

---

Subject: Natural Remedies

Posted by [Mel\\_SDR](#) on Sun, 11 Oct 2015 02:27:07 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Natural Remedies

## BOOKS

MM Medical Ministry (1932)

Section Twelve The Prevention of Disease and Its Cure by Rational Methods

### Presumption and Indolence

If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption. The Lord expects us to work in order that we may obtain food. He does not propose that we shall gather the harvest unless we break the sod, till the soil, and cultivate the produce. Then God sends the rain and the sunshine and the clouds to cause vegetation to flourish. God works and man cooperates with God. Then there is seedtime and harvest. God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of these roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and people would be in much better health than they are today.--Letter 35, 1890. {MM 230.3}

## BOOKS

2SM Selected Messages Book 2 (1958)

Chap. 29 The Use of Remedies

### Remedies in the Natural World

Water Treatments and Simple Herbs.--The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick we should discard the use of drugs. There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life.--Manuscript 73, 1908 (Manuscript entitled "Counsels Repeated"). {2SM 288.1}

Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life and that they may have it more abundantly. We can with safety discard the concoctions which man has used in the past. {2SM 289.1}

The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies. True faith will thank God for the knowledge of how

to use these precious blessings in a way which will restore mental and physical vigor. {2SM 289.2}

The body is to be carefully cared for, and in this the Lord demands the cooperation of the human agent. Man must become intelligent in regard to the treatment and use of brain, bone, and muscle. The very best experience we can gain is to know ourselves.--Manuscript 65, 1899 (General Manuscript). {2SM 289.3}

Those who make a practice of taking drugs sin against their intelligence and endanger their whole afterlife. There are herbs that are harmless, the use of which will tide over many apparently serious difficulties. But if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure.--Manuscript 86, 1897 (General Manuscript, "Health Reform Principles," written from Cooranbong, Australia). {2SM 290.2}

### Chap. 30 Ellen G. White's Use of Remedial Agencies

The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication. {2SM 294.1}

### When Asked for Counsel, Simple Remedies Advised

There are many simple herbs which, if our nurses would learn the value of, they could use in the place of drugs, and find very effective. Many times I have been applied to for advice as to what should be done in cases of sickness or accident, and I have mentioned some of these simple remedies, and they have proved helpful. {2SM 295.1}

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

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 had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices. When working on the land at Avondale, Australia, the workmen would often bruise their hands and limbs, and this in many cases resulted in such severe inflammation that the worker would have to leave his work for some time. One came to me one day in this condition, with his hand tied in a sling. He was much troubled over the circumstance; for his help was needed in clearing the land I said to him, "Go to the place where you have been burning the timber, and get me some charcoal from the eucalyptus tree, pulverize it, and I will dress your hand." This was done, and the next morning he reported that the pain was gone. Soon he was ready to return to his work. {2SM 295.3}

I write these things that you may know that the Lord has not left us without the use of simple

remedies which, when used, will not leave the system in the weakened condition in which the use of drugs so often leaves it. We need well-trained nurses who can understand how to use the simple remedies that nature provides for restoration to health, and who can teach those who are ignorant of the laws of health how to use these simple but effective cures. {2SM 296.1}

## BOOKS

2SG Spiritual Gifts Volume 2 (1860)

Chapter XVI Return to Connecticut

At Middletown we met sister Bonfoey and our little Henry. My child grew feeble. We had used simple herbs, but they had no effect. The neighbors who came in said we could not keep him long, for he would die with consumption. One advised us to use one medicine, another something else. But it did not effect the child favorably. Finally he could take no nourishment. Townsend's Sarsaparilla was recommended as the last resort. We concluded to try it. We could send by a friend to Hartford that day, and must decide in a few moments. I went before the Lord in my room alone, and while praying obtained the evidence that our only source of help was in the Lord. If he did not bless, and heal the child, medicine could not save him. {2SG 104.2}

I there decided to venture the life of the child upon the promises of God. I had a lively sense of his willingness and power to save, and there alone before God cried out, "We will believe, and show to these unbelieving neighbors, who are expecting the death of the child, that there is a God in Israel, whose ear is open to the prayers of his children. We will trust alone in thee." I felt the power of God to that degree that for a short time I was helpless. My husband opened the door to say to me that the friend was waiting for our decision. "Shall we get the Sarsaparilla?" I answered, "No. Tell him we will try the strength of God's promises." {2SG 105.1}

The neighbors looked upon me with astonishment. They were confident the child would die. That night we anointed him, and my husband prayed for him, laying his hands upon him in the name of the Lord. He looked up with a smile. A light seemed to rest upon his features, and we there had the evidence that the Lord had answered our prayers. We gave him no more medicine. He gained strength fast, and the next day could stand upon his feet. {2SG 105.2}

## PAMPHLETS

PH144 The Place of Herbs in Rational Therapy (1931)

"This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick. {PH144 12.2}

## Learn to Treat Yourself

"The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary. {PH144 13.1}

"To educate the human family that the doctor alone knows all the ills of infants and persons of every age is false teaching, and the sooner we as a people stand on the principles of health reform, the greater will be the blessing that will come to those who would do true medical work.

There is a work to be done in treating the sick with water and teaching them to make the most of the sunshine and physical exercise. Thus in simple language, we may teach the people how to preserve health, how to avoid sickness. This is the work our sanitariums are called upon to do. This is true science."--M.S. 105, (written Aug. 26, 1898) {PH144 13.2}

"Our Saviour is the restorer of the moral image of God in man. He has supplied in the natural world remedies for the ills of man, that His followers may have life, and that they may have it more abundantly. We can with safety discard the concoctions which man has used in the past. The Lord has provided antidotes for disease in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. We can use water and sunshine and the herbs which He has caused to grow for healing maladies brought on by indiscretion or accident." --MS 65, 1899 (written April 25, 1899) {PH144 14.2}

## MANUSCRIPT RELEASES

21MR Manuscript Releases Volume Twenty-one (1993)

MR No. 1559 The Use of Drugs vs Simple Remedies; Ellen Whites's Diet

The Lord has given some simple herbs of the field that at times are beneficial; and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old fashioned simple herbs, used intelligently, would have recovered many sick who have died under drug medication. {21MR 290.1}

One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient slept, the turning point came, and recovery was the result. {21MR 290.2}

To students when injured with bruised hands and suffering with inflammation, I have prescribed this simple remedy, with perfect success. The poison of inflammation was overcome, the pain removed, and healing went on rapidly. The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case. This works like a charm. {21MR 290.3}

I expect you will laugh at this, but if I could give this remedy some outlandish name that no one knew but myself, it would have greater influence. But Dr. Kellogg, many things have been opened before me that no one but myself is any the wiser for in regard to the management of sickness and disease--the effect of the use of drug medication, the thousands in our work who might have lived if they had not sent for a physician and had let nature work the recovery herself. But the simplest remedies may assist nature, and leave no baleful effects after their use. {21MR 290.4}