

God's Pharmacy

Phytochemicals in your food! “Phyto” is derived from the Greek word for plants. Every bite of fruit or vegetable contains thousands of phytochemicals – each designed to protect the plant from sunlight, but also offers protection for those who eat the plant. Phytochemicals have biochemical properties which go far beyond vitamins, minerals and even antioxidant nutrients in their ability to protect us from the multiple processes that lead to cancer and other health problems.



“Until man duplicates a blade of grass, nature can laugh at his so called scientific knowledge. Remedies from chemicals will never stand in favor compared with the products of nature. The living cell of the plant, the final result of the rays of the sun. When correctly used, herbs promote the elimination of waste matter and poisons from the system, by simple natural means, they support nature in its fight against disease, while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by ‘suppressing’ the symptoms.” -Thomas Edison

"The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame, and in the cause and prevention of disease." – T.A. Edison

"Let food be thy medicine and medicine be thy food". Hypocrates

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} - Ellen White

To many of the afflicted ones who received healing Christ said, "Sin no more, lest a worse thing come unto thee." John 5:14. Thus He taught that disease is the result of violating God's laws, both natural and spiritual. The great misery in the world would not exist, did men but live in harmony with the Creator's plan. . . . {CH 30.4} Ellen White

Clay

"And as [Jesus] passed by, he saw a man which was blind from [his] birth. And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him. I must work the works of him that sent me, while it is day: the night cometh, when no man can work. As long as I am in the world, I am the light of the world. When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing." (John 9:1-7)

THE USE OF CLAY

Clay is renowned to have many uses in promoting health in plants, animals and humans. Bentonite, Montmorillonite, Pascalite, as well as other types of healing clays have been used by indigenous cultures since before recorded history. Studies show that the use of volcanic ash clay internally goes back to the Indians of the high Andes mountains, tribes in Central Africa and the aborigines of Australia.

How Clay Works - Adsorption and Absorption.

The two words are similar but their differences are fundamental to understanding how clay minerals function and how clay works. Adsorption describes the process by which the charged particles of other substances combine with the charged particles on the outer surface of the clay molecule. First imagine the structure of the clay molecule to be similar to a stack of business cards. The clay molecule has unsatisfied ionic bonds around its edges and naturally seeks to satisfy those bonds. For this to happen it must come into contact with a molecule of another substance with unsatisfied bonds that carry an opposite electrical (ionic) charge. When the two molecules meet, the ions held on the outer surface of the clay molecule of the other substance. Clay molecules carry a negative electrical charge while toxins, bacteria and other impurities carry a positive charge. Positive charged toxins are attracted to the negatively charged surfaces of the clay molecule. An exchange reaction occurs in which the clay mineral ions are swapped for the ions of the toxic substance. The clay molecule is now electrically satisfied and holds onto the toxin until eliminated. Absorption is a slower and more complex process. Acting like a sponge, the clay molecule draws other substances into its internal structure. Absorption can only occur when the foreign substance has undergone a chemical change and is then allowed to enter the clay's molecule inner structure. Once the foreign substance has undergone a chemical change, it enters into the spaces between the clay's inner structures. So the toxins that were formerly only sticking to the surface of the clay's outer structure through ionic bonding, are now pulled inside the clay molecule. This is the primary reason why absorptive clays are labeled as mobile layered or expandable clays.

The more substances that are pulled into the clay's inner structure, the more the clay expands and its layers swell.

The Use of Clay

Clay Masques and full body wraps, increases circulation, exfoliate, deep cleanse, and remove impurities and excess oil from the skin. Clay baths both detoxify and stimulate the lymphatic system.

Clay Baths

Because the body detoxes through the skin, clay baths are becoming more and more popular in drawing out impurities and cleansing the skin. The optimum results of clay baths are obtained by immersing ones-self in a tub of very war/hot water mixed with clay for 15-20 minutes. One of the most amazing effects of clay baths in particular is the ability of the clay to stimulate the lymphatic system. The more clay that is used in the therapy, the more powerful the response. Sprinkle 1 to 4 cups or more of powdered clay into the bathtub and then run very hot water over the clay. Use a whisk to stir the clay around and help it dissolve. After it is mixed well start adding cooler water until the water reaches the desired temperature. Submerge as much as possible and soak for 15-20 minutes.



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Phytochemicals

The following list is a sample of the phytochemical properties in a few selected foods with a brief explanation of how they assist the body in preserving health. For more in-depth information please contact the Ministry to order the booklet: God's Pharmacy.



Garlic

Garlic contains Potassium, Phosphorus, a significant amount of B and C vitamins, as well as Calcium and Protein. Its properties provide qualities for: laxative, diuretic, antiseptic, anti bacterial agent, powerful antibiotic, anti-clotting, pulmonary antiseptic. Garlic is good for you any way you take it!



Onions

Onions have many qualities in common with garlic, but milder - lipid lowering, excellent Antibiotic - Anticoagulant and has Anti-diabetic properties, inasmuch as it lowers the sugar content in the blood. Onions may be considered among the foremost of the health-giving vegetables!



Beets

There's enough potassium in a serving of beets to help lower blood pressure and protect against stroke. They also contain manganese, calcium, and iron.



Flax Seed

Flax is a small grain which contains the highest known vegetarian source of Omega 3 (alpha-linolenic acid). Omega 3 is vital to brain development, normal blood pressure, healthy skin and an effective immune system.



Pineapple

Pineapple contains bromelain, a proteolytic enzyme. Proteolytic enzymes, also called protease, aid in the breakdown of protein and also, stimulate the immune system cells.



Blackstrap Molasses

Blackstrap Molasses is a high source of iron and calcium - without the high protein that causes calcium to be excreted; an abundant source of all B vitamins, copper, potassium, phosphorus, with sizeable amounts of trace mineral Chromium (valuable In maintaining blood sugar levels).



Cabbage

Cabbage is one of the best vegetables for drawing out pain of any inflammation whether internal or external. It is invaluable for relief in rheumatism, arthritis, etc.



Carrots

The vitamin and mineral contents of carrots are extremely high. Good for intestinal infection and disorders, rickets, colitis, constipation, gout, arthritis, skin disorders; also good for keeping nursing mothers in milk.



Blueberries

Wild blueberries are one of the richest know sources of antioxidants. The anthocyanins promote cardiovascular health. The flavonoids provide anti-inflammation action. Along with raspberries and blackberries, blueberries have been shown to stimulate the programmed death of cancer cells.



Grapefruit

Grapefruit is rich with over 150 cancer-fighting phytochemicals protecting against many cancers, including liminoids, flavonoids, terenoids and carotenoids which stimulate the liver to do away with cancer-causing properties.

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Poultice

"For Isaiah had said, Let them take a lump of figs, and lay [it] for a plaster upon the boil, and he shall recover." (Isaiah 38:21)

POULTICE PREPARATION Definition: Poultices are soft, moist plant tissue applied warm or hot to the surface area of the body to alleviate pain, or to draw out inflammations and infections. The plant may be mixed with other plants or other poultice making materials.

HOW IT CAN HELP YOU- Poultices can help in a number of ways in dealing with

problems in local, surface portions of the body. Here are some of them:

- (1) To reduce inflammation.
- (2) To relieve pain and congestion and act as a counter-irritant.
- (3) To absorb poison (one of its outstanding advantages)!
- (4) To absorb and thus neutralize chemical toxins, and insect bites and stings.
- (5) To hasten the formation of a head in an abscess or boil.
- (6) To reduce swelling and tension.
- (7) To deodorize in the best way: eliminating the cause of the odor.
- (8) To help treat wounds.
- (9) Because of the above help, to act as an effective and save antiseptic and disinfectant.

HOW TO APPLY IT

1. Assemble everything and prepare the poultice in a warm room.
2. (Several poultice formulas are given below).
3. Place the salve on a damp cloth; then place that on the area to be treated. Cover with the plastic, and then with the wool cloth over that. Pin or tape it in place. Leave it on overnight.
4. When removing it be careful not to spill charcoal, etc., on the floor. Rub the part with ice, or with a very cold, wet wash- cloth. You may wish to renew the poultice with fresh salve and clean cloths.

POULTICE FORMULAS - A number of different mixtures can be prepared for use in poultices. Here are several of the more common ones:

1 - Charcoal Poultice - Charcoal has an amazing absorptive (adsorptive, the experts call it) ability to pull into itself toxins and poisons, thus neutralizing them. This is due to its large surface and the fact that charcoal is pure carbon. The carbon hungrily unites with other substances. Poisons, gases, chemicals, toxins, bee and insect stings and bites – all can be adsorbed by charcoal. Charcoal can be also be placed in a poultice and placed over the abdomen, instances of diarrhea and similar intestinal problems. Charcoal can adsorb far more than its own weight. A cube that is $\frac{2}{5}$ of an inch square can adsorb 33 square yards of poison!

Most of the major poisons known to mankind can be adsorbed, and thus neutralized, by charcoal. With a spoon in a bowl, mix equal parts of powdered charcoal and ground flaxseed. Add enough hot water to make a paste, quickly before it cools. Spread it to the desired size, and place the cloth on the afflicted area. Follow the remaining directions as described above, under “How to Apply It.”

2 – Clay and Glycerin Poultice - Dig up some good quality clay from several inches below the surface. It should be fine and with no pebbles, etc., in it. Heat and sterilize it in the oven at 350 degrees F. Add some water to moisten it again; add several tablespoons glycerin. It is best to use this only once, after which renewing the poultice with a fresh mixture. Clay also absorbs. It is the primary ingredient in mud baths for arthritis.

3 - Clay Poultice - Prepare the clay as described above, but do not mix with glycerin. Cover and keep moist with frequent applications of water because no glycerin was used as a moisturizer.

4 – Flaxseed Poultice - Obtainable from a health food store, one tablespoon of flaxseed should be ground up and mixed with a cup of water brought to a boil. This yields enough paste to cover the front of the abdomen. Spread the mixture on a strip of dampened, wrung out old sheet, or directly on skin. Cover with a larger piece of plastic; hold in place with a 50-60 inch strip of cloth (for an ace bandage, obtainable at the drug store). Leave it on for 30 minutes or longer (even overnight). Remove it, wash the area with a washcloth, and then give a cold mitten friction to it. Shower if necessary. Dry thoroughly.

5 – Garlic Poultice - This is a powerful way to neutralize certain poisons. It can help reduce abscesses, fungus skin infections, eczema, dermatitis, boils and is used to neutralize the acids in arthritis and similar conditions. Make a pulp of raw garlic and place it on a cloth, and then over the affected part. This is not a painless remedy, but the results are usually well worth the effort.

6 – People Paste - Mix equal parts of: Golden seal powder, Myrrh powder, and Slippery elm powder. Use as is or use one of the following as a binder: Aloe Vera Gel, vegetable glycerin, blackstrap molasses, water. This can be applied on to wounds, bed sores, rashes, infections, colds fever, sore throat, indigestion, congestion, blood poisoning, inflammation.

7 – Carrot Poultice - Shred four ounces of carrot- add one ounce of corn meal. Add enough boiling water to make poultice texture. Onion may replace carrot for onion poultice. Used in inflammation and suppurations.

8 – Linseed or Flaxseed Poultice - Mix 10 fluid ounces of boiling water to 4 1/2 ounces of linseed meal. Stir to poultice consistency. Used as an emollient a drawing.

9 – Potato Poultice - Shred raw potato into fine granules. Close the eye and apply without heating. Hold in place with gauze patch and secure with cloth retainer. Used for pink-eye

inflammation.

CAUTIONS - Certain poultices (especially mustard) can cause blistering. Especially use mustard with caution, and be ready to remove it as soon as needed. A poultice applied after pus develops is sometimes a detriment, for the salve can cause bacterial development. Do not use poultices over active suppuration (pus). Keep in mind that the heat in the poultice is often as important as the poultice- so keep it warm. In pneumonia, peritonitis, and other deeper inflammations, the poultice should be large enough to cover a surface area as large as the organ being treated. The poultice should be covered with plastic, and removed if it becomes cold. A cold poultice or an old poultice does not accomplish much.