

**Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.** In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. {MH 127.1}

**Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health.** Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents and, by correct living, place themselves in better conditions. MH 234

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. {CH 90.2}

**Drugs never cure disease: they only change its form and location.** . . . When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. . . . The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form. . . . Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.--H. to L., Chap. 3, p. 60. {HL 243.3}

People need to be taught that **drugs do not cure disease.** It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system, and work great harm at some later period. {CH 89.2}

It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed without its use. **The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood.** These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning. {CG 384.1}

When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as 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. {CG 384.2}

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his **commandments**, and keep all his statutes, **I will put none of these diseases upon thee**, which I have brought upon the Egyptians: for I [am] the LORD that healeth thee. Ex 15:26

**Deut 28:22** The LORD shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew; and they shall pursue thee until thou perish. **28:27** The LORD will smite thee with the botch of Egypt, and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed. **28:35** The LORD shall smite thee in the knees, and in the legs, with a sore botch that cannot be healed, from the sole of thy foot unto the top of thy head.

**Deut 28:60** Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. **28:61** Also every sickness, and every plague, which [is] not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.

**Lev 26:16** I also will do this unto you; I will even appoint over you terror, consumption, and the burning ague, that shall consume the eyes, and cause sorrow of heart; and ye shall sow your seed in vain, for your enemies shall eat it.

- 1 consumption = tuberculosis, passing away, a wasting of flesh.
- 2 fever
- 3 inflammation
- 4 extreme burning = bones, heartburn etc.
- 5 with the sword = death
- 6 blasting = to prevent from growing (retardation, dwarfism)
- 7 mildew = causing corrosion
- 8 botch= a swelling on the skin, ulcers and tumors
- 9 emerods = hemorrhoids
- 10 scab = psoriasis
- 11 itch = scabies, athlete's foot, dandruff, seborrhea, chicken pox, small pox, rash
- 12 smitten in the knees = arthritis in the knees and other problems
- 13 smitten in the legs = arthritis in the legs and other problems
- 14 sore botch = painful swellings, painful ulcers and tumors
- 15 terror = fear, phobia, anxiety, panic attacks
- 16 consumption = anorexia, emaciation
- 17 burning ague = chills, shivering, colds, flu, shock
- 18 trembling heart = heart failure, heart attack, cardiac arrest
- 19 failing of eyes = blindness, eye problems, cataracts, glaucoma, macular degeneration
- 20 sorrow of mind = depression, madness
- 21 sicknesses & plagues not written in the book = AIDS, syphilis, Mad Cow's disease, Bird Flu, Swine Flu, Anthrax etc.

Our Lord Jesus Christ came to this world as the unwearied servant of man's necessity. He "took our infirmities, and bare our sicknesses," that He might minister to every need of humanity. Matthew 8:17. The burden of disease and wretchedness and sin He came to remove. **It was His mission to bring to men complete restoration; He came to give them health and peace and perfection of character.** (The Ministry of Healing Pg 18)

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. CG 379

For the life of the flesh [is] in the blood:... Lev 17:11

Needed for a healthy body:

Water	Cells make up tissues
Oxygen	Tissues make up organs
Nutrition	Organs make up systems
Waste removal	Systems make up body
Freedom from toxins	Body

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.  
1Cor 10:31

What we do to our bodies, we do to Christ. If we refuse:

- to give our cells water, we refuse to give Christ a drink
- to get fresh air (oxygen), we refuse to give Him the breath of life
- to get nutrients, we refuse to give Him the bread of life
- to remove the waste from system--we are corrupting the sanctuary (temple) that needs cleansing—we refuse to go along with cleansing of the sanctuary
- to be free of toxins, we refuse good health to Christ

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.  
Rom 12:1

If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which [temple] ye are. 1 Cor 3:17

Sanctuary Temple:

Court Yard  
Holy Place  
Most Holy Place

Body (human) Temple:

Cell (membrane)  
Cytoplasm  
Nucleus

Covenant - **4+6** = 10 commandments

Human Temple **46** Chromosomes

We all desire an immediate answer to our prayers, and we are tempted to become discouraged if it does not come. Now my experience has taught me that this is a great mistake. The delay is for our special benefit. . . . Faith strengthens through continual exercise. This waiting does not mean that because we ask the Lord to heal, there is nothing for us to do. We are to make the very best use of the means which the Lord in his gracious goodness has provided for us in our very necessities. . . . I have looked to God in faith, and have used every benefit that hygienic methods have provided, of which we could avail ourselves. This was my duty. . . . In treatment we have used water in a variety of ways, always asking the Lord to give wisdom in all our efforts, and to put his

blessing upon every laudable means employed for the recovery of health. . . As a reasonable being, through the grace of God I shall take advantage of the blessings of the Lord which he has placed within my reach.--U. T., March 11, 1892. {HL 240.2}

**The system of reform is not medicinal; it is not a system of drugging and purging, nor a gradual tapering off in the use of alcohol.** The watchword at the portals of this institution is **total abstinence from alcohol in every form.** There are **no alcoholic tinctures** in medicines, **no mild tonics**, reinforced by other stimulants or narcotics, but **total abstinence from the use of alcohol in any form, whether mixed with malt, quinine, ginger, eggs, milk, cider, or lemonade.** {RH, February 10, 1885 par. 9}