Natural Remedies Per The SOP – Part 2

Website: Healthy Christian Living - Living by the Blueprint

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

Jeremiah 46:11 – "...in vain shalt thou **use many medicines,** for thou shalt **not be cured."**

2 Chronicles 20:20 – "...BELIEVE HIS PROPHETS, so shall ye prosper."

SOP:
"...All who believe that the LORD has spoken through Sister White, and has given her a message, WILL BE SAFE from the many delusions that will come in these last days." (Letter 50) (3 SM 83.5)

"We have been instructed that in our treatment of the sick we should discard the use of drugs... There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life." --Manuscript 73, 1908 (Manuscript entitled "Counsels Repeated") {2SM 288.1}

"It is not a denial of faith to use such remedies as GOD has provided to alleviate pain and to aid nature in her work of restoration." --Ministry of Healing, pp. 231, 232 (1905). {2SM 286.1}

"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." {MH 127.2}

WHAT TO DO FOR PULMONARY DISEASE:
"Many who are suffering from **PULMONARY DISEASE** might be cured if they would live in a climate where they could be out-of-doors most of the year. Many who have died of consumption might have lived if they had breathed more pure air. Fresh outdoor air is as healing as medicine, and leaves no injurious aftereffects..." {2SM 291.1}

FEVER:
"She had **CONTRACTED FEVER** while on the campground, and was taken to our school building near Melbourne, Australia. But she became so much worse that **it was feared that she could not live.** The physician, Dr. Merritt Kellogg, came to me and said, **"Sister White, have you any light on this case?** If relief cannot be given our sister, she can live but a few hours." I replied, **"Send to a blacksmith's shop, and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides."** The doctor hastened away to follow out my instructions. Soon he returned, saying, **"relief came in less than half an hour after the application of the poultices.** She is now having the first natural sleep she has had for days." {2SM 295.2}

PAIN:
"I have ordered the **same treatment for others** who were **suffering great pain,** and it has **brought relief and** been the means of **saving life."** 2 SM 295.3)

SNAKE BITES AND THE STING OF REPTILES AND POISONOUS INSECTS:
"My mother had told me that **SNAKE BITES** and the **STING OF REPTILES** and **POISONOUS INSECTS** could often be **RENDERED HARMLESS by the use of charcoal poultices."** (2 SM 295.3)

SUFFERING:
"Water can be used in many ways **to relieve suffering. Drafts** of clear, **hot water taken before eating** (half a quart, more or less), **will never do any harm,** but will rather be productive of good." {2SM 297.3}

NERVOUSNESS:
"A cup of tea made from catnip herb will **quiet the nerves."** {2SM 297.4}

INSOMNIA:
"Hop tea will **induce sleep. Hop poultices over the stomach** will **relieve pain."** {2SM 297.5}

EYE PROBLEMS:
"If the **eyes are weak,** if there is **pain in the eyes,** or **inflammation,** soft flannel cloths wet in hot water and salt, will bring relief quickly." {2SM 297.6}

HEAD CONGESTION:
"When the **head is congested,** if the feet and limbs are put in a **bath with a little mustard,** relief will be obtained." {2SM 297.7}

INDIGESTION:
"I will tell you a little about my experience with **CHARCOAL AS A REMEDY. For some forms of indigestion,** it is more efficacious than drugs. **A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent."** (2 SM 298.5)

INFLAMMATION:
"PULVERIZED CHARCOAL from eucalyptus wood we have **used freely in cases of inflammation."** {2SM 298.5}

BLOODY BOWELS (COLON)/INFLAMMATION OF THE COLON:
"A brother was taken sick with **inflammation of the bowels and bloody dysentery...**fears were entertained that mortification had set in. **Then the thought came to me like a communication from the LORD** to take **pulverized charcoal, put water upon it, and give this water to the sick man to drink,** putting **bandages of the charcoal over the bowels and stomach...**the result was that in **half an hour there was a change** for the better..." (2 SM 299.1-2)

SWELLING ON THE KNEE OF A YOUNG CHILD FROM AN INSECT BITE:
"On Thursday Sister Sara McEnterfer was called to see if she could do anything for Brother B's little son, who is **eighteen months old.** For several days he has **had a painful swelling on the knee,** supposed to be **from the bite of some poisonous insect. Pulverized charcoal, mixed with flaxseed, was placed upon the swelling, and this poultice gave relief at once.** The child had screamed with pain all night, but **when this was applied, he slept.** Today she has been to see the little one twice. She opened the swelling in two places, and a large amount of yellow matter and blood was discharged freely. **The child was relieved of its great suffering.** We thank the Lord that we may become intelligent in using the simple things within our reach to alleviate pain, and successfully remove its cause." -- Manuscript 68, 1899 (General Manuscript) {2SM 299.3}

CONSTIPATION/INFLAMED STOMACH:
"The oil in the olives relieves constipation, and for consumptives, and for those who have inflamed, irritated stomachs, it is better than any drugs. As a food it is better than any oil coming secondhand from animals." {7T 134.4}

PASSING OUT:
"..Then came a **confused noise in my head** and I **became blind and fainted** entirely away. In half an hour **I revived by lemon juice being pressed in my mouth..."** (11MR 122.1)

RHEUMATISM/HEAD & MALARIA:
"I use lemon juice freely. It is the **best thing** you could use **for rheumatism,** for **your head,** and for **malaria."** (Letter 119, 1896, par. 3) (2MR 48.1)

TUBERCULOSIS:
"I passed a young man why is **dying with CONSUMPTION** (tuberculosis)...**I gave him lemons** and tried to make him as comfortable as possible..." (11MR 120.4)