

Important Message From Dr. John Clark

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In our last newsletter we explored our charge from God to medical self-determination. In other words our Creator-Redeemer determines the care of our bodies--not others who are created, redeemed or unredeemed. He, God determines our care by His instructions or health laws which He intends to be carefully followed and which are necessary for our health from His perspective as God. Health care legislation is therefore moral legislation, which, when they are at odds with God's instructions confronts one with the choice to obey God rather than man.

But what determines if a Medical Intervention is of God?



Medical Interventions: Are They Of God?

By Dr. John Clark

“I went to her because the church members said she was good and now I have found out I have a heart problem so I have not been doing my hydrotherapy treatments you gave me for fear of exacerbating my heart problems.”

A patient I was working with was taking hydrotherapy treatments that I recommended for a life threatening disease, but had suspended the treatments after visiting someone who examined her *feet* and told her she had a heart problem.

It seems that in the area of health care there are as many variations of winds of doctrine blowing as in the area of Bible doctrine. Paul warns: “That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;” Ephesians 4:14.

So how do we judge the validity of a proposed medical intervention in light of God’s wisdom and counsel? (Intervention is anything a health practitioner does or

prescribes)

(1) Does It Fit The Blueprint?

A good question to ask is: Does the intervention fit the blueprint? And if not we are told: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them." Isaiah 8:20.

Are We Deists?

Paul lets us know that we are all God dependant, sustained every micro-second by His personal intervention: "He giveth to all life, and breath, and all things;" "For in him we live, and move, and have our being;" Acts 17:25,28. Therefore one is given pause to wonder, 'if God sustains us every moment of our lives, why couldn't He just as well sustain us healthy as sick'? And what would make the difference? I look to Exodus 15:26 to help me with this: "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I [am] the LORD that healeth thee." God being able to work miracles for you is proportionate to your adherence to His injunctions. God is only limited in His ability to work miracles for you by your straying from His will to the follow the will of His enemy. Therefore it behooves us to be well acquainted with the care of our bodies from the divine perspective.

Statistical Analysis

What if you have leprosy and God asks you to go dip seven times in a muddy river (2 Kings 5:10), when others were told to respect quarantine (Numbers 12:14,15), or told to take a walk (Luke 17:12-14), or were touched (Luke 5:13)?

In my working with God in health care I have come to adopt as my motto this very helpful quotation: "Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength." {2SM 346.4}

Natural or Supernatural

Do natural means bring about supernatural results in and of themselves? No, they don't. Only God brings miraculous results. And if (in and of themselves) natural means do not work miracles, could we expect that artificial or synthetic means could work miracles? No.

The passage above says that if we want miracles, we pray to a miracle working God and that the channel chosen by Him for miraculous interventions involves our engagement in simple remedies, not mega human remedies. And, God will work when we adopt and practice all His good admonitions on healthful practices and not until such. If He healed us in disobedience to His stated health laws He would trivialize the instructions given and become a minister to sin.

Only Hope!

While the above quotation has become my motto, the following has arisen as my aim: "The only hope of better things is in the education of the people in right principles. 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. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system." "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies." {MH 127.2}

We are quick to quote Paul when he says, "One Lord, one faith, one baptism," (Ephesians 4:5), but did we ever stop to think that there might also be only one medical approach approved by God? "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 through their powerful properties....Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced upon the system." {CH 323.2}

Only Two Healthcare Options

If you are going to violate the tenets of God's health reform model, to whom are you going to turn to for healing? And do you really want to be under their power? Paul warns, "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?" Romans 6:16. In other words, whoever's system of healing we turn to is the one of whom we worship.

(2) Be 100% Committed To Being Healed God's Way

If we turn to God for healing we need to be resigned to the will of God, regardless whether His plan for us is the same as our plan for ourselves. "God knows the end from the beginning. He is acquainted with the hearts of all men. He reads every secret of the soul. He knows whether those for whom prayer is offered would or would not be able to endure the trials that would come upon them should they live. He knows whether their lives would be a blessing or a curse to themselves and to the world. This is one reason why, while presenting our petitions with earnestness, we should say, 'Nevertheless not my will, but Thine, be done.' Luke 22:42." "The consistent course is to commit our desires to our all-wise heavenly Father, and then, in perfect confidence, trust all to Him. We know that God hears us if we ask according to His will. But to press our petitions without a submissive spirit is not right; our prayers must take the form, not of command, but of intercession." {MH 230.2}

Our will is not always the best to follow; remember Hezekiah? (Isaiah 38:1-5). God shared with Hezekiah that he was going to die and that he was to get his house in order. Wouldn't it be nice to know when you were going to pass away, and also be assured that you would be able to get your house in order to meet such an event? Not Hezekiah, he turned his head to the wall and begged and pleaded until God gave him 15 more years. And what did Hezekiah do with 15 more years? He sold his kingdom out to the Babylonians, and gave life to his son Manasseh, one of the worst kings ever to reign. Now, I am not making a case for dying, but in my estimation, Hezekiah just did not know when to die.

Only 100% Brings Healing

In seeking God's intervention in health we need to be unwilling to do anything that would displease the Lord. "Those who decide to do nothing in any line that will displease God, will know, after presenting their case before Him, just what course to pursue. And they will receive not only wisdom, but strength. Power for obedience, for service, will be imparted to them, as Christ has promised." {DA 668.4}

(3) Who Receives All The Glory, Honor, and Worship

Of utmost consideration as to whose healing method you are evaluating is the question, who receives the glory? At the end of the day, and the patient seems to have netted a positive result from the intervention and they are singing praises, who or what receives the praise, honor and glory? When Jesus heals, He receives the praise, honor, and glory. "I say unto thee, Arise, and take up thy couch, and go into

thine house. And immediately he rose up before them, and took up that whereon he lay, and departed to his own house, glorifying God." He was healed of the leprosy of sin, healed of the maladies that had afflicted his body, healed every whit. "And they were all amazed, and they glorified God, and were filled with fear, saying, We have seen strange things today." {RH, August 15, 1899 par. 10}

It really is a matter of worship. "When sickness is the result of their transgression of natural law, they do not seek to correct their errors and then ask the blessing of God, but they resort to the physicians. If they recover health they give to drugs and doctors all the honour. They are ever ready to idolize human power and wisdom, seeming to know no other God than the creature--dust and ashes." {5T 194.1}

Sometimes the processes are so disguised that we miss the significance, but worship is invoked all the same. "The history of King Ahaziah's sin and punishment has a lesson of warning which none can disregard with impunity. Though we do not pay homage to heathen gods, yet thousands are worshipping at Satan's shrine as verily as did the king of Israel. The very spirit of heathen idolatry is rife today, though under the influence of science and education it has assumed a more refined and attractive form." {5T 192.3}

Ultimately the destiny of each person hinges on worship. "If any man worship the beast and his image,..." Revelation 14:9. Are our health care patronages establishing our worship loyalties?

(4) Is It Simple, Natural, And Of Universal Access?

Is it simple? (As opposed to complex). "God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties." {5T 443.1}

Is it natural? (As opposed to manufactured or synthetic). "Natural means, used in accordance with God's will, bring about supernatural results." {2SM 346.4}

Is it of universal access? (As opposed to limited access, or proprietary). "Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense, but drugs are expensive, both in the outlay of means and in the effect produced upon the system." {5T 443.1}

(5) Is It Expensive?

The forgoing quote also brings up financial considerations: to follow the money trail,

as is said. Is it expensive? An example in the Bible we read of the story of a woman who found some venders of health exorbitantly expensive, “And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, Came behind him, and touched the border of his garment: and immediately her issue of blood stanchèd.” Luke 8:43,44. God’s remedies are “within the reach of all.”

(6) Have we exhausted all God’s recommended interventions?

Have we exhausted all God’s recommended interventions? Has the patient renounced all health destroying practices or is our intervention a sneaky way to acquire health while remaining in defiance of our Creators plain commands? “Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies--pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of sunlight in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use. All these are powerful in their efficiency, and the patient who has obtained a knowledge of how to eat and dress healthfully may live for comfort, for peace, for health, and will not be prevailed upon to put to his lips drugs, which, in the place of helping nature, paralyzes her powers. If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments.” {MM 223.4}

Sometimes people will approach you with requests for prayers when they are sick, but without the slightest intent to follow the recommendations of the God to which you will be praying. God does not want these kind of prayers, neither will the Lord hear your prayers. “To those who desire prayer for their restoration to health, it should be made plain that the violation of God's law, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken.” {MH 228.1}

(7) Anointing In Healing

Prayer is good when we and the patient are ready and it can be accompanied by anointing. “When human help fails, God will be the helper of His people. ‘Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up.’ If the professed followers of Christ would, with purity of heart, exercise as much faith in the promises of God as they repose in satanic agencies, they would realize in soul and body the life-giving power of the

Holy Spirit.” {5T 196.2}

Again, the question needs to be asked; ‘Is the use of medical interventions or even anointing, our effort to circumvent God?’ Have you prepared for anointing by heart searching and doing all God has said to do? Anointing comes largely from James where it says, “Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.” James 5:14,15. But I was surprised to discover that anointing was one of the ways that the early disciples engaged in the healing ministry of Christ, “And they cast out many devils, and anointed with oil many that were sick, and healed them.” Mark 6:13.

When human help fails, when all the natural simple remedies God brings to mind are not working, do we turn from God to someone else or do we turn to God and anoint the patient, and trust them to God’s love and care? “God and Satan never work in copartnership.... A good tree cannot bring forth corrupt fruit, neither can a corrupt tree bring forth good fruit. By their fruit ye shall know them. God has spoken. Who has trembled at His word? {5T 98.2}

(8) What Is Its Origin Or History?

In analyzing the acceptability of an intervention under consideration it is important to assess its Origins. Who are its advocates? What is its origin or parentage; commercial greed or of God? Does it have pagan or mystical history? Eastern religion? Satan? New Age? “Not a few in this Christian age and Christian nation resort to evil spirits rather than trust to the power of the living God. The mother, watching by the sickbed of her child, exclaims: ‘I can do no more. Is there no physician who has power to restore my child?’ She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hands of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power which it seems impossible to break.” {5T 193.5} God is not indebted to interventions of Satanic origin for your healing.

(9) Are Unacceptable Reagents Used In Its Preparation?

Are unacceptable reagents used in its preparation? Is God obligated to Satan and sin for a little alcohol in order that we can make a tincture considered necessary to the healing of a certain disease? “Patients are to be supplied with good, wholesome food; total abstinence from all intoxicating drinks is to be observed; drugs are to be

discarded, and rational methods of treatment followed. The patients must not be given alcohol, tea, coffee, or drugs; for these always leave traces of evil behind them. By observing these rules, many who have been given up by the physicians may be restored to health.” {MM 228.6}. We could go on to explore modalities such as mold (PCN, nutritional yeast, mushrooms), vinegar, alcohol, vaccines with unclean animal ingredients, etc. but the point is: if the preparation necessitates the use of things otherwise condemned in holy writ, why would disease sanctify their use?

(10) **Is The Intervention A Known Commodity?**

Is the intervention a known commodity? Is it known what the intervention really is and what it actually does? Has it been studied? Is it physiological? Do you know what you are doing? “A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.” {MH 126.2}

“Were I sick, I would just as soon call in a lawyer as a physician from among general practitioners. I would not touch their nostrums, to which they give Latin names. I am determined to know, in straight English, the name of everything that I introduce into my system.” {PC 14.7}. What does Prozac, CoQ10, or monoglycerides mean?

(11) **Is The Intervention Illegal?**

Ready To Face Jail If You Try This? Is it illegal? Now this is a relative contraindication. But you better believe whole-heartedly in an intervention that the government has outlawed if you are going to presume to use it, especially if they are prosecuting those who do. “Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? do that which is good, and thou shalt have praise of the same:” Romans 13:1-3.

(12) **First Do No Harm**

Every health care practitioner is taught, “first do no harm”. Which leads to the question is it free from possible adverse side effects? “When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to re-appear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart and brain are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. There are more who die from the use of drugs, than all who could have died of disease had nature been left to do her own work.” {4aSG 135.1} Is this true? “There are 225,000 deaths annually from medical errors including 106,000 deaths due to ‘non-error adverse events of medications’” (JAMA, Volume 284, No. 4, July 26, 2000).

Some of these questions are on the order of Heaven verses Hell, “Those who make a practice of taking drugs sin against their intelligence and endanger their whole after life....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.” {PC 15.1}

(13) Was I Lead Of God To Use This Intervention?

Was I lead of God to use this intervention? This begs you experience in following the will of God. We seek: “We ask for a miracle, and the Lord directs the mind to some simple remedy.” {2SM 346.4}. We wait: “Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.” Psalms 37:7. We check everything out with the Bible: “God reveals His will to us in His word, the Holy Scriptures.” 5T 512. We determine if providence is at work, “His voice is also revealed in His providential workings; and it will be recognized if we do not separate our souls from Him by walking in our own ways, doing according to our own wills, and following the promptings of an unsanctified heart, until the senses have become so confused that eternal things are not discerned, and the voice of Satan is so disguised that it is accepted as the voice of God.” {5T 512.1}. Our leading to a certain natural remedy may also come through impressions. “Another way in which God's voice is heard is through the appeals of His Holy Spirit, making impressions upon the heart, which will be wrought out in the character. If you are in doubt upon any subject you must first consult the Scriptures.” {5T 512.2}. Some of how God leads a certain person can be

learned from how the Lord has led in their past experience. “We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history.” {LS 196.2}. God tends to use a similar way of leading over time with a given individual. And lastly, we must not forget that we are not the only ones who have had to consider these options. Only a fool has to learn everything by his own experience. There are people willing and ready to share their personal experience in these things, “Where no counsel is, the people fall: but in the multitude of counsellors there is safety.” Proverbs 11:14.

A Matter Of Faith

In looking to God for His leading we have to remember that, “whatsoever is not of faith is sin.” Romans 14:23. And, “That which we lack in faith we make up by the use of drugs.” {19MR 51.2}. Any intervention not founded upon genuine faith cannot be of God. There is no way you can have faith in an intervention if it proceeds from God’s adversary.

Medical Interventions: are they of God? We need to know. “There is a way that seemeth right unto a man, but the end thereof are the ways of death.” Proverbs 16:25. We are told, “Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.” Psal 127:1. To extrapolate we might also say that unless the Lord heals a person, are they really healed at all? And if it was not the Lord who healed a person, under whose healing power have they come?

If or when I become sick, I want God to be the One that heals me. How about you?



Dragging Out of Bed

By Dr. John G Clark, M.D.

In our last article we discussed the health benefits of a regular schedule. And having done so you may be wondering what in particular a person would be wise to put on their schedule and what would be the best times for each particular.

Lets start by looking at a rising time. But, we all think that this would depend on our retiring time, and perhaps even our quality of sleep. Let's just remind ourselves right here, as we elaborated in the previous article, regularity is a blessing. So we recommend keeping the same rising time regardless and always bearing in mind what our goals really are. Studies do support this. Teenagers who "sleep in" on the weekends have poorer health than do their punctual peers.

What is the best bedtime? We recommend 9:00pm or 9:30pm, not just somewhere between 9:00 and 9:30: pick an exact time and stick to it. So if you turned in at 9:00pm, a 5:00am rising time, eight hours later would be very reasonable. People going to bed at 9:00pm get far more melatonin and the melatonin production timing is far more predictable and vital for avoiding cancer and a host of other diseases.

But what if you don't feel like getting up? This is where you can implement some

really good health practice recommendations. Three habits make rising successful and slipping back into bed less likely.

First: Drink a full quart of hydration fluid of pure clear warm water.

Second: Few things do more for your circulation and nerves than a cool vigorous sponge bath or shower including thorough skin stimulation with a wash cloth, loofah, brush or shower gloves.

Third: Believe it or not, every morning God has some special things happening outside for you and your health. You cannot however obtain the special things unless you go outside and experience them: The special things of benefit are fresh air, high in oxygen due to vegetation making oxygen out of carbon dioxide all night, and “negative ions” which are especially present where there is dew, or moisture present wafting on the air. And at certain times you would be outdoors when the sun is just starting to turn the sky purple or pink and this is beneficial to health also. Now see if you feel like crawling back in to bed! After doing these three things, you should be wide awake and ready for your morning devotions.

What is the reason for the warm water? Hydration is first and foremost, but also for bowel cleansing. After a night’s sleep the stomach’s exit valve, the pylorus, has not yet clamped down for the day and you can sneak some liquid by it, especially if it is approximately body temperature. In the management of many medical conditions we also recommend a little fresh squeezed lemon in the water because it helps get the liver cleansing and improves ones antioxidant status.

What is the rationale (or reason) for the morning walk? Pelvic/abdominal organs, bowels, reproductive organs, kidneys liver, spleen, stomach, all benefit from a massage and the rocking and bouncing of your pelvis as you walk provides this for them. The negative ions in the fresh air boost your immune system and your spirits (mind) and the pink rays of the sun improve your brains serotonin levels for a feel good experience. For the diabetic, a morning walk is just the thing for early morning elevated blood sugars. The exercise quickens the circulation of your blood, strengthens your nerves and the change of environment from “indoor artificial” to “God-made” has a wonderful positive impact on the mind and body.

Now that you have returned from your walk, this would be a good time to make a few entries in your gratitude journal. People who count, and recount their blessings are far less apt to succumb to many diseases.

These are steps you can take in following a healthy regulated/scheduled lifestyle,

observing natural law, which like gravity, the consequences cannot be suspended.
Our prayer is for your blessings!



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