

Session 7

Help for Us Humans

Normal, human reactions to sickness (see 1 Kings 19):

- Fear
- Run away
- Alone in our fatigue
- Depression and thoughts of suicide
- Sleep



God's Prescription for Sickness and Fatigue:

Rest (Sleep and Nourishment, 1 Kings 19:5-9)

Review:

Toxemia – the cause of 95% of all disease; toxemia is often related to diet, stress, or sins such as gluttony, anger, or fear.

Enzymes – provided by God (Genesis 1:29-30) in our food.

A good “first response” to illness is to sleep and eat nourishing foods!

Get Well Soup

Makes 2 quarts

A version of this recipe was made popular by doctor and author, Henry Bieler. I've been making it at my house for several years now, whenever I need extra energy, maybe because I'm getting sick or recovering from childbirth. The zucchini provides a very useable form of sodium that nourishes the adrenal glands. The other vegetables are ideal for restoring balance to other glands and organs.

4 medium zucchini, washed, ends removed and sliced
1 pound green beans, fresh or frozen
2 stalks celery, chopped
2 bunches parsley, stems removed
fresh herbs, such as thyme or tarragon
1 quart homemade chicken stock
sea salt or fish sauce to taste
freshly ground black pepper to taste

Place everything in a pot. Bring to a boil, skim if necessary, lower heat and simmer, covered, for about 30 minutes. Vegetables may be eaten whole or blended into a thick soup with a handheld blender. Other vegetables, such as carrots or potatoes, are also tasty in this recipe.

I like to prepare ahead for times when I need this soup by freezing prepared vegetables and stock and labeling them for this soup. Simply defrost in a pan of water for 30-60 minutes, then prepare as directed. Easy! (This soup also makes a good gift for someone in your church or neighborhood who is sick.)

The immune system –

“A merry heart doeth good like a medicine:
but a broken spirit drieth the bones” (Proverbs 17:22).

The Merry, Joyful Heart

Write out something about joy from each verse, making it personal for you.

Example:

Proverbs 17:22 – *If I'll have a merry heart, it will do me as much good as taking medicine.*

Proverbs 17:21 _____

Proverbs 17:25 _____

Proverbs 23:24 _____

3 John 1:4 _____

Proverbs 15:13 _____

Proverbs 15:15 _____

Ecclesiastes 9:7-10 _____

Psalms 27:6 _____

Psalms 137:6 _____

1 Chronicles 15:16 _____

Psalms 27:6 _____

Ephesians 5:18-19 _____

(Note: See Esther 1:10 to compare how most people find joy.)

Psalms 137:6 _____

Isaiah 12:3 _____

Jeremiah 15:16 _____

Habakkuk 3:16-19 _____

John 15:11 _____

John 16:24 _____

Acts 13:52 _____

Romans 5:11 _____

Romans 14:17 _____

Romans 15:13 _____



Monitor (“I am the only one left”, 1 Kings 19:5-9)

Allow time (40 days, 1 Kings 19:8)

Lab tests

<http://privatemdmlabs.com>

<http://www.canaryclub.org>

<http://www.labtestsonline.org>

What is “normal”? What is “optimal”?

➤ GET COPIES OF ALL LABWORK!

Monitor, observe, record

Download “Symptom Diary” from this week’s homework

<http://anneshealthplace.com/class7.shtml>

Things to record:

Temps, pulse, symptoms, diet, sleep patterns, stressors, sin, etc.



Pray (“Be still, and know that I *am* God,” Psalm 46:10)

1. Prayer is being in God’s presence (1 Kings 19:9-12)

2. Prayer contains

P – Perspective (agreeing with God’s perspective, confession)

See James 5:13-20

P – Praise

See James 1:2

P – Petition

See James 1:5

“Behold, I am YHWY,
the God of all flesh:
is there any thing
too hard for me?”

(Jeremiah 32:27)

“Thou wilt show me the path of life:
in thy presence *is* fullness of joy;
at thy right hand *there are* pleasures for evermore.”
(Psalm 16:11)



Research (“7,000 in Israel,” 1 Kings 19:13-14, 18)

Science from God’s perspective

Helpful search tools:

- ❑ <http://www.merck.com/mmpe/index.html>
- ❑ <http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>
- ❑ <http://www.ncbi.nlm.nih.gov/>
- ❑ http://www.google.com/advanced_search?hl=en

Reminder!

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”
Proverbs 17:22

We believe that all individuals have the right and responsibility to make their own healthcare decisions, based upon their own research. That research can include, but is not limited to:

- Reading books, medical journals, and online articles.
- Talking to others who have had similar experiences.
- Consulting medical practitioners or practitioners of other health professions.
- Most importantly, asking the Lord for wisdom and guidance.

We also believe that people are competent to make their own healthcare decisions and should be encouraged to do so.

Whereas mainstream culture encourages us to make no decisions about our health without first consulting a medical doctor, we believe that each person has the right to make informed decisions about their health **without** necessarily first engaging in such a consultation.

Not only is all the information available to physicians in the form of textbooks, medical journals, etc. available to the average person if they choose to avail themselves of such information, but each person's common sense provides him or her with an important and sound basis for making decisions.

We feel that people should learn to educate themselves, to care for themselves, and to ask God for wisdom, rather than making them feel that they must only rely upon an "expert."

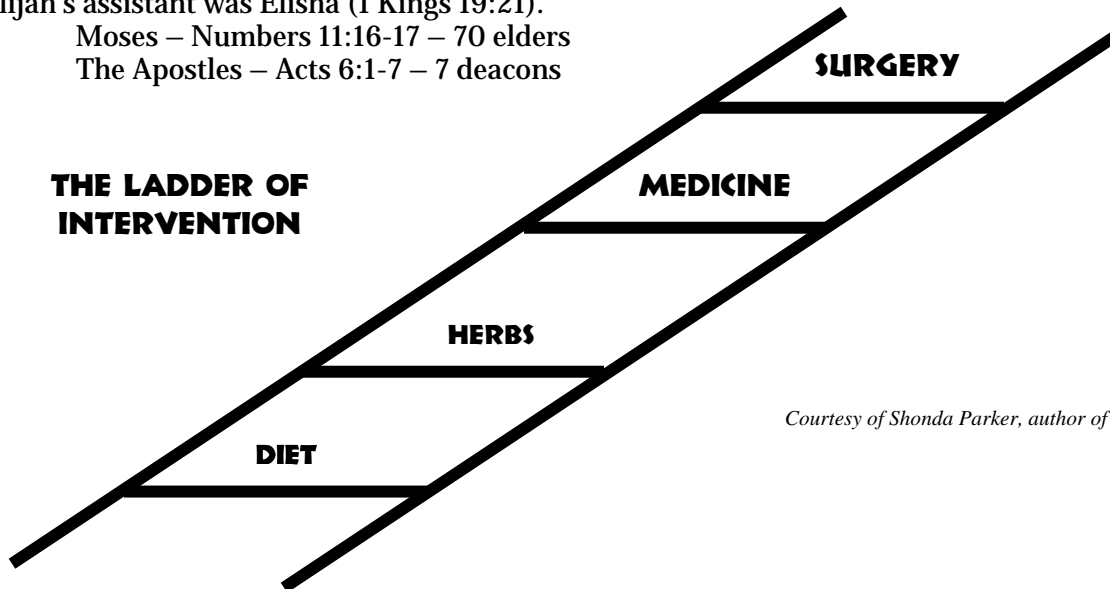
- excerpt from <http://anneshealthplace.com/statement.shtml>

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him” (James 1:5, NIV).



Step 5 – Intervene (“King, Jehu, and Elisha,” 1 Kings 19:15-17, 21)

Elijah’s assistant was Elisha (1 Kings 19:21).
Moses – Numbers 11:16-17 – 70 elders
The Apostles – Acts 6:1-7 – 7 deacons



Courtesy of Shonda Parker, author of [Mommy Diagnostics](#)

Cleansing and Detoxification Ideas:

- Tonics and superfoods (see *Nourishing Traditions*)
- Kombucha, kvass, and other high-enzyme drinks
- Herbs (whole foods from Genesis 1)

Choosing a Good Herbal or Supplement:

- Whole food?
- Enzyme content?
- Bio-availability – How will it react in *my* body?
- Have I researched any side effects?
- Am I keeping track of symptoms, so I know objectively that this therapy is helping?
- Am I allowing time for healing?

Choosing to Use Medication:

- Is this the only choice?
- What are the side effects? (Read the entire package insert, usually available online.)
- Why will side effects occur?
- Do the risks outweigh the benefits?
- May I have a second opinion?
- Is this the correct dosage?

Choosing a Good Doctor:

- You are responsible for your own decisions.
- The medical professional is your consultant.
- If the above is forgotten, *you're* the one in trouble.

Does God heal today?

1. Do I obey His instructions?

“If you listen carefully to the voice of YHWH your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am YHWH, who heals you” (Exodus 15:26, NIV).

2. Am I checking for unconfessed sin?

“A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. That is why many among you are weak and sick, and a number of you have fallen asleep” (1 Corinthians 11:28-30, NIV).

3. Am I looking to Christ, rather than to man?

“Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life” (John 3:14-15, NIV).

“But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was upon him,
and by his wounds we are healed” (Isaiah 53:5, NIV).

“In the thirty-ninth year of his reign Asa was afflicted with a disease in his feet. Though his disease was severe, even in his illness he did not seek help from the LORD, but only from the physicians” (2 Chronicles 16:12, NIV).

Read also Isaiah 12 and Psalm 103.

4. Am I double minded?

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does” (James 1:5-8, NIV).

5. Am I being asked to wait?

“Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations. No longer will there be any curse” (Revelation 22:1-3, NIV).

Download “**The LORD is Healer**” for an excellent summary of this topic.
Visit <http://anneshealthplace.com/class7.shtml>