

Created Whole, with a Warrantee: Part 11:

Jesus Christ Maketh Thee Whole! Acts 9:34

Understanding Pain

Your Body's Cry for Help!

Pain is always an alarm signal that something is wrong; something doesn't function well, or our body is in danger. We have pain because we put our hand in the fire, what does the pain say to us? "Take your hand out!" Why do we have pain? It is so we learn what makes pain and avoid that condition or situation. Without pain we would not learn what is harmful.

In order to be able to understand your body's signals and respond to them it is important to realize that pain is one way the body communicates when there is a problem. Do to the prevailing drug-oriented culture that surrounds us, pain is viewed as an enemy, when it really is just your body calling for help. You hear people talk about 'pain-killers' as if the pain is a foreign invader that somehow got in there and needs to be exterminated like a harmful insect.

Imagine if you were calling out for help to someone and they reacted by shooting at you, or throwing a bucket of mud in your face!

These so called 'pain-killers' are telling the body to "shut up" and at the same time poisoning it further and causing harm to vital organs, thus increasing the body's need to 'shout out' to get your attention. Pain is not an entity that somehow intruded into your body like a rat; we need to emphasize this point and get rid of this incorrect concept that has been foisted on us by the chemical pedlars.

There are certain things that cause pain such as; cellular damage by stretching, pressure, tearing, cutting, or burning, and irritation caused by the presence of toxic substances or conditions that threaten or harm cells and tissues. The buildup of accumulated cellular wastes will create a toxic condition in cells and tissues and is most often the cause of the 'crying out' that we perceive as pain.

Lack of proper hydration (water) needful for efficient cellular and tissue function and cleansing is one of the commonest causes of pain, including headache. Without a generous supply of pure water the cellular wastes accumulate faster than the body can remove them. Imagine trying to wash your laundry or a pile of dishes in only a cup of water; worse yet, try it with a cup of coffee!

So the use of chemical drugs, thus taking into the body another very toxic substance, forces it to turn its attention from what it was crying out about, to protect you from this new threat, which is introducing even more irritating and poisonous substances into the mix, all which the body struggles to deal with. Surely such behaviour must be the height of imbecility (foolishness).

Then when the immediate threat of the poison from the pain medication is under control, the body returns to its crying out with even more intensity than previously. So do we listen? No! It's back to the pill bottle to dump in more poison and start the cycle all over again!

Is it any wonder that after a while the body just gives up the fight and we find ourselves with some deadly terminal illness? And we think this just fell on us through no fault of our own!

Responding to the Distress Cry:

Pain is an important tool built into our bodies by a wise Creator. If we could not feel pain we would have no way to know if we were being harmed in some way. When pain occurs, often it is obvious what must be done; in fact sometimes we don't even have to think about it. We touch something hot and our reflexes immediately pull the hand away from the danger. We prick or cut a finger on something and again we pull back and attend

God's Way School of Health

to the injury. This is obvious to us, but somehow when we find ourselves aching and paining and the cause is not easily visible to us, we fail to reason correctly. Surely anyone who would leave his hand on a hot stove and just take a painkiller would have to be totally insane—right? We need to take a similar approach to any kind of pain.

“Many act as if health and disease were things entirely independent of their conduct and entirely outside their control. They do not reason from cause to effect, and submit to feebleness and disease as a necessity. Violent attacks of sickness they believe to be special dispensations of Providence, or the result of some overruling, mastering power; and they resort to drugs as a cure for the evil. But the drugs taken to cure the disease weaken the system. Medical Ministry 296.

We have been told we need to learn to reason from cause to effect. Just what does this mean? In order to be able to do this we must become acquainted with God's laws of health, then we have a base to work from in figuring out what is causing us to ache, pain, or feel unwell. Are we failing to supply our need of enough pure water for our system to function well? Are we deprived of fresh air, sunlight, or lacking in exercise? Maybe we have been intemperate in eating too much or too great a variety at one meal; or of a poor quality and our stomachs are burdened down and crying for relief. Many 'fast foods' and processed foods, contain chemical irritants that distress our nerves and tissues; some are also addictive, both physically and psychologically, and create cravings and painful withdrawal symptoms when we are deprived of them.

We may have been intemperate in our work or entertainment and deprived ourselves of needful rest and sleep. Overwork and need of sleep and rest can promote pain, while a lack of exercise can also be a source of stiffness and pain. Respond appropriately and also provide good hydration and you will feel better soon. Remaining too much indoors and failing to get fresh air and sunshine promotes painful conditions such as arthritis.

It seems to be the rule that anyone who finds himself ill or having pain will see on close examination that one or more of these laws of health are being violated. The curse does not just fall on us without a cause and that cause is never a pain medication deficiency! Obviously when we see these problems in our lifestyle, we should intelligently begin to meet the needs and to assist the body to recover from the unhealthy conditions we imposed on it.

In a case of pain the first need is often pure water. Taking a glass of room temperature or nicely warm water every half hour until the distress is relieved is often all that is needed. Stop partaking of chemical cocktails such as coffee, tea, coke and other sodas, or sweetened, flavored drinks and provide pure water each day so your body can do its housekeeping chores properly and you will be glad you did! Sure, you will have to ride out some withdrawal symptoms, but to be free of artificial cravings, and allow your body to do its work unimpeded will be worth it!

The body's efforts to rid itself of toxic or irritating substances will at times result in spasms or cramping; this is most noticeable in diarrhea or vomiting where the body is expelling harmful material. The best course of action when this happens is to support the body's own efforts by staying well hydrated and not eating heavy foods. The use of a simple enema or colonic irrigation at such times often resolves the situation quickly.

Painful or burning stomach can be directly related to unwise food choices, over eating, the use of irritating spices, fried foods, and a diet too heavy in fats, oils, and animal flesh. Again, hydration is vital in these situations; then follow up by making the needful changes to your diet to bring it into harmony with God's wise instructions to us.

Remember, God's guidelines are *for* us—not *against* us! They are not given just so He can be bossy and spoil our fun. He wants us to be happy, healthy, and enjoy life as much as possible, even in this sin-sick world! So when you compare your habits with His laws and instructions and you find you are off track—do not think that you are being deprived of good when you make the needful adjustments to get on track. Ask God for wisdom and power to make all the needful modifications and stick with them; then you will find your life change for

the better and you will never regret choosing God's way and learning to listen to your wonderfully created body!

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well." Ps 139:14

An Example of good and bad choices: Compare Water with Coke.

WATER

We all know that water is important but I've never seen it written down like this before.

75% of Americans are chronically dehydrated.

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.

Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking the amount of water you should every day?

COKE

1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.

2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.

3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl andLet the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.

4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of aluminum foil dipped in Coca-Cola.

5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

FYI: 1. The active ingredient in Coke is phosphoric acid. Its Ph is 2.8. It will dissolve a nail in about 4 days.

2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for highly corrosive materials.

3. The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

So what happens when your body is crying for water and you dump Coke or other fizzy drinks into it?

God's Hygienic Healing Methods do Work!

Let's list the 8 Laws and ABCs of health: we have not covered each one in depth yet but we will in future lessons.

1. **NUTRITION**
 2. **EXERCISE**
 3. **WATER**
 4. **SUNSHINE**
 5. **TEMPERANCE**
 6. **AIR**
 7. **REST**
 8. **TRUST IN DIVINE POWER**
- A. **An Attitude of Gratitude**
B. **Benevolence**
C. **Proper Clothing**

Why do Some Fail?

God's 8 Laws of Health when obeyed, will ALWAYS improve health and well-being, so why are there people who say, "Oh I know all that but it doesn't work for me! I tried it." Let's look at some of the reasons that people fail to reap the benefits of God's Better Way.

1) The person just doesn't do it!

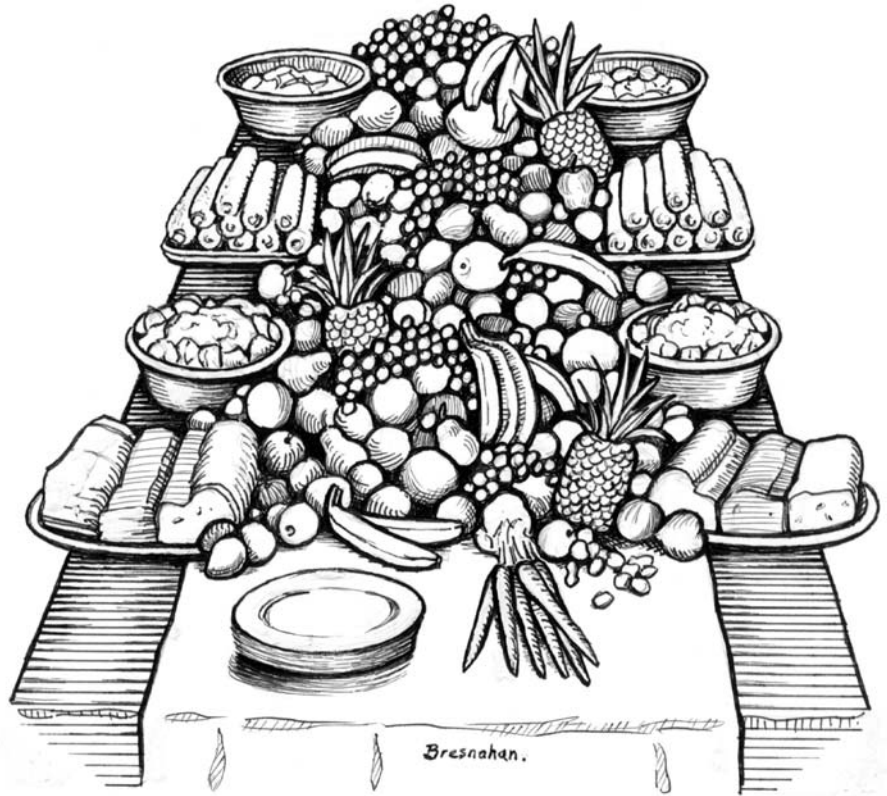
One of the most important factors for success in natural healing is **CONSISTENCY!** Study your habits and life patterns and take note of each place where you fall short. Ask God to forgive you for neglecting His good guidance and to help you know how to make a plan to set things right in your life. If you ask Him in the name of Jesus to be your personal Health Counselor, He will actually do it!

Plan out a daily schedule for meals and water; include in your daily schedule an hour, first thing in the morning, for time alone with God for Bible and prayer. If walking is not part of your regular activities, schedule time for walking daily in the fresh air and sunlight. Make sure you are early to bed every evening so you can be early to rise. Your schedule may need adjustment and perfecting, but be consistent until you get it all working. Make it a habit so it becomes permanent and second nature to you.

We need an attitude of submission to God's will and the trust to believe His way is best for us. If the person has rebellion in their heart, and wants to make all sorts of exceptions, or complains about the food or longs for flesh meat, sweets or stimulating drinks, or in general resists in any way, they are almost certain to fail. Half-hearted attempts will NEVER lead to success. On the other hand those who immediately embrace the whole plan and who eagerly make needed changes to come into line with health reform, these are the ones who reap the benefits in a happier and healthier life.

2) Lack of believing that such simple things do make a big difference.

The determination and commitment necessary to succeed will be missing if one doesn't truly believe the plan works. Study of materials available and communication with God through Bible study and prayer will alleviate this problem. All wisdom comes from God. He is the **ONLY** one who can open our minds so we can understand truth, so be sure to ask Him to do this for you.



3) Family pressures.

The person isn't strong enough to resist the pressures from family members who don't want to change and don't want you to change either. Strangely enough, our friends and family can be our worse enemies when trying to change bad habits into good ones. Sometimes it even becomes necessary to break off certain friendships with people who reject God's good counsel themselves and seek to discourage others from life reformation; for example, former drinking buddies who are uninterested in change themselves, will no longer have anything in common with the serious health reformer. Remember though to look for others who are interested in good health and make new friends with them! Daily Bible study and prayer will provide the strength and determination to resist these pressures to 'just give it all up'.

4) The person does not study about his or her own health.

They just wait for someone else to tell them what to do, but neglect to learn to understand why. We need to learn for ourselves to comprehend and internalize the importance of God's way of health and to be convinced in one's own mind of its effectiveness. Diligent study also helps in expanding the mind.

5) The patient lets his or her spouse make all of the decisions.

Of course, if someone is very sick, this may be necessary. However, as long as one has a mind of his own, he should be able to make his own decisions. To do otherwise shows an unhealthy dependence on the spouse and can be one of the sources of the stress that results in sickness in the first place.

6) They continue watching television, listening to the radio or reading newspapers and believing what they say.

The media contains virtually ALL the bad news or useless propaganda. What we feed our minds is just as important as what we feed our bodies. Watching secular television, and listening to secular radio programs that contain large amounts of trivia, propaganda and bad news, as do the newspapers, results in a "dumbing down" of the brain and an inability to discern truth. The true Health Reformer needs to put all these things aside and concentrate on reading the Word of God, particularly the gospels (Matthew, Mark, Luke and John) which deal with the life of Christ, or the book of Psalms which is comforting and enlightening.

"By beholding, we become changed." We become like those we admire. If we admire and read about Jesus, He will help us to become like Him. "Whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philippians 4:8

7) I'll Try it "for a while."

Many people say "Well, I'll try this natural method for a while and see if it works and if not, I'll just go back to my old ways." This is a perfect set up for failure. It means that the person clearly is NOT committed to obeying God's natural health plan and therefore does not trust that the Lord can bless them through His natural methods.

8) Total absorption with one's self.

Self-centeredness is the number one problem in almost everyone's life. It is absolutely necessary to get outside of one's self and concentrate on the Lord and helping others. If one is too sick to help others then he can pray for others and quit constantly complaining about his own illness and wondering "Why me?" Illness is a unique opportunity to change one's lifestyle, to change one's diet and to learn to know the Lord personally. It must be appreciated as such.

9) Refusing to take responsibility for one's own health.

We make ourselves sick by the way we eat and the way we live. We must admit this to ourselves, to God, and others. The first step in changing direction is to admit we need to change. Just as an alcoholic must admit that

he is an alcoholic if he is to have any hope to recover, so we must also admit our responsibility for our own health and well-being. If we blame others or circumstances for our problems and deny responsibility for our own health, we will never be able to make permanent changes for a happy and healthy life.

10) Lack of an attitude of thankfulness.

An attitude of gratitude is mandatory for true health to occur. Even if you have illness, be thankful you are still alive and that you always have a Friend who will "never leave you or forsake you." No matter how bad things get, finding something to be grateful for, and a sweet sense of humor can also lighten the burden.

11) Holding on to anger and grudges.

"Pent up anger is probably the leading cause of death" says Drs. Frank Minirth and Paul Meier, two psychiatrists with many years of experience in treating thousands of patients with depression and mental illness. It is virtually impossible to get well from either physical or mental illness if we continue to harbor anger. Stop looking externally (for things outside yourself) for the cause of your illness. Instead look **INSIDE YOURSELF**. That's where most of our problems are! Ask God to: "Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." Psalm 139:23, 24.

12) People want to trust the "EXPERTS!"

Again, we are dealing with the problem of dependence; people trusting people instead of trusting God. They kneel down at the feet of those in the "white coats" and accept whatever advice or treatment they're given, often to the patient's own detriment and ultimate demise.

13) There are NO "Quick Fixes" that give lasting results.

Everyone wants to find an easy, rapid way to get well. **But that's impossible!** We give ourselves disease one day at a time by the way we eat and live. We must rebuild our immune system and construct our health; **ONE DAY AT A TIME**.

14) Lack of daily, sufficient time spent ALONE with God in Bible study and prayer.

This is MOST IMPORTANT: without this, a person lacks the courage, the strength, the commitment, the self-discipline or the faith to make the changes and believe it can really make a difference.

People say, "Well, I talk to God all day." That's NOT the same as dedicated Bible study and fervent prayer ALONE with God on your knees! Unless of course, you are too ill to be out of bed, then do it in bed.

We need to spend a minimum of an hour EVERY day praying and reading God's Word. God says "You will find Me when you search for Me with ALL your heart." Jeremiah 29:13. You should spend at least as much time every day feeding your mind with spiritual food (Bible study and prayer) as you spend feeding your body with physical food. That's the way it has to be. Claim God's healing promises that are all through the Bible, such as Deuteronomy 7:11-15 and Psalms 103:1-4.

God is the healer; He just does it through His natural health plan. You CAN improve your health and form new, good habits to replace the bad ones; but the strength, determination and self-discipline come from the Lord. You must replenish your supply daily by going to Him ALONE every morning. Then if you have a family, invite them to gather together for a cheerful family worship also, and so plant the seeds for your home to be a 'little bit of heaven on earth'.

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