

HEALTH REFORMER

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(Natural Remedies - Series 14)



**1. MEDICAL MISSIONARY TRAINING
PROGRAM - SESSION 2**

3 months: Aug. 1 - Oct. 31, 2018

**2. 21-DAY HEALTH RETREAT FOR THE SICK
Aug. 1 - 21, 2018**

SEE PAGES 44-45 FOR DETAILS.

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The Human Body Systems

Our body has Twelve Organ systems

1. Circulatory System
2. Respiratory System
3. Digestive System
4. Urinary System /Excretory System / Renal System
5. Nervous System
6. Muscular System
7. Skeletal System

8. Endocrine System
9. Immune system
10. Integumentary System/Exocrine System
11. Lymphatic System/Immune System
12. Reproductive System

In the following pages is 'The Human Body Systems Chart'. It is good to learn the function of each organ system in our body and thus cooperate with it by providing proper food and water for the smooth function of the same.

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The Seven Channels of Elimination

Of the above twelve body organ systems, there are seven channels of elimination or seven pathways through which toxins from the body could be eliminated. They are:




1. Skin
2. Liver
3. Lungs
4. Kidneys
5. Bowel/Colon
6. Lymphatics
7. Stress reduction/Emotional Health

When treating a patient, the first thing to do is to help open up the seven channels of elimination so that the body could expel its toxins and become alkaline. Disease thrives when a person's body and blood are acidic. In an alkaline state disease cannot exist. This is possible through the use of God's natural remedies and not with drugs. In this issue, you will learn about the seven channels of elimination and how to detox them. Ω




The Human Body Systems Chart

System	Function	Diagram	Major Organs	Interactions-- Working with Other Systems
1. Digestive	1. Takes in food (ingestion) 2. Digests food into smaller molecules and absorbs nutrients. 3. Removes undigestible food from body (feces)		Mouth, esophagus, stomach, small intestine, large intestine, rectum, anus. Salivary glands, pancreas, liver, gall bladder	1. With circulatory - absorbs and delivers digested nutrients to the cells. 2. With muscular- controls the contractions of many of the digestive organs to pass food along. 3. With nervous - hypothalamus maintains homeostasis by triggering appetite (stomach growling), digests.
2. Circulatory	Transports materials to and from cells.		Heart, veins, Arteries, Capillaries, Red blood cells	1. With respiratory - delivers Oxygen from lungs to cells and drops off Carbon Dioxide from cells to lungs. 2. With digestive - absorbs and delivers digested nutrients to cells. 3. With excretory - kidneys filter cellular waste out of blood for removal. 4. With lymphatic - both transport things to and from cells 5. With immune - transports WBCs throughout body to fight disease. 6. With nervous - brain controls heartbeat 7. With endocrine - transports hormones.


The Human Body Systems Chart

System	Function	Diagram	Major Organs	Interactions--Working with Other Systems
3. Nervous	<ol style="list-style-type: none"> Gathers and interprets information. Responds to information. Helps maintain homeostasis (stable equilibrium) 		Brain Spinal cord Nerves Nerve cells = neurons hypothalamus	Controls all other systems. Hypothalamus - maintains homeostasis by working with all systems.
4. Excretory	<ol style="list-style-type: none"> Removes waste products from cellular metabolism (urea, water, carbon dioxide). Filters blood 		Kidneys, Ureters, Bladder, Urethra Lungs Skin - sweat glands Liver (produces urea)	<ol style="list-style-type: none"> With circulatory - filters waste out of blood. With lungs - removes excretory waste. With integumentary - removes excretory waste.
5. Respiratory	Takes in oxygen and removes carbon dioxide and water.		Nose Trachea Bronchi Bronchioles Alveoli, lungs	<ol style="list-style-type: none"> With circulatory - takes in oxygen for delivery to cells and removes carbon dioxide brought from cells. With excretory - removes excretory waste. With nervous - controls breathing. With muscular - diaphragm controls breathing.

The Human Body Systems Chart



System	Function	Diagram	Major Organs	Interactions--Working with Other Systems
6. Skeletal	<ol style="list-style-type: none"> Protects organs. Provides shape, support. Stores materials (fats, minerals) Produces blood cells. Allows movement. 		Bones cartilage ligaments	<ol style="list-style-type: none"> With muscular - allows movement. With circulatory - produces blood cells. With immune - produces white blood cells. With circulatory and respiratory - protects its organs.
7. Muscular	Allows for movement by contracting		Cardiac muscle Smooth muscle Skeletal muscle tendons	<ol style="list-style-type: none"> With skeletal - allows movement. With digestive - allows organs to contract to push food through With respiratory - diaphragm controls breathing With circulatory - controls pumping of blood (heart) With nervous - controls all muscle contractions.
8. Endocrine	Regulates body activities using hormones. Slow response, long lasting		Glands Hypothalamus Pituitary, Thyroid, Thymus, Adrenal, Pancreas, Ovaries, Testes Glands produce Hormones.	<ol style="list-style-type: none"> With circulatory - transports hormones to target organs. With nervous - maintains homeostasis, hormone release. With reproductive - is controlled by hormones. With skeletal - controls growth of bones.

The Human Body Systems Chart

System	Function	Diagram	Major Organs	Interactions-- Working with Other Systems
9. Immune	Fights off foreign invaders in the body.		White blood cells T cells B cells - produces antibodies Macrophages Skin	<ol style="list-style-type: none"> 1. With circulatory - transports WBCs to fight invaders. 2. With lymphatic - has lots of WBCs to fight invaders, spleen filters, bacteria/viruses out of blood. 3. With skeletal - WBCs made in bone marrow. 4. With integumentary - prevents invaders from getting in.
10. Integumentary	<ol style="list-style-type: none"> 1. Barrier against infection (1st line of defense). 2. Helps regulate body temperature. 3. Removes excretory waste (urea, water) 4. Protects against sun's UV rays 5. Produces vitamin D 		Skin Epidermis Dermis: sweat gland, sebaceous gland (oil), hair follicle, blood vessels, nerves	<ol style="list-style-type: none"> 1. With excretory - removes cellular waste 2. With nervous - controls body temperature (sweating, goose bumps) 3. With immune - prevents pathogens from entering.

There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all of the organs of the body are brought into use. — EGW. Could you walk 6 miles per day?

The Human Body Systems Chart

System	Function	Diagram	Major Organs	Interactions-- Working with Other Systems
11. Lymphatic	<ol style="list-style-type: none"> 1. Stores and carries WBCs that fight disease. 2. Collects excess fluid and returns it to blood (2nd circulatory system - reaches places other one can't - between cells) 		Lymph (liquid part of blood-plasma when it is in lymph vessels). Lymph vessels Lymph nodes Contain WBCs	<ol style="list-style-type: none"> 1. With immune - holds lots of WBCs to fight pathogens. 2. With circulatory - to transport materials to and from cells. <p style="text-align: center;">*WBCs = White Blood Cells</p>
12. Reproductive	Allows organisms to reproduce which prevents their species from becoming extinct.		Ovaries produce eggs Testes produce sperm	<ol style="list-style-type: none"> 1. With endocrine - controls production of sex cells. 2. With muscular - uterus contracts to give birth - controlled by hormones. <p style="text-align: right;">Ω</p>

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. After the stomach, which has been overtaxed, has performed its task, it becomes exhausted, which causes faintness. The stomach becomes weary by being kept constantly at work. Having no time for rest, the digestive organs become enfeebled, hence the sense of "goneness," and desire for frequent eating. The stomach must have its regular periods for labor and rest. — EGW

The Seven Channels of Elimination

Laurie Lynch

When God created the human body, a center in the brain was charged with the responsibility of directing the removal of waste products. (This center includes portions of the medulla, pons, hypothalamus, hypophysis, pituitary stalk, fourth ventricle, and cerebrum.) When we speak of elimination, most people immediately think of the bowels, but this is only one channel of elimination. Normal elimination through the sinuses, lungs, skin, and kidneys is equally important.

The LUNGS, obtain oxygen from the air and supply it to the bloodstream and remove carbon dioxide and certain other wastes from the bloodstream. Under certain situations, such as a cold, the lungs may require the aid of the eyes, sinuses, bronchioles, etc. to help eliminate the excess wastes. Exercise is a natural way of increasing elimination, as the lungs are strengthened and the rate of gaseous exchange is increased. Here are some examples of some breathing exercises; breathe out all the old stale air, completely empty the lungs to start. Hold that empty state then slowly breathe in through the nose, filling the lungs, hold that state. Repeat five times.

The SKIN has many functions, and is the largest organ of elimination. It eliminates wastes through sweating, and when toxins are excessive, it uses processes such as acne, boils, eczema, measles, poxes, psoriasis, and other kinds of rashes and itches, to remove them from the body. Even the tongue is sometimes used by the body as an



organ of elimination. This is very noticeable when you have a furry or coated tongue.

The KIDNEYS filter our blood of toxic waste and excess water and send it to the bladder for elimination. The best way to aid the kidneys is to drink plenty of good quality water.

The LYMPHATIC SYSTEM (adenoids, tonsils, appendix, spleen, nodes, vessels, etc.) is a major part of our garbage disposal system. It aids in detoxification of wastes to prepare them for elimination, and moves out dead cells, micro-organisms, and tumor particles. Unlike the blood, lymph has no pump to force it through its vessels, which extend to every corner of the body. Lymph circulation depends upon muscle action, and the legs are its pump. Bouncing exercises are the best to help move the lymph. (Jumping, etc.)

The LIVER further detoxifies wastes. It filters and removes large amounts of toxic matter such as dead cells, microorganisms, chemicals, drugs and particulate debris (a mixture of solids and liquid droplets floating in the air) from the blood stream. It passes these detoxified materials either through tubes to the small intestine for passing on to the colon or back to the bloodstream for forwarding to the kidneys where they will be excreted in

the urine. An example of liver detoxification may be seen in the case of alcohol ingestion or its formation within the body by bacteria due to indigestion. The stomach and intestines do not digest alcohol. Alcohol is absorbed into the bloodstream as alcohol and circulates until eliminated. The liver detoxifies the alcohol to a great extent and passes it on to the kidneys for excretion. The liver, the body's foremost chemical factory, varies its chemicals to the need in neutralizing or detoxifying poisons in the blood which pass through it. If the liver becomes overloaded or inefficient, toxins, dead cells and microorganisms accumulate and contribute to illness. The liver has over 500 other functions, so it's important to keep it clean and healthy.

You've heard the saying, "death begins in the colon", so that's where healing must begin, with proper colon care. The BOWELS OR COLON eliminate digestive and metabolic wastes that are excreted into it by tubes from other organs. However, the bowels rarely eliminate completely today. Through self-abusive diet, lifestyle and poor bowel care, the bowel has become sluggish and it retains toxins and germs that get reabsorbed into our bodies and damage the tissues and organs. The bloodstream then becomes

poisoned and is unable to remove dead cells and waste. This results in immune depletion, fatigue, nervousness, irritability, insomnia, and mood swings. It is important to eliminate after every meal. Because food is meant to be retained in the system for only 24 hours, and if not eliminated in time, putrefaction occurs, causing auto-intoxication.

During toxic and/or microbial overload, the body will undertake massive eliminative measures. The respiratory system may produce mucus to kill microorganisms and flush the toxins from the body. The mouth may be used in vomiting; the bowels in diarrhea; the mucous membranes as outlets from the circulatory systems (lymph and blood); the kidneys are used for increased urination; and the skin is sometimes used to eliminate through sweating and eruptions. When these organs of elimination are working properly, we periodically go through what is termed a healing crisis (the body house cleans), and dumps large amounts of wastes. To learn how to safely and effectively cleanse, detoxify, and regenerate the organs of elimination, and the rest of the body, call a Wellness Center close to you. Ω

You may Call our 'Health Retreat' and take an appointment for a 4-day detox program. Call cell No. 99866 53256.

The Body's 7 Channels of Elimination

Detoxification and Your Health

Charles D. Palmerson

If you want to be healthy, you need to understand the seven systems that the body uses to eliminate waste and toxic matters. When these systems are working effectively the result is good health. When they are compromised, when standards are made lower than

desirable, all types of complications can result. If you want to understand detoxification, you need to have a clear understanding of the body's channels of elimination. When the body confronts a toxin or foreign substance it uses these channels of elimi-

nation to purge the toxin as quickly as possible. The key to excellent health is knowing these seven channels of elimination and doing everything possible to keep them functioning optimally.

In 1904 a Russian naturopathic physician by the name of Eli Metchnikof discovered that the body would recycle any toxin that it was not capable of purging. In the recycling process the body would utilize all seven channels of elimination to try and get the toxic substance removed from the body. This is important to understand because if your health has been compromised, it would stand to reason that

one or more of the body's channels of elimination are not working effectively.

Most people cannot even name the body's seven channels of elimination. If

you value your health, do everything you can to understand these seven vital cleansing systems.

Liver - The liver is the body's factory. It metabolizes food, filters toxins and converts ingredients into substances that are needed in all parts of the body. Your liver is one of the largest and most important organs in your body. The liver, when healthy, will store vitamins, sugars, fats and other nutrients from the food that you eat. The liver builds chemicals that your body needs to stay healthy and breaks down harmful substances, like alcohol and other toxic (poisonous) chemicals. It also removes waste products from your blood and makes sure that your body

has just the right amount of other chemicals that it needs.

Lungs - Your lungs are in charge of breathing. The best way to take care of the lungs is to give them lots of exercise. The best way to keep your lungs healthy is not to smoke. Smoking is not good for any part of your body, and your lungs especially hate it. Deep breathing of fresh air is the best exercise for the lungs. Spend 15 minutes each day doing deep breathing exercises.

Lymphatic system - Regular exercise is the best treatment that your lymphatic system can receive. The lymphatic is the body's filter system which

supports immune function. A healthy lymphatic system filters out bacteria and other foreign particles. A natural herb by the name of arabinogalactan is a natural

cleanser of the lymphatic system. (Arabinogalactan is a starch-like chemical that is found in Larch plants. Larch arabinogalactan is a fiber that ferments in the intestine. It might increase intestinal bacteria, such as Lactobacillus, and have other effects that could be beneficial to digestive tract health. There is also information that suggests larch arabinogalactan might boost the immune system and help prevent cancer cells in the liver from growing.)

Blood - The blood is a liquid organ which transfers and transports substances throughout the body. It is what delivers the needed nutrition to those areas that are in need. Red clover and

chlorella are wonderful natural cleansers of the blood system. A regular exercise routine stimulates the blood system and assists the body in eliminating waste.

Skin - The skin is the body's largest organ. By sweating naturally you assist in cleansing the skin and keeping it elastic and healthy. Going to a sauna and sweating is a wonderful health regimen for the skin.

Colon - The colon is vital to effective health because it serves the function of transporting waste out of the body. Hydration of the digestion system will improve colon health. This can be done by drinking an equivalent number of ounces of water to your body weight every day. Also, hydrating the colon through colon hydrotherapy has

proven to be very beneficial to re-establishing health.

Kidneys - Your chances of developing a kidney stone in your lifetime are 1 in 10. In 1995, more than 3 million people in the USA had some type of kidney condition such as an infection, kidney stones or cancer. More than 300,000 people suffer from renal failure each year and undergo dialysis or await a kidney transplant. The kidneys produce urine which is the waste in the body. Often kidney problems are the result of dehydration. A natural supplement that cleanses and provides needed nutrition for the kidneys is corn silk. If you want to understand good health, you need to understand these seven channels of elimination and do everything possible to assist them in order to have excellent health. Ω

Dangers of Toxins in the Body

Excess toxins and waste in the body can lead to depression, lack of energy, skin conditions, weight gain, joint pain, headaches, muscle-aches, chronic fatigue, allergies, gastrointestinal distress, and irritability.

Detox Quotes

- *Drink warm water with lemon first thing in the morning. It's a good way to detox and alkalize your body.*
- *Temporarily closed for spiritual maintenance.*
- *A systemic cleansing and detox is definitely the way to go after each holiday. It is the key to fighting high blood pressure, heart disease, cancer, and other health-related illnesses.*
- *Take care of your body. It's the only place you have to live in.*
- *Sometimes you just have to unplug from everything to find yourself again.*
- *I am on a Mind, Body & Soul Detox!*
- *Detox from all the built up negativity this world tries to push upon you. And see how your life changes.*

Why Detox?

*Cleanse your body speed up metabolism
Get fit
Lose weight
Lose inches
Be healthy*

- *Dear body, I'm sorry I've treated you this way, feeding you the wrong foods and not taking care of you. I promise to do better and get you back to the best shape and fitness level you can be. We can do it! — Sincerely, Me.*
- *I believe in detox. I think detox is smart. You've got a guy who's in an opiate cycle or a dope cycle or something and he can't get out of it. You shut him down long enough so at least his body can start working for itself again.*
- *Forgiveness is essential as the ultimate detox.*

Contd. on p.17

Herbs That Detox

Acacia gum (Gum Acacia) - Due to its high soluble fiber content, acacia fiber is thought to help lower cholesterol levels, keep blood sugar in check, protect against diabetes, and aid in the treatment of digestive disorders such as irritable bowel syndrome. It



relieves symptoms of diarrhea by adding bulk to bowel movements. It is used in Oxy-Powder. As a hydrocolloid, it is used as an emulsifier to stabilize and facilitate synergy between two ingredients which would not normally mix well together. In India, edible gum is sourced primarily from Babool (keekar) which is a member of the acacia family.

Burdock root (Arctium Lappa, Seppankizhangu, Tamil) - Improves blood sugar and treats diabetes. Burdock root could prevent dangerously high blood glucose both in a petri dish and in a live tissue sample. Treats and prevents infections, 'Purifies' the blood, Diuretic, Antioxidant, Reduces inflammation, Treats or prevents cancer. In traditional ayurvedic medicinal science the root was used to cleanse the blood and relieve the problems of eczema as well as psoriasis. The root is a diuretic and has purging effects. It aids the removal of the body's toxins making it an efficient detoxifier. The burdock plant has long,



thin, carrot-like roots, 12 to 24 inches in length, with brown scurfy skin and white flesh that darkens quickly when cut. Use of this has been neglected in India.

Coriander leaves (Cilantro) - Rids the body of heavy metals, protects against oxidative stress, lowers anxiety and improves sleep, lowers blood sugar levels, protects against cardiovascular disease, prevents urinary tract infections, settles digestive upset, and protects against food poisoning.

Dandelion root (Simhadanti in Telugu, Sanscrit) - It treats a wide range of maladies. It promotes bowel regularity and good hydration levels in the body. And, its famous derivative, dandelion tea, has been used to help with joint discomfort. Dandelion root is used in liver-cleansing product, Livatrex® because it supports bile production, and bile helps transport toxins out of the body. Dandelion also helps the body's immune system.



production, and bile helps transport toxins out of the body. Dandelion also helps the body's immune system.

Garlic - Garlic contains a compound called Allicin, which has potent medicinal properties. Garlic is highly nutritious, but has very few calories. It can combat sickness, including the common cold. The active compounds in garlic can reduce blood pressure.

Ground Ivy - The dried plant and crushed leaves are used to make medicine. People take ground ivy for mild lung problems, coughs,



and bronchitis. They also take it for arthritis and other joint pain,

ringing in the ears (tinnitus), stomach problems, diarrhea, hemorrhoids, bladder infections, bladder stones, and kidney stones.

Licorice root, Glycyrrhiza glabra -

Licorice is taken by mouth for various digestive system complaints including stomach ulcers, heartburn, colic, and ongoing inflammation of the lining of the stomach (chronic gastritis).



Some people take licorice by mouth for sore throat, bronchitis, cough, and infections caused by bacteria or viruses. Licorice is native to India. It is 30 times sweeter than sugar and is used in candies and sweeteners. Excessive consumption of liquorice (more than 2 mg/kg/day of pure glycyrrhizic acid, a liquorice component) may result in adverse effects, such as hypokalemia, increased blood pressure, and muscle weakness

Milk Thistle - Supports liver health.

One of the most common uses of milk thistle is to treat liver problems. Promotes skin health. Reduces cholesterol. Supports weight loss. Reduces insulin resistance.



Improves allergic asthma symptoms. Limits the spread of cancer. Supports bone health.

Neem, Indian Lilac - Neem leaf is used for leprosy, eye disorders, bloody nose, intestinal worms, stomach upset, loss of appetite, skin ulcers, diseases of the heart and blood vessels (cardiovascular disease), fever, diabetes, gum disease (gingivitis), and liver problems. The leaf is also used for birth control and to cause abortions.

Red Clover - Red clover is used for cancer prevention, indigestion, high cholesterol, whooping cough, cough, asthma, bronchitis, and sexually transmitted diseases (STDs).



Stinging Nettle, *Urtica dioica*, Common nettle, *Acalypha indica*, Kuppaimeni, Tamil, kuppi chettu, Telugu - Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, and anemia.



Today, many people use it to treat urinary problems during the early stages of an enlarged prostate (called benign prostatic hyperplasia or BPH). often called common nettle, stinging nettle (although not all plants of this species sting) or nettle leaf, is a herbaceous perennial flowering plant in the family Urticaceae. Ω

“Those who make a practice of taking drugs, sin against their intelligence and endanger their whole after life. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties.” — EGW

Foods Which Detox

Almonds - The fatty deposits that build up around your liver after weeks of overeating and drinking put you at increased risk for liver cancer. But just a couple small handfuls a day of vitamin-packed almonds could help cleanse the deposits out. Researchers found a clear inverse response between vitamin E intake and liver cancer risk; those that consumed the most—about 16 mg, or about 15 almonds—showed a 40 percent lower risk of liver cancer than those who consumed less.

Artichoke - Reduces your body fat.

Asparagus - When you eat greasy food, eat steamed asparagus. The amino acids and minerals found in asparagus may alleviate hangover symptoms and protect liver cells against toxins. The veggie spears are also a natural diuretic, which will help flush the excess toxins from your system.

Avocado with Cilantro - Avocado and Cilantro mix removes toxins from the liver and has a positive impact on irritable bowel syndrome (IBS).

Bananas - Eating the fruit twice daily as a pre-meal snack can reduce belly-bloat by 50 percent. Bananas have two superpowers that help slim your stomach: they increase bloat-fighting bacteria in the stomach and provide a healthy dose of potassium, which can help diminish water retention.

Beets - These jewel-toned roots contain a type of antioxidant called betalains that help repair and regenerate cells in the liver, the body's primary detox center. They help the liver when there is alco-

hol-overload. With their high-sugar content and known ability to ward off free radicals, beets are also powerful sources of Vitamin A, manganese and nitrates.

Blackberries - One cup of antioxidant-rich blackberries packs in 7.6 grams of fiber! Bonus: By combining the two, you trigger your gut to produce butyrate, a fatty acid that reduces fat-causing inflammation throughout your body. In a Canadian study, researchers discovered that those whose diets were supplemented with insoluble fiber had higher levels of ghrelin—a hormone that controls hunger. It helps you lose weight.

Broccoli Sprouts - Extremely high in antioxidants, the ability for broccoli sprouts to stimulate detoxification enzymes at the cellular level is unparalleled. The sprouts are actually more effective than the fully-grown vegetable. Broccoli prevents and combats Cancer. Sulforaphane lowers cholesterol, prevents and combats heart & cardiovascular disease, obesity, parkinson's disease, alzimers, diabetes, and 39 diseases. The Indian Government should introduce the cultivation of broccoli for the health of our people.

Fruit - Fruit is high in liquid-content which helps the body wash out toxins. Fruit is also easy to digest and is high in antioxidants, nutrients, fiber, and important vitamins.

Garlic - It stimulates the liver into producing detoxification enzymes that filter toxic residues from the digestive system. Add sliced or cooked garlic to a suitable dish, as it will help any detox diet.

Grapefruit - If you're hoping to lose some weight during your detox — and not just water weight — it's important to include grapefruit into the mix. Grapefruit can make bitter veggie drinks a little snazzier. Plus, it helps lower fat levels in the liver, which means a lighter you!

Green Foods - Fill your refrigerator with blue green algae, barley, wheatgrass, kale, spinach, spirulina, alfalfa, chard, arugula, and other organic leafy greens to give your digestive tract a detoxifying boost of chlorophyll. Chlorophyll rids the body of harmful environmental toxins from toxic metals, herbicides, cleaning products, and pesticides. They also aid the liver in detoxification.

Hibiscus Tea - The flavonoids in the hibiscus plant counteract bloating by influencing how aldosterone, the hormone that regulates water and electrolytes balance, affects the body. Reduces belly.

Herbal Teas - Packed with antioxidants, herbal tea washes toxins from the system via its liquid content. They also contain a special type of antioxidant called catechins, which are known to increase liver function.

Kiwi - If you have sluggish bowels or suffer from chronic constipation, you may be sporting a bit of a belly. While you've likely heard that adding fiber to your diet may be helpful, you may not know that few sources of the nutrient are as effective as kiwi. Patients with Irritable Bowel Syndrome (IBS) who ate two kiwis a day for a month had less constipation and a general lessening of IBS symptoms than those who didn't.

Legumes - While eating something that can give you gas to slim down

for spring may sound counterintuitive, it's actually a solid strategy. In one four-week study, researchers found that study participants who ate a calorie-restricted diet that included four weekly servings of legumes lost more weight than those on a calorie-equivalent diet that didn't include beans—likely due to the legume's high fiber content. To reap the benefits at home, add lentils, chickpeas, peas and beans into your weekly diet. Those were the exact types of legumes participants ate in the study.

Lemons, Oranges, and Limes - Citrus fruit aids the body by flushing out toxins and jump-starting the digestive tract with enzymatic processes. Lemon juice supports the liver and kidneys in their cleansing processes. To increase detoxification, start each morning with a warm glass of lemon water.

Start each day by making a large pitcher of lemon juice and make a point of sipping your way through at least 8 glasses before bedtime. Citrus fruits are rich in the antioxidant de-limonene, a powerful compound found in the peel that stimulates liver enzymes to help flush toxins from the body and give sluggish bowels a kick, according to the World Health Organization.

Mung Beans, Green gram - The mighty mung bean has been used by Ayurvedic doctors for thousands of years. It is incredibly easy to digest and it absorbs toxic residue from the intestinal walls.

Oats Oats are a rich source gut friendly fiber. One cup of oats delivers 16 grams of fiber, including insoluble, which feeds healthy bacteria in your gut, and a soluble kind called beta-glucan. Bonus: Oats

also contain the anti-inflammatory compound avenanthramide, which combined with beta-glucan—help prevent against obesity-related health problems including heart disease and diabetes. And research in the Journal of the American College of Nutrition suggests oatmeal may be the most filling breakfast in the cereal aisle—resulting in greater and longer-lasting feelings of satiety than ready-to-eat breakfast cereal.

Omega-3 Oils - Use hemp, avocado, olive, or flaxseed oil while detoxing to help lubricate the intestinal walls. This allows toxins to be absorbed by the oil and eliminated by the body.

Potatoes, cold - Cold potato salad reduces abdominal fat.

Raw Vegetables - Whether juiced or eaten raw, onions, carrots, artichokes, asparagus, broccoli, cabbage, kale, brussels sprouts, cauliflower, garlic, beet, turmeric, and oregano provide a great foundation for a healthy diet. The combination of these foods will help your liver purge toxins during the cleansing process. They are also high in naturally occurring sulfur and glutathione. Sulfur helps the liver detoxify harmful chemicals.

Seeds and Nuts - Incorporate more easily digestible seeds and nuts into your diet. Flax seed, pumpkin seeds, almonds, walnuts, hemp seeds, sesame seeds, chia seeds, Siberian cedar nuts, and sunflower seeds are all excellent options. While detoxing, avoid nut butter with added sugar.

Spinach or greens - They ward off hunger naturally. The green's membranes contain a powerful appetite suppressing compounds called thylakoids. A cup of spin-

ach is super-low calories. Add some to your breakfast smoothie, morning cutlet or lunchtime sandwich to fill up without filling out.

Sunflower Seeds - are almond alternative. A quarter-cup serving of sunflower seeds is just over 200 calories and provides 3 grams of fiber. Plus, sunflower seeds make a healthy and filling addition to any diet, serving up a fair share of magnesium, a mineral that keeps blood pressure normal, maintains steady heart rhythm and helps boost lipolysis, a process by which the body releases fat from its stores. Try tossing them into oatmeal and salads for extra crunch.

Sweet Potatoes - It is a skin grower. Half a medium potato with the skin provides 200 percent of your daily recommended carcinoid intake.

Tomatoes - Consuming foods high in antioxidants, like tomatoes, can actually ward off skin damage from the inside out. Study participants who ate five tablespoons of tomato paste a day had 33 percent more protection against sunburn.

Turmeric - Curcumin, a compound derived from the bright-orange spice turmeric, works as a powerful anti-inflammatory in the liver. It reduces bile duct blockage and curbs scarring (fibrosis) by interfering with chemical reactions involved in the inflammatory process.

Water - It's often recommended that you drink eight glasses of water per day. However, some people think adding extra ingredients to water boosts its health benefits. The result, called detox water, is said to help your body get rid of toxins, improve your energy levels and help you lose weight. Make varieties of water with lime, straw ber-

ries, mint, cucumber, kiwi, ginger, periwinkle, etc.

Without enough water flowing through our systems to carry out wastes and toxins, we would literally drown in our own poisonous metabolic wastes. Normal-functioning kidneys also control the concentration levels of body fluids. If body fluids are too dilute, the kidneys expel excess water via

urine. If body fluids are too concentrated, the kidneys excrete the excess solutes and hang on to the water. In short, the kidneys are all about balancing the fluids and electrolytes in our bodies so that our systems run smoothly. If the kidneys don't get the water they need to perform these filtering functions, our health deteriorates rapidly. Water fights fat. Ω

EGW ABOUT FASTING

- *In many cases of sickness, the very best remedy for the patient is to fast for a meal or two, that the over-worked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.*
- *It is true that there are persons with ill-balanced minds, who imagine themselves to be very religious, who impose upon themselves fasting and prayer to the injury of their health. These souls suffer themselves to be deceived. God has not required this of them. They have a pharisaical righteousness which springs not from Christ, but from themselves.*
- *After the baptism of Jesus in Jordan, he was led by the Spirit into the wilderness, to be tempted by the Devil. The Holy Spirit had fitted Him for that special scene of fierce temptations. Forty days he was tempted of the Devil, and in those days He ate nothing. Everything around Jesus was unpleasant, from which human nature would be led to shrink. I saw that*

the Son of God was pale and emaciated through fasting and suffering. He felt the keenest sense of hunger. His visage was indeed marred more than the sons of men.

- *The Lord has instructed me as a general rule we place too much food in the stomach. Many make themselves uncomfortable by overeating, and sickness is often the result. The Lord did not bring this punishment on them. They brought it on themselves; and God desires them to realize that pain is the result of transgression.*
- *Two meals are better than three. There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them.*
- *Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required but they should eat sparingly of the most simple food. we should appoint one day in a month for fasting and prayer. In cases of severe fever, abstinence from food for a short time will lessen the fever, and make the use of water more effectual.* Ω

► Oncology Dietitian Exposes Fraud in CDC's HPV Vaccine Effectiveness Study.

Recent reductions in HPV infection prevalence among young women in the US cannot be said to be due to introduction of Gardasil vaccine in 2006 and use of HPV vaccines by pre-teen and teenage girls since then; the data clearly shows that unvaccinated girls had the best outcome. According to Merck's own research before Gardasil was licensed, if you've been exposed to HPV strains 16 or 18 prior to receiving Gardasil vaccine, you could increase your risk of precancerous lesions by 44.6 percent.

Judicial watch has received previously withheld documents from the DDHS, which reveal that the National Vaccine Injury Compensation Program has awarded \$5,877,710 to 49 victims for harm resulting from the HPV vaccine. Lawsuit reveals payouts of nearly 6 million to HPV vaccine-damaged victims. Talk to your children about HPV and Gardasil. There are better ways to protect yourself or your young daughters against cancer than getting Gardasil or Cervarix vaccinations. In more than 90 percent of HPV infections, the infection is cleared within two years on its own, so keeping your immune system strong is far more important than getting vaccinated. Read this full article: "*HPV Vaccine is Associated with serious health risks*" from Dr. Mercola's website.

<http://articles.mercola.com>

► Universal Immunisation Programme: RSS wing writes to PM Modi against introducing HPV vaccine.

With the country's highest decision making body on vaccines set to take a call in its next meeting on the introduction of cervical cancer vaccine in the Universal Immunisation Programme (UIP), the economic wing of RSS has asked Prime Minister Narendra Modi to stall the move, citing safety and cost concerns. In a letter to the Prime Minister, Swadeshi Jagran Manch's (SJM) national co-convenor Ashwani Mahajan has said, "It is our concern that this programme will divert scarce resources from more worthwhile health initiatives diverting it to this vaccine of doubtful utility and that its adverse effects will erode confidence in the national immunization programme and thereby expose children unnecessarily to the risk of more serious vaccine-preventable disease. SJM requests you to stop this move to introduce Human Papilloma Virus (HPV) vaccine in India and we recommend the strongest action against groups that pervert science, which brings ignominy to the scientific community in the country and sells the country to vested interests," it added.

HPV is associated with more than 80 per cent cervical cancers. Data from the national cancer registry shows that in 2013, 92,731 cases of cervical cancer were reported in India, a figure that is projected to go up to 1,00,479 in 2020.

Stating that the possible introduction of the vaccine in India would lead to "an unmitigated tragedy", the SJM, which had earlier criticised NITI Aayog and has been campaigning against Chinese products, said the vaccine had been used in "unethical" trials by Program for Appropriate Technology in Health (PATH) of the Bill and Melinda Gates Foundation and Indian Council of Medical Re-

search, leading to the deaths of tribal children in Andhra Pradesh. A Parliamentary Standing Committee had castigated the ICMR, Drug Controller General of India, Ethics Committee members and PATH for the "unethical manner in which this clinical trial was done after calling it a demonstration project." The letter also argued that the WHO report showed this was a vaccine with "the highest rate of adverse effects among all vaccines in use". The letter also states that the vaccine is very expensive and studies in other countries have proved that it was not cost-effective.

SJM alleged that authors from PGI Chandigarh falsified science published by others in an attempt to show that \$14/child for the vaccine is cost-effective. While NTAGI has not approved it yet, Punjab, ruled by the Opposition Congress has introduced it, said SJM.

Indian Express, Dec. 6, 2017

► Health Ministry decides to shelve Cervical Cancer Vaccine after RSS-affiliate writes to PM Modi

The union health ministry has decided to cancel the Human Papilloma Virus (HPV) vaccine, which is used for preventing cervical cancer among women, after the RSS-affiliate SJM wrote to the PM requesting him not to introduce it in the country. *Outlook, Jan. 10, 2018*

► Gardasil: The HPV vaccine is linked with permanent devastating health issues

HPV is the most common STD in sexually active individuals. While in many cases it resolves on its own, in rare cases, it can lead to cervical cancer and other cancer types. The makers of Gardasil claim that it can pro-

tect from the genital warts associated with the virus but risks and side effects are greater.

Injection site and digestive system side effects: 7 percent of Gardasil patients feel nauseous in the initial two weeks after vaccination. Upto 2 percent suffer from vomiting that can become dangerous. Diarrhea affects 4 percent. Appendicitis occurs in 0.3 percent of Gardasil recipients

Reproductive side effects and risks to central nervous system: Gardasil causes premature menopause condition of POF, or premature ovarian failure. It can also cause amenorrhea, an abnormal absence or irregularity in menstruation. It can cause fainting, which can put them at risk of hitting their head or other injury caused by suddenly falling; headaches, fever, dizziness in 4 percent.

Life-threatening side effects: Deep venous thromboses or blood clots in the legs; Pulmonary emboli (blood clot blocking the blood flowing through an artery that feeds the lungs); seizures, strokes, kidney failure and Guillain-Barre syndrome (a rare disorder in which your body's immune system attacks your nerves, causing symptoms including weakness), a serious neurological disease.

HPV vaccine contains polysorbate 80, which is known to cause encephalitis, anaphylactic reactions (a severe, potentially life-threatening allergic reaction) and multiple sclerosis (a chronic, typically progressive disease involving damage to the sheaths of nerve cells in the brain and spinal cord, whose symptoms may include numbness, impairment of speech and of muscular coordination, blurred vision, and severe fatigue). Aluminum in the vaccine leads to serious health issues.

Gardasil was approved by FDA in

2006. A new version contains twice the aluminum. Initially it was marketed to adolescent girls and their parents; now targets persons of both genders up to the age of 26.

NaturalHealth365

► Cancer Vaccine Issue

SJM condemned the irresponsible act of Congress for creating an animation in which they blame RSS for prompting PM to halt introduction of anti-cervical cancer vaccine. The Congress is not ignorant of the standing committee of Parliament's deliberations in 2007 about the adverse effects of this vaccine. Congress leaders who opposed the introduction of this drug in the standing committee should speak up, SJM said. Countries which banned Gardasil are Japan, France, and India. Only Delhi and Punjab introduced it in India in 2008.

Readers, it is obvious that both Congress and BJP are destroying India. It is time that the CMs of each state take their own decisions to protect the interests of their people; and conscious keepers of India should guide them. - Ellen

OneIndia, June 11, 2018

► 7 Deadly Diseases Your Itchy Skin Is Trying To Warn You About!

Skin itching is a symptom of a number of diseases and ailments, rather than being a disorder in itself.

When it comes to skin itching, there are a few different types, based on their root causes.

While some types of itches, like itches caused by mosquito bites, last only for a few minutes, a few other types of itching, such as itching caused by severe allergies can last for days and even years! When people are suffering from long-term skin itching, life

could be rather difficult for them, as the itching comes in the way of their daily activities and never allows them to be in peace!

So, here are a few things that skin itching can tell about your health; have a look:

1. Kidney Disease

As we know, kidneys are one of the vital organs of the human body whose function is to filter out the toxins and waste from our system. A number of research studies have noted that people who have kidney disease, whether major or minor, suffer from skin itching.

If they have chronic kidney diseases like kidney failure, the itching too can be very intense. It is said that the toxins and the waste which the kidney is unable to flush out of the system gets into the bloodstream to cause skin itching.

2. Liver Disorders

Just like the kidneys, the liver too is yet another vital organ of the body which helps in digestion and breaking down of nutrients to provide energy to the body. If a person is experiencing itchy skin all over the body, without a reason, it could be an early symptom of liver diseases.

When excess bile gets built up in the liver, it starts to acidify and gets into the bloodstream. This, in turn, causes severe skin itching.

3. Spinal Disease

If you are experiencing severe itching in the back and middle back area of your body, without the presence of rashes, then it could be a sign of spinal disease. This is usually caused by injury or inflammation of some parts of the spinal cord.

When the nerves in and around the spinal cord are damaged or inflamed, they get "pinched" while sitting and moving around, causing an itching sensation in that area.

4. Celiac Disease

If you notice that you have extreme itching, along with red bumps or blisters around the knees, elbows, buttocks, and hairline area, then, it could be a symptom of dermatitis herpetiformis, a category of Celiac disease which affects the skin.

This is usually caused when people consume gluten-rich foods, which their body cannot process, due to the presence of Celiac disease. So a gluten-free diet and detox can treat this disorder, but it can take a long time to reduce!

5. Lymphoma

Lymphoma is a type of blood cancer which affects the lymph nodes of the body. This type of cancer is usually very hard to treat and the relapse rates are very high. People suffering from this disease experience skin itching all over the body, without the presence of rashes.

This is caused by cytokines which trigger an inflammation response in the skin cells, causing severe itching.

6. Thyroid Disease

Thyroid diseases are of two types. The first one is known as hypothyroidism, caused by underactive thyroid glands and the second one is known as hyperthyroidism caused by overactive thyroid glands. Thyroid diseases are hormonal diseases which may need long-term treatment. The hormonal imbalances caused by thyroid diseases can also cause skin itching in many patients.

7. Menopause

Menopause, although it is not a disease, can have a number of negative side-effects in many women. As we know, menopause is a natural phenomenon that happens to every woman, after the age of 45, when her menstrual cycle ceases. During menopause, a number of hormonal changes occur in the body. Due to these hormonal changes, the natural oils of the body can decrease in production, thus making your skin dry and itchy.

Boldsky | 7th Jun, 2018 08:30 AM

► As push to turn India towards vegetarianism gathers steam, data reveals 80% men and 70% women relish meat

New Delhi: BJP-led government has been advocating vegetarianism on grounds of religion and ideology, the latest being an effort by Indian Railways to enforce vegetarian menus on all trains on 2 October, Mohandas Gandhi's birthday.

However, around 80 percent of Indian men and 70 percent of women consume eggs, fish, chicken or meat occasionally, if not weekly, according to an IndiaSpend analysis of national health data.

Although their daily diet tends to be vegetarian, consisting of milk or curd, pulses or beans and dark green and leafy vegetables, 42.8 percent of Indian women and 48.9 percent of Indian men consume fish, chicken or meat weekly, according to the National Family Health Survey, 2015-16 (NFHS-4).

It is important to assess the average diet of Indians because both malnutrition and obesity are a problem in the country: 53.7 percent of women and 22.7 percent men are anaemic and

22.9 percent of women and 20.2 percent of men are thin (with body mass index of less than 18.5), while 20.7 percent of women and 18.9 percent men are overweight or obese, according to the same data.

The ministry of health and family welfare had recently courted controversy when it tweeted an image that grouped non-vegetarian foods such as eggs and meat with junk food, implying that both cause obesity. The image was subsequently deleted. In 2015, the Madhya Pradesh government had banned eggs from meals served in *anganwadis* or day-care centres allegedly due to pressure from Jain groups.

These moves come despite the recommendations of the National Institute of Nutrition (NIN), Hyderabad, which advocates the consumption of protein-rich animal foods such as milk, meat, fish and eggs, and plant foods such as pulses and legumes.

The Indian Railways is now planning to celebrate the birth anniversary of Mohandas Gandhi, a vegetarian, as "Vegetarian Day", and plans to serve only vegetarian food on its premises on 2 October, 2018. It appealed to all its employees to abjure meat that day, reported The Times of India on 21 May.

Dietary risk including poor diet—low in fruits, vegetables and whole grain but high in salt and fats—is the third biggest risk factor for death and disability in India after air pollution and malnutrition, IndiaSpend reported in November 2017.

Non-vegetarian women

More men than women eat non-vegetarian food in India; almost three in 10 women do not consume eggs (29.3 percent) and chicken, fish or meat

(29.9 percent) compared to two in 10 men who do not consume eggs (19.6 percent) and chicken, fish or meat (21.6 percent).

IndiaSpend May 22, 2018

► The Herb and Drug Mix of Immune Suppressants and Herbal Medicines

This article is for those who underwent organ transplants, are on immunosuppressive drugs (which lower their immune system and give them other diseases) and wonder if herbal remedies could be used to boost their immune system.

Not long ago, a patient I'll call Donna presented me with a challenging dilemma. Donna had suffered from a chronic respiratory disease that forced her to receive a lung transplant. To keep her immune system from rejecting the new lung, she was taking a drug called cyclosporine, an antibiotic-like substance produced by the soil-based fungus *Beauveria nivea*. She knew that she would be taking this drug for the rest of her life. Donna came to see me because she felt a bad cold coming on. Would it be all right, she asked, if she took some echinacea (*Echinacea* spp.) or a similar herb to give her immune system a little boost? As simple as this question may seem, the issues raised in searching for an answer are quite complex and have implications that extend to a wide range of diseases, especially autoimmune disorders.

How immunosuppressants work

Cyclosporine acts as a potent immunosuppressant, meaning that it inactivates a part of the immune system—the T lymphocytes, which are responsible for rejecting foreign substances. This action makes it immensely use-

ful for organ transplant patients. In fact, without this drug and others like it, most transplants would eventually be rejected by the recipient. In recent years, cyclosporine has also been used to treat autoimmune disorders such as rheumatoid arthritis (RA), a condition where the immune system attacks the joints. The rationale for using cyclosporine in these cases is that autoimmune disorders result from a so-called overactive immune system that needs to be chemically restrained.

Unfortunately, the T lymphocytes involved in transplant rejection or autoimmunity are also necessary for fighting off harmful bacteria, viruses, and cancer. Consequently, patients taking immunosuppressant drugs have a high risk of developing lymphoma and potentially life-threatening infections. In other words, the drugs solve one problem but can create another.

Conventional medicine tends to take an adversarial position against disease. It's as if we're fighting an all-out war against cancer, infection, and autoimmune diseases. The weapons we use in this war are potent drugs designed to wipe out the enemy. But there are two problems with this approach. First, the "enemy" is often very clever and finds ways to outwit the most powerful weapons. Second, the more powerful the drug, the higher the risk of toxicity. Herbal medicine offers an alternative: Instead of attacking the disease head-on, why not improve the person's immune function so they can fight off or regulate the disease on their own?

Herbal immune enhancers

Echinacea is only one of a number of herbs known for this kind of immune-enhancing effect. Some



of the other herbs I might have considered giving Donna include astragalus (*Astragalus membranaceus*), aloe (*Aloe vera*), isatis (*Isatis tinctoria*), licorice root (*Glycyrrhiza glabra*), Siberian ginseng (*Eleutherococcus senticosus*), and Western larch (*Larix occidentalis*). Additionally, numerous medicinal mushrooms such as maitake (*Grifola frondosa*), shiitake (*Lentinula edodes*), and reishi (*Ganoderma lucidum*), as well as extracts of baker's yeast (*Saccharomyces cerevisiae*), have similar effects.

All of these herbs and fungi are rich in complex sugar molecules called polysaccharides. These polysaccharides appear to resemble fragments of the cell walls of bacteria and viruses. Many researchers believe that when a person ingests these substances, the substances end up binding to specialized receptor sites on the surface of immune cells (called macrophages) and natural killer cells. These sites are sensors, designed to detect the presence of microbial infection. The immune cells are thereby "fooled" into thinking that the body is under attack by an infection. In response, they send out chemical signals that mobilize immune activity throughout the body. Therefore, when a person with a bad cold takes a supplement of echinacea, the immune system gets a boost, which helps it fight off the infection more quickly and efficiently.

Are the herbs safe?

Although this immune-boosting effect may be desirable in the situation described, is it possible that it could be harmful if a person already has an "overactive" immune system, as in the case of RA? This has been the assumption made by numerous authors who have strongly warned patients with RA to avoid taking herbal or fun-

gal immune boosters. It's important to realize, however, that this concern is theoretical—there are no published reports of patients with autoimmune disorders actually getting worse from taking these immune boosters.

Part of the problem here is the tendency to think of the immune system as a single unit that performs one function instead of an extremely complex mixture of dozens of different types of cells, each of which has specific functions that lead to elaborate interactions. It's simply not accurate to talk of an overactive or underactive immune system. The reality is that in some situations, specific parts of the immune system may be underactive or overactive.

Following this line of reasoning, it's more accurate to refer to herbs such as echinacea or medicinal mushrooms as “biological response modifiers,” rather than immune boosters. This concept becomes even more significant when you realize that some herbalists intentionally use various combinations of these herbs and fungi to treat RA and other autoimmune disorders.

My recommendations

I told Donna that, unfortunately, we just don't know enough about how cyclosporine works to accurately assess whether its effects would be neutralized by echinacea or similar herbs. Even though there's little evidence to indicate that a short course of the herb would be harmful, the potential risk (of rejecting the transplant) is so great that I had to discourage her from using it. This may not be the end of the discussion, though, as there are now reports that transplant patients have been able to safely use a supplement of immune-enhancing beta glucan (derived from baker's yeast). Only

thoughtful, meticulous research will help resolve this issue.

However, I believe that it's premature to tell all patients with autoimmune disorders to avoid immune enhancers, especially if they plan to use them for only a short period of time. The more sophisticated our knowledge of how herbs and medicinal mushrooms work becomes, the more we'll be able to make recommendations about potential interactions based on real science instead of naive assumptions.

*By Robert Rountree, M.D. | Nov./Dec. 2000
Mother Earth News Fair*

► How to Build Up Your Immune System While on Immunosuppressive Meds

Immunosuppressive drugs can cause depression of the body's natural defense system, resulting in increased risks of infections and illnesses. Common immunosuppressive medications include corticosteroids and prednisone. These drugs are usually prescribed for patients undergoing transplantation operations, certain cancer regimens or medical conditions with mild to severe inflammatory symptoms, such as dermatitis and eczema. Diet, nutrition, stress reduction and implementing healthy lifestyle changes are some ways patients can help build a strong immune system when taking immunosuppressive drugs.

Eat a healthy diet with foods high in fiber and super nutrient content. These foods do not stress the body's immune system. Fruits, vegetables and whole grain foods contain carbohydrates that possess high levels of phytonutrients and antioxidants. They are free of trans fat and contain low levels of saturated fats. Whole grain bread, cereals, brown rice, potatoes and yams are ex-

amples of healthy foods to eat to help increase the body's immune system.

Learn alternative ways to reduce the stress in the body, as any additional stressors can cause further breakdown of the body's immune system. Do exercise or meditation to help maintain physical strength and calm the central nervous system by finding inner peace and calm.

Find time to rest and get at least eight hours of quality sleep. The body needs this time to heal and to build up energy reserves from the day's activities. Individuals on immunosuppressive medications are more prone to fatigue and increased risks of infections, which can interfere with the amount of sleep and quality of rest. Take short naps throughout the day to prevent exhaustion or any weakening of the body's immune system.

Drink plenty of fluids, especially water. Avoid drinks with high sugar content. Freshly squeezed fruit juices with high antioxidant properties and supernutrient content will help boost the immune system. Avoid drinking beverages that contain caffeine, as this will cause the body to be stressed and increase nervousness and anxiety. A daily dose of sunlight will help the body increase vitamin D levels. Take a brisk 10-minute walk early in the morning for physical exercise. Take herbal remedies, such as ginseng, to help improve the body's immune system.

Warnings

Be careful not to over-expose the body to the sun because some immunosuppressants can increase the risk of skin rash and allergic reactions. Always consult your medical doctor before starting alternative therapies or herbal treatments.

DR. SUSAN JEWELL, AUG. 14, 2017

Herbs which boost the immune system while on immunosuppressants are: Echinacea, Ginseng, Elderberry, Colloidal silver, Astragalus root (pea family, Thazhuthaalai in Tamil), Ginger, Vitamin D, Myrrh, Oregano; Essential oils: Bergamot, Roman Chamomile, Lavender, Lemon, Myrrh, Pine needle, Sandalwood, Tea Tree, Thyme, and Vetiver.

► Stunning Finding Reveals Autism Is Highest in Areas With the Highest Vaccination Rates

The surge of autism diagnoses in recent years has left many people looking for an explanation. Oft-labeled a “conspiracy theory,” or something to that effect, the suspicion that vaccines are a potential cause of autism is on the rise. New research from the Canadian government has indirectly shown that in highly vaccinated populations, autism rates are noticeably higher. Canada ranks in the “top 10” countries for autism rates.

Beforeitsnews.com, May 1, 2018 15:49

► Home Remedies for Menstrual Cramps

Blackstrap Molasses (it is full of muscle relaxant minerals like magnesium and potassium in a highly absorbable form), herbs (Chaste tree leaves, chamomile, cinnamon, honey, lemon juice, ginger tea), reduce salt intake, avoid caffeine, alcohol, do exercise, de-stress. Ω

Lisa Garber, Natural Society

A person whose mind is quiet and satisfied in God is in the pathway to health. - EGW

Healing Procedures

1. Body Cleanses

Author: Dr. Rudy Davis, ND - From www.amazinghealth.com

A Cleanse for Igniting the Body's Healing

Ignite the body's healing ability with this cleanse.

For the first 21 days your foods must be at least 80% raw:

- Have at least 16 oz of fresh-squeezed vegetable juice twice a day
- Exercise for 30 minutes, 5 days a week, producing a good sweat each time
- Get lots of sunshine and fresh air daily by walking outside
- Be temperate in all working and eating habits
- Get at least 8 hours of rest every night

Second comes the 3-day water fast:

- No working or exercise during the fast
- No TV or other entertainment as the brain needs to focus completely on cleansing
- Pray and commune with God but don't do any intense study
- Sleep whenever you feel tired
- Disconnect the phone and other annoyances
- Drink lots of water.

During the fast you may experience some symptoms you've previously had, or you may feel nothing but tired. Whatever your body needs to do, just listen. You may experience nothing at all which could mean that your body has taken care of whatever it needed

to take care of from the foods you have been consuming and your improved way of life. Remember, your body heals in the order it got sick.

Caution: do not fast longer than 3 days without the supervision of a professional.

A 5-Day Fruit and Veggie Cleanse

For 3 days, drink 8-12 glasses of fresh squeezed juice. At least 85% of the juice should be from vegetables. The rest can be fruit such as apple, orange, beet, or celery.

Drink juice throughout the day. If you find you are hungry, add more juice.

On the 4th day, eat only fresh raw fruits.

On the 5th day have fresh raw fruit for breakfast and fresh raw veggies for lunch.

On the 6th day, return to your regular eating schedule.

A 3-Day Melon Cleanse

This cleanse is for those with high blood pressure, but not for diabetics. Do not use this cleanse if you have diabetes.

For 3 days, eat nothing but melons such as canteloupe, watermelon, and honeydew. You may eat as often as you are hungry as melons digest very rapidly when eaten alone. Make sure your melons are ripe, and drink plenty of water.

This cleanse will help clean your body tremendously. Melons clean the nephronic membranes of the kidneys

better than anything known.

A Grape Cleanse

This cleanse is excellent for people with mucus, phlegm, or pus build-up in their body manifested through symptoms such as fatigue, asthma, bronchitis, hurting liver, painful bowels, edema, varicose veins, headaches, skin rashes and irritations, and constipation.

Grapes are fantastic for cleaning the whole body. Here are some health benefits of grapes:

- Most potent of all medicinal foods
- Detoxify the whole body
- Contain tartaric acid which removes mucus
- Stop viruses in their tracks, specifically the herpes and polio virus
- High in magnesium which cures constipation
- Relieve gastritis
- Reverses chronic acidosis to 7-8 pH
- High in iron which reverses anemia
- Contain ellagic acid that scavenges carcinogens
- Contain caffeic acid—a cancer preventative
- Superior energy source. Eliminate stored solids in tissues
- Help reverse heart disease
- Protect from antioxidant damage
- Protect from airborne pollutants
- Relieve mental exhaustion

- Soothe the nervous system
- Improve calcium absorption and also contain calcium
- Sustain nursing infants (grape juice)

To achieve these results, grapes are best eaten alone as a meal. Grape fasting cleanses the tissues and the taste buds bringing them into harmony with a healthful appetite. Your desire for stimulating foods will be greatly lessened.

Notes: If you develop a coated tongue, do not worry. That means your liver is toxic and is cleaning itself out. You may also notice mucus in your urine or feces. Do not be alarmed.

When possible, buy certified organic grapes. If you can't find them, buy normal grapes, but clean well. Learn how to best clean vegetables and fruit.

Grape juice should be homemade, not store bought. Process the grapes, including the seeds, in a juicer. Black, seeded grapes are the most nutrient dense.

To purify your blood, create a mixture of homemade grape juice and homemade almond milk. To make the nut milk, soak a cup of almonds overnight. Then, drain off the water and rinse. Place the nuts in a blender or soymilk maker with enough fresh water to cover the nuts. Blend well, adding more water if desired. Strain through cheesecloth to remove fibre. Then, mix the almond milk half and half with fresh grape juice. Ω

2. Charcoal Therapy

Charcoal has been used for years as a medicinal tool. It is known for its ability to absorb toxins and gases.

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 tea, it is still better. I have ordered this in cases where persons were suffering great pain, and when

PRICE LIST

Description	Qty	Cost Rs.
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HEALTH PRODUCTS

Activated Charcoal Powder	500 g	400.00
Activated Charcoal Powder	250 g	225.00
Activated Charcoal Powder	125 g	135.00
Activated Charcoal Tablets - Approx. 150 tablets,	100 g	250.00
Activated Charcoal Capsules	100 Capsules ..	350.00

Activated Charcoal is the strongest adsorbent of poisons in the world. Use it for gas, stomach problems, to detox kidneys, liver, for snake bites, for poison cases, to cleanse one's blood in case of leukemia, to remove radiation from the body, etc. Order the booklet: 'Activated Charcoal, God's Natural Remedy' to know the diseases charcoal treats. It is Rs.25/-.

BLACK STRAP MOLASSES 500 g 300.00

Blackstrap molasses contains vital vitamins and minerals, such as iron, calcium, magnesium, vitamin B6, and selenium. It is beneficial in the treatment of cancer, combats stress and anxiety, gives glowing skin, heals endometriosis, skin diseases; lowers blood pressure and hypertension; maintains blood sugar balance, healthy bones and teeth; Prevents and cures iron deficiency anemia, protects from cardiovascular disorder, relieves constipation, menstrual cramps, PMS, etc. Drink 1 tsp. mixed in water twice a day or use as sugar substitute.

POWDERS

PROTEIN POWDERS - 2 varieties: 500 g 350.00

1. Soya Protein Powder, Cinnamon Flavor. It has 15 varieties of beans, lentils, millets, seeds, nuts and roots.
2. Soya Green Powder. Has 15 ingredients as above and green peas, moringa leaves, dry coconut, etc.

Protein Powders have multigrain combinations of millets, lentils, beans, herbs, roots, seeds and nuts, thoughtfully made to provide maximum vitamins and minerals and to give a variety. Use 1 heaped tbsp. per a glass in hot or cold water or mix with fruit juices. Use it in your cookies, patties, dose, baking, etc.

3. Wheat Grass Powder) Will make it available if there is a demand.
4. Barley Grass Powder)

SOAPS: 1 g=1 Re. bet. 60-100

1. **Detox Activated Charcoal and Bentonite Clay Skin Soap**, Unscented. 1 g for Re.1. May cost between Rs.60-100 according to the weight. This soap is made from wound healing plants and is good for diabetic wounds, and skin eruptions.

Description	Qty	Cost Rs.
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2. **Soapnut, Shikakai Shampoo Bar.** 1 g for Re.1, between Rs.60-100 according to weight. This all natural aromatic shampoo bar gives extra lather due to soap nuts and shikakai and is long-lasting. You may use it for both bath and hair.
3. **Herbal Skin Soap** - This soap is made from wound healing plants and is good for diabetic wounds, and skin eruptions. It has herbs which treat itch & skin rashes.

OINTMENTS

Acne Herbal Salve	50 g	120.00
Acne stick (like a glue stick)	10 g	50.00
Anti-Itch Herbal Salve	50 g	120.00

Body Cream:

Geranium.....	50 g	120.00
Calendula Skin Cream	50 g	120.00

They have herbs which are good for the skin, and African Shea butter, Cocoa butter, skin healing oils, essential oils, bees wax, etc.

Mosquito Repellent cum Skin Salve.....	50 g	120.00
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It has oils and essential oils which repel mosquitos. Apply every 2 hrs.

Vitiligo, Leucoderma Herbal Salve	50 g	120.00
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Wound ointment: 3 varieties

1. Jewel weed (Warts, Athlete's foot, burns, bruises)50 g..... 120.00
2. Siam Weed (Wounds, burns, skin infections) .. 50 g 120.00
3. Chickweed . (Wounds, psoriasis, muscle/joint pain)50 g 120.00

pH PAPERS 200 Strips 200.00

Strips that will measure the pH of saliva and urine from 5.5 to 8.0. pH paper is used for determining whether a substance is an acid or base. To do this you use the pH scale which goes from 1-14. If the pH is less than 7 it is an acid and if it is above 7 then it is a base (alkaline). When the pH scale reads 7, it means that the substance is neutral. You can tell the pH of a said solution by looking at the color that it corresponds with. If you look at the picture, you can see the color correspondence to the pH. If a reading shows acid, you may eat alkaline food, and check again. Daily checking will help to understand your body and thus moderate your diet to improve your health. The earlier advertised pHpapers for Rs.15 do not work. We have ordered a better quality.

BOOKS

18 End-Time Bible Prophecies	278 pages	120.00
Bible Stories with End Time Parallels	206 pages	80.00
Charcoal Remedies.Com	302 pages	180.00
Evidence of Modern Science in the Bible	144 pages	100.00
Finding Peace Within, Paper back.....	220 pages	30.00

Handwriting for School and Church 100 pages 50.00
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the physician has confided to me that he thought life was about to close. Then I suggested charcoal and the patient slept; the turning point came, and recovery was the result. For bruised hands with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly.

The most severe inflammation of the eyes is relieved by a poultice of charcoal, put in a bag and dipped in water, hot or cold as will best suit the case. EGW.

20th-Century Charcoal Case Studies

In 1972, it was reported that 20-50 grams of activated charcoal per day relieved uremic patients of oral fetor (odor or stench), anorexia, nausea, and vomiting. Up to twenty months of treatments produced no ill side effects. Conditions that have been treated by charcoal are eczema, intestinal gas, accidental poisoning and overdoses, nervous diarrhea, malodorous stools, jaundice of the newborn, infection after criminal abortion, deodorizer and healer for infected wounds, and cancer.

In 1909, Sticker reported that rapidly growing round-celled sarcomas in dogs were completely stopped from growth by the application of charcoal. In 1937, Papantonakis reported simple, rapid, and successful therapy of Leishmaniasis (a dermal sore) by painting the lesions with a ten percent mixture of vegetable charcoal.

Charcoal as a Poultice

A charcoal poultice is a charcoal-water mixture of soft composition, usually heated and spread on cloth, and applied to tender, inflamed parts of the body.

Charcoal has an adsorptive effect because of the large surface area of individual grains, with their crevices and pores. Charcoal can adsorb 100 times its own weight in poisons, gases, and chemicals.

Indications and Contraindications

Charcoal poultice treatment can help

with the following health problems: Inflammation, insect bites, mastitis, cellulites, phlebitis, pharyngitis, hepatitis, gastritis, colitis, peptic ulcers, bad breath, internal and external infections, certain types of skin problems, eye infections, eczema, poison ivy, staph infections, infected cuts, oral lacerations, and herpes simples, accidental poisoning or overdoses, gastrointestinal problems, diarrhea, gas.

Procedure/Equipment

Powdered charcoal, one tablespoon or more

Warm water, about one cup

Deep container (size depends on size of poultice to be made) and spoon

Three tablespoons flaxseed or two tablespoon cornstarch

Clean muslin sheeting or paper towel

Ace or roller bandage

Plastic sheet, Pins or tape

Treatment

1. Assemble equipment
2. Boil water with flaxseed for about 2-3 minutes
3. Remove from heat and add charcoal
4. Apply charcoal paste to a paper towel or muslin quickly to prevent cooling
5. Spread out to desired size and fold
6. Place poultice on area to be treated with the single thickness of cloth next to the skin.
7. Cover the body part and poultice with plastic
8. Wrap with bandage and secure in place, leaving overnight
9. The next morning, remove poultice, being careful to not spill charcoal crumbs

10. Repeat with fresh poultice if needed, allowing one hour between poultices.

Charcoal Recipes

Slurry Water

One tablespoon pulverized charcoal mixed in four cups of water. Allow to settle, then pour off the clear water (slurry water) at the top. This may be drunk freely.

Charcoal and Flaxseed

Three tablespoons of flaxseed (ground in blender or mill), one tablespoon charcoal, one cup of water. Mix and bring to a boil to thicken. Use as a poultice.

Charcoal and Smartweed:

Put a small handful of smartweed leaves in a blender with ¼ to ½ cup of water and chop coarsely. Pour this into a cup with one tablespoon of charcoal; mix and use as a poultice.

Using Charcoal in Emergencies

Swallowed Poisons

Have the victim swallow a mixture of two tablespoons of charcoal in a glass of cold water. After three to five minutes, promote vomiting unless the swallowed poison is acid, alkali, kerosene or anything that may cause convulsions. Repeat the treatment three times. Administer another dose of charcoal and permit it to go through the intestines to absorb any poison which has left the stomach. This has been found to be as or more effective than the widely used “universal antidote” which contains some charcoal.

Diarrhea

Tablespoon of charcoal in a glass of cold water every 48 hours until diarrhea is under control. Be certain to get medical help for any diarrhea in a baby that does not respond immediately.

For severe diarrhea in adults or babies, shake ¼ cup of powdered charcoal into two quarts of water and let the mixture stand until the charcoal is settled. Pour off the clear liquid and drink freely.

Use a nursing bottle for infants; the baby will get considerable benefit. The complete black charcoal solution can also be given to the baby in small amounts. Give as much as the baby will take for the first twelve hours.

Charcoal Bath

The charcoal bath can be used for smokers and alcoholics who need detoxification as well as anyone who needs to detox.

Charcoal baths are also effective for people with skin disorders such as eczema, skin irritations, atopic dermatitis, infection, and inflammations. Activated charcoal's purifying, detoxifying, deodorizing, and anti-bacterial properties will wash any impurities on the skin.

Charcoal baths will remove impurities, relieve fatigue, and recharge you!

Procedure

Put about 6 cups (2 lbs.) of granular charcoal in a cloth bag, tie it, and place it in the tub.

Fill the tub and soak yourself.

After the first use, dry the bag. When using a second and third time, add a cup of granular charcoal to the cloth bag. Discard after the third use.

Placing charcoal first before filling the tub with water will help the body to get warm faster, keep the water warmer and cleaner, and make the skin smoother.

Charcoal as a Remedy

Internally: For adults, take between 1-3 heaping tablespoons of charcoal powder in a large glass of water (mixed well) until symptoms are alleviated. Drink one more glass of water after each glass. If using tablets, take a minimum of 6-10 as there is generally less charcoal in tablet form. Drink water with tablets to avoid constipation. (Ground up flax seed can also be added to avoid constipation. Repeat this process every 6 hours until relief. In addition, be drinking 2.5 litres or 8 glasses of water throughout the day). Children under 12 should take half an adult dosage. Activated charcoal should not be taken regularly for more than 6 weeks at a time. Please consult a physician if symptoms persist.

Externally: To make a poultice, mix 3 tablespoons of ground flax seeds or cornstarch with 3 tablespoons of activated charcoal powder in ¾ cups of hot water. Stir until blended and cool to room temperature. Place mixture generously on a strip of gauze large enough to cover the area and tape the sides so that the mixture does not leak. Leave on 3-6 hours or overnight.

Other Uses: Activated charcoal helps to eliminate bad breath by cleansing the mouth and digestive tract, relieves symptoms of nervous diarrhea, traveler's diarrhea (Turista), spastic colon, indigestion, and peptic ulcers. For these discomforts, between 1 and 1 ½ tablespoons of powdered charcoal stirred in a glass of water up to 3 times a day is normally effective. It is most effective when taken between

meals, as food may reduce its effectiveness.

Charcoal may adsorb and inactivate other medications. Usually you can take charcoal two hours before or after other drugs. Check with your physician before beginning treatment with charcoal if you are taking prescription drugs. You may take charcoal intermittently for long periods or regularly for up to 12 weeks. However, it should not be taken regularly for extended periods of over 12 weeks. Do not give charcoal to an unconscious person.

Activated charcoal may be used as an antidote in poisoning from most drugs and chemicals. However, **DO NOT USE WITH THE FOLLOWING:** Cyanide, mineral acids, caustic alkalines, alcohol, or boric acid. Other antidotes are more effective. Charcoal is not effective in every poisoning situation so consult a Poison Control Center or a physician immediately for instructions in any poisoning emergency.

Ellen White on the Uses of Charcoal

Charcoal has many uses in the home, as explained by the following quotes from Ellen White:

Charcoal for Bad Breath

That offensive breath must be purified. Get pulverized charcoal, soak it in water, and drink this water freely. Eat no vegetables. Eat fruit, and plain well-baked bread. Take light exercise, and at night wear a charcoal compress over the liver and abdomen

Charcoal Relieves Insect and Snake Bites

Take pulverized charcoal, wet it, and put in on as a poultice. The charcoal

possesses a wonderful power of drawing poison from the system.

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. My mother has told me that snake bites and the sting of reptiles and poisonous insects could be rendered harmless by the use of charcoal poultices.

Charcoal Removes Inflammations and Poison

I have not time to relate the wonderful cures wrought, not by dosing with drugs, but by the application with water. We use charcoal largely, making it into poultices. It destroys inflammation, and removes the poison.

Charcoal as a Healing Agent

Pulverized charcoal, use it freely. Mix it with sweet (cooking) oil. thus it can be taken with less difficulty than if mixed with water. I think that you would obtain benefit from the use of charcoal compresses, pulverized charcoal moistened, put in a flannel bag and placed over the affected part. When my husband was sick, I had recourse to many remedies, and I know the value of charcoal as a healing agency. I have worked for my husband with marked success when his life was in great peril. Ω

Order our booklet: "Activated Charcoal: God's Natural Remedy" for more information.

3. Contrast Baths

Contrast baths are the immersion of a body part alternately in cold and hot water. This causes alternate contraction and dilation of blood vessels, which increase blood flow, white blood cell activity, and the oxidation process to speed up healing. This treatment is based on the principle that by alternate contraction and dilation of the blood vessels, brought about by the contrasting application of heat and cold, the circulation is improved and the removal of waste products is hastened.

Indications and Counter Indications

Contrast bath treatment can help with the following health problems:

1. Congestive headaches
2. Infections (give treatment 2-6 times per day to stimulate local defense against infection)
3. Sprains, strains, and other traumas

4. Poor circulation, congestions, indolent ulcers

5. Osteoarthritis

However, contrast bath treatment is dangerous if you have the following health conditions:

1. Loss of feeling in the feet or legs
2. Extreme peripheral vascular disease of the feet or legs
3. Hemorrhages

Here are some indications from Dr. Neil Nedley's book *Depression: The Way Out*:

For more than 100 years, Mental illness has occasionally been treated with warm baths utilizing natural hot springs or other sources. Before the 1950s, special showers, baths, wet sheet wraps, and other forms of hydrotherapy were routinely used in psychiatric hospitals throughout the United States and Europe. These approaches were not only used to treat

depression, but were also used to treat delirium, agitation, insomnia, gastrointestinal disturbances, and pain syndromes.

Procedure/Equipment

Two containers large enough to allow body part to be immersed completely

Thermometer

Drape sheet or gown

Thick towels

Cold compress for head or neck, ice bag for heart if necessary

Pitcher to add hot water

Container to heat water in

Ice for cold compress and cold bath if desired

Important Considerations

If a large part of the body is treated, used cold compress to head and neck (ice bag to heart if pulse goes over 80 BPM)

Do not use temperatures over 115° F (46°C)

Temperatures above 103° F (39°C) should not be used in cases of blood vessel disease of the legs and feet

Extremes of hot and cold should not be used on patients with 'peripheral vascular disease' (this is different from varicose veins) or diabetes.

Begin hot water immersion at lower limit than tolerance, increasing the temperature during the application.

Treatment

1. Assemble the necessary materials
2. Have treatment room warm and free of drafts
3. Explain the procedure to the patient
4. Check the patient's pulse
5. Assist the patient as necessary
6. Place area to be treated in hot water (about 103° to 105° F or 39°C to 41°C) and quickly increase temperature to the highest you intend to use for that treatment, keeping submerged for three minutes.
7. Place part in cold water for 30 seconds to one minute.
8. Check the patient's pulse every five minutes; apply cold compress to neck and ice bag to heart if needed.
9. Make six to eight changes, ending with the cold water, except when treating rheumatoid arthritis, in which case, finish with a hot application. Total treatment time should be 20 to 30 minutes.
10. Dry the patient thoroughly and give cooling measures if needed, encouraging patient to rest for at least half an hour. Ω

4. Foot Bath

When the feet are in hot water, the blood which is congesting distant parts of the body is brought to the dilated vessels in the feet and legs. Congestion of the brain, lungs, abdominal and pelvic organs can be relieved in this manner.

A hot foot bath is a local immersion bath covering the feet and ankles at temperatures ranging from 100° to 115° F (43°C- 46°C).

Hot foot baths increase blood flow

through the feet and entire skin surface, relieving congestion in internal organs and brain. This type of bath also elevates the body temperature, relaxing tense muscles and increasing white blood cell activity.

Indications and Counter Indications

Foot bath treatment can help with the following health problems:

1. Cold feet

2. Colds, chest congestion, flu, coughs, pelvic inflammatory disease
3. Headache
4. Pelvic cramps
5. Hemorrhoids and prostate problems
6. Pain anywhere in the body from toothache to backache
7. Foot baths may also help with depression, according to Dr. Neil Nedley:

Warm baths can help, according to a recent preliminary study conducted at Michigan State University. More than 40 patients ranging from 18-62 years of age who were admitted to a hospital psychiatry unit with an episode of major depression were given a warm, 30-minute bath (102 to 106 degrees Fahrenheit, or 39 to 41 degrees Celsius) just before going to bed. Improvements occurred in tension, anxiety, anger, hostility, confusion, bewilderment, and depression. The findings were the same for men and women.

However, hot foot bath treatment is dangerous if you have the following health conditions:

1. Buerger's disease
2. Insulin-dependent diabetes
3. Arteriosclerosis
4. Any condition where circulation in the feet and legs is poor, such as severe vascular disease of the feet and legs, or a loss of sensation in the feet or legs

Procedure/Equipment

Five-gallon foot tub or container

Thermometer to test that the water is between 100° and 115° F (43°C- 46°C)

Sheet and blanket

Heavy towel and washcloth for cold compress

Material for protection of the bed, if needed

Pitcher or dipper to add hot water

Pitcher of ice water

Important Considerations

Do not use hot foot bath on patients with diabetes or peripheral vascular disease unless the temperature is low; maximum 103°F (39°C) Not recommended for frostbite except where the temperature is not above 103° F (39°C). Be careful to not burn the patient when adding hot water

Use cold compress to head when oral temperature exceeds 100° F (38°C), or when patient begins sweating

Treatment

1. Explain procedure to the patient
2. Have room warm and free of drafts
3. Assemble the materials
4. Protect the bedding, if needed
5. Drape the two blankets over a chair or spread on a bed
6. Fill bucket with water 100° F to 115° F (43°C- 46°C) high enough to cover ankles
7. Assist patient in undressing and wrap in sheet
8. Wrap towel around patient's neck to catch sweat and prevent escape of body heat
9. Assist patient to place feet in tub. Reassure patient by putting your hands in the water first
10. Wrap the blankets one at a time around the patient, enclosing the tub to allow heat to build up
11. Add hot water as patient can tolerate it, up to 120° F (49°C)
12. Continue treatment for 5-30 minutes as needed, keeping a cold compress on the patient's head
13. Raise feet out of tub, pour ice water over the feet, dry feet, legs and

thighs, dress in bed clothes
14. Put thick, warm socks on the pa-

tient, allowing them to rest in bed for at least 30 minutes, drinking lots of water. Ω

5. Ice Massage

When the entire body has been in chilly surroundings it becomes thoroughly chilled and its various functions are slowed down and depressed. However, if only a portion of the body is chilled, its activities are heightened.

An ice massage is the local application of ice to a portion of the body. During ice massage, blood flow to the body part is greatly decreased at first but then greatly increased. Exercise afterward may further heighten blood flow.

The patient will normally experience four stages during treatment:

1. A cold, uncomfortable sensation
2. Burning
3. Aching of short duration
4. Relative numbness

Indications and Contraindications

Ice massage treatment can help with the following health problems:

1. Joint pain such as bursitis
2. Muscle pain such as strains or myositis
3. Acute neck or lower back pain

According to Dr. Neil Nedley, massage can have psychological benefits as well:

There is clear evidence that massage helps humans deal with stress. The mechanisms by which massage exerts its effects are not completely understood. What is not clear is whether those stress-relieving effects are due to the physical benefits of massage,

physical contact with another supportive individual, or a combination of the two. Without knowing whether it works mostly on a physical or social level, I have arbitrarily placed it in the physical category.

In one illuminating study, family members massaged children who were suffering from juvenile rheumatoid arthritis. Children with mild to moderate juvenile rheumatoid arthritis were massaged by their parents 15 minutes a day for 30 days (while a control group engaged in relaxation therapy). The children's anxiety and stress hormone (cortisol) levels were immediately decreased by the massage. Over the 30-day period their pain decreased according to self-reports, parent reports, and their physician's assessment of pain (both the incidence and severity). Pain-limiting activities were also increased.

Massage also appears to benefit individuals who have primary psychiatric disorders. A 30-minute back massage was given daily for a five-day period to 52 hospitalized children and adolescents with personality problems who were also depressed. Compared with a control group who viewed relaxing videotapes, the massaged subjects were less depressed, less anxious, and had lower saliva cortisol levels after the massage. In addition, nurses rated the subjects as being less anxious and more cooperative on the last day of the study, and night time sleep increased over this period.

However, ice massage treatment is dangerous if you have the following

health conditions:

1. Coldness
2. Stroke Rheumatoid arthritis
3. "Shoulder-hand syndrome"

Procedure/Equipment

Two pillows

Plastic sheet

Four thick towels

One pair of mitts

One or two pieces of ice the size of a one-ounce glass or small juice can

Important Considerations

Do not prolong a rub directly over a bony area

Be certain patient is warm—give a hot foot bath if necessary

Treatment

When treatment is given to the back, have the patient lie face down with

one pillow under the abdomen, another pillow under the feet and a small towel under the head.

1. Hold the ice block firmly with the mitt on one hand.
2. Rub ice in circular motion over painful area and slightly beyond on all sides.
3. For the first few strokes, alternate rubbing with the ice and with your bare hand, to reduce the shock of the cold on the skin.
4. If acute pain relief is the object of the treatment, stop the ice massage once the area becomes numb, or continue for 12-15 minutes if healing a sprain or strain is needed.
5. Immediately following the ice massage, the patient should do carefully planned resistive exercise involving every muscle around the painful part. A second ice rub may be necessary for complete relief. Ω

6. Salt Glow

A salt glow involves the application of wet salt with friction to the patient's skin. This widens the blood vessels, making the skin glow and bringing a fresh supply of blood.

Indications and Counter Indications

Salt glow treatment can help with the following health problems:

1. Low blood pressure
2. General weakness, low endurance, or frequent colds
3. Poor circulation
4. Diabetes
5. Cancer
6. Epilepsy
7. Muscle wasting
8. Chronic indigestion

However, salt glow treatment is dangerous if you have the following health conditions:

1. Skin lesions
2. Acute debilitating disease

Procedure/Equipment

Two to four pounds of coarse salt, or table salt if necessary

Stool set in shower or bathtub

Basin or bucket

Drape sheet and towels

Foot tub filled with water at about 105° to 110° F (44°C- 46°C)

Important Considerations

Make sure the room is warm and work quickly so that the patient will not chill
Salt should be just wet enough to stick

to the skin—if it is too dry, it will irritate; if it is too wet the friction will be diminished

Be sure to wash off all the salt at the end of the treatment

Treatment

1. Moisten salt just enough to stick to the skin
2. Assemble everything needed for the treatment
3. Patient should either stand or sit with feet in the tub of water (see precautions under Foot Bath)

4. Wet the patient's legs with water from the tub

5. Apply wet salt and rub vigorously until skin is pink

6. Proceed in this order: legs, arms, chest and abdomen, back, hips, and buttocks

7. Remove all salt with water: spray, pour, or shower the water on the patient, or rinse the patient in the bathtub

8. While ensuring the patient stays warm, dry the patient by rubbing the skin to cause friction. Ω

7. Steam Inhalation

Warm moist air directed toward the mucous membranes of the upper respiratory tract will often help to loosen a dry cough or congestion. Moistening the mucous membranes also relieves irritation and congestion.

Procedure/ Equipment:

Tea kettle with boiling water

Newspaper cone

Hot plate

Pine, mint, or eucalyptus oil (optional)

Sheet

Umbrella

Important Considerations:

Check inhalation frequently

Be careful to not burn patient

Be very careful when treating children

Treatment

1. Assemble necessary equipment
2. Bring water to a boil

3. Be sure the treatment room is warm and free from drafts

4. Fill the kettle with boiling water and add medication if desired

5. Place kettle on hot plate beside bed

6. Cover spout with a paper cone in order to carry the steam directly to patient's mouth or nose

7. Treatment should last for 30-60 minutes, applies two or three times a day

8. For continuous inhalation, place tea kettle on hot plate without the paper cone and let steam fill the room

9. If patient desires to lie down, place the umbrella at the head of the bed and drape sheet over it to form a tent only over the patient's head. Place the kettle with the paper cone carefully under the tent

10. Once treatment is complete, be sure patient is warm and dry, and encourage bed rest for at least half an hour. Ω

8. Use Wheat Grass to be Your Own Doctor

Through my work with sufferers with degenerated bodies, many have been

completely renewed through the use of living, organically-grown uncooked

food. My work in aiding ailing folks through the years had convinced me positively that all bodily disease generates in the colon.

Constipation is the greatest single menace, greatest health destroyer. The reason for this is that the colon is the collective dumping ground for the waste material from the digestive organs. Much of the modern food is not digested properly because of lack of enzymes in the food which have been killed by heat etc. Should this debris not be eliminated from the body within a limited time, it rots, gases form, and it becomes a breeding ground for harmful bacteria. These germs set up housekeeping in the weakest spots of the body and in these spots disease starts to flourish under various names. The toxins and poisons formed in the colon gradually work their way into the bloodstream. This contamination frequently overtaxes the liver and weakens the kidneys. A wise doctor once said, "The only sickness which exists in the body is toxicity. Healthy cells, nourished properly, are immune to such attacks." The waste from the colon should be eliminated as often as food is taken into the body.

How Healthy Are You?

Many folks do not care to admit they are sick or that natural health is on the downgrade. No person rates sound health if he does not answer the following satisfactorily:

- Do you have a tobacco habit?
- Do you use alcohol?
- Are you utilizing painkillers or digestive aids?
- Do you drink coffee or tea?
- Are you free from nervous instability?
- Are you always hungry and tend to overeat often?

- Do you crave nourishment you know is not suitable for you?
- Are you happy, and do you live a satisfying life?
- Do you have sufficient faith to carry you through emergencies?
- Are you generous?
- Are you free from body odors?
- Do you have dental defects?
- Has your hair turned grey and are there bald spots?
- Do you have facial wrinkles and are you worried about aging?
- Do you have adequate bowel movements - as many as you have meals each day?

Wheatgrass

Our simple remedy for helping people is the God-given chlorophyll of the wheatgrass. Nature uses it as a body cleanser, rebuilder, and neutralizer of toxins. The effectiveness of chlorophyll, derived from fresh wheatgrass juice and sprouts of various grains and seeds is under study at many important research institutions. Dr. Richard Willstater observed that the chlorophyll molecule bears close resemblance to hemoglobin, the red pigment in human blood.

Dr. Birscher a research scientist, said "Chlorophyll increases the function of the heart, effects the vascular system, the intestines, the uterus, and the lungs. It raises the basic nitrogen exchange and is therefore a tonic which, considering its stimulating properties, cannot be compared with any other."

I planted seeds from grasses all over the world, and only seven grasses qualified for quality: rye, timothy, broome, wheat, canary, alfalfa and buckwheat. I arranged my seven small pots of grass, and into the room I placed a small kitten. The kitten sniffed each grass before choosing the

wheatgrass to chew. But I wanted more proof and borrowed a little cocker spaniel. Like the kitten it too chose the wheatgrass. There could be no doubt, wheatgrass was the grass I sought. I tested the wheatgrass juice on my own body and on my friends and animals. We felt new energy and alertness. At the end of a few weeks, chicks receiving the wheatgrass had grown twice as large as their co-borns.

The Wheatgrass Fast

The wheatgrass fast consists of three or four wheatgrass juice drinks each day plus two chlorophyll implants. Upon awakening, drink two glasses of warm water with the juice of one lemon added. This may be sweetened with molasses or honey. Then the colon should be cleansed with an enema. Four ounces of the pure wheatgrass juice should be sipped three times a day at well spaced intervals. Each drink may be diluted with as much tepid water as desired. One quart of water should be drunk daily, placing a wisp of wheatgrass in each drink to purify it.

How to Grow Wheatgrass

We use baker's trays, 1" by 18" by 26", but any type of box or container will do. Use rough soil, not sand. Soak the wheat in water overnight, and use the

soaking water to moisten the earth. Line the trays with peat moss and this will prevent mildew. Leave a gully around the earth for the extra water to run in. Do not compress the earth. Spread the seeds thickly and cover with wet newspaper and plastic sheet to keep in the moisture. When the sprouting wheat begins to push up the covering, remove it. Usually the seed takes from 6 to 14 days to grow sufficiently for harvesting. When ready cut near the roots. To extract the wheatgrass juice, use an ordinary meat grinder. Do not use your blender. The chlorophyll must be used immediately after extraction.

Other Valuable Uses of Wheatgrass

As a sterilization property in the lab, Dr. Earp-Thomas found it more effective than boiling water. Wheatgrass protects against radiation. Grown in the home, it is an excellent air freshener. It neutralizes chemicals in food and water. A few blades placed in water neutralizes the fluorine. Apparently it renders the inorganic chemicals harmless. Fruits and vegetables contaminated by sprays can be cleansed in water with a wisp of wheatgrass in it. As a healing agent for burns and cuts, it lessens the pain and prevents infection. Ω

Section II

Volcanic Eruptions and Earthquakes

Ellen G. White (1827-1915)

- Before the flood there were immense forests. The trees were many times larger than any trees which we now see. They were of great durability. They would know nothing of decay for hundreds of years. At the time of the flood these forests were torn up or broken down and buried in the

earth. In some places large quantities of these immense trees were thrown together and covered with stones and earth by the commotions of the flood. They have since petrified and become coal, which accounts for the large coal beds which are now found. This coal has produced oil. God causes large

quantities of coal and oil to ignite and burn. Rocks are intensely heated, limestone is burned, and iron ore melted. Water and fire under the surface of the earth meet. The action of water upon the limestone adds fury to the intense heat, and causes earthquakes, volcanoes and fiery issues. The action of fire and water upon the ledges of rocks and ore causes loud explosions which sound like muffled thunder. These wonderful exhibitions will be more numerous and terrible just before the coming of Christ and the end of the world, as signs of its speedy destruction.

Coal and oil are generally to be found where there are no burning mountains or fiery issues. When fire and water under the surface of the earth meet, the fiery issues cannot give sufficient vent to the heated elements beneath. The earth is convulsed—the ground trembles, heaves, and rises into swells or waves, and there are heavy sounds like thunder underground. The air is heated and suffocating. The earth quickly opens, and I saw villages, cities and burning mountains carried down together into the earth.

God controls all these elements; they are His instruments to do His will; He calls them into action to serve His purpose. These fiery issues have been, and will be His agents to blot out from the earth very wicked cities. Like Korah, Dathan and Abiram they go down alive into the pit. These are evidences of God's power. Those who have beheld these burning mountains have been struck with terror at the grandeur of the scene—pouring forth fire, and flame, and a vast amount of melted ore, drying up rivers and causing them to disappear. They have been filled with awe as though they were beholding the infinite power of God. These manifestations bear the special

marks of God's power, and are designed to cause the people of the earth to tremble before Him, and to silence those, who like Pharoah would proudly say, "Who is the Lord that I should obey His voice?" Isaiah refers to these exhibitions of God's power where he exclaims, "*Oh that thou wouldst rend the heavens, that thou wouldst come down, that the mountains might flow down at thy presence as when the melting fire burneth. The fire causeth the waters to boil, to make thy name known to thine adversaries, that the nations may tremble at thy presence. When thou didst terrible things which we looked not for, thou camest down, the mountains flowed down at thy presence*" Isaiah 64:1-3.

The mountains quake at him, and the hills melt, and the earth is burned at his presence, yea, the world, and all that dwell therein. Who can stand before his indignation? and who can abide in the fierceness of his anger? His fury is poured out like fire and the rocks are thrown down by him. Nahum 13:6.

Bow thy heavens, O, Lord, and come down. Touch the mountains, and they shall smoke. Cast forth lightning, and scatter them. Shoot out thine arrows, and destroy them. Psalm 144:5, 6.

Greater wonders than have yet been seen will be witnessed by those upon the earth a short period previous to the coming of Christ. The bowels of the earth were the Lord's arsenal, from which He drew forth the weapons He employed in the destruction of the old world. Waters in the bowels of the earth gushed forth, and united with the waters from heaven, to accomplish the work of destruction. Since the flood, God has used both water and fire in the earth as His agents to destroy wicked cities.

In the day of the Lord, just before

the coming of Christ, God will send lightnings from heaven in His wrath, which will unite with fire in the earth. The mountains will burn like a furnace, and will pour forth terrible streams of lava, destroying gardens and fields, villages and cities; and as they pour their melted ore, rocks, and heated mud into the rivers, this will cause them to boil like a pot and send forth massive rocks and scatter their broken fragments upon the land with indescribable violence. Whole rivers will be dried up. The earth will be convulsed, and there will be dreadful eruptions and earthquakes everywhere. God will plague the wicked inhabitants of the earth until they are destroyed from off it. The saints are preserved in the earth in the midst of these dreadful commotions, as Noah was preserved in the ark at the time of the flood.

Subterranean Fires Burning

Subterranean fires, concealed in the mountains, are burning. When the wicked shall have filled their cup of iniquity then the Lord will rise out of His place to punish the inhabitants of the earth. He will show the greatness of His power. The supreme Governor of the universe will reveal to men who have made void His law that His authority will be maintained. Not all the waters of the ocean shall fail, nor the fires which the Lord shall kindle. The earthquake makes the earth tremble, the rocks heave from the place, the hills and solid ground shake beneath the tread of Omnipotence, yet once more He will shake, not the earth only but also the heavens.

There is a sea of fire beneath our feet. There is a furnace of fire in rocky mountains. The mountain belching forth its fires tells us the

mighty furnace is kindled, waiting for God's word to wrap the earth in flames.

As men have beheld burning mountains pouring forth fire and flames and torrents of melted ore, drying up rivers, overwhelming populous cities, and everywhere spreading ruin and desolation, the stoutest heart has been filled with terror, and infidels and blasphemers have been constrained to acknowledge the infinite power of God.

I am bidden to declare the message that cities full of transgression, and sinful in the extreme, will be destroyed by earthquakes, by fire, by flood. All the world will be warned that there is a God who will display His authority as God. His unseen agencies will cause destruction, devastation, and death. All the accumulated riches will be as nothingness.

Satan, while appearing to the children of men as a great physician who can heal all their maladies, will bring disease and disaster, until populous cities are reduced to ruin and desolation. He imparts to the air a deadly taint, and thousands perish by the pestilence. These visitations are to become more and more frequent and disastrous. Destruction will be upon both man and beast. *The earth mourneth and fadeth away, the haughty people do languish. The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant.* Isaiah 24:4, 5.

The time is now come when one moment we may be on solid earth, the next the earth may be heaving beneath our feet. Earthquakes will take place when least expected.

As lightnings from heaven unite with the fire in the earth, the mountains will burn like a furnace, and will pour forth

Health Retreat for the Sick

Duration: 21-Days
Dates: August 1 to 21, 2018
Place, Contact # & Directions: As on page 47
Types of Cases to be admitted: Heart disease, Diabetes, BP, Arthritis
Number of Beds: 10
Treatment cost (includes detox, food, room, medical tests, etc.): Rs.48,000 (extra for an attendant)
Guest Program Coordinator: Dr. Zeeshan Ali, Washington, D.C.

ABOUT DR. ZEESHAN ALI

Dr. Zeeshan Ali, Ph.D., is the Kickstart India Program Specialist at the Physicians Committee for Responsible Medicine in Washington, D.C.

He uses his working knowledge of chronic disease, nutrition, and Indian culture to develop content for the 21-Day kickstart India program. He also writes scientific reviews and articles on non-animal-based research methods.



He supports the outreach efforts of the Physicians Committee by reaching new members, physicians, health care professionals and researchers at medical and scientific conferences. He received his doctorate degree from Johann Wolfgang Goethe University Germany. He held a Marie Curie fellowship from Gabriele D'Annunzio University in Italy in 2010 and a postdoctoral fellowship at University Piemonte Orientale Italy 2012.

Dr. Zeeshan Ali is coming to teach us how to treat patients with food and with no medications and has asked us to accept 10 patients. Patients who have heart problems, diabetes, BP and arthritis, who wish to get well and become whole with the use of natural remedies may register with us. Please bring your medical reports with you. There will be wholesome food, exercise, health classes, meditation, and a lot more activities. Food will be your medicine and you should get well and also your whole body should be renewed within these 21 days. Those who wish to try natural remedies, which is God's only method of healing, may register with us. Dr. Ali is taking one month off from Aug. 1-21, 2018 and is coming to India to hold lectures in various hospitals of India during which time he will supervise this program. Dr. Ali has advertised about this Bangalore program on his website.

Mr. & Mrs. Williams who have experience in treating these cases and who will oversee the program will be a double benefit. Students who wish to enroll for the Medical Missionary Training Program will have a first-hand experience on how to conduct such 10-day and 21-day Health Retreats. It is the desire of us at Wake Up India that the youth of India learn to hold such programs throughout the cities and towns of India just as the Physicians Committee for Responsible Medicine in Washington, D.C. is doing by covering the cities of America. We look forward to meeting dedicated students and noteworthy patients in August 2018. — Ellen Prasad, Program Director Ω

Medical Missionary Training Program - Session 2

Duration: 3 Months
Dates: August 1 to Oct. 31, 2018
Place: Wake Up India Campus, Doddadunnasandra Bangalore 560117
Contact Number: 99866 53256
Fees: Rs.5,000 per month. May pay in installments. Family rooms are available. (Those unable to pay may seek sponsorship from a church or an organization.)
Directions: By train - get off at Devanagonthi Rly. Stn. and take an auto to WUI.
By bus - Nos. 304, 306 buses to Doddadunnasandra - Halli bus stop, walk 500 ft. to WUI.
Guest Instructors: Mr. & Mrs. Ericson Williams, Fiji

ABOUT MR. & MRS. WILLIAMS



Mr. & Mrs. Eric Williams have been connected with the Three Angels Missionary College in Fiji for more than five years, travelling to Pacific Islands, teaching and treating. They are experienced in treating with natural remedies and are coming to India to train and to share their knowledge and expertise.

It is noteworthy that the Three Angels Missionary College Sanitarium has treated over 7,000 patients in the past 10 years and some of their guests being Ambassadors and PMs. They currently have 20 new students, 10 patients and weekend guests who are in critical condition. In spite of them being under such stressful situation, I appreciate that Mr. & Mrs. Gabriel Simpson, Directors of the above mentioned institution, are loaning to us, their Supervisors, Mr. & Mrs. Williams.



It is for us in India to make the most out of their time, talent and stay in India so that we, too, could learn as much as possible from them so that we are equipped to care for our brothers and sisters in India who need medical care. Those who attend this 2nd session will greatly benefit because they will learn how to conduct a 10-day and 21-day Health Retreats. We encourage as many youth as possible to attend this training program. In the future, with the help of those who are fitly trained, it is the desire of Wake Up India to organize them to hold similar Health Retreats in various cities and towns of India. If you wish to join this band, please enroll for this Medical Missionary Training Program. Ω

— Ellen Prasad, Program Director

terrific streams of lava, overwhelming gardens and fields, villages and cities. Seething molten masses thrown into the rivers will cause the waters to boil, sending forth massive rocks with indescribable violence and scattering their broken fragments upon the land. Rivers will be dried up. The earth will be convulsed; everywhere there will be dreadful earthquakes and eruptions.

The time is at hand when there will be sorrow in the world that no human balm can heal. The Spirit of God is being

Editorial

“My soul magnifies the Lord and my spirit rejoices in God my savior.”

I wish to share two things with you:

The Lava River. First about the Hawaiian volcanic lava river. Who has seen melted rocks flow like a river? The mountain range in Kadapa appears like it was formed by molten lava years ago, but I never met one person alive who said that he saw rivers of lava flow there. Nor did my grandfather nor great grandfather mention that lava flowed like a river in their days. But we are seeing it today—100 ft. wide river of melted rock flowing faster than 17 miles per hour for two months! If we think that it might end soon or someday, we are mistaken. This will happen everywhere.

I wondered how much rock must be melting and whether it is forming a hole in the earth somewhere, but EGW said that there is an ocean of lava under our feet. After two months of flowing, if the lava flow is now widening, is spewing higher, and is flowing faster, does that tell you that God’s judgement hour for this earth has come? And that He must have kindled the mighty furnace on May 3, 2018, two weeks after the Passover? While Hawaiians stand and stare, for the rest of the world it is business as usual. But this will change soon. Since many volcanoes have become active already,

withdrawn. Disasters by sea and by land follow one another in quick succession. How frequently we hear of earthquakes and tornadoes, of destruction by fire and flood, with great loss of life and property! Apparently these calamities are capricious outbreaks of disorganized, unregulated forces of nature, wholly beyond the control of man; but in them all, God’s purpose may be read. They are among the agencies by which He seeks to arouse men and women to a sense of their danger.Ω

I believe that the earth is about to shake and convulse. If the entire earth shakes, know that probation has closed in heaven and that the 7 trumpet judgements may begin (Revelation 8:5). The Niburu we are expecting may be the 3rd or the 4th trumpet.

Recent Guatemala eruption throwing 3000 degree hot ashes on villages within minutes and killing 3,000 people gave a glimpse of what must have happened in Pompeii, about which we read in our English class.

This morning on youtube, I saw a huge boulder being carried by the lava. What will it be like when we see whole villages, cities and burning mountains being carried by the lava down into the earth? The flow may be hundreds of miles wide. The entire earth may look like a furnace, and we may wonder when the earth might open up under our feet. That awful day is near. The earth is close to completing 6000 years, at which time Jesus will come. Before He comes, 14 last plagues will fall on the earth (Revelation 8 and 9) during the last 3.5 years. Judgements will come on the wicked cities, EGW said. The wicked will be wiped off the earth, God says. This reminds that Judges of each city should uphold righteousness if their city should be spared.

Why did God begin with Hawaii? A Hawaiian magazine lists 7 deadly sins of Hawaii—sloth (laziness), lust, gluttony, envy, anger, pride and greed. The majority of the houses in Hawaii are their second homes, used for vacations. That means they lived in luxury, and thought about themselves only while more than 60% of the world’s population live in poverty. I thank God for India because, since we are a poor country, we have the fear of God.

Many Bible prophets were given visions about mountains melting and pouring down; and Ellen White saw villages, cities and burning mountains carried into the earth. These saw only in their visions, but I think we the living will see it happen with our own eyes. But there is one difference. The righteous will be protected, but the wicked will be carried by the lava into the earth. In which group will you be? Since wicked cities and villages will be destroyed by earthquakes, fire, and flood, the righteous need to leave the cities. We may not grieve God’s spirit because some events will be sudden. EGW says that everywhere there will be dreadful earthquakes and eruptions. Prophet Efrain said that in Puerto Rico, when there was an earthquake, he did not feel the earthquake in his house. I am sure that we will see such marvelous protection from God, which will cause the wicked to be angry and to try to put the righteous to death. But once we taste the Lord’s protection, we will not fear death, I am sure! While salvation is available, brother and sister, confess your sins, make right with God and keep His commandments! Judgements come on rejectors of His law.

Did You Give Your Will to the Lord? My second topic is a heart question. When was it that you read something in the Bible which stood out and you felt that you should follow it but kept postponing to do so? How many years did you spend in this valley of decision?

I felt this more than 25 years ago. I went to America in 1985 to study and to earn, and when I saw Americans there preach about the end of the world, I regretted that I went to America at the end of the world, leaving much work for God in India. I tried to coax my family to return, but this took 10 years. In the mean time, I organized work in India. One day I said to myself: ‘Enough is enough, God’s work has to be my priority.’ I saw Satan work hard in my family. I gave my resignation letter one year in advance to my work place, the International Monetary Fund, to prepare me and my family for this change. This made me strong to refuse to listen to last minute advisors. And to my supervisors at work who tried to influence me, I gave them books about the end of the world. When my husband said that there is nothing in India that he could do, then I told God: “Now the credit will come to a woman. I will do it and that it is His duty to save my children.” I returned in 1995. Till today, I walk alone, but it has been a wonderful walk with my Lord and I.

In this magazine, you have seen how God has blessed Wake Up India. All I did was to give my WILL to the Lord and He took it and multiplied my talents a thousandfold. This can happen to you. My question to you is, are circumstances controlling you or is your will controlling the circumstances? Have you given your will to the Lord? If you do, God will arrange your circumstances for you. Only when you step out in faith will you see God’s blessings and prosperity. Until then, you are losing all His blessings. I know several young people in India who want to do great things for God, but for years they are not able to make up their minds. The Lord who sees your heart knows that you do not have the WILL to serve Him; you do not take His promises seriously; nor regret the passage of time and lost opportunities; you do not weep for the perishing souls; and that for you, He and His dying people are sec-

ondary. Though you confess Him with your lips, your heart is far from Him. This message is for those who are in the valley of decision too long. The time is here when God will not need you anymore. He will soon say: "Leave him alone, he is joined to idols." While the 11th hour workers have left their professions years ago are completing their work; His remnant are in the valley of decision. This is how it will be. The judgements of God are already in the land. God will not need you any more. The most some may do is to scrap through to save themselves at the last minute, to regret for eternity that

they have not done enough for the Lord. If this message touches you, I beg you to please find the means to join our Medical Missionary Training Program and heed EGW's counsel that medical missionary work is the last great work that will be done on this earth, and join the band. May the Holy Spirit inspire you to heed this call is my prayer.

And I looked, and there was none to help; and I wondered that there was none to uphold: therefore mine own arm brought salvation unto me; and my fury, it upheld me. Isaiah 63:5 Ω

— Ellen Prasad

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