, worms in your stool, itchy rash, stomach pain, itching of the anal or vaginal area, restlessness.

- Tapeworms can cause lumps or bumps, allergic reactions, neurological problems such as seizures.
- Trichinosis worms travel through the bloodstream and enter other tissue or muscles, they can cause fever, swelling of the face, muscle pain and tenderness, headache, light sensitivity, conjunctivitis.

NOTE: These symptoms are not guaranteed, and a parasitic worm infection may not have any symptoms at all.

Natural Remedies:

- Garlic: Finely chop or crush 3 to 5 cloves of raw garlic and allow to stand for 10 to 15 minutes to allow the active compound allicin to form. Consume the garlic on

an empty stomach in the morning. Don't eat anything else after consuming the garlic for at least 1 hour. You may also mix the garlic with water or half a cup of milk for easier consumption. Do this for one week, the rest for the second week. Repeat the same thing on the 3rd week.

- Diatomaceous Earth (recommended):
 - 1) Start with 1 tsp mixed into 8 oz or 227 ml of water. Drink this either 1 hour before a meal or two hours after a meal. The goal is to have an empty stomach.
 - 2) Repeat this every day for ten days and increase your amount of DE slowly up to 2 tsp if you like.
 - 3) Once you hit ten days, take a break for seven days
 - 4) Then repeat again for 10 days. Warning: You may see some interesting stools being passed.

There are a few side effects you may experience when doing a parasite cleanse with Diatomaceous earth. The first is some constipation, but drinking an extra glass of water after you drink diatomaceous earth can help with this. Then, due to the parasite dying-off, you can experience headaches, malaise, brain fog, and trouble sleeping. These side effects appear because when parasites die and detach from your intentional lining, they can release ammonia and nitrogen into your system.

- Papaya seeds: Grind 5 or 6 papaya seeds and drink daily in a glass of water to eliminate parasites. Drink it first thing in the morning on an empty stomach. Continue taking the papaya remedy for 2-3 weeks to ensure that all traces of intestinal parasites are gone for good.
- Cloves: Cloves can help you kill off parasite eggs. Don't use this as the main remedy. Use this as a secondary remedy together with others. Add one teaspoon of powdered clove to a cup of hot water. Cover the cup with a plate and allow it to steep for 10 to 20 minutes. Drink this first thing in the morning for a week.

LICE

Symptoms: Itching of the skin, often on the head, trunk, or pubic area. Lice eggs can be seen in one's hair. The person will feel like he/she is overheated or has a slight fever.

Natural Remedies:

- Combs and Brushes: Heat to 151 Degrees Fahrenheit for 5-10 minutes, soak for an hour in 2% Lysol solution, or freeze them for 30 minutes.
- Launder clothing and bedding in hot water. (Seal non washable items in a plastic sack for 10 days.)
- Soak the place on the body for 30 minutes in very warm, soapy, water.
- Petroleum Jelly has been recommended to suffocate lice.
- Crumble 3 Tbsp. rue into 1 pint of white vinegar. Steep as long as possible (2 weeks is best). Apply it to the head or other body area. It is good for body lice, skin parasites, or as a ringworm lotion.
- Hair:
 - Can be doused in kerosene and then wrapped in a towel (please be careful).
 - Garlic compresses can be placed on the scalp for two hours.
 - Hot vinegar (or 50/50 vinegar and water solution) can be applied to the scalp to loosen eggs so they can be vigorously combed out with a fine-tooth comb.
 - A 50/50 mixture of kerosene and olive oil can be put on the scalp to get rid of the eggs.
 - Labrador Tea or field larkspur.
 - In Extreme cases, the hair may be entirely cut off.

Whatever method is chosen, you must be diligent for a little over two weeks to ensure that all the lice are killed.

LYME DISEASE

Symptoms: The best symptom is the “bull’s eye” spot caused by the tick bite on the bot. Within a day it usually enlarges to a rash around the tick bite that is about 3 inches in diameter. Aside from this, small, raised bumps, and/or a rash, appear on the entire body for 1-2 days or several weeks and then fades. Fever, chills, nausea, and vomiting may also occur. Weeks, or months later, facial paralysis may occur. There may also be enlargement of the spleen, lymph glands and heart muscle. There are also severe headaches. This can develop into backache, stiff neck, pains in the knees, swelling and pain in other joints, and even degenerative muscle and joint disease. About 70% of people who remain untreated later develop problems in the joint and central nervous system.

Natural Remedies:

- A drop of oil or alcohol may be applied to partially immobilize the tick. Do not use a hot match, petroleum jelly, or nail polish. Remove the tick using tweezers. The tweezers should close on the tick’s head, right next to the skin where it is embedded. Pull straight out; do not twist, it is important to remove the whole tick. Wash your hands with soap and water when finished
- Wash the bite area with soap and water. Apply rubbing alcohol or hydrogen peroxide to the bite area. You may also apply a small bandage to the area.
- Two or three times a day, disinfect the area with tea tree oil, calendula extract, St. John’s wart extract, Echinacea, or goldenseal extract.

If you have Chronic Lyme disease then eat a diet full of fruits, veggies, whole grains, nuts, seeds, and legumes. Avoid meat, junk foods, added sugars, and alcohol. Do all you can to improve health, including getting exercise.

Pay attention to any additional symptoms for the next three weeks (or other symptoms appear)! Seek out a natural physician.

MUMPS

Symptoms: Swelling of one or both salivary glands, fever up to 104 Degrees Fahrenheit, chills, headache, sore throat, pain when swallowing or chilling. Swelling usually begins in one gland first, then the other.

Natural Remedies:

- A simple fat-free and sugar-free diet, with mostly raw fruits and vegetables that are juiced or softened.
- Drink plenty of pure water and fresh juices.
- Cold or warm water compresses may be placed on the neck and over the glands.

Avoid: Food that requires chewing or might be irritating. Avoid junk food, caffeine, tobacco, alcohol, soft drinks, and acidic foods such as pickles or citrus fruits. Avoid aspirin.

POISON IVY

Symptoms:

In those slightly sensitive: One or more small round bumps with a slight pus area in the center. It is extremely itchy when it is touched by something.

In those extremely sensitive: Extreme redness, rash, and large swelling in the affected areas. The itch is continuous, and many blisters develop. As the poison spreads, both fever and secondary infections may develop.

Symptoms appear within a few hours to 7 days after contact with the plant.

Natural Remedies:

- Baking soda: Place ½ a cup of baking soda in a bath filled with warm water. You can also mix 3 Teaspoons with 1 teaspoon of water to make a paste.
- Vinegar compress is good for drying the poison ivy rash and soothing the itching. Use ½ cup of white vinegar to a pint container add water.
- Jewelweed (*Impatiens* spp.): Tends to grow near poison ivy and helps treat a poison ivy rash. Pick a branch, crush it up and apply it to affected area
- Vitamin C with bioflavonoids prevents infection and reduces swelling
- Calcium and Beta-carotene help boost the immune response and speed up healing
- Zinc helps repair skin tissue
- Calamine lotion is good to speed healing
- Vitamin E oil or cream is effective to prevent scars and to help healing
- Vitamin A with mixed carotenoids, help to repair skin tissue and boosts immune system
- Eat a diet rich in sea vegetables
- Cool water compresses mixed with 1 tsp. of sea salt per pint of water over blisters and crusts to calm.
- Leave on for 15 minutes, repeat for a few hours until itching is gone.
- Cool oatmeal, salt or diluted vinegar baths, dry with blow-dryer set to cool.
- One (1) tsp. of water with 3 tsp. of one of these dry ingredients: cornstarch, baking soda, oatmeal or Epsom salts. Make a paste and apply it over the affected skin.
- Aloe Vera juice, tofu or watermelon rind sooth and dry.
- Calendula lotion
- Make tea with burdock, nettle, red clover or yellow dock. Drink a cup 3 or 4 times a day until the rash is gone.
- These essential oils are to soothe inflamed skin, reduce itching and to relieve anxiety: benzoin, cedarwood,

Healing Leaves

chamomile, everlasting, geranium, jasmine, juniper, lavender, neroli, orange, patchouli, peppermint, rose, rosemary, rosewood, sandalwood, tea tree, thyme and ylang-ylang. Use them in baths, compresses and body oil.

PNEUMONIA

Symptoms: Fever, Chills, Aching Muscles, Sore Throat, Bloody Sputum (a mixture of saliva and mucus), enlarged lymph nodes in the neck, pain in the chest. Rapid, difficult breathing and cyanosis (bluish skin and nails from lack of oxygen).

Natural Remedies:

- Stay hydrated and take laxative herbs to keep the bowels moving.
- Apply hot fomentation every 2 hours to the chest and upper back for 10-12 minutes. Sponge off vigorously with cold cloth. Repeat Cycle 3 times each series.
- The head should be kept cool with washcloths wrung from ice water if the temperature goes above 100-101 Degrees Fahrenheit (from mouth)
- Dandelion, Echinacea, garlic, goldenseal, Astragalus, Ginger. Fenugreek Tea.
- A liquid diet for the first few days (during high fever) – fruit juices (diluted), lemon and water (without sugar).
- Strained vegetable broths, Fresh Carrot Juice, dry grains

RING WORM

Symptoms: Small, flat, red, slightly elevated ring or oval-shaped sores which may be crusted, dry, scaly, or moist. The area is often covered with small blisters. If the scalp is infected, the hair falls out in circular patches.

Natural Remedies:

- Vitamins A, E, and Zinc
- Plantain and castor oil, or tea tree oil upon it.
- Apple cider vinegar to the area several times a day.
- Allow sunlight to hit the affected area for at least 6 minutes a day. If you use a sunlamp keep it at least 18 inches away from the skin, and only use it for 10- 20 seconds at a time.
- Rub the affected area with borax and castor oil.
- Fungicide parasites (like ring worm) are best stopped by sealing off the air.
- A 3-day citrus fast is very helpful. Follow this with a nutritious diet.
- Apply undiluted lemon juice every few hours.
- To treat the nails, pare and scrape the infected area.
- Remove as much loose material beneath the affected nails as possible. Apply vinegar with a Q-tip 2x daily.
- Shampoo the hair daily and keep it short. Burn hair clippings, boil scissors, combs, etc. after each use. Sterilize clothing.

Avoid scratching. Heat and moisture encourage fungus growth.

STREP THROAT

Symptoms: Inflammation and possible infection of the tonsils and adenoids. There is a sore throat with fever, lack of appetite, chills, headache, muscle pain, nausea, vomiting, nasal obstruction and discharge, possible swelling of the lymph glands. Tonsils may look red and enlarged, pus may be observed.

Symptoms continue for 24-72 hours: then they gradually subside over 7-10 days.

Healing Leaves

Natural Remedies:

Mix Together:

- One (1) Tablespoon of Honey (Honey coats the throat)
- 1/4 Teaspoon Cayenne Pepper (Cayenne pepper has anti-inflammatory and antibacterial properties)
- 3-5 Garlic cloves graded or pressed (4 cloves of garlic is equal to one dose of penicillin – nature's best antibiotic)

Take 1/2 teaspoon every waking hour for 1 to 3 days until strep throat is gone. Don't drink anything for half hour after taking it

STRESS

Symptoms: Acne, headaches, chronic pain, frequent sickness, decrease in energy, insomnia, changes in libido, digestive issues, appetite changes, depression, rapid heartbeat, sweating.

Natural Remedies:

- Ashwagandha – sedative and nerve tonic
- Bilberry – prevents destruction, mutation, and premature death of cells throughout the body.
- Ginkgo biloba – aids in proper brain function and good circulation. Do not take this if you have a bleeding disorder.
- Milk thistle – cleanses and protects the liver and has antioxidant properties.
- Chamomile – gentle relaxant, good nerve tonic, soothing digestive tract, and a pleasant sleep aid.
- Holy basil – Indian herb locally known as Tulsi, related to but not the same as culinary basil. It appears to lower stress and cortisol levels. A Thai derivative is known as Bai gkaprow.

THYROID

Symptoms: Fatigue and inability to tolerate cold are the most common symptoms. Loss of appetite, a slow heart rate, muscle weakness and possible cramps, dry and scaly skin, recurrent infections, water retention (edema), overweight, brittle nails, constipation, depression, difficulty in concentrating, a yellow-orange coloration of the skin (especially on the palms of the hands). In women, there might be painful menstruations, a milky breast discharge, and fertility problems.

Natural Remedies:

- Nova Scotia pulse or Norwegian kelp are the best-balanced source of iodine and trace minerals.
- In addition to taking iodine, eat a nutritious diet.
- Fresh carrot juice improves thyroid function slightly.
- Drink green drinks and potassium broths (thick, white potato peeling soup).

Avoid: Chlorinated water and fluoridated water or toothpaste.

Eat foods in the cabbage family ***in moderation*** (broccoli, cabbage, kale, Brussels sprouts, mustard greens): for they tend to suppress the thyroid function.

TOOTHACHE

Symptoms: A tooth is in severe pain.

Natural Remedies:

- Make a ginger infusion and drink it often.
- You can also add the root to your stews, dessert, juices, smoothies, etc.
- Infusion of all three natural remedies; Clove, turmeric, and ginger. It's a highly effective medicinal tea.

Healing Leaves

- Essential oils like cinnamon, oregano, and tea tree oils can be very effective but only can be used in tiny amounts. Take care not to ingest these oils.
- Thyme Oil from the herb thyme can help treat toothaches with the benefit of its potent antibacterial and antioxidant qualities. Mix equal parts of thyme essential oil with olive oil (just 2-3 drops each). Then add it to a cotton ball and use it on the area where you feel pain.
- Wheatgrass: Wheatgrass's multiple healing properties can relieve inflammation in your mouth. It contains large amounts of chlorophyll which helps to kill bacteria and prevent infections.
- Myrrh: Myrrh's anti-bacterial traits make it a great home remedy. Take 1 teaspoon of powdered myrrh and simmer it for about 30 minutes in 2 cups of water. Strain and then cool. Add 1 teaspoon of the solution to a half of a cup of water and rinse with this several times during the day.
- Guava Leaves: Guava leaves' anti-inflammatory properties can help lessen pain and sterilize oral wounds while helping to heal wounds. Boil water and add crushed guava leaves to create a mouthwash or you can chew on fresh guava leaves
- Clove: Clove oil is effective at helping to numb pain and reduce inflammation. It contains the naturally disinfecting chemical compound eugenol. A small amount of clove oil dabbed onto a cotton ball applied directly to the painful tooth. Avoid using the oil in large quantities as it can worsen the pain when applied directly to soft tissue like your tongue or gum tissue. Safe to use several times a day.
- Salt water rinse
- Cold compresses
- Vanilla extract
This will numb the painful area; It has antioxidant properties that heal as well. 1 or 2 drops added to a cotton ball applied directly to pain several times a day.

ULCER (PEPTIC)

Symptoms:

Stomach: Chronic burning or gnawing stomach pain which often begins 45-60 minutes after finishing a meal, or at night. Drinking a large glass of water or eating food seems to relieve it. Vomiting or swallowing something quite alkaline also does. The pain sometimes awakens the person at 1 or 2 am.

Other symptoms: Headache, choking sensation, lower back pain, itching, possible vomiting, and pain beneath the breastbone.

Natural Remedies:

- For rapid pain relief, drink water.
- Diet:
 - Eat several small meals
 - Potatoes are soothing, and are alkaline.
 - Vitamin U is an anti-ulcer vitamin. It is specific for peptic ulcers. Raw cabbage and alfalfa juice has the most (boiling destroys this property). Juice and immediately drink raw cabbage juice (a quart daily). Carrot juice can help to improve flavor.
 - Dried banana is good (Fresh banana may also work as well).
 - Eat plenty of dark, leafy greens. - Take Vitamin A (2000 IU), zinc (1.5 mg), and copper (1mg).
 - Glutamine (500 mg) is the principal source of energy for stomach and intestinal walls.
- Slippery Elm: Purchase in a fine powder form. If you cannot, you can use a cheap coffee grinder to turn it into a fine powder. Mix 1 tablespoon of slippery elm, with hot water like you would use for tea. Let it steep for 5-10 minutes (Only mix enough water to cover it over by about half an inch). It will turn into a gelatin blob. Take this (chewing it) as hot as you can take.

Avoid: All situations resulting in tension, stress, irritability, nervous strain, anger, or fear. Complete rest and relaxation are needed. Do not eat fried foods, teas, caffeinated products, salt, chocolate, animal fats, strong spices. Do not drink soft drinks or milk. Do not smoke. Do not eat a lot of salt. Do not eat in-between meals. Do not take antacids or pain killers like aspirin, or medicinal drugs.

URINARY TRACT INFECTION (UTI)

Symptoms: A strong persistent urge to urinate, a burning sensation whilst urinating, passing frequent, small amounts of urine, cloudy urine, strong-smelling urine, red bright pink or cola colored urine, which is a sign of blood in the urine, pelvic pain (in women).

Natural Remedies:

- Stay hydrated. Drink plenty of good water, about 2 liters a day.
- Drink 8oz. of 100% pure cranberry juice 3x a day.
- You can also take 1 capsule of CranActin 4x a day with a glass of water.
- Or/If you have no CranActin then use D-Mannose powder (use as directed).
- Stay away from caffeinated products.
- Practice good hygiene.

WARTS

Symptoms: With the exception of plantar warts (which are flat), warts are always raised bumps.

Natural Remedies:

- The underlying causes of warts appearing should be eliminated. Eat a diet with foods high in Vitamins A, B complex, C, and zinc.
- Place thin sections of garlic on the wart (not the skin around it) overnight. Do this for 2 to 3 nights.
- Apply castor oil 3 times a day for 3 weeks for 30 minutes at a time.
- Apply honey for 15 days.
- One (1) drop of hydrochloric acid on the wart once a day for 8 days.
- Soak the wart for 30-90 minutes twice a week in hot water (113-118 Degrees Fahrenheit).
- Green Juice Fig Juice: Juice that is from barely ripe figs will destroy warts.

To prevent warts from forming, reduce the amount of protein you're eating. Most people eat too much.

PART 2 - Prevention & Good Health

INTRODUCTION

“In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished. At every pulsation of the heart the blood should make its way quickly and easily to all parts of the body. Its circulation should not be hindered by tight clothing or bands, or by insufficient clothing of the extremities. Whatever hinders circulation forces the blood back to the vital organs, producing congestion. Headache, cough, palpitation of the heart, or indigestion is often the result.” – *Ministry of Healing 271.2-3.*

“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.” – *Ministry of Healing 127.2*

“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body

upon the mind, and the laws by which they are governed." – *Ministry of Healing 128.1*

NUTRITION (Proper Diet)

"Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue." – *Ministry of Healing 295.1*

"God gave our first parents the food He designed that the race should eat. ... The fruit of the trees in the garden was the food man's wants required [Genesis 1:29: and afterward, field crops also, Genesis 3:17-18]. God gave man no permission to eat animal food until after the Flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark [Genesis 9:3] ... "After the Flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the Flood the race began to rapidly decrease in size, and in length of years. [Compare Genesis 5:3-32 with 11:10-26]." – *Counsels on Diet and Foods, p. 373.*

"In choosing man's food in Eden, the Lord showed what was the best diet; in the choice made for Israel He taught the same lesson. He brought the Israelites out of Egypt and undertook their training, that they might be a people for His

Healing Leaves

own possession. Through them He desired to bless and teach the world. He provided them with the food best adapted for this purpose, not flesh, but manna, "the bread of heaven." It was only because of their discontent and their murmuring for the fleshpots of Egypt that animal food was granted them, and this only for a short time. Its use brought disease and death to thousands. Yet the restriction to a nonflesh diet was never heartily accepted. It continued to be the cause of discontent and murmuring, open or secret, and it was not made permanent." - *Ministry of Healing* 311.2

"Had they been willing to deny appetite in obedience to his restrictions, feebleness and disease would have been unknown among them. Their descendants would have possessed physical and mental strength. They would have had clear perceptions of truth and duty, keen discrimination, and sound judgment. But they were unwilling to submit to God's requirements, and they failed to reach the standard he had set for them, and to receive the blessings that might have been theirs. They murmured at God's restrictions, and lusted after the fleshpots of Egypt. God let them have flesh, but it proved a curse to them." - *Christian Temperance & Bible Hygiene* 118.2

"God has furnished man with abundant means for the gratification of an unperverted appetite. He has spread before him the products of the earth, —a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet."- *Ibid* 47.1

"Those who live in new countries or in poverty-stricken districts, where fruits and nuts are scarce, should not be urged to exclude milk and eggs from their dietary. It is true

that persons in full flesh and in whom the animal passions are strong need to avoid the use of stimulating foods. Especially in families of children who are given to sensual habits, eggs should not be used. But in the case of persons whose blood-making organs are feeble, —especially if other foods to supply the needed elements cannot be obtained, — milk and eggs should not be wholly discarded. Great care should be taken, however, to obtain milk from healthy cows, and eggs from healthy fowls, that are well fed and well cared for; and the eggs should be so cooked as to be most easily digested.” - *Ministry of Healing 320.1*

“Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculous and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.” - *Ibid 313.2*

“In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger.” - *Ibid 314.4*

The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat eating, while the real cause is not suspected by themselves or by others.” - *Ibid 315.2*

“When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as

Healing Leaves

evidence that flesh food is essential; but it is because foods of this class are stimulating, because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh eating as it is for the drunkard to give up his dram; but they will be the better for the change." – *Ibid 316.3*

"In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's stomach is often pictured as illustrating the effect of alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating."

"Because it is wrong to eat merely to gratify a perverted taste, it does not follow that we should be indifferent in regard to our food. It is a matter of the highest importance. No one should adopt an impoverished diet. Many are debilitated from disease, and need nourishing, well-cooked food. Health reformers, above all others, should be careful to avoid extremes. The body must have sufficient nourishment. The God who gives his beloved sleep has furnished them also suitable food to sustain the physical system in a healthy condition." – *Christian Temperance & Bible Hygiene 49.3*

"All should learn what to eat and how to cook it. Men, as well as women, need to understand the simple, healthful preparation of food. Their business often calls them where they cannot obtain wholesome food; then, if they have a knowledge of cookery, they can use it to good purpose." – *Ministry of Healing 323.1*

"Scanty, ill-cooked food depraves the blood by weakening the blood-making organs. It deranges the system and brings on disease, with its accompaniment of irritable nerves and bad tempers. The victims of poor cookery are numbered by

thousands and tens of thousands. Over many graves might be written: "Died because of poor cooking;" "Died of an abused stomach." - *Ibid 302.2*

"For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.

The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system. Many housewives think that they cannot make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable." - *Ibid 300.3-4*

"Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided." - *Ibid 301.4*

"When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach." *Ibid 298.2*

"Carefully consider your diet. Study from cause to effect. Cultivate self-control. Keep appetite under the control of reason. Never abuse the stomach by overeating, but do not deprive yourself of the wholesome, palatable food that health demands." - *Ibid 323.2*

"Many make a mistake in drinking cold water with their meals. Taken with meals water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or iced lemonade, drunk with

Healing Leaves

meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit. Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. Do not eat largely of salt, give up bottled pickles, keep fiery, spiced food out of your stomach, eat fruit with your meals, and the irritation that calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water drank some little time before or after the meal is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues." - *Review & Herald, July 29, 1884, Paragraph 7*}

"Tea acts as a stimulants and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid.

Because of these results, many suppose that their tea or coffee is doing them great good. But this is a mistake. Tea and coffee do not nourish the system. Their effect is produced before there has been time for digestion and assimilation, and what seems to be strength is only nervous excitement. When the influence of the stimulant is gone, the unnatural force abates, and the result is a corresponding degree of languor and debility.

The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils; for they wear away the life

forces. Tired nerves need rest and quiet instead of stimulation and overwork. Nature needs time to recuperate her exhausted energies. When her forces are goaded on by the use of stimulants, more will be accomplished for a time; but, as the system becomes debilitated by their constant use, it gradually becomes more difficult to rouse the energies to the desired point. The demand for stimulants becomes more difficult to control, until the will is overborne and there seems to be no power to deny the unnatural craving. Stronger and still stronger stimulants are called for, until exhausted nature can no longer respond." – *Ministry of Healing 326.1-3*

EXERCISE

"Action is a law of our being. Every organ of the body has its appointed work, upon the performance of which its development and strength depend. The normal action of all the organs gives strength and vigor, while the tendency of disuse is toward decay and death. Bind up an arm, even for a few weeks, then free it from its bands, and you will see that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system.

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result." – *Ministry of Healing 237.3-238.1*

"When the weather will permit, those who are engaged in sedentary occupations, should, if possible, walk out in the open air every day, summer and winter. The clothing should be suitable, and the feet well protected. Walking is often

Healing Leaves

more beneficial to health than all the medicine that can be prescribed. For those who can endure it, walking is preferable to riding; for it brings all the muscles into exercise. The lungs also are forced into healthy action, since it is impossible to walk in the bracing air of a winter morning without inflating them." – *Christian Temperance and Bible Hygiene 100.5*

"Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in severe study or violent physical exercise immediately after eating, hinders the work of digestion; but a short walk after a meal, with the head erect and the shoulders back, is a great benefit." – *Ministry of Healing 240.1*

WATER

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral bath soothe the nerves and equalize the circulation.

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness." – *Ibid 237.1-2*

“The physical surroundings in the cities are often a peril to health. The constant liability to contact with disease, the prevalence of foul air, impure water, impure food, the crowded, dark, unhealthful dwellings, are some of the many evils to be met.” - *Ibid* 365.1

SUNSHINE

Every living thing in our world relies upon the sun. Without it, nothing could live. Sunlight consists of energy wavelengths of various types but the visible rays along with infrared and ultraviolet are the most beneficial to you. How so? There are millions of red corpuscles constantly flowing very small blood vessels throughout your entire skin. And there are also tiny oil glands just beneath the skin which biochemists call sterols. As sunshine strikes them, substances within them, called ergo sterols, are irradiated and transformed into vitamin D. Carried to all parts of your body, it enables you to have strong bones, teeth, and nails. It is a miracle what sunlight can do for you and how it can bring better health and even a happier outlook on life. We have been told that we need cow's milk to obtain vitamin D and that it is the best way. This just isn't true. In fact, meat, milk and other dairy products actually deplete you from vitamin D.

Vitamin D insufficiency affects almost 50% of the population worldwide. An estimated 1 billion people worldwide, across all ethnicities and age groups, have a vitamin D deficiency.

Research has shown many benefits of getting adequate amounts of sunlight every day. It helps treat bacterial infections, asthma, lower blood pressure, cholesterol, stress and improve blood sugar levels in diabetics and even strengthens your immune system and antibody production. People are more likely to contract colds and flu's during the winter months due to the fact that there is less sunlight. Combined with a plant-based diet and exercise, sunlight is a natural remedy that you cannot live without, literally.

Healing Leaves

Sunlight reaching the eyes can reset a person's circadian rhythms, enabling a healthier sleep-wake cycle and better healing. It can be deployed strategically to treat mood disorders.

Light helps synchronize your internal clock during the day, so you sleep better at night. It keeps your bones healthy. When exposed to sun our skin makes vitamin D, which helps the body absorb bone-boosting minerals like calcium.

How much sunlight do we need?

Some people are more sensitive to sunlight than others, especially those with pale skin, they burn more quickly. Such individuals should take less sunlight to start with and never obtain very much at a time. Dark skinned people will need to spend more time in the sun to obtain the necessary amount. The higher in the sky the sun is, the stronger its rays. In the winter months, you will want to sunbathe near noontime, since the sun is lower. In the summer, there is a wider range of hours to select from. Check in your local area for these hours. When you sunbathe, make sure there is no plastic or glass on you. On the first day, start with no more than two minutes to a side, and later lengthen it. Do it every day, every other day or as often you are able to. Sunlight is very relaxing, don't fall asleep. If you are able to, build an inexpensive solarium where you can take sunbaths in privacy. In this way, each sunbath will bring the healing, purifying, strengthening rays to a larger part of your body than would otherwise be possible.

If you have a poor diet, sunlight has an ill effect on your skin. This is very important. The standard high fat American diet is very dangerous for sunbathing. If you choose to stay on this diet, you need to stay out of the sun and protect yourself from it and at the same time you will suffer consequences of both the high fat diet and the deficiency of sunlight. The problem here is skin cancer. If you are not eating a healthful diet and getting too much sun on your skin, your chances of

developing skin cancer are greater. Fortunately, skin cancer is the easiest to detect and the easiest to remove.

“It is not God who has brought upon us the many woes which mortals now inherit. Our own folly has led us to deprive ourselves of things that are precious, of the blessings which, if properly used, are of inestimable value in the maintenance of health. If you would have your home sweet and inviting, make it bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets.” – *Christian Temperance & Bible Hygiene* 106.2

“Those who have the aged to provide for should remember that these especially need warm, comfortable rooms. Vigor declines as years advance, leaving less vitality with which to resist unhealthful influences; hence the greater necessity for the aged to have plenty of sunlight, and fresh, pure air.” – *Ministry of Healing* 275.4

TEMPERANCE

“Many have to battle against strong hereditary tendencies to evil. Unnatural cravings, sensual impulses, were their inheritance from birth. These must be carefully guarded against. Within and without, good and evil are striving for the mastery. Those who have never passed through such experiences cannot know the almost overmastering power of appetite or the fierceness of the conflict between habits of self-indulgence and the determination to be temperate in all things. Over and over again the battle must be fought.” – *Ministry of Healing* 173.3

“The self-indulgent must be led to see and feel that great moral renovation is necessary if they would be men. God calls upon them to arouse and in the strength of Christ win back the God-given manhood that has been sacrificed through sinful indulgence.” – *Ibid* 174.5

Healing Leaves

"The tempted one needs to understand the true force of the will. This is the governing power in the nature of man--the power of decision, of choice. Everything depends on the right action of the will. Desires for goodness and purity are right, so far as they go; but if we stop here, they avail nothing. Many will go down to ruin while hoping and desiring to overcome their evil propensities. They do not yield the will to God. They do not choose to serve Him." – *Ibid 176.1*

"No argument is needed to show the evil effects of intoxicants on the drunkard. The bleared, besotted wrecks of humanity--souls for whom Christ died, and over whom angels weep--are everywhere. They are a blot on our boasted civilization. They are the shame and curse and peril of every land.

And who can picture the wretchedness, the agony, the despair, that are hidden in the drunkard's home? Think of the wife, often delicately reared, sensitive, cultured, and refined, linked to one whom drink transforms into a sot or a demon. Think of the children, robbed of home comforts, education, and training, living in terror of him who should be their pride and protection, thrust into the world, bearing the brand of shame, often with the hereditary curse of the drunkard's thirst.

Think of the frightful accidents that are every day occurring through the influence of drink. Some official on a railway train neglects to heed a signal or misinterprets an order. On goes the train; there is a collision, and many lives are lost. Or a steamer is run aground, and passengers and crew find a watery grave. When the matter is investigated, it is found that someone at an important post was under the influence of drink. To what extent can one indulge the liquor habit and be safely trusted with the lives of human beings? He can be trusted only as he totally abstains." – *Ibid 331.1-3*

"It was Christ who, in the Old Testament, gave the warning to Israel, "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." Proverbs 20:1. He Himself provided no such beverage. Satan tempts men to

indulgence that will becloud reason and benumb the spiritual perceptions, but Christ teaches us to bring the lower nature into subjection. He never places before men that which would be a temptation. His whole life was an example of self-denial. It was to break the power of appetite that in the forty days' fast in the wilderness He suffered in our behalf the severest test that humanity could endure. It was Christ who directed that John the Baptist should drink neither wine nor strong drink. It was He who enjoined similar abstinence upon the wife of Manoah. Christ did not contradict His own teaching. The unfermented wine that He provided for the wedding guests was a wholesome and refreshing drink. This is the wine that was used by our Saviour and His disciples in the first Communion. It is the wine that should always be used on the Communion table as a symbol of the Saviour's blood. The sacramental service is designed to be soul-refreshing and life-giving. There is to be connected with it nothing that could minister to evil." – *Ibid* 333.2

Definitions of words change over time. As the word "gay" has changed over time, so has the word "wine". Wine could be used in the Scriptures both to refer to grape juice and fermented grape juice (wine). This fact can be found in the Strong's Concordance when looking at H3196, H8492, and G3631. H8492 explicitly says, "Fresh grape juice."

AIR (Pure and Fresh)

"In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep.

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of

Healing Leaves

the practice so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. A similar effect is produced by tight lacing. Sufficient room is not given to the lower part of the chest; the abdominal muscles, which were designed to aid in breathing, do not have full play, and the lungs are restricted in their action." - *Ministry of Healing* 272.1-2

"Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep. Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature. Of course he should be careful not to sit in a draft or in a cold room when weary, or when in a perspiration." - *Christian Temperance & Bible Hygiene* 104.2

"The lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. It becomes peculiarly sensitive to the influence of cold, and a slight exposure induces disease. It is close confinement indoors that makes many women pale and feeble. They breathe the same air over and over until it becomes laden with poisonous matter thrown off through the lungs and pores, and impurities are thus conveyed back to the blood." - *Ministry of Healing* 274.1

“Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine. In most countries bedrooms need to be supplied with conveniences for heating, that they may be thoroughly warmed and dried in cold or wet weather.” – *Ibid* 274.4

REST

“Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health. To those who are brain weary and nervous because of continual labor and close confinement, a visit to the country, where they can live a simple, carefree life, coming in close contact with the things of nature, will be most helpful. Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery.” – *Ministry of Healing* 236.1

“When we lie down at night, the stomach should have its work all done, that it, as well as other portions of the body, may enjoy rest. But if more food is forced upon it, the digestive organs are put in motion again, to perform the same round of labor through the sleeping hours. The sleep of such is often disturbed with unpleasant dreams, and in the morning they awake unrefreshed. When this practice is followed, the digestive organs lose their natural vigor, and the person finds himself a miserable dyspeptic. And not only does the transgression of nature's laws affect the individual unfavorably, but others suffer more or less with him. Let any one take a course that irritates him in any way, and see how quickly he manifests impatience! He cannot, without special grace, speak or act calmly. He casts a shadow wherever he goes. How can any one say, then, “It is nobody's business what I eat or drink”?” – *Christian Temperance and Bible Hygiene* 50.2

Healing Leaves

Rest is an essential part of being a healthy individual, and without it our power of reason, our productivity, and our physical capabilities suffer. Overworking also helps lead to other problems such as increased stress, high blood pressure, heart failure, diabetes, and an overall weakening of the immune system.

Most healthy adults require seven to nine hours of rest to be able to function at their best. But rest is not simply about the amount of sleep we get each night. Rest also refers to taking vacations or spending time away from our common modes of work.

Our creator God, for the benefit of mankind, gave to us a day of rest, His Seventh Day Sabbath.

Exodus 20:8-11 "Remember the sabbath day, to keep it holy. 9 Six days shalt thou labour, and do all thy work: 10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: 11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it."

The Sabbath commandment was dictated explicitly to the children of Israel for their benefit. But this commandment was not only given for the benefit of the Jews.

Hebrews 4:4 "For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works."

Hebrews 4:9 "There remaineth therefore a rest to the people of God."

The original Greek word for rest in Hebrews 4:9 is "*sabbatismos*" which means "a keeping Sabbath". The Sabbath commandment was instituted in Eden, when God

rested the seventh day from all His works. The Sabbath is a blessing, granted to all a mankind.

Mark 2:27 "And he said unto them, The sabbath was made for man, and not man for the sabbath:"

The Sabbath commandment observed as God intended, is a great blessing to mankind. In not adding to, or taking away from the commandment, by rejecting the law, or substituting another day, the Christian can enjoy the blessings that God has stated for those who observe His holy day.

Isaiah 58:13-14 "If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: 14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it."

TRUST IN GOD

"Some are always fearing and borrowing trouble. Every day they are surrounded with the tokens of God's love; every day they are enjoying the bounties of His providence; but they overlook these present blessings. Their minds are continually dwelling upon something disagreeable which they fear may come; or some difficulty may really exist which, though small, blinds their eyes to the many things that demand gratitude. The difficulties they encounter, instead of driving them to God, the only source of their help, separate them from him because they awaken unrest and repining." - *Steps to Christ, 121, 122 (1892)*

"A merry [rejoicing] heart doeth good like a medicine." Proverbs 17:22. Gratitude, rejoicing, benevolence, trust in God's love and care--these are health's greatest safeguard.

Healing Leaves

To the Israelites they were to be the very keynote of life." –
Ministry of Healing 281.3

Romans 10:17 "So then faith *cometh* by hearing, and hearing by the word of God."

We must learn to trust God. To have trust in God, we must have faith in Him. Those who become acquainted with the promises of God, through the study of His Word, will soon see they have ample reasons to trust God, and will rest in His love when trial and tribulation come upon them. Worry, fear, anxiety – these things naturally stress us out, and during periods of prolonged stress our ability to resist disease is lowered. A happy, cheerful disposition, and a firm trust in God, can help to reduce disease, and improve overall quality of life.

Matthew 6:25-34 "Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? 26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? 27 Which of you by taking thought can add one cubit unto his stature? 28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: 29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. 30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? 31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? 32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. 34 Take therefore no thought for the morrow: for the

morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

1 Peter 5:7 "Casting all your care upon him; for he careth for you."

Romans 8:28 "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

Ephesians 6:8 "Knowing that whatsoever good thing any man doeth, the same shall he receive of the Lord, whether he be bond or free."

1 John 3:22 "And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight."

1 John 5:14-15 "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: 15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him."

James 5:15-16 "And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. 16 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."

1 John 1:9 "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

1 John 3:1-3 "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not. 2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. 3 And every man that hath this hope in him purifieth himself, even as he is pure."

Healing Leaves

1 John 5:4 "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith."

2 Peter 1:3-4 "According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: 4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust."

Philippians 4:13 "I can do all things through Christ which strengtheneth me."

Philippians 1:6 "Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

Revelation 3:21 "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne."

There are so many more blessings, and promises contained within the Word of God, that the true seeker of Christ will be able to safely rely upon. If we study the Scriptures daily, then we shall be blessed, and blessed not only spiritually, but even in our health, if we follow the advice of the Word of God, shall we be blessed.

Psalms 34:8 "O taste and see that the LORD is good: blessed is the man that trusteth in him."



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.

– {Healing Leaves, Page 31}

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