

What To Do For Pain

WHAT IS PAIN?

Pain relates to a sensation that hurts. If you feel pain it hurts, you feel discomfort, distress and perhaps agony, depending on the severity of it. Pain can be steady and constant, in which case it may be an ache. It might be a throbbing pain - a pulsating pain. The pain could have a pinching sensation, or a stabbing one.

Pain is normally measured on a pain scale from 1-10, 10 being the worse. For those who can't speak, a facial grimacing chart is used to determine the level of pain.

TYPES OF PAIN:

- Arthritic pain
- Calf pain
- Colon
- Eyes
- Foot pain
- Head
- Joint pain
- Knee pain
- Lower back
- Muscle pain
- Neck
- Nerve pain
- Shin pain
- Shoulders
- Spine
- Stomach
- Tooth/teeth/gums

WHAT CAUSES PAIN?

Pain is due to a lack of circulation (the hemoglobin of the red blood cell that carries oxygen is not getting to a particular cell/tissue/organ in the body).

IMPROPER DRESSING/NOT COVERING THE EXTREMITIES CAUSES POOR CIRCULATION IN THE BODY:

"Inaction weakens the organs that are not exercised. And when these organs are used, pain and weariness are experienced, because the muscles have become feeble. It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partially lifeless through inaction. The motion of these long-disused muscles will cause pain, because nature is awakening them to life." {3T 78.1}

***Inaction/Feeble Muscles being worked:

"I saw that the greatest curse that ever came upon my husband and Sister F was the instructions they received at ----- in regard to remaining inactive in order to recover. The imagination of both was diseased, and their inactivity resulted in the thought and feeling that it would be dangerous to health and life to exercise, especially if in doing so they became weary.

The machinery of the system, so seldom put in motion, lost its elasticity and strength, so that when they did exercise, their joints were stiff and their muscles feeble, and every move required great effort and of course caused pain. Yet this very weariness would have proved a blessing to them had they, irrespective of feeling or unpleasant symptoms, perseveringly resisted their inclinations to inactivity." {1T 557.2}

VIOLATING THE LAWS OF HEALTH:

"Many are living in violation of the laws of health, and are ignorant of the relation their habits of eating, drinking, and working, sustain to their health. They will not arouse to their true condition, until nature protests against the abuses she is suffering, by aches and pains in the system..." (CD 304.4)

TAKING DRUG MEDICATION (THIS IS ALSO A VIOLATION OF THE LAWS OF HEALTH):

"Multitudes remain in inexcusable ignorance in regard to the laws of their being. They are wondering why our race is so feeble, and why so many die prematurely. Is there not a cause? **PHYSICIANS** who profess to understand the human organism, prescribe for their patients, and even for their own dear children, and their companions, slow poisons to break up disease...The effects of the poison may not be immediately perceived, but it is doing its work surely in the system, undermining the constitution, and crippling nature in her efforts. They are seeking to correct an evil, but produce a far greater one, which is often incurable. Those who are thus dealt with are constantly sick, and constantly dosing...the continual complaints of ailments and general prostration of those who claim to be benefited, would be sufficient proofs of the health destroying influence of drugs..." {4aSG 137.1}

"When drugs are introduced into the system, for a time they may 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. In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to re-appear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart, and brain, are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence." (2SM 451.3)

"If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines." {MH 235.1}

"Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer. Talk to Him as the only one who can help. Quote simple scripture with tenderness and faith..." (PC 43.1)

PAIN IS CAUSED BY TAKING MEDICATION.

WHAT ELSE CAUSES PAIN?

- **Not enough water** (get the water calculation card to make sure you are drinking enough and drinking it correctly)
- **Harmful ingredients** like condiments, vinegar, MSG, aspartame, preservatives, additives, tobacco products, caffeine, the consumption meat, etc.
- **Lack of sunshine** (those who suffer pain show very low levels of Vitamin D...we are counseled to get several hours each day if possible)
- **And much more.**

GOD DOES NOT CAUSE US OUR PAIN:

"Press home upon the conscience the terrible results of the transgression of God's law. Show that it is not God who causes pain and suffering, but that man through his own ignorance and sin has brought this condition upon himself." {6T 279.4}

"God does not desire His creatures to suffer...pain..." {DA 207.1}

"...when sickness comes upon them, many do not credit their suffering to the true cause, but murmur against God because of their afflictions...God is not responsible for the suffering that follows disregard of natural law." {MH 234.2}

WHAT TO DO WHEN EXPERIENCING PAIN:

Pray: -- "Who can understand the pain I suffer but the One who is afflicted in all our afflictions? To whom can I speak but to Him who is touched with the feeling of our infirmities..." {2SM 239.3}

"When I pray earnestly for restoration, and it seems that the Lord does not answer, my spirit almost faints within me. Then it is that the dear Saviour makes me mindful of His presence. He says to me, Cannot you trust Him who has purchased you with His own blood? I have graven thee on the palms of My hands. Then my soul is nourished with the divine Presence. I am lifted out of myself, as it were, into the presence of God."
--Manuscript 19, 1892. {2SM 240.1}

HOW TO HELP A PERSON RECOVER FROM PAIN?

USE SIMPLE MEANS/REMEDIES:

"...Use the simple remedies provided by God to alleviate pain and to aid nature in her work..." {CH 381.2}

"If...sufferers...would RESORT TO THE SIMPLE MEANS they have neglected-- the use of water and proper diet, nature would have just the help she requires, and...the patient will generally recover without being debilitated." {2SM 451.1-2}

WHICH REMEDIES FOR PAIN?

#1: USE PULVERIZED CHARCOAL: (powdered) (charcoal is one of the best remedies I have personally seen for pain: stomach pain, hands slammed in doors or hit by hammers, etc.):

"One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering great pain...and recovery was the result. To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly....the simplest remedies may assist nature, and leave no baleful effects after their use." --Letter 82, 1897

#2: USE WATER TREATMENTS FOR PAIN:

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health...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....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}

*****See the Natural Remedies Encyclopedia to find out which are best water treatments for pain.**

#3: USE HERBS & ROOTS FOR PAIN:

"If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption...God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today. I believe in calling upon the Great Physician when we have used the remedies I have mentioned." --Letter 35, 1890 (To a worker in an overseas field). {2SM 297.9}

OTHER HERBS GREAT FOR PAIN:

- Chaparral - Great for back pain (chaparral cleanses the blood....2 T. in 4 cups of boiling water and steep x 20 minutes...drink 3-4 cups per day).
- Kava Kava - (use 1 t. in 8 oz. water...may take another dose 4 hours later as needed).
- Cayenne Pepper - (90,000 heat units minimum) (drink ½-1 t. in 1 cup warm water 3-4 day...this has a similar effect to morphine). Cayenne salve is great for joint, muscle, and nerve pain.
- Wild Lettuce - Kills pain. 2-4 T. of the herb in 4 cups of water. Simmer for 30 minutes...Drink 1 cup every 2-4 hours as needed for pain.
- White Willow Bark Tea - 2 Tablespoons in 32 oz. water. Boil x 30 minutes. Strain, let cool, drink 3-4 cups a day.
- Turmeric - Is excellent for pain and is one of the best herbs noted for pain. Take 1,000 mg 2-3 x a day (1 tsp. 2-3 x day).

NATURAL ASPIRIN:

2 T. white willow bark powder
½ t. hawthorn berry powder
½ t. cayenne

Mix and fill in capsules. Take 2-3 at a time when having pain. Take every 4 hours as needed for pain.

NATURAL PAIN SALVE:

4 oz. coconut oil (melt)
2 T. cayenne pepper (90,000 heat units)
2 T. peppermint oil
2 T. camphor oil

You may add wintergreen as well. Mix all together and rub on painful area.

SOME THINGS TO KNOW:

Low levels of Magnesium may cause pain. Be sure to eat 2 green veggies every day. All coarse vegetables are to be cooked until tender. Lettuce is okay to be eaten raw.

TO MAKE A MAGNESIUM DRINK:

Take a handful of each: spinach, parsley, cilantro and put into a blender with a little bit of water. Blend on high for about a minute, then strain and drink throughout the day.

YOU MAY ALSO MAKE A CILANTRO TEA:

Get a bunch of cilantro and put into 38 oz. of water and boil x 10 minutes, then turn off flame and steep x 20 minutes. Strain and drink. Save the leaves for later to eat in a salad.

DRUG MEDICATION USED FOR PAIN:

- **Aspirin** or **Tylenol** and similar drugs (cause 1 tsp. of bleeding internally every hour. Produces ulcers and heart attacks)
- **Deluded** (very dangerous drug)
- **Morphine** (very dangerous drug...very addicting)
- **Neurontin** (very dangerous drug)
- **OxyContin** or **Oxycodone** (very dangerous drug...very addicting)
- **Vicodin** (AKA Hydrocodone) (very dangerous drug...can become addicting)

ANY NARCOTIC IS EXTREMELY DANGEROUS!!!

SOP ABBREVIATIONS:

3T = Testimonies for the Church, volume 3

1T = Testimonies for the Church, volume 1

CD = Counsels on Diets and Foods

4aSG = Spiritual Gifts, volume 4, section A

2SM = Selected Messages, volume 2

6T = Testimonies for the Church, volume 6

DA = Desire of Ages

MH = Ministry of Healing

CH = Counsels on Health

PC = Paulson Collection

Blog Links

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/12/what-to-do-for-pain.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/05/what-to-do-for-pain.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/01/what-to-do-for-pain.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/what-to-do-for-pain.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/08/what-to-do-for-pain.html>