

Part 1: My Personal Testimony Using Soft, Pure Water for Radiation Burns

July 2017

God loves us with an unmeasurable love and desires that we, as his children, have the best of health and happiness. He has made a provision for this possibility by setting the unchangeable foundations in our health message beginning in the 1860's. And what a blessing to have access to these pages of truth at such a time as this!

What inspired me to revisit the subject of health remedies, stems from my own personal experience within the past five months. One prominent subject in the area of health in which the Lord has opened my eyes is regarding the use and importance of water of which in part, resulted in the compilation of two documents on water.

Convictions I share are not intended to discredit those who practice contrary to my discoveries of these hidden jewels of truth, as they are living up to the light they know and are doing their best, and God understands and acknowledges their hearts in helping others. It is my hope that in sharing my testimony, it will encourage a greater desire for investigation in searching out the old foundational blueprint paths laid in the beginning, that will lead to a discovery of these lost precious gems of truth which will seem to be new, although they are "old truths unfolded in the 'new'".

I will begin by briefly sharing what took place in a small, local Dental office on February 24, 2017, where I was inadvertently exposed to radiation burns.

I went into the dental office for a routine dental exam which included a set of 10-12 or so x-rays (don't recall exactly how many). The x-ray technician was a pleasant, kind young lady. As I lay back in the dental chair, she explained why the x-ray machine was nicknamed, "the drifter" as it had a tendency (mechanical malfunction) of not staying in place and drifting away before the x-ray was taken. So, she said we may have to take extra x-rays. I replied that I would be happy to help her by lightly holding the head of the machine in place while she took the x-rays to prevent unnecessary additional x-rays. So, she agreed and we proceeded forward. It was unknown to me, at the time, of the danger of having my arms (even though I was wearing a long sleeved top) exposed, outside of the arms and chest cover protection pad placed over me. I had held the machine in place with both right and left hand corresponding with the side x-ray was being taken.

Within 24 hours of my dental visit, upon awakening on Sunday morning (February 26, 2017), BOTH of my arms had a red rash. I did not connect the rash at first to the x-rays and started going over everything to see if I had made any changes in my diet, laundry soap or any routine that would allow for such a thing to happen. And there was absolutely nothing. I decided to treat the area (the next 7 weeks) with calendula/ Echinacea ointment, fresh aloe, and pine tar. Over these 7 weeks, there was no real improvement and my condition was very uncomfortable, feeling like a thousand prickly needles poking me at times.

On April 17, I decided to investigate radiation burns on the internet to see if it was conclusive of what I had suspected. (I had held back until April since I had been busy preparing for company coming from Australia) After investigating the internet on radiation burns, it described my symptoms perfectly. I concluded I had radiation burns without a doubt. Then the puzzle came together and it made sense why BOTH arms were affected, rather than only one.

From this time forward, I decided to specifically treat for radiation poisoning both internally and externally (by the advice of a medical missionary sister). I immediately started **clay baths** and was applying **charcoal poultices** at bedtime. I began using **fulvic minerals** internally and spraying on my arms externally many

times throughout the day, attempting to obtain relief. I was also taking **herbal tinctures** (detox cleanses etc which do have **alcohol** in them for preservation) and adding some things to my dietary intake such as **garlic** and a little **cayenne** (which was also one of the ingredients in the tinctures) for my immune system.

On April 21, I took a **salt** and **baking soda bath** for 30 minutes at 106° (from the advice of another SDA nurse who is a medical missionary) to pull radiation out of my body. I also started to mentally and visually trace the steps of what exactly transpired that day in the dental room and concluded that I definitely had traced the correct source to my radiation burns.

PHOTO: April 21, 2017 after exfoliating salt rub after soaking in **baking soda/ salt bath** (2 cups each) for 1 hour. **Looking back, I realize that the mineral applications, baking soda and salt baths dried my skin out severely and increased the irritation and made skin scaly which is what I later learned would do after reading our pioneer writings about the detrimental effects minerals have on the body. And Sister White says, “soda poisons the entire system!”** Imagine what soaking in 2 cups of soda did!



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.**
{MH 300.4}

April 29, 2017



Since beginning my aggressive “natural treatments” for radiation poisoning, my immune system was thrown into a tailspin. I had nausea, dizziness, runny nose, physical weakness, sore throat, achy, weight loss, tinnitus, hemorrhaging, weight loss etc.

May 8, 2017- Severe swelling and pain over the past couple of days. Had spread further over arms. **This is before, I realized the bad effects of minerals. I was still spraying fulvic minerals daily on my arms.**



May 9, 2017 Arms are very swollen that even bending them was painful. I had been applying a homemade oil mixture of lavender, chamomile and frankincense mixed with coconut oil, to bring relief from pain, dryness and continued itchiness which helped quite a bit **Looking back: swelling and irritation was caused by heavy use (soaking baths/ sprays) of salt, clay [they are minerals] and fulvic mineral spray.**



May 9, 2017 Also tried to soothe with **aloe**, **Willard Water** (which has minerals in it) and applied **honey poultice** overnight. Honey did not help. The Willard Water brought some relief as a poultice overnight (which I had used distilled water to dilute. Did not know at the time it was really the distilled water that was bringing me some relief). Tried a poultice of raw **comfrey** and **plantain** but could stand it for only 2 hours and had to remove it as it severely irritated and inflamed arms and itched excessively entire time poultice was in place.



May 14, 2017- Wrapped my arms with a cotton poultice dipped in distilled water (with a solution of Willard Water added) and in the morning when gently and lightly exfoliating my arms with my hand, this is what came off. **Looking back, I realized it was not the Willard Water but it was the power of the distilled water that was removing all the scaly, dry, irritable skin caused by mineral applications. At this time I still did not know the significance of using ONLY distilled water for burns. I had been using distilled water in making remedy recipes (since I own a distiller), but wasn't giving credit to or making the connection to the soft, pure water.**



May 14, 2017- Applied soothing oil (mixture of lavender, chamomile and frankincense mixed with coconut oil) after above exfoliation. Still swollen but felt better.



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

For he maketh small the **drops of water**: they **pour down rain** according to the vapour thereof: Which **the clouds do drop** [and] **distil upon man** abundantly. Job 36:27,28

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 baths 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**. {MH 237.2}

On Sunday, June 25, 2017, Christine Guardo sent out her usual group emails on health and in this particular email she shared how she stumbled upon Merrit Kellogg's (Harvey Kellogg's brother) book, "Hygienic Family Physician" and learned a technique for headaches that worked. I found an original 1873 copy online and read through the book and was amazed regarding his position on distilled water which matched some quotes I had read in "Health or How to Live" by James and Ellen White. This prompted me to order a book from another pioneer by the name of Dr. Jackson since he was quoted (on water) in "Health or How to Live," I figured there must be some value in his health treatments. I was blessed again by the Lord and found an original 1871 copy of Dr. Jackson's book, "How to Treat the Sick Without Medicine." This is also a book that Loughborough endorsed. Upon reading his book, his positive position on distilled water matched the other pioneers. So, I looked up burns in his book and this is what I found on pages 511-513 (and please note, he is referring to distilled water since he advocates its use earlier in his book):

Burns and Scalds.

"To treat injuries of this sort might well pass under the head of surgery, and therefore I might omit all allusion thereto. It may, however, not be thought improper for me to say a few words with reference to the best method of treating them, because, after the hygienic idea of what disease is, these injuries may be called diseases.

The human skin is, on the whole, as important an organ as any of the human body; and while it can, perhaps, perform its functions to such degree as will enable the body to retain general vital relations to its uses and offices, though the skin be diseased, better than any other organ in the body can do, nevertheless there is a point beyond which the skin itself cannot be injured and made to take on unhealthy conditions, and yet be able to perform its functions. Burns or scalds,

whether made by the heat of fire or by heated fluids, are dangerous only as they are extensive. If they are local, nature takes care of the difficulty by the healing process which immediately begins after the scald or burn is received; but if large portions of the skin are destroyed, then the system becomes so deranged, both in respect to the circulation of the blood as well as to the irritation of the nervous system, as to render restoration doubtful if not impossible.

In the way of treating local burns or scalds, the treatment is to keep the part from the air. Anything

which will do this may, in itself, serve a remedial purpose. Thus any poultice or plaster made of flour or any substance which can be spread on the burned part, and not inflame it by irritating the raw flesh, serves a temporary purpose. It becomes, in a measure, to the part injured, an artificial skin.

I have never had but one serious scald or burn to deal with, and that I treated by immersing the entire part in water, keeping it there hour by hour for days, taking it out only when I felt that it was prudent to do so, either because of the desire of the patient to have it done, or because of the necessity of change of posture to the patient; but, as soon as I could, placing the part back in water and covering it all up by it. It proved to be a most successful way of treating the injury, and enabled the sufferer to sustain the pain better than in any other way of which I could conceive.

When burns or scalds occur, water dressings are therefore of great value, provided the applications be of substances which are soft and delicate in their texture. Wet these in water, and apply to the injured part, and keep them wet all the while. Nature will produce healing quicker in burns and scalds, as in all kinds of wounds, under the application of water, than of any other substance which I know.”

I was so moved by learning all this information that I made an agreement with the Lord and I told him that I was going **to discard everything** I learned **that was bad (ie cayenne, tinctures etc)**, including products containing unnatural inorganic **minerals** (this does not include organic minerals as naturally found in fruits and vegetables). And I decided for a while to set aside herbs (though I know God uses herbs) so I could put distilled water and God’s word to the ultimate test.

I immediately made two generously wet soft cotton cloth poultices of distilled water (using no other ingredients), then wrapped in saran wrap (to keep it moist) applying them to my arms and I immediately had instant relief—the most relief I had ever had since day one. I kept them on all the time, changing them throughout the day and applying them before bedtime. Within a few days, I noticed I was gaining my strength back and my arms were healing quickly.

All this time, (have used a distiller since the early 1990’s for drinking and cooking) I had the most simple remedy at my fingertips but did not realize the goldmine that I had! The Lord wanted to teach me not only the importance of using water but also the type of water (pure, soft distilled water) that should be used when possible.

July 12, 2017- All traces of the burn are no longer visible. **Completely healed in less than 2 weeks!**



From here, I went on to distilled bathing and have had some amazing results that I can share some other time! Pure, soft **distilled** water is truly an amazing remedy from God’s heavenly storehouse.

*Which the **clouds do drop** [and] **distil** upon man **abundantly**. Job 36:28*

FOR THOSE WHO WOULD LIKE EVIDENCE FROM GOD'S WORD THAT DISTILLED WATER IS PURE WATER AND TO PROVIDE THE ORIGINAL SOURCE MATERIAL USED THAT LEAD TO THE BENEFICIAL DISCOVERY OF DISTILLED WATER .

*Which the **clouds do drop** [and] **distil** upon man **abundantly**. Job 36:28*

*My doctrine **shall drop as the rain**, my speech **shall distil as the dew**, as the small **rain upon the tender herb**, and as the **showers** upon the grass: Deut. 32:2*

Webster's 1828 Dictionary

DISTILLATION, n. 1. The act of falling in drops, or the act of pouring or throwing down in drops.

Here is a quote from James and Ellen White taken from their book, "Health or How to Live", in which **they quote Dr. Jackson**.

HOW TO USE WATER from " Health or How to Live" by James & Ellen White

WE take the following from **Dr. Jackson's lectures on the use of water upon the human body**, published in **the Laws of Life** for April, 1860: {1865 JW, HHTL 121.1}

"**THE QUALITY OF WATER TO BE USED**. - Water, to be of the highest benefit when used either by the healthy or the sick, **should be pure and soft**. By **PURITY I mean freedom from impregnation by mineral substances**, or earthy salts, or the infusion of vegetable matter, either or all of **which render it more or less unfit for external or internal application**. There never was a greater mistake in the use of an agent whose natural and ordinary effect is to promote human health, than is made by those who are led to believe that water impregnated with earthy and medicinal substances is more beneficial than water which is **entirely free from them**. Hence the popular belief that to wash the body in medicated water, or to use it as a drink, is superior to the use of **pure water**, **leads to most doleful results**. Water, therefore, **which is to be used for bathing, or for drinking purposes, should be as free from all substances which do not enter essentially into its composition, as it is possible to obtain it**. Hence **in addition to its purity it should be soft**." {1865 JW, HHTL 121.2} (*caps in the original*)

Next is the endorsement from Sister White of her book **Health or How to Live** that she and James wrote together. Sister White is advocating the material in this book as trustworthy, again endorsing Dr. Jackson's material as credible. Please note:

Question on the Vision.--Did you receive your views upon health reform before visiting the Health Institute at Dansville, New York, [**THE MOST PROMINENT OF MEDICAL INSTITUTIONS IN THE UNITED STATES FEATURING REFORMS IN DIET AND IN THE TREATMENT OF THE SICK WAS AT THIS TIME OPERATED BY DR. JAMES C. JACKSON AT DANSVILLE, NEW YORK, --COMPILERS.**] or before you had read works on the subject? {3SM 276.1}

Answer.--It was at the house of Bro. A. Hilliard, at Otsego, Mich., June 6, 1863, that the great subject of Health Reform was opened before me in vision. {3SM 276.2}

I did not visit **Dansville** till August, 1864, fourteen months after I had the view. I did not read any works upon health until I had written Spiritual Gifts, volumes 3 and 4, Appeal to Mothers, and had sketched out most of my six articles in the six numbers of **How to Live**. {3SM 276.3}

I did not know that such a paper existed as **The Laws of Life**, published at **Dansville**, N.Y. I had not heard of the several works upon health, **written by Dr. J. C. Jackson**, and other **publications at Dansville**, at the time I had the view named above. I did not know that such works existed until September, 1863, when in Boston, Mass., my husband saw them advertised in a periodical called the Voice of the Prophets, published by Eld. J. V. Himes. My husband ordered the works from Dansville and received them at Topsham, Maine. His business gave him no time to peruse them, and as I determined not to read them until I had written out my views, the books remained in their wrappers. {3SM 276.4}

As I introduced the subject of health to friends where I labored in Michigan, New England, and in the State of New York, and spoke against drugs and flesh meats, and in favor of water, pure air, and a proper diet, the reply was often made, "You speak very nearly the opinions taught in the Laws of Life, and other publications, by Drs. Trall, Jackson, and others. Have you read that paper and those works?" {3SM 277.1} My reply was that I had not, neither should I read them till I had fully written out my views, lest it should be said that I have received my light upon the subject of health from physicians, and not from the Lord. {3SM 277.2}

And after I had written my six articles for How to Live, I then searched the various works on hygiene and was surprised to find them so nearly in harmony with what the Lord had revealed to me. And to show this harmony, and to set before my brethren and sisters the subject as brought out by able writers, I determined to publish How to Live, in which I largely extracted from the works referred to. {3SM 277.3}

Sister White speaks highly of Brother Loughborough and states “his voice should be heard like John’s” since he “stood unwaveringly for the light that God has given to his people.”

The influence of Elder Loughborough is valuable in our churches. Just such a man is needed, one who has stood unwaveringly for the light that God has given to his people, while many have been changing their attitude toward this work of God. I say let Elder Loughborough do a work that is suffering to be done in the churches. The Lord would have his voice heard as was John’s, telling the things he has seen, and that which he has heard, which he himself has experienced in the rise and progress of the third angel’s message. {1888 716.3} {Lt20-1890.9} October 7, 1890

We know the health message is the right arm of the third angel’s message. Let’s listen to Loughborough’s “voice” who stood unwaveringly for the truth per prophet’s counsel; his endorsement on M. G. Kellogg’s (Harvey Kellogg’s brother) book, “The Hygienic Family Physician”:

HEALTH IS HAPPINESS!

READ AND PRESERVE.

BOOKS! REFORMER! INSTITUTE!

The Hygienic Family Physician

THIS is the title of a work recently published at this Office. As the title suggests, it is a work especially designed for family use. The style in which it is written is such as to render it perfectly intelligible to all classes, as it is quite free from technical terms and phrases which are of such frequent occurrence in nearly all books of this kind which have previously appeared as to render them more or less objectionable. It is, nevertheless, a complete guide for the preservation of health and the treatment of disease without the use of medicine. {1868 JNL, HBH 1a.1}

The work is written in four parts. The subjects treated are, in Part I., Health and Hygienic Agents; Part II., Disease and Drugs; Part III., the Bath; Part IV., Diseases and their Treatment. A more minute description of each part is found below. This work is of a thoroughly practical nature, and should be in the hands of every family in the land, as it affords instruction of the most vital importance. Directions for the treatment of disease are so plain and minute that any person of ordinary intelligence with its assistance may successfully treat nine-tenths of all the cases of disease which occur in any neighborhood. The publishers have placed the price so low that the book may be obtained by any one who feels at all in need of such a work. {1868 JNL, HBH 1a.2}

And now, an excerpt from M.G. Kellogg’s book regarding the effects of minerals upon the human system which match what our pioneers taught on distilled versus mineral water:

MINERAL SPRINGS.

There is resting in the minds of the majority of civilized human beings the idea that if pure water is beneficial in the treatment of disease, then water which contains some mineral must be still more beneficial when applied either externally or internally. Hence, in all civilized countries, most springs

that are known to **contain a variety of mineral impurities** are resorted to by hundreds, and many, by thousands, of invalids yearly **who drink of, and bathe in, the impure water** with the expectation that **the impurities of the water will impart to them health and vigor. There never was a greater mistake made than this,** yet there are many who, after a few weeks' or months' stay at these springs, leave with health apparently improved. **They suppose that all is due to the medicinal properties of the water,** and, consequently, they advise every invalid they meet to go and try the springs. **Could the same invalids foresee the ills that they must suffer in after years as the result of a few months' use of mineral water, they would be extremely wary how they either use or advise others to use such water.**

No benefit is received from the use of mineral water that might not be received in still greater amount by the use of pure water. It is true that many who drink of, and bathe in, mineral water experience, after a short time, a great change in their feelings and symptoms, and think themselves better; but that this change is produced in whole, or even in part, by the mineral substances contained in the water is by no means certain; on the other hand, it is extremely doubtful whether this is the case, **for the reason that mineral water contains no substances that are not administered freely by every drug physician for those very complaints for which the patient visits the springs,** and, in most cases, substances identical in character had been taken freely by the patient without benefit. **This fact and the additional fact that pure water, when properly applied in the treatment of similar diseases, always results in lasting benefit, and the still further additional fact that nearly every patient who visits mineral springs has not been in the habit of using water sufficiently often for the common purposes of health, indicate that the minerals in the water did not make it any more efficacious.** When we add to these the fact that whatever change can be wrought in a patient's mind to inspire hope, expectation, and confidence, will always be of great benefit, and that the change of scenery and surroundings does inspire these feelings in the minds of ninety-nine out of every one hundred who visit such places, **we must conclude that the change that takes place in their cases is owing to the changes that have taken place in their material surroundings and in their habits of life; and not only this, but that if they had used pure, soft water as freely and in the same manner that they did the mineral water, they would have derived much greater benefit from its use.**

We are strengthened in this conclusion by the fact that nearly every patient who uses mineral water freely for any length of time, finds himself afflicted with some serious chronic disease which is directly traceable to its use for its origin. Let not the reader gather from the foregoing remarks the idea that mineral waters do not occasion what the physicians call a "medicinal effect," for they do, and in the same way that all medicines do; but this "medicinal effect," as we have shown in Part II., is nothing more nor less than vital resistance, or an effort on the part of the vital organism to expel whatever substance occasioned or produced the "medicinal effect." **Now, since all such efforts waste the patient's vitality, and in the end weaken his constitutional vigor, they are to be avoided at all times; and to do this, it is necessary to avoid receiving into our systems, or in any way using, any of those substances that occasion such effects, even though they be in mineral waters.** **It is true that impure water may be used for bathing purposes with less injury to the patient than will occur if he drinks the same water: yet, since water, and whatever substance it may hold in solution, is freely absorbed through the pores of the skin, it is far better that we should use nothing but pure, soft water for bathing purposes.** (Hygienic Family Physician by M.G. Kellogg, M.D. pg 185-88)

Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Hebrews 10:22

Let's exercise faith Brothers and Sisters in the Word of God. God has allowed me to "see" the truth through my personal experience so I can share this experience like Naaman had by going down [into the water](#). I pray He will lead you accordingly to His perfect plan for the best of health. For more details, please see my two documents on water of which are a compilation of quotes showing what our early pioneers taught on this subject as well as some other gems.

Now faith is the substance of things hoped for, the evidence of things not seen. Hebrews 11:1