

I AM that I AM -

The Great Physician

“Bless the LORD, O my soul... Who forgives all your iniquities; who *heals all your diseases*; Who redeems your life from destruction; who crowns you with Loving kindness & tender mercies; Who satisfies your mouth with good things; so that your youth is renewed like the eagle’s.”

Psalms 103: 2-5



God's Promise to His People

The great I AM proved them, & said: "If you will diligently heed the voice of the LORD your God, & will do that which is right in his sight, & wilt give ear to his commandments, & keep all his statutes, *I will put none of these diseases upon you*, which I have brought upon the Egyptians: for I [am] the LORD that heals you."

Exodus 15:26



“He brought them
forth also with silver
and gold: & there
was *not one feeble
person* among their
tribes.”

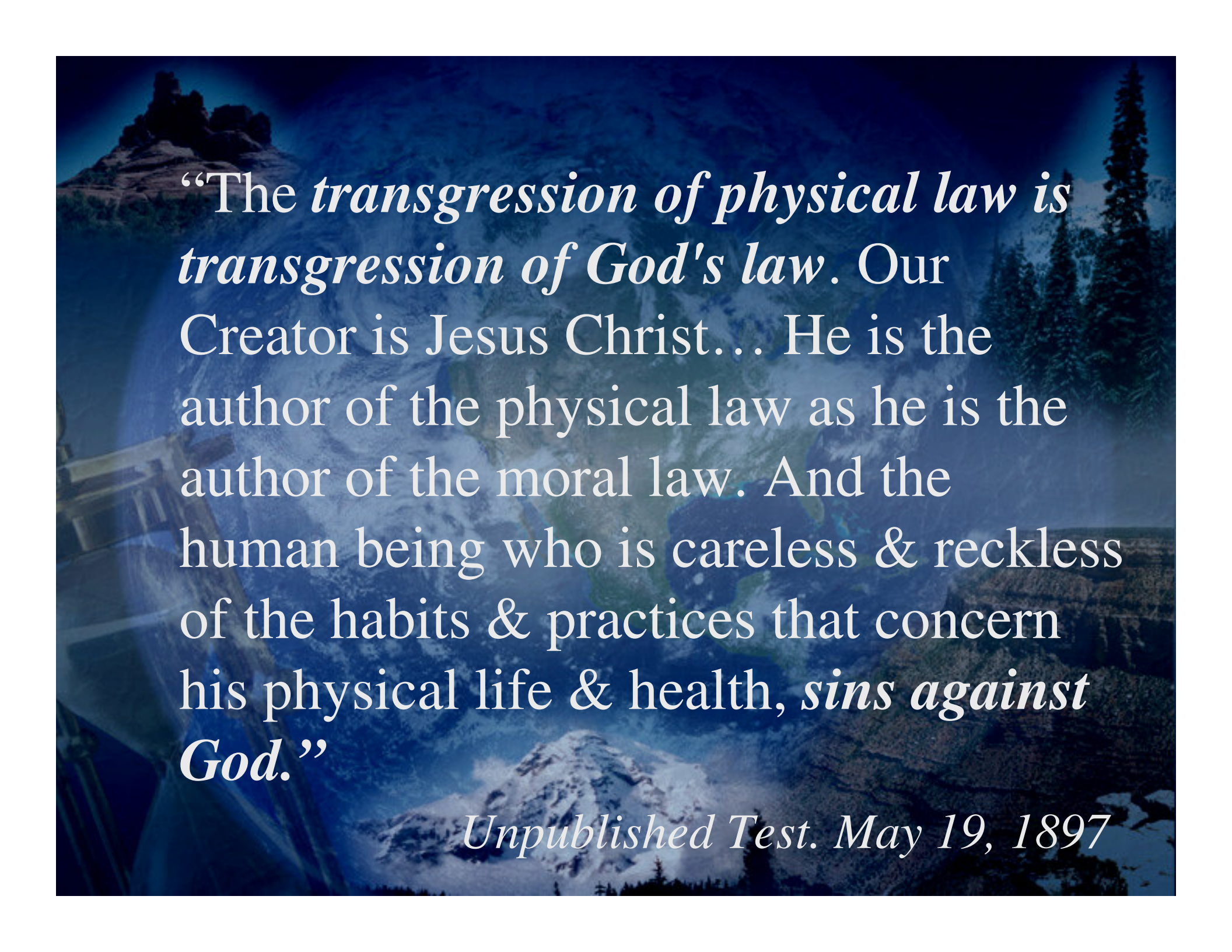
Psalm 105:37





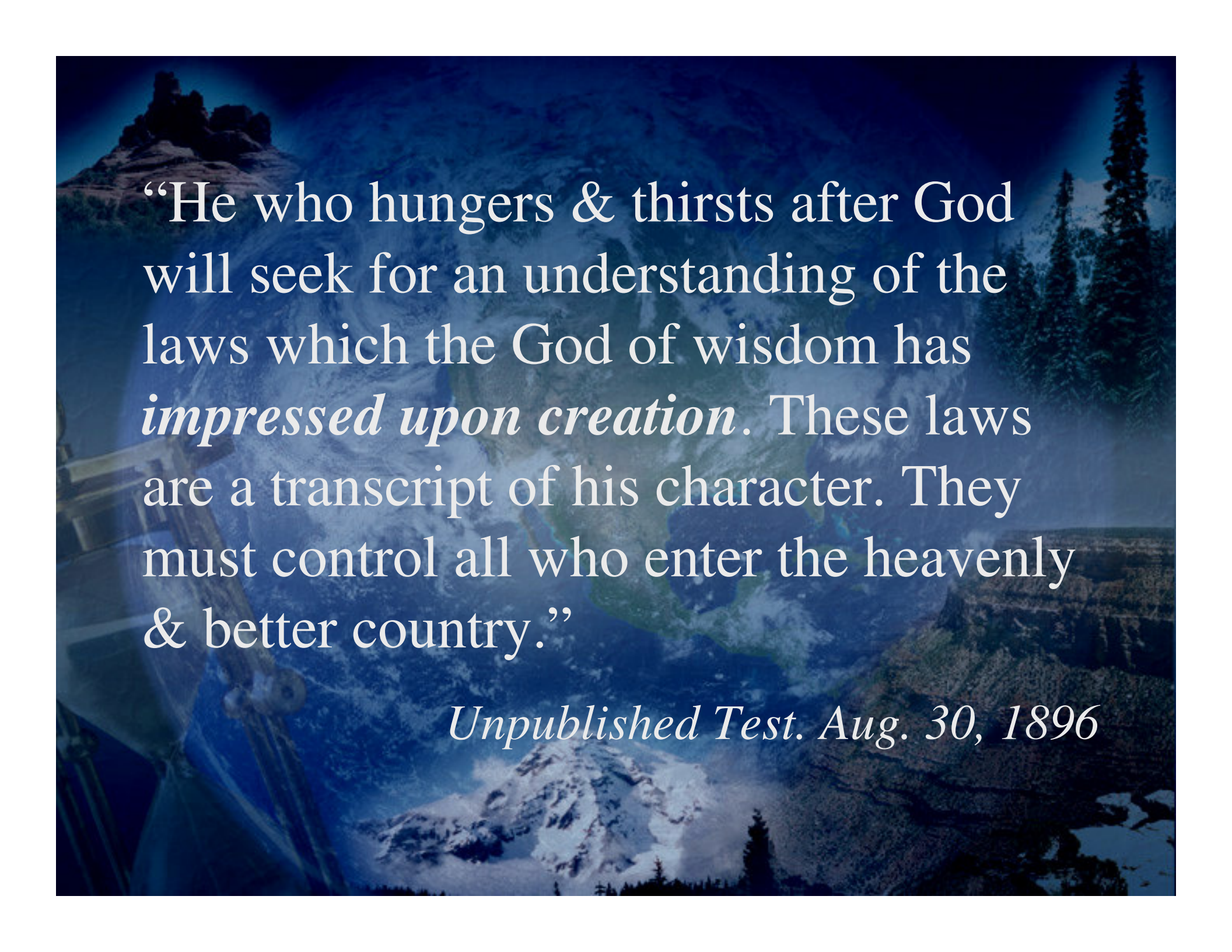
“It is just as much sin to violate the laws of our being as to break one of the ten commandments, for we cannot do either without *breaking God's law.*”

Testimonies Vol. II, p. 70.



“The *transgression of physical law is transgression of God's law*. Our Creator is Jesus Christ... He is the author of the physical law as he is the author of the moral law. And the human being who is careless & reckless of the habits & practices that concern his physical life & health, *sins against God.*”

Unpublished Test. May 19, 1897



“He who hungers & thirsts after God will seek for an understanding of the laws which the God of wisdom has *impressed upon creation*. These laws are a transcript of his character. They must control all who enter the heavenly & better country.”

Unpublished Test. Aug. 30, 1896

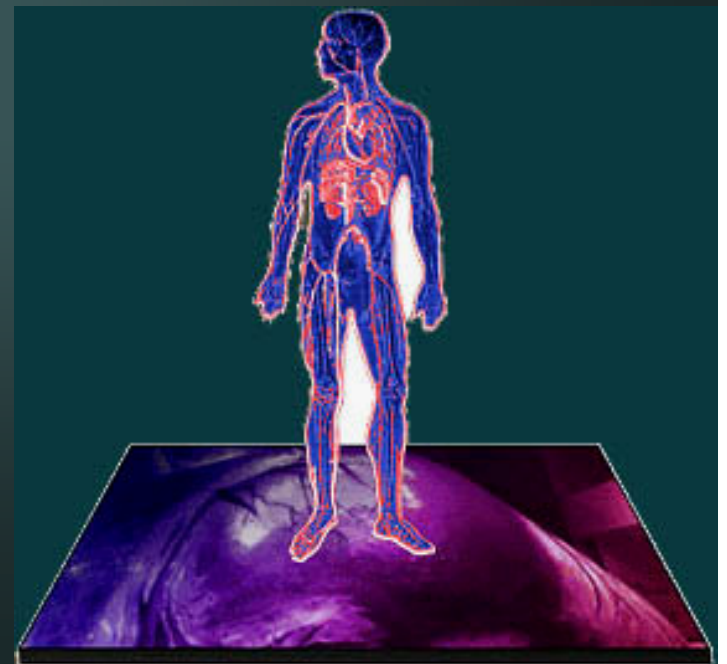


Both the wilderness & the Jerusalem temples where God dwelt, & the Temple in Heaven where our Great High Priest ministers for us today we find God's purpose.

He would dwell in the sacred temple of the human soul, & fill it with the undefiled character of His own Spirit.

“...Do you not know that your body is the *temple of the Holy Spirit* who is in you, whom you have from God, and you are not your own? For you were bought with a price; therefore glorify God in your body & in your spirit, which are God’s”

1 Cor. 6:19-20”



“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”

1 Corinthians 10:31

“Pure air, sunlight,
abstemiousness,
rest, exercise,
proper diet, the
use of water, trust
in divine power - *these
are the true remedies.*”

MH 127



Exercise Benefits



- Stimulates & helps control appetite, aids digestion & circulation of the blood & lymph.
- Reduces blood pressure.
- Improves muscle tone.
- Slows down the aging process & restores zest for life.
- Increases the efficiency of the lungs.
- Outdoor exercise is far more beneficial.

Water Benefits



- Transports vital nutrients
- Cleanses the system by carrying away toxins.
- Controls body temperature – through continuous perspiration.
- Lubricates the body, preventing friction between joints & muscles, & allows eye movement.
- Reverses dehydration, lessening stress, fatigue irritability, mental confusion & headache.
- Enhances the natural immune system.

Sunlight Benefits



- Sunlight sets our "body clock" (circadian rhythm) regulating hormones, sleep & appetite patterns & strengthens natural immunity.
- It helps reverse rheumatoid arthritis, diabetes, hypertension, seizure disorders, eczema, blood poisoning, peritonitis, viral pneumonia, mumps depression, & fatigue.
- It stimulates calcium absorption, helps prevent cancer, lowers cholesterol, increases heart efficiency & minerals in the blood, normalizes blood sugar, & promotes wound healing.

Air Benefits



- Our brain consumes 20% of the body's oxygen & yet it is only 2% of our body weight.
- Of our body's 100 million million cells, 25 million million transport oxygen.
- Therapeutically oxygen accelerates wound healing, and aids in reversing cancer, cerebral palsy, dementia, & stroke induced paralysis.
- It also helps to reverse anxiety, depression, headache, & insomnia.

Rest & Sleep Benefits

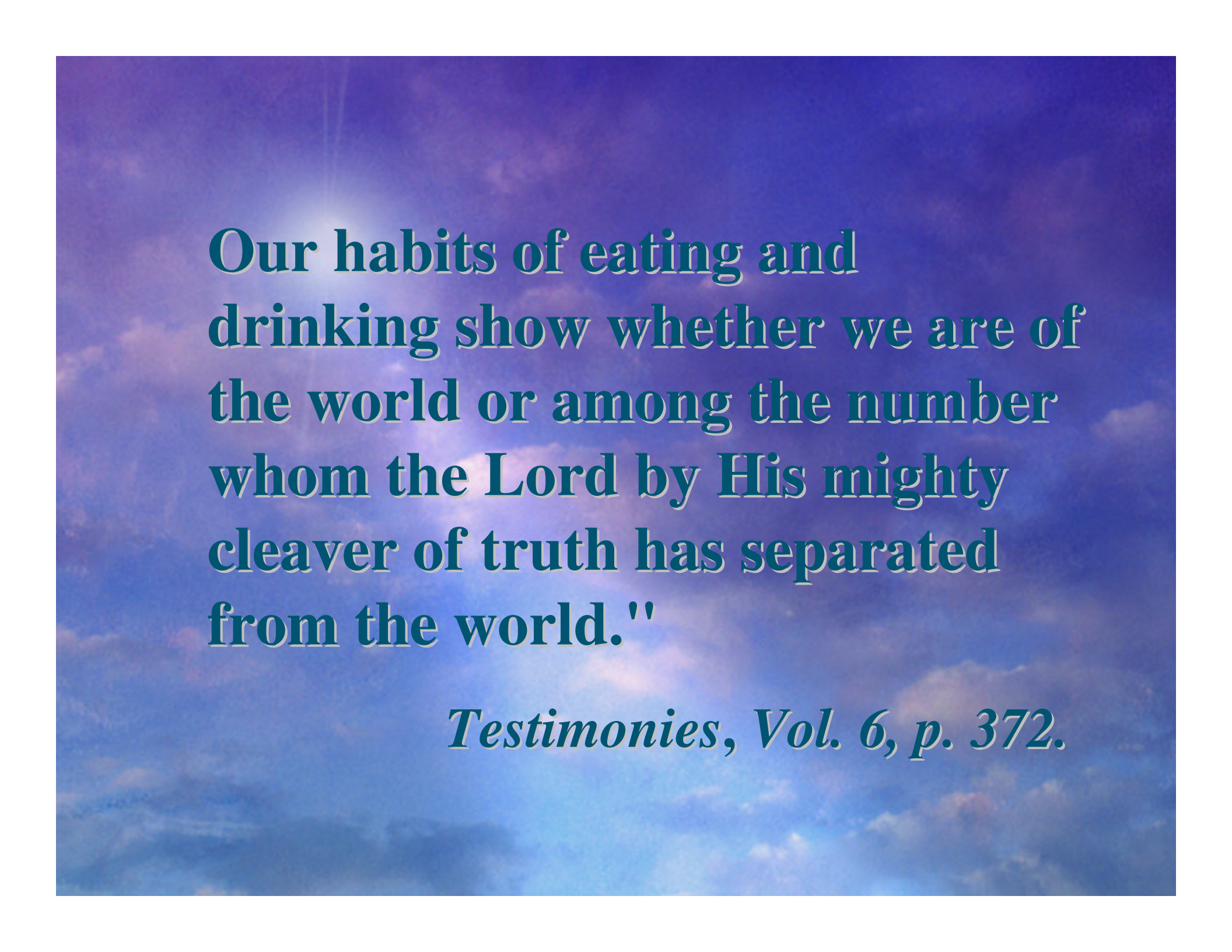


- Strengthens natural immune system responses & disease prevention.
- Aids in lifting depression, irritability, stress, anxiety, & improve one's coping skills.
- Replenishes mind-body energy levels, improves attitudes, creativity & productivity;
- Improves socialization, communication & motor skills, coordination, concentration, memory, & decision-making.

More Abundant & Longer Life



Those who adhere to these life giving practices will not only experience abundant health, but on average their lives will be extended by *11.5 years longer* than those who regularly practice 3 or less of them.



Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world."

Testimonies, Vol. 6, p. 372.

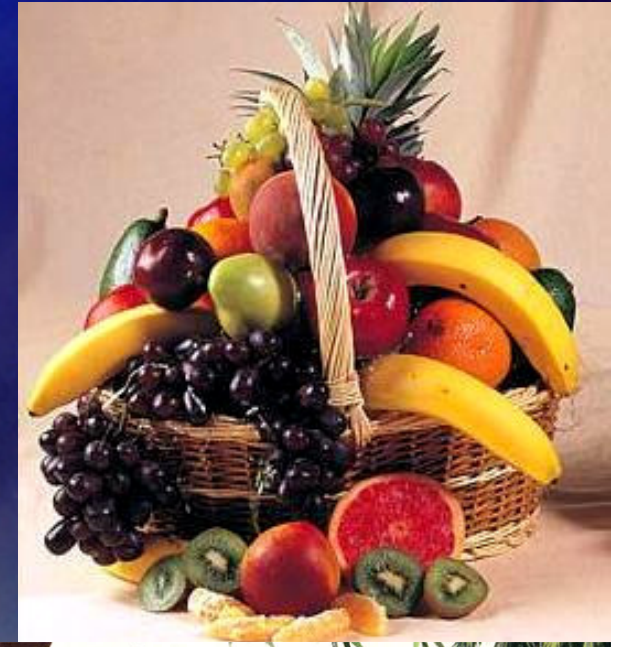
And God said, “see I
have given you every
plant that yields seed
which is on the face of
the earth & every tree
whose fruit bears seed;
to you it shall be for
food.”

Genesis 1:29



“By precept & example
make it plain that the food
which God gave Adam in
his sinless state is the best
for man's use as he seeks
to regain that sinless
state.”

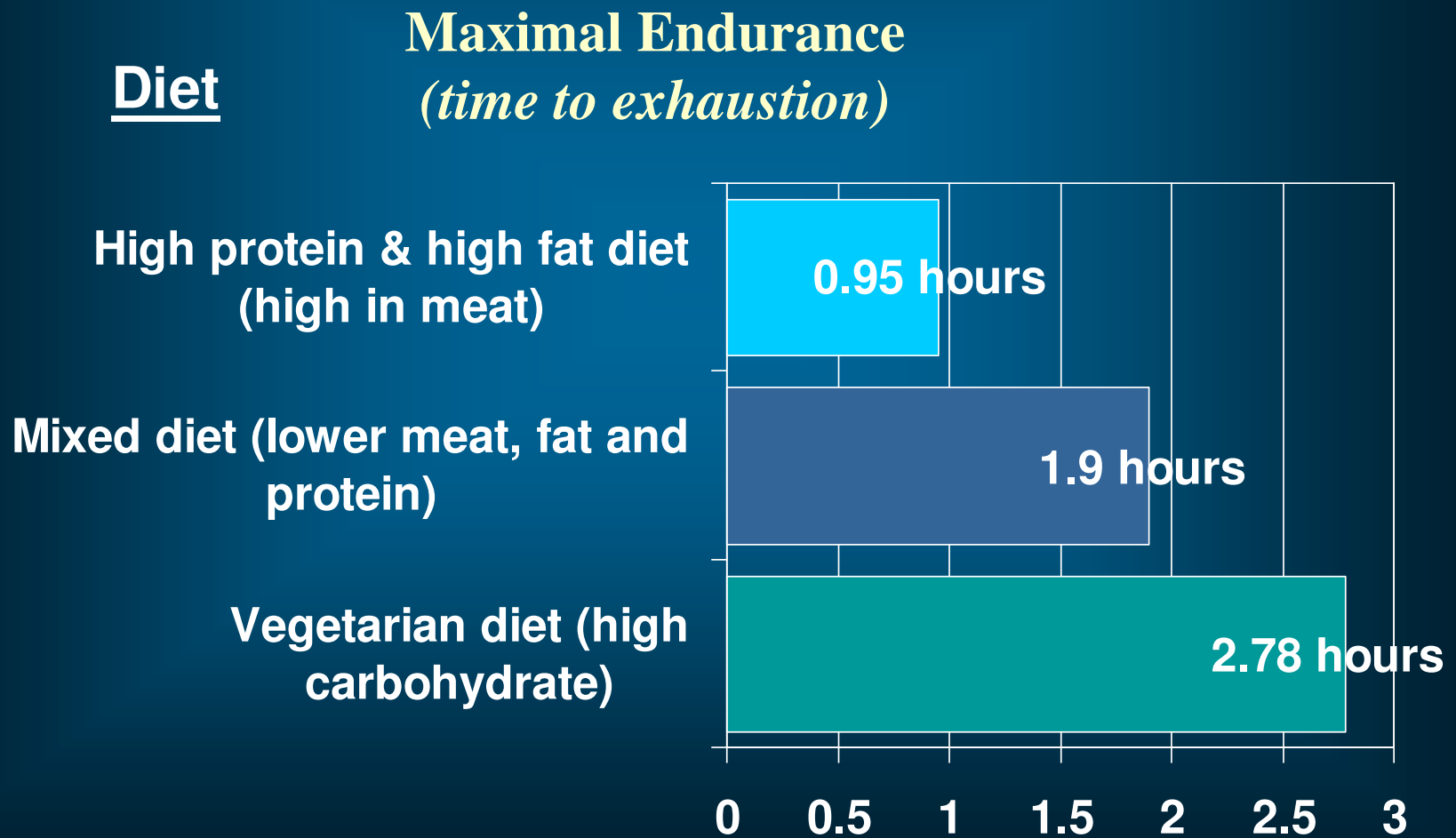
CD 460



Daniel & his companions proved in Babylon that God's *original diet* gives much greater mental power



Whole food Vegetarians Have Greater Physical Endurance



Nutrition Can Reverse Behavioral Pathologies



In a 1983 study of 3,000 incarcerated teenagers, their highly refined & junk foods diets were replaced with natural whole foods. With this change, violent & anti-social incidents decreased significantly.

- ▷ 75 % reduction in use of restraints &
- ▷ 100 % reduction in suicides.



"The meat diet is a serious question. Shall human beings live on the flesh of dead animals? The answer, from the light that God has given is, no, decidedly no."

CD, p. 388 C1897

Disease Causing Agents in Meat



- Salmonella
- Listeria
- Campylobacter
- Yersinia

"The liability to take disease is increased tenfold by meat eating." *2 Testimonies*, p. 64.

Bovine Spongiform Encephalopathy (BSE) MAD Cow Disease

“Autopsy studies have uncovered that... from five to 30% of the 4.5 million US Alzheimer’s victims & an untold number of those with dementia... could actually have Creutzfeldt-Jakob disease (CJD), the ‘variant’ form of which has... been called *Mad Cow in humans*.... The full number of US CJD patients will never be known until it is proclaimed a reportable disease.”

L. Broxmeyer M.D.



**Bovine leukemia virus is
present in up to 70% of U.S.
dairy cattle**

Middle aged males who were followed for 30 years, with a daily intake of 16 or more ounces of milk, contrasted with non-milkdrinkers, experienced a 230% greater risk of developing the neurodegenerative disorder Parkinson's Disease.

Neurology, (2005)





California supermarket shelves
carry milk containing in excess
of 300 million pus cells per
quart.

The Average American

In one year consumes: 300 soft drinks; 170 pounds of white refined sugar; 400 candy bars; & 500 doughnuts.

In a lifetime consumes: over 12 entire 3,000 pound cows; 6 whole pigs; 3,000 birds (mostly chickens); & another 3,000 fish & sea creatures; & downs over 30,000 quarts of milk.



The Average American

Has an average of 2-4 bowel movements a week, coming up 70,000 bowel movements short in their lifetime.

Is 25 pounds or more overweight, & has high blood pressure.

In a lifetime takes over 30,000 aspirin & other painkillers, along with over 20,000 over-the-counter & prescription drugs, & consumes over 2,000 gallons of alcohol.



Eight Cancers Linked to Refined Sugar Consumption

- Colon cancer
- Rectal cancer
- Breast cancer
- Ovarian cancer
- Uterine cancer
- Prostate cancer
- Kidney cancer
- Cancers of the nervous system



Microwaving causes atoms, molecules, & cells hit by this hard electromagnetic radiation to reverse polarity billions of times a second.

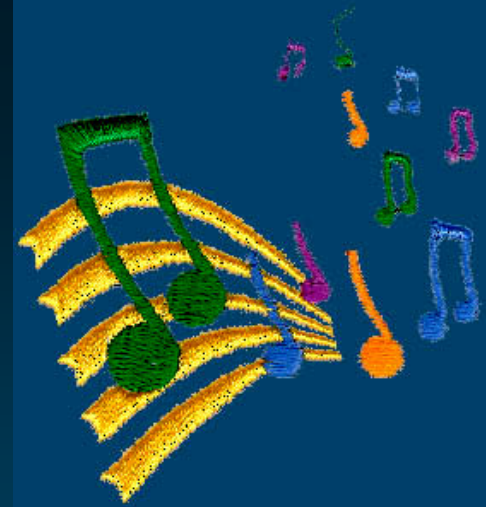


Experimental researchers in Russia found that microwaving caused marked structural degradation to food, including decreased bio-availability of the vitamin B complex, vitamin C, vitamin E, essential minerals & lipotropic factors in all foods tested.

In a high percentage of persons, microwaved foods caused stomach & intestinal cancerous growths; general degeneration of peripheral cellular tissues; & gradual breakdown of digestive & excretory systems.

Dr. Lita Lee's book, *Health Effects of Microwave Radiation - Microwave Ovens* observed: Lymphatic system disorders, leading to decreased ability to prevent certain cancers; & increased rates of cancer cell formation in the blood.

God's Music Heals



Researchers John Diamond & David Noble have found that we are rhythmic in respiration, heartbeat, pulse, speech, & gait.

When music rhythms corresponds to our Natural body rhythms it produces feelings of ecstasy, alertness, & peace - energizing both mind & body. It also facilitates mental balance & greater self-control.

Satan's Music Destroys

The anapestic rhythm of modern rock “heightens stress & anger, reduces output, increases hyperactivity, & weakens muscle strength...” including the skeletal muscles.

Small mammals were experimentally exposed to the sounds of heavy metal rock music a set time. Upon doing autopsies, there was observable evidence of physical damage to their brains.



True Nature of Disease



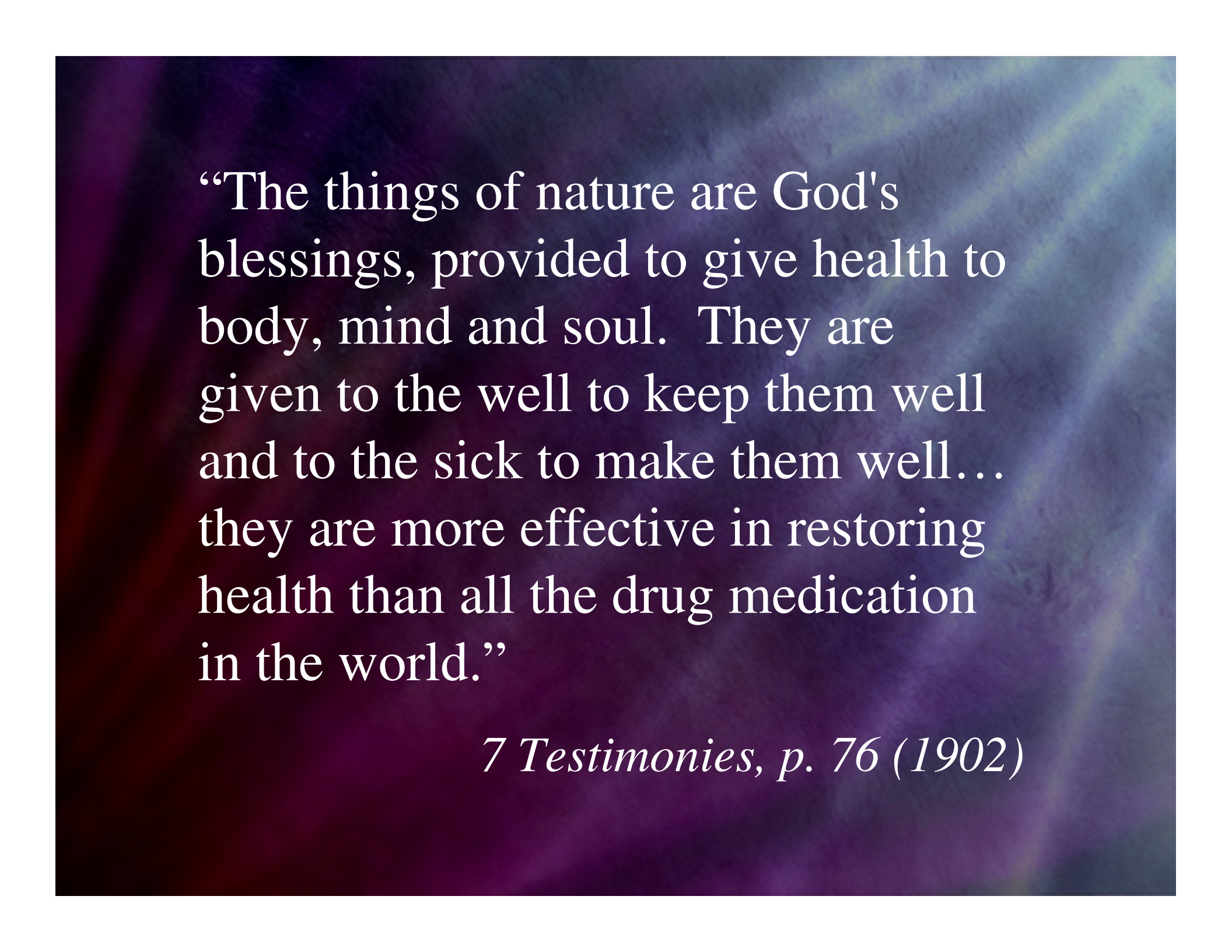
“Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.”

Ministry of Healing p. 127

**“The Great Healer...
Christ made use of the
simple agencies of
nature. While He did
not give countenance to
drug medication, He
sanctioned the use of
simple and natural
remedies... He taught
that disease is the result
of violating God's laws,
both natural and
spiritual.”**

Desire of Ages p. 824





“The things of nature are God's blessings, provided to give health to body, mind and soul. They are given to the well to keep them well and to the sick to make them well... they are more effective in restoring health than all the drug medication in the world.”

7 Testimonies, p. 76 (1902)

The impressive powers of healing that are harnessed as we understandingly obey the Creator's natural laws, has been largely supplanted by the modern black bag with the magic potions inside, that absolve us from our physical sins.

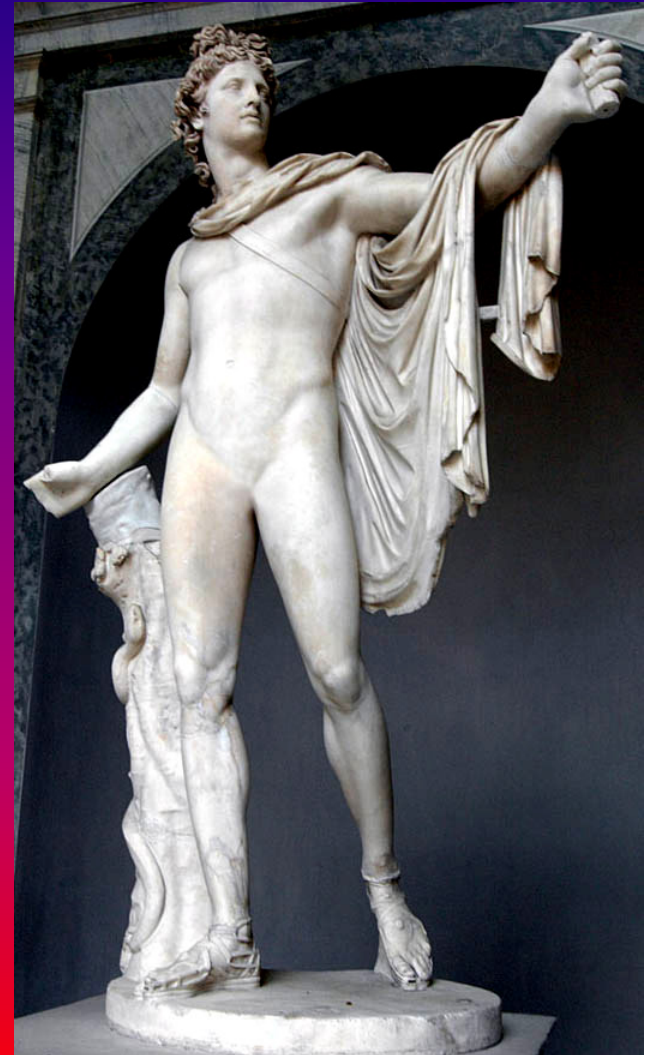


"Thousands have gone down to the grave because of the use of poisonous drugs, who might have been restored to health by simple methods of treatment. "

MM, p. 227



Western drug oriented medicine (allopathy) proudly traces its lineage back to Aesculapius the "*god of medicine*". He was the son of Apollo the sun god & a mortal woman impregnated by this pagan god.



A short rod entwined by two snakes & topped by a pair of wings, is actually the caduceus or magic wand of the Greek god Hermes, messenger of the gods, inventor of (magical) incantations, conductor of the dead & protector of merchants & thieves. Caduceus power wands are commonly sold at occult, new age & witchcraft stores.



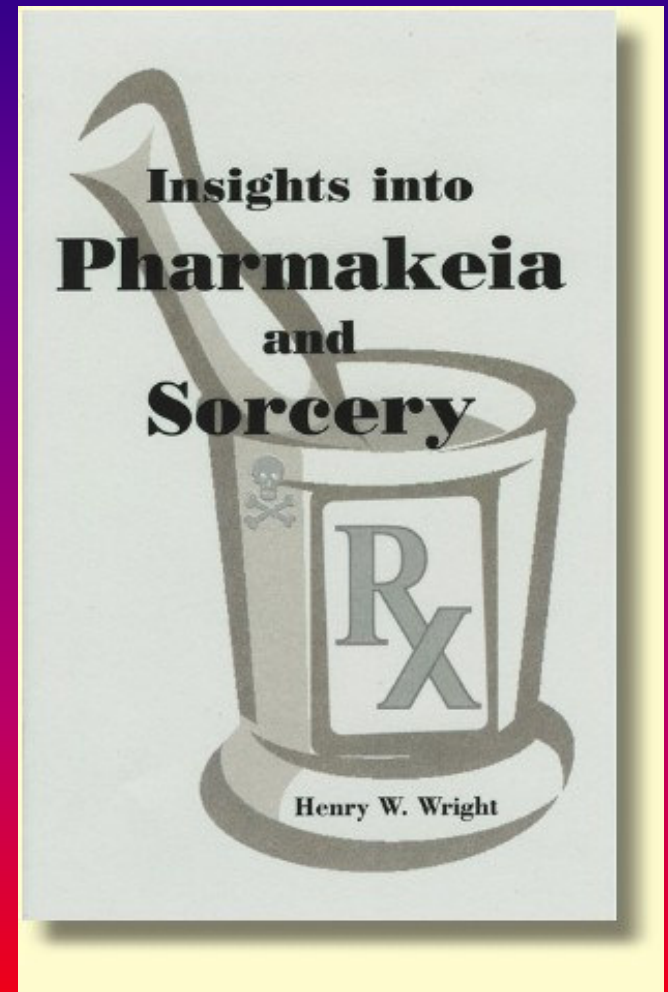
The pharmaceutical symbol Rx was in ancient times an eye with an "x" below it, instead of an "R", & it was called the "Eye of Horus."



The Egyptian god Horus was considered the "father of pharmacy"

Pharmakeia is a Greek word found in the Original Koinne Greek New Testament text.

It means pharmacy, magic or sorcery. Its root is **pharmakon**, which refers to a druggist, a poisoner, a magician, or a sorcerer.



According to Galatians 5:19-20; Pharmakeia is a sin. “The acts of the sinful nature are obvious: sexual immorality, impurity & debauchery; idolatry & (pharmakeia) sorcery.”



Revelation 18:23 prophetically refers to a time when all the nations of earth will be deceived by pharmakeia (i.e. drug use)

Prescription for Disaster



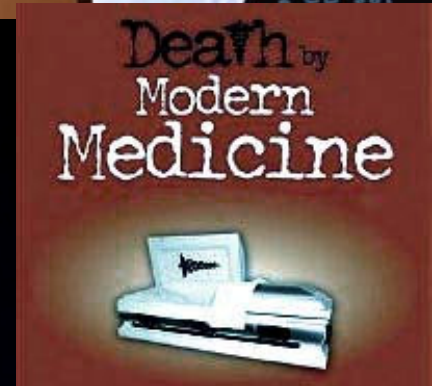
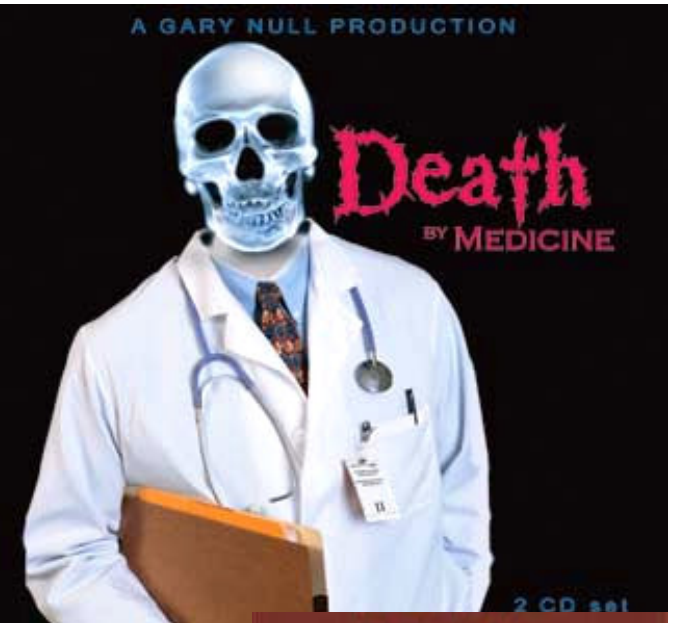
In *Prescription for Disaster* Thomas Moore (Sr. Fellow - **George Washington University Medical Center**) warns that of the 50 top-selling prescription drugs, only four can be considered “safe”. With as many annual deaths as dozens of 9/11 disasters & “...one million severely injured & another two million harmed during hospitalization, adverse reactions to drugs rank as one of the greatest man-made dangers in modern society,”

Adverse effects of common prescriptions include perforated ulcers, brain damage, addiction, cancer & cardiac arrest.

The book *Death by Modern Medicine* affords a detailed summary of all the data on adverse events occurring yearly in American medical practice.

Principal author C. Dean (MD) has documented that each year in the USA there are:

- ▶ 7,500,000 unnecessary medical & surgical procedures
- ▶ 2,200,000 adverse reactions to prescribed drugs &
- ▶ 784,000 deaths (1,568 Jumbo Jet Crashes)



True Sanctification



“True sanctification... requires that our habits of eating, drinking, & dressing be such as to secure the preservation of physical, mental, & moral health, that we may *present to the Lord our bodies, not an offering corrupted*... but a “living sacrifice, holy, acceptable unto God.”

Review & Herald., 1881, No.4.

Natural Law & Perfection



“In order to live a *perfect life*, we must live in harmony with those natural laws which govern our being.”

Testimonies, Vol. III, p. 163

“Without holiness no man shall see God.”

Hebrews 12:14

Reversing Degenerative Diseases



Thousands of chronically ill have entered Weimar Institute 's NEWSTART Lifestyle Medicine Program in which combines whole food plant based nutrition & progressive exercise.

- **50 % of participants with type 2 diabetes return to normal blood sugar levels without need for medication in as little as three weeks time.**
- **80 % of cases diagnosed with diabetic neuropathy experience no more pain in their hands & feet.**
- **80 % of men are able to obtain normal blood pressure readings without any need for further medication.**
- **A drop of 25 % in cholesterol commonly occurs.**
- **An increase in exercise capacity of 35 % is the norm.**

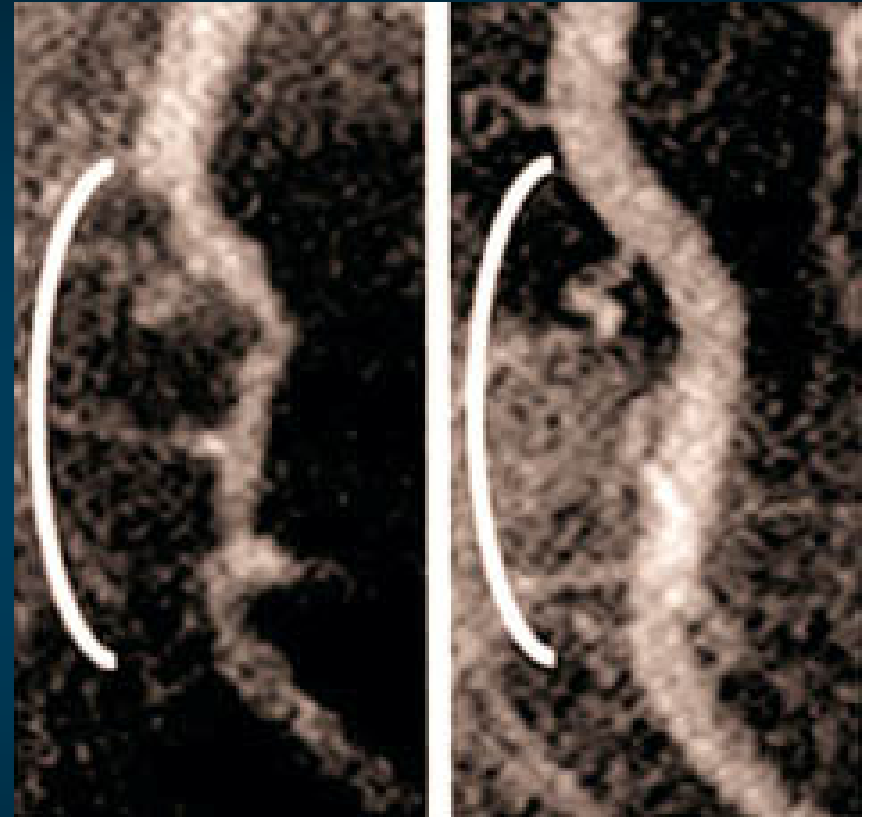
Heart Disease



In An Overdue Requiem for Palliative Cardiology, Caldwell Esselstyn clarifies that coronary artery bypasses, atherectomy, angioplasty, & stenting, do not reduce the frequency of new heart attacks, or prolong survival except in small subsets of patients.

- 1) By-pass surgery does not treat the small unstable juvenile arterial plaques which can rupture & actually cause over 85% of heart attacks.
- 2) The procedures do not treat life threatening plaques & carry risks of new heart attacks, strokes, infections, encephalopathy, & death.

**Coronary angiograms:
Distal left anterior
descending artery
before (left) &
after (right)
32 months on a plant-
based diet without
cholesterol-lowering
medication, showing
profound improvements.**



Conditions Successfully Prevented & Remediated Employing Vitamin C

- infectious hepatitis
- influenza
- virus encephalitis
- poliomyelitis
- measles
- parotitis (mumps)
- mononucleosis
- scarlet fever
- heavy metal intoxication
- trichinosis *
- malignancies
- childbirth labor (ease and shorten)
- cardiovascular diseases
- pancreatitis
- radiation sickness
- virus pneumonia
- *diphtheria*
- *bacillary dysentery*
- *pertussis (whooping cough)*
- chicken pox
- *tetanus (lockjaw)*
- rheumatic fever
- botulism
- poison insect, spider & snake bites
- barbiturate poisoning
- post-operative deaths (avert)
- postpartum hemorrhages (prevent)
- peptic and duodenal ulcers
- severe burns (external treatment)
- carbon monoxide poisoning

* In reversal of trichinosis, Vitamin C & para-aminobenzoic acid were used.

Nutrient Therapy in Cancer



A landmark 2005 study published in the proceedings of the U.S. National Academy of Sciences highlights the fact that Vitamin C (ascorbic acid) should be explored as a highly safe & potent agent in the treatment of cancer.

“Our data show that ascorbic acid (Vitamin C) selectively killed cancer but not normal cells, using concentrations... achieved by i.v. administration & conditions that reflect [its] potential clinical use.”

Canadian physician Abram Hoffer conducted a clinical longevity study on 120 cancer patients with a variety of cancers. 101 received vitamin therapy (including high dosage Vitamin C), compared with 19 patients who instead underwent conventional medical treatments.

Effect of Treatment on Survival of Cancer Patients



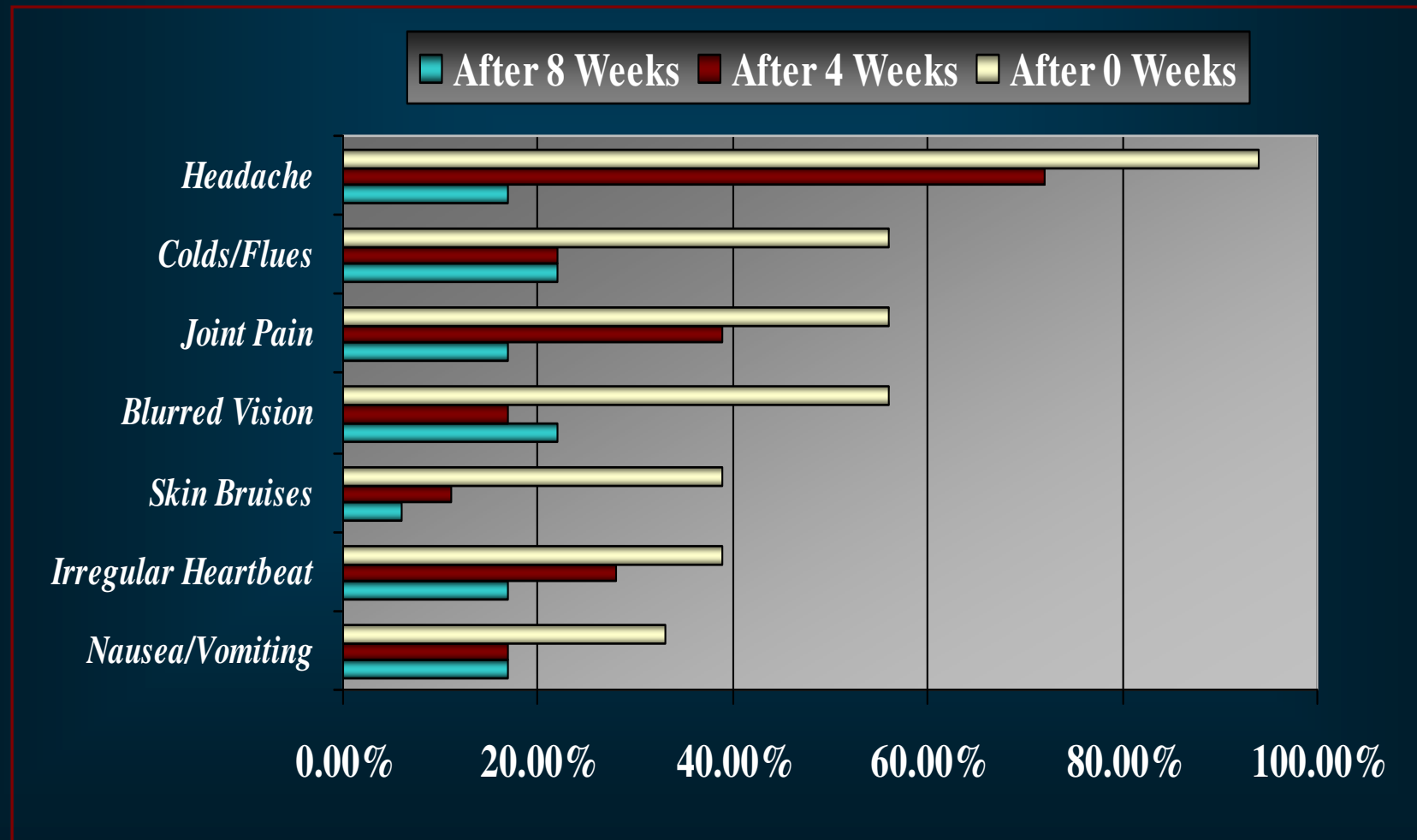
AIDS Therapy?



Helene Gayle, President of the Intl. AIDS Society comments on *Lancet's* 2006 report on the treatment trials of hundreds of clinicians using *Highly Active Anti-retroviral Therapy* (HAART) on 20,000 previously untreated AIDS patients (1995-2003, at 12 locations in Europe & North America):

“...have further therapeutic advances for HIV translated into continued declines in disease outcomes?... The major findings are that...there were no significant improvements in early immunological response as measured by CD4-lymphocyte count [T-Helper cells], no reduction in all-cause mortality, & a significant increase in combined AIDS/AIDS-related death risk in more recent years.”

South African Eight-Week Pilot Micronutrient Clinical Treatment Program Involving 100 Advanced AIDS Cases



“There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system... Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying.”



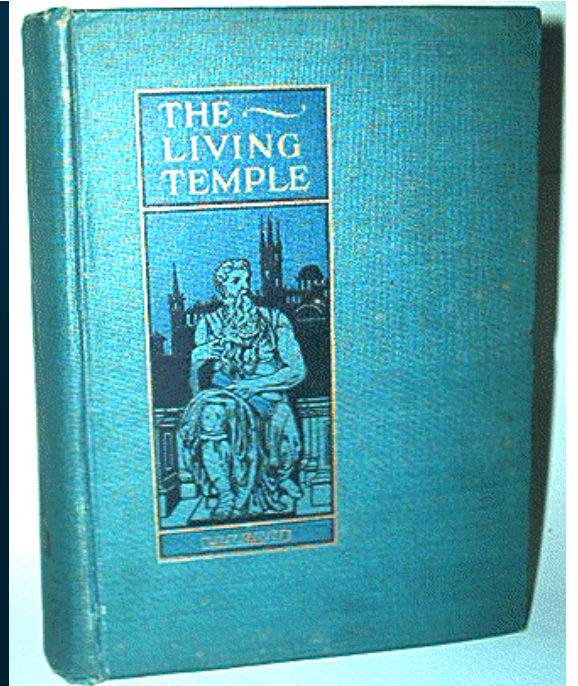
5 Testimonies, 443

Western Health Reform Institute



With Kellogg's pantheistic book, the **Living Temple** came the dangerous *Alpha of Apostasy*.

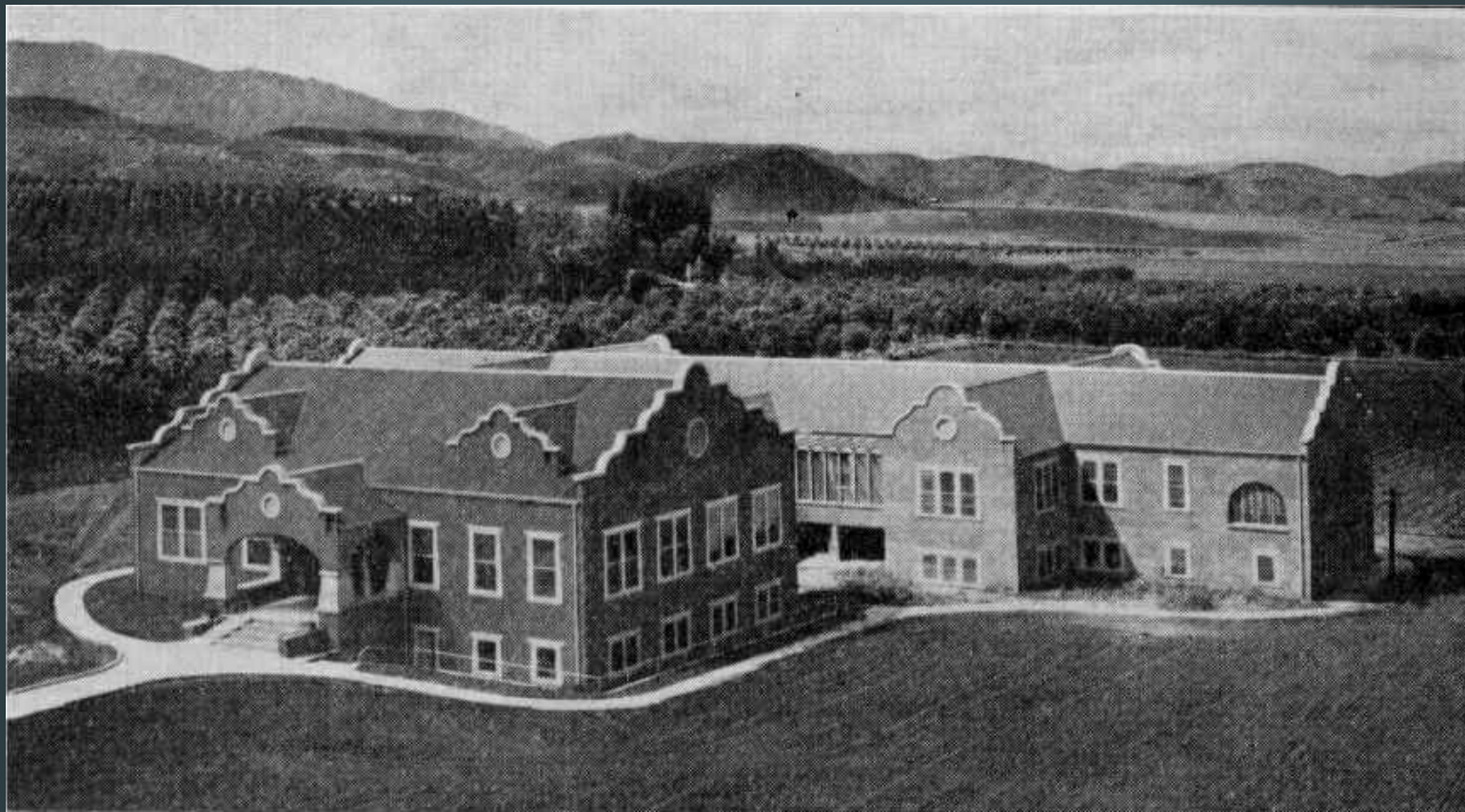
The *Omega of Apostasy* would soon follow, & it would more dangerous, with its growth & power increasing even to great second Advent of our Lord & Saviour



Elmshaven



College of Medical Evangelists Complex



A Mighty Healing River

“...Water flowing from under the threshold of the Temple toward the east....to my ankles,...to my waist...” & then so deep that one must swim to cross.

It enters into the sea & all of its waters are healed, & wherever the river flow it brings life. Along the river trees bear leaves that will not wither & bring forth fruit monthly without fail. This “fruit will be for food” & the leaves for medicine.”

Ezekiel Chapter 47: 1-12

This represents the great health work that God has given His Church to carry out. COH p. 310



To make plain
natural law, and
urge the obedience
of it, is the work
that accompanies
the third angel's
message to prepare
a people for the
coming of the Lord.

Test, V. III, p. 161



“The truth for this time... is to be proclaimed with a loud voice, meaning with increasing power, as we approach the great final test. *This test must come to the churches in connection with the true medical missionary work*, a work that has the Great Physician to dictate & preside in all it comprehends.”

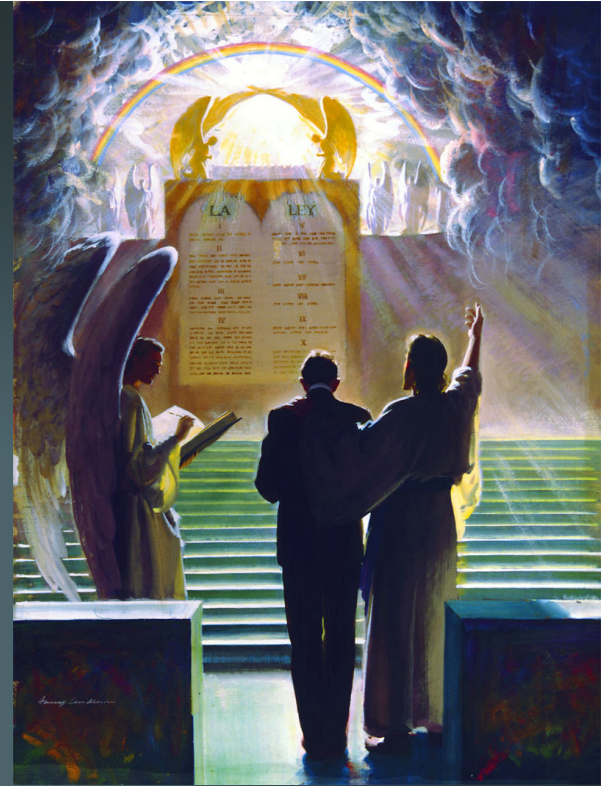


Manuscript Releases Vol. Ten, p. 314

Judgment

For we must all appear before the judgment seat of Christ; that everyone may receive the **things done in his body**, according to what he has done, whether it be good or bad.

2 Corinthians 5:10

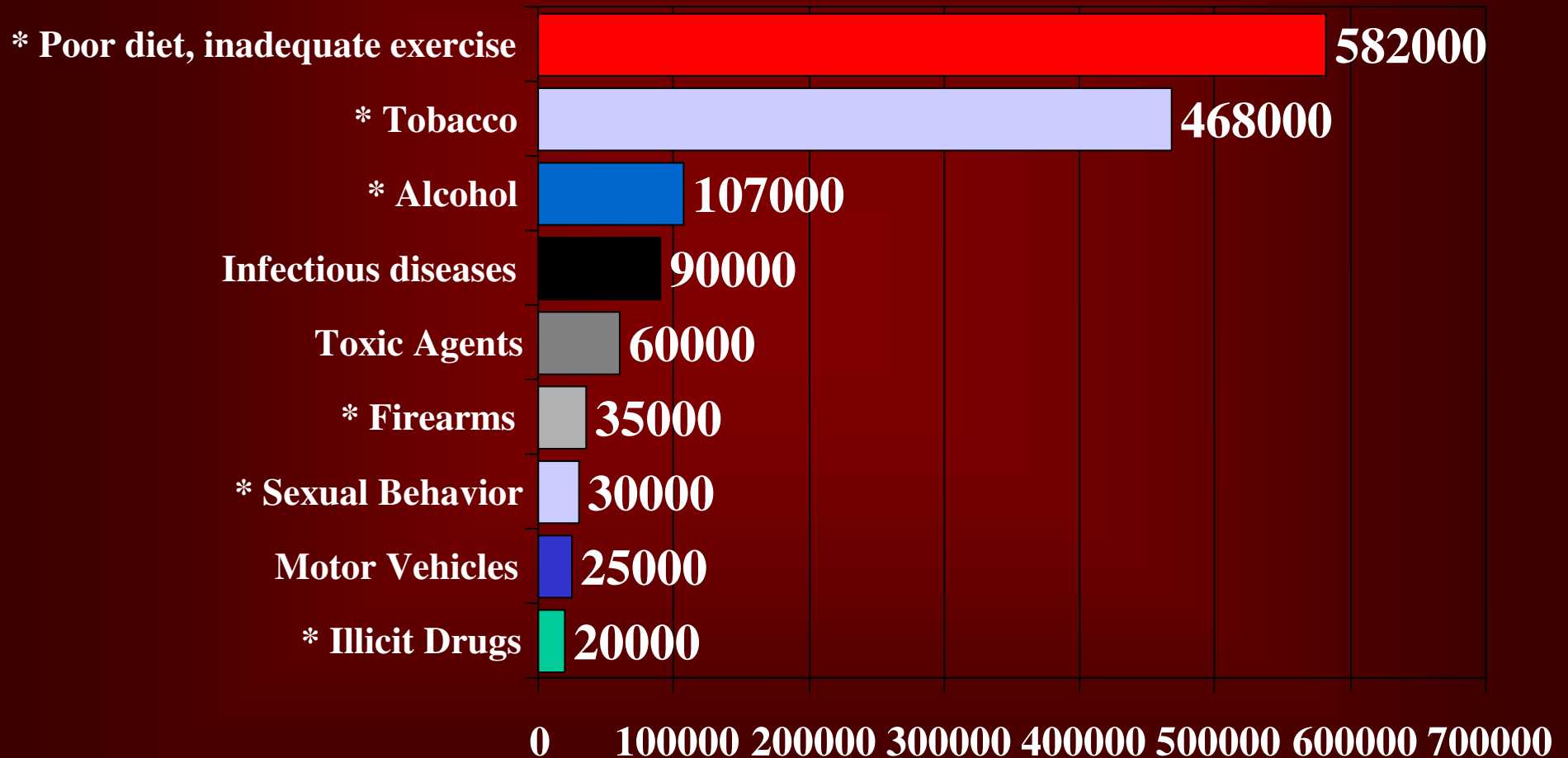


Now may the God
of peace Himself
sanctify you
completely; & may
*your whole spirit,
soul & body* be
preserved blameless
at the coming of our
Lord Jesus Christ.



“For your body is the temple
of My Spirit, and by my
death I purchased your life”

Underlying Factors that Cause Death in the United States



* Denotes lifestyle factors

A Leading Cause of Death

A conservative Johns Hopkin's report estimates 284,000 deaths annually in the USA due to allopathic medical treatment (not accidents). This study ranks iatrogenesis as the 3rd leading cause of death in the nation, i.e. after cardiovascular disease & cancer.

JAMA 2000, 07/26:284-483

Artificial Immunization

Even as sacred cow worship came from ancient Egypt to Hindu India, so did the practice of vaccination. It was the Jesuit Francis Xavier (1506-1552) who picked up this practice from powerful Brahmin priests in India & brought it back to European civilization long before Jenner's experiments.



Malaba
Women
Invoking
Goddess of
smallpox



“There is a big gap between policies promoting annual influenza vaccinations for most children & adults and supporting scientific evidence... there is urgent need for re-evaluation of these strategies.”
British Medical Journal Oct. 28, 2006.

“The yearly U.S. mass influenza vaccination campaign has been ineffective in preventing influenza in vaccine recipients.” **Journal of American Physicians & Surgeons**, Fall 2006.

The[\$200 million Ontario] program was designed to reduce the incidence of flu, & this hasn't yet happened.” **Journal Vaccine** - Univ. of Ottawa Report, 2006

Russell Blaylock's issues a strong warning about Vaccines observed destruction of synaptic connections, dendrites & the onset of abnormal pathway development in the developing brain, as well as in the adult brain. Known toxic metals placed in vaccines such as thimerosal (mercury), aluminum, & fluoroaluminum directly interfere with brain metabolism & antioxidant enzymes, causing damage to DNA and DNA repair enzymes.



To Feed the World

Millions of more people could be fed if...

Raising cattle is massive cause of water pollution, as it requires a staggering 2,464 gallons of water for the production of just one pound of beef.

It takes 9 gallons of water to produce one pound of tomatoes & a few gallons for a one pound loaf of whole grain bread.

One acre of land used for broccoli produces ten (10) times the protein, calories and niacin as does one acre of land producing beef.

Since the year 1960, one quarter of the Central American rain forests have been burned and cleared to create pasture for beef cattle.



“Beloved, I pray that you
may prosper in all things &
be in health, just as your soul
prosper.”

3 John Vs. 2



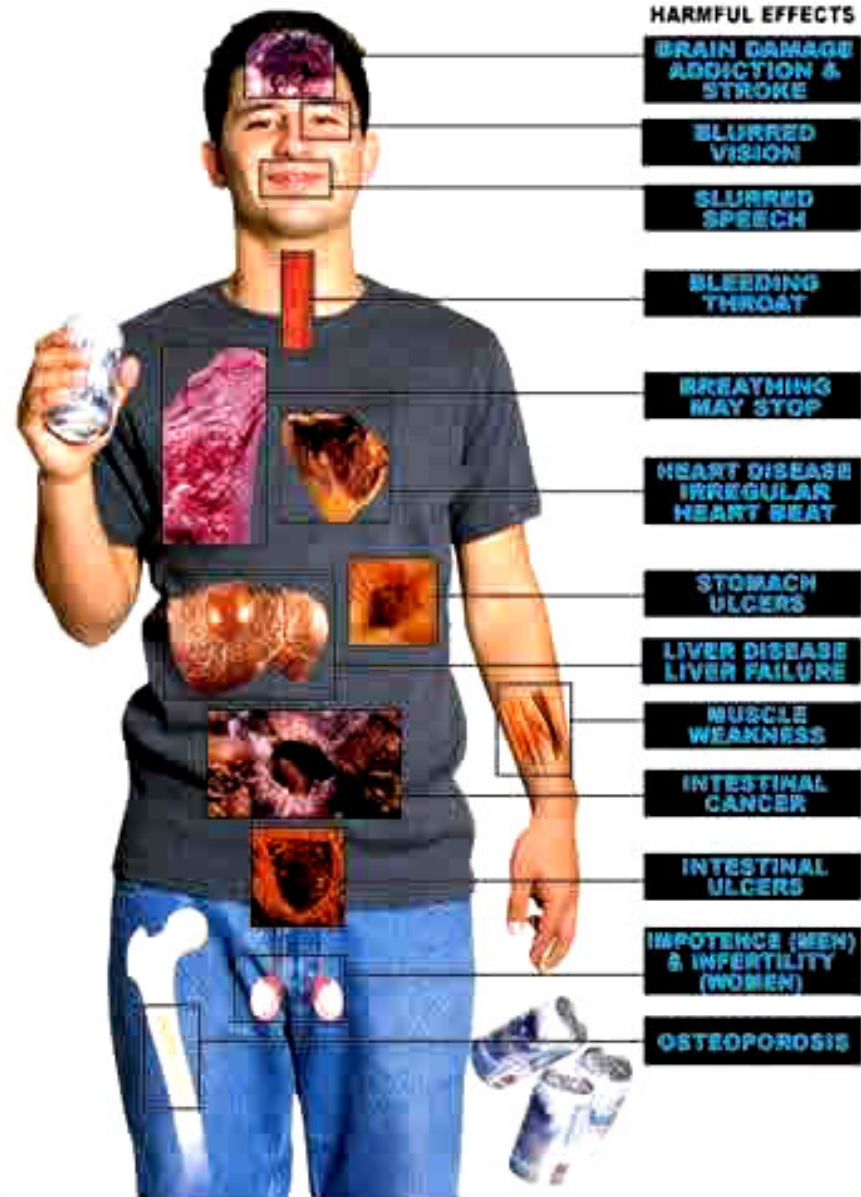
“So you shall serve the Lord your God, and He will bless your bread & your water. And I will take sickness away from the midst of you.”

Exodus 23:25

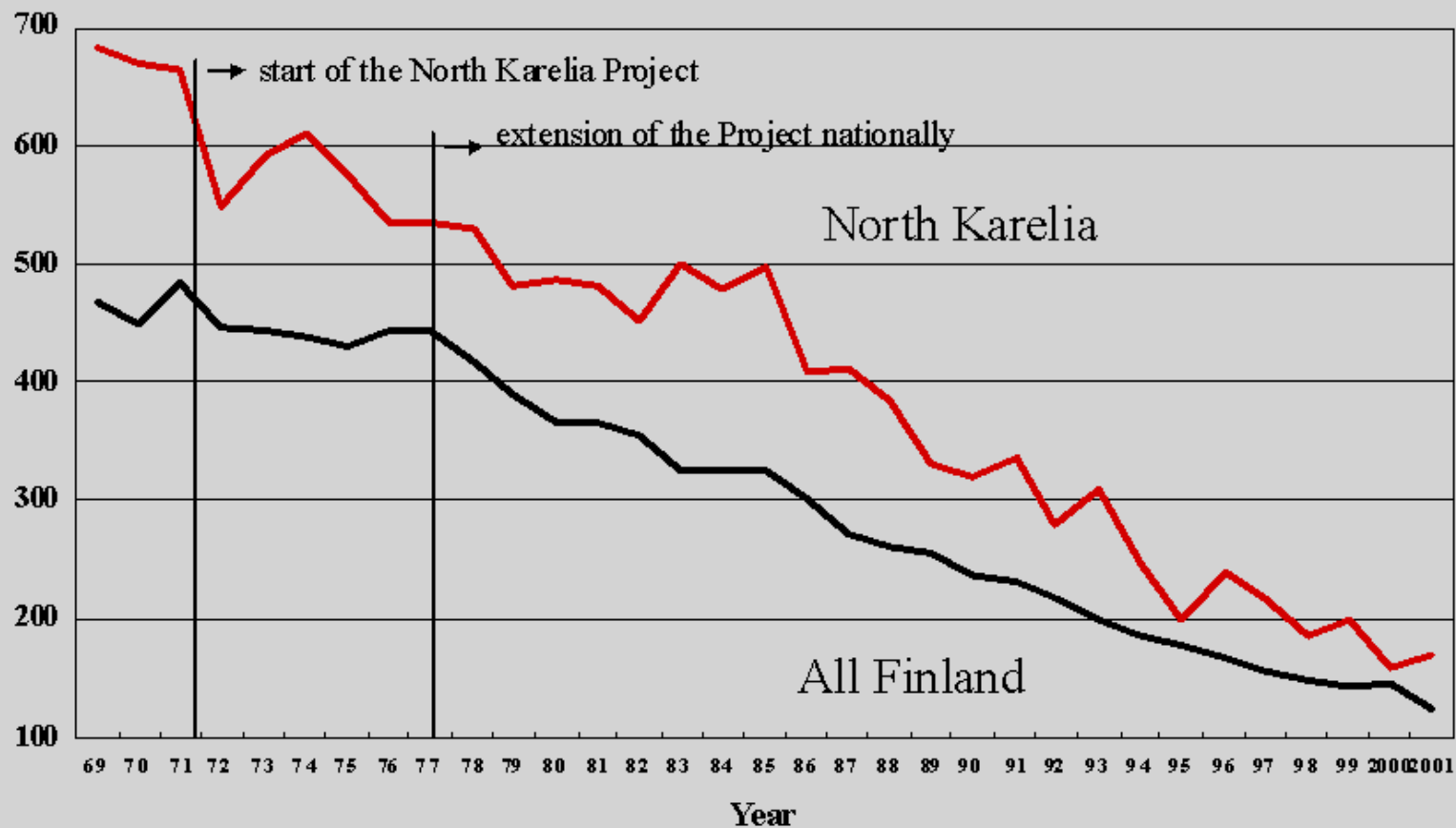
Heal me, O LORD, and I shall be healed; save me, & I shall be saved: for you [are] my praise.

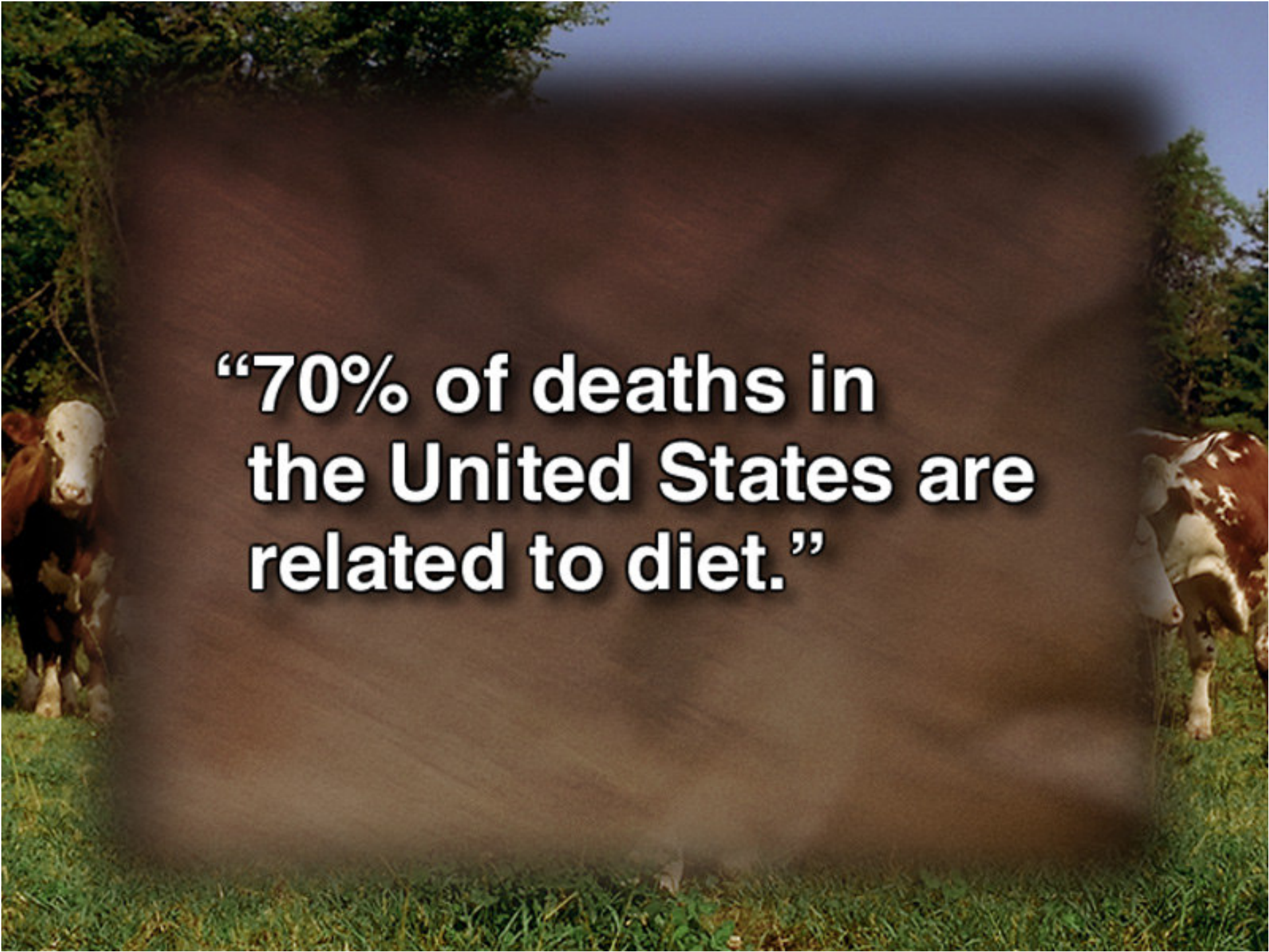
Jer. 17:14

ALCOHOL



Coronary Heart Disease Death Rate: N. Karelia & All Finland - Males 35 to 64 years 1969-2001





**“70% of deaths in
the United States are
related to diet.”**

