

Preventing Congestion Of The Head And Lungs

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.”

Revelation 14:6-7 – “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, saying with a loud voice, fear God, and give glory to him; for the hour of his judgment is come...”

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

SOP:

“Our bodies are the temples of the Holy Ghost, and if we fail to do all we can to place the body in the very best condition of health, we are robbing god of the honor due to him from the beings he has created.” {2SAT 142.2}

“God in his wisdom has established natural laws for the proper control of our dress, our appetites, and our passions, and he requires of us OBEDIENCE IN EVERY PARTICULAR.” {HL 17.3}

“I have been shown that a great amount of suffering might be saved if all would labor to prevent disease, by strictly obeying the laws of health.” {RH, December 12, 1899 par. 8}

“There is now positive need even with physicians, reformers in the line of treatment of disease, that greater painstaking effort be made to carry forward and upward the work for themselves, and to interestedly instruct those who look to them for medical skill to ascertain the cause of their infirmities. They should call their attention in a special manner to the laws which god has established, which cannot be violated with impunity. They dwell much on the working of disease, but do not, as a general rule, arouse the attention to the laws which must be sacredly and intelligently obeyed to prevent disease.” {15MR 279.1}

“TEACH THE PEOPLE HOW TO PREVENT DISEASE. Tell them to cease rebelling against nature's laws, and by removing every obstruction give her a chance to put forth her very best efforts to set things right.” --Letter 26a, 1889. (Written March 2, 1889, from Battle Creek, Michigan, to Brother and Sister Maxson.) White Estate, Washington, D. C. November 4, 1983. Entire Letter Released.” {13MR 178.2}

“...If all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure. --Manuscript 86, 1897 (General Manuscript, “Health Reform Principles,” written from Cooranbong, Australia). {20MR 1.5}

THINGS THAT CAUSE CONGESTION:

#1: A DETERMINED (STUBBORN) WILL:

“You have a determined will, which causes the mind to react upon the body, unbalancing the circulation, and producing congestion in certain organs, and you are sacrificing health to your feelings.” --T., No. 32, p. 66. {5T 310.2}

#2: BAD CIRCULATION OF THE BLOOD:

"A bad circulation leaves the blood to become impure, induces congestion of the brain and lungs, and causes diseases of the heart, the liver, and the lungs." --H. R. {HR, August 1, 1868 par. 16}

#3: ILL VENTILATED ROOMS WHICH CAUSE BAD CIRCULATION OF THE BLOOD:

"The effects produced by living in close, ill-ventilated rooms are these: The system becomes weak and unhealthy, the circulation is depressed, the blood moves sluggishly through the system because it is not vitalized by the pure invigorating air of heaven...you should so accustom yourself to the air that you will not be under the necessity of having the mercury higher than sixty-five degrees." (1T 702.3)

#4: LACK OF EXERCISE, WHICH CAUSES BAD CIRCULATION OF THE BLOOD:

"Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation. Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. Go out and exercise every day, even though some things indoors have to be neglected." (HR, May 1872)

#5: OVERWORK, ESPECIALLY MINISTERS:

"I am much worried over Willie's case. He has altogether too much to do...the work constantly urging and pressing him... I request you to furnish him a man to help him. If the cause cannot afford to do this, I shall, as his mother, demand of him to change his course of work decidedly. He needs far less to do...he is now in a condition which causes me decided alarm. He has congestion of the brain." {Miscellaneous Collection, 1888 1256.2}

#6: IMPROPER DIET CAUSES HEAD CONGESTION:

"If the head is congested, let them find out what is wrong. The brain is disturbed because there is something wrong with the stomach. Let them find out what is wrong with their diet..." {2SAT 142.2}

"The brain is closely connected with the stomach, and its power has so often been called to aid the weakened digestive organs that it is in its turn weakened, depressed, congested." --T., V. II, p. 318.

#7: ARTIFICIAL BRAIDS/WIGS:

"Fashion loads the heads of women with artificial braids and pads...the artificial hair and pads covering the base of the brain, heat and excite the spinal nerves centering in the brain. The head should ever be kept cool. The head caused by these artificials induces the blood to the brain. The action of the blood upon the lower or animal organs of the brain, causes unnatural activity, tends to recklessness in morals..." {RH, October 17, 1871 par. 9}

"In consequence of **THE BRAIN BEING CONGESTED** its nerves lose their healthy action, and take on morbid conditions, making it almost impossible to arouse the moral sensibilities. Such lose their power to discern sacred things. The unnatural heat caused by these artificial deformities about the head, induces blood to the brain, producing congestion, and causing the natural hair to fall off, producing baldness. Thus the natural is sacrificed to the artificial." {RH, October 17, 1871 par. 10}

#8: DRESSING IN THIN CLOTHES DURING WINTER MONTHS:

"Dressing their extremities so thinly" is not only uncomfortable, but unhealthful as well. When they...sit or stand in the open air, the blood is driven rapidly from the extremities to the trunk, exposing...to congestion of the lungs and mucous surfaces, when they are said to have a "bad cold." {HR, January 1, 1874 par. 2}

#9: NOT HAVING MORE THAN ONE LAYER OF CLOTHING IN THE WINTER MONTHS:

“...wear snugly-fitting, woolen, or cotton-flannel drawers next their skin; **over this** the stocking may be drawn, and, in the colder days, woolen leggings should be worn over all...” {HR, January 1, 1874 par. 3}

“The limbs...should have even more coverings than any other portions of the body, because farthest from the center of circulation, are chilled, because not suitably protected. These organs are robbed of their due proportion of blood, therefore cannot be properly nourished, and the result is, the almost universally slender, undeveloped limbs.” {HR, March 1, 1874 par. 10}

#10: UNCLOTHED LIMBS:

“Women do not properly clothe their limbs, because it is not fashionable. For want of coverings, the blood is chilled back from the extremities, and the extra covering over the base of the brain attracts the blood to the head, and **CONGESTION OF THE BRAIN IS THE RESULT...**The limbs, which should have even more coverings than any other portions of the body, because farthest from the center of circulation, are chilled, because not suitably protected. These organs are robbed of their due proportion of blood, therefore cannot be properly nourished...” {HR, March 1, 1874 par. 10}

UNCLOTHED LIMBS IN THE SUMMER:

“In warm weather the effect will be congestion of the bowels, causing diarrhea, dysentery, or cholera infantum. We think this mode of dressing must be reckoned as one of the most prominent causes of summer complaints... At all seasons, congestion, more or less is caused...” {HR, January 1, 1872 par. 3}

“Leaving their arms and legs insufficiently protected has been the CAUSE OF A VAST AMOUNT OF DISEASE AND PREMATURE DEATH.” --H. to L., Chap. 5, p. 72.” {HR, January 1, 1872 par. 19}

#11: CHILLED BODY:

“For two weeks I have suffered with congestion of the brain and eyes...Last Thursday **I had a two-hours' chill and was very sick all day.**” {21MR 329.1}

#12: COLD FEET:

“The limbs and feet become habitually cold, and congestion of some of the internal organs is the result.” {HR, November 1, 1870 par. 5}

“MOTHERS...become intelligent upon the subject of how to live to prevent disease and premature death.” -- H. R. {HL 53.6}

“Mothers should study from cause to effect. If the child has taken cold, it is generally owing to the wrong management of the mother. If she covers its head, as well as its body, while sleeping, in a short time it will be in a perspiration, caused by labored breathing, because of the lack of pure, vital air. When she takes it from beneath the covering, it is almost sure to take cold. The arms being naked, exposes the infant to constant cold, and congestion of the lungs and brain. These exposures prepare the way for the infant to become sickly and dwarfed.” {HR, January 1, 1872 par. 15}

“...Children are killed by the manner in which they are dressed, and by the food that is given them, as much as by any other causes. Infants of the most tender age, in our changeable and rough climate, are left with bare arms and legs and with low-necked dresses. The mothers, in the same dress, would shiver and suffer with cold, and expect a fit of sickness as the result of their culpable carelessness. And yet the mothers could endure such a treatment with far less danger to health and life than their tender infants.” {HR, January 1, 1872 par. 2}

"A moment's reflection will indicate the effects of this mode of dressing, or want of dressing, on the child. The moment the cold air strikes the bare arms and legs of the child, the blood is driven from these extremities to the internal and more vital organs of the body. The result is congestion, to a greater or less extent, of these organs. In warm weather the effect will be congestion of the bowels, causing diarrhea, dysentery, or cholera infantum. We think this mode of dressing must be reckoned as one of the most prominent causes of summer complaints, so called. In colder weather, congestion and inflammation of the lungs, congestion and inflammation of the brain, convulsions, etc., will result. At all seasons, congestion, more or less is caused, the definite effects depending upon the constitution of the child, the weather, and various circumstances." {HR, January 1, 1872 par. 3}

"It is painful, extremely so, to anyone who reflects upon the subject, to see children thus decked like victims...our most earnest advice to **ALL MOTHERS** is to dress the legs and arms of their children warmly at all events. It would be infinitely less dangerous to life and health to leave their bodies uncovered, than to leave their arms and legs as bare as is the common custom." {HR, January 1, 1872 par. 4}

"Leaving their arms and legs insufficiently protected has been the cause of a vast amount of disease and premature death." --H. to L., Chap. 5, p. 72. {HR, January 1, 1872 par. 19}

REMEDIES:

1. Proper distribution and thickness of **clothing**
2. Exercise
3. Proper Diet
4. Fresh Air
5. Temperance in Working
6. "When **the head is congested**, if the feet and limbs are put in a bath with a little mustard, relief will be obtained." Letter 35, 1890 (2SM 297.6)

MUSTARD PLASTER FOR CHEST CONGESTION:

Items Needed:

1. **Mustard** (Mustard Powder is best. Can purchase in bulk bins section of Winco or Whole Wheatery)
2. **Whole Wheat Flour**
3. **Mixing Bowl**
4. **Water**
5. **Rolling Pin**
6. **Saran Wrap**

Directions:

1. Mix 4 parts flour with 1 part mustard. (Example: 1 c. flour (4 ¼ cups) + ¼ c. mustard)
2. Add water slowly till desired consistency is achieved. (Pie Dough Consistency)
3. Place dough on a piece of Saran Wrap and place another piece on top, sandwiching the dough in between.
4. Roll out dough to 1/8 or 1/4 inch thickness.
5. Remove one side of plastic wrap and apply to affected area.
6. Leave on skin until slight redness begins to occur.
7. Remove plaster and cover area to keep warm.
8. If skin becomes burned, apply olive oil to relieve burning.

BE SURE TO ASK PATIENT IF IT BURNS ANY TIME DURING TREATMENT (This can be left on up to 20 minutes as long as no burning is occurring...be sure to ask patient/client).

To see a demonstration of a Mustard Plaster, **go to google video and type in MUSTARD PLASTER...Or**
YouTube it as well.

SOP ABBREVIATIONS:

2SAT = Sermons and Talks, Volume 2

RH = Review & Herald

15MR = Manuscript Releases, Volume 15

13MR = Manuscript Releases, Volume 13

20MR = Manuscript Releases, Volume 20

5T = Testimonies to the Church, Volume 5

HR = Health Reformer

1T = Testimonies to the Church, Volume 1

Blog links:

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/06/preventing-congestion-of-head-and-lungs.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/01/preventing-congestion-of-head-and-lungs.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/preventing-congestion-of-head-and-lungs.html>

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